



# Developmental Orthopedics of the Trunk & Lower Extremity

## Part 2: LAB

### Why attend these lab sessions?

The musculoskeletal systems reflects its routine use. Billi uses these procedures to a) identify specific musculoskeletal issues that need to be addressed or monitored, and b) to assess the effectiveness of management strategies designed to improve postural control and movement efficiency. Executed precisely, they provide insight into muscular and mechanical components of movement, and provide a report card on the child's daily use history.

### Pre-Course Requirements:

To facilitate your learning, Beverly Cusick has assigned the 14 assessment procedures listed in the program schedule and demonstrated on the DVD entitled: **Legs & Feet: A Review of Musculoskeletal Assessments**. If you do not own one, you may order one during the registration process and we will ship it to you prior to the course.

Course attendee discounted price:\$25.

You will also need a 6 piece **Assessment Tool Kit** (angle finder, telescoping stick, 2 sizes of goniometers, flexible ruler and caliper) . These tools are used to train in and conduct the assessment procedures during the course. If you do not own one, you may purchase one at the course. Course attendee discounted price: \$45.

**Dress for Lab:** Please come dressed to undergo LE assessment requiring skin marking and palpation of the greater trochanter and fibular head.

**Level:** Intermediate Level

### Target Audience

Alumni of Developmental Orthopedics of the Trunk & Lower Extremity-didactic program

### Course Description

Lab participants will execute 14 musculoskeletal assessments on each other under supervision. These participants will complete the program by participating in a live case presentation in which they will be asked at random to execute an assessment procedure and to explain its significance.

All participants and auditors will receive a detailed manual.

### Course Objectives

Participants completing the lab sessions are expected to be able to:

- Demonstrate novice-level skill in executing 13 postural and lower-extremity musculoskeletal assessment procedures.
- Execute one assessment procedure upon request with the child volunteer, and explain the implications and relevance of the finding.
- Contribute one management strategy idea for the child volunteer

### Educational Credits

Pediatric Physical & Occupational Therapy of Hudson Valley, PLLC is recognized by NYSED's State Board for PT as an approved provider of PT and PTA continuing education.

**7.75 Contact Hours will be awarded**

## Program Schedule

Start	Topics	
8:00	Sign in/Breakfast	
8:15	<b>LAB:</b> Assessment Procedures: <i>Participants work in groups of 3:</i> Sacral angle, Sahrman's 2-joint Flexor Test, Hamstring length test, Knee flexion/extension	1.75
10:00	Short Break– 15 min	00
10:15	<b>LAB:</b> Assessment Procedures, cont'd: Patella Angle, Ankle DFROM-KE and KF, Pelvic obliquity, Hip abduction ROM, Knee alignment (varum/valgum)	1.75
12:00	Lunch (provided)	00
1:00	<b>LAB:</b> Assessment Procedures cont'd: Hip rotation in extension, Modified Ryder's Test, Thigh/foot angle, limb length comparison	1.75
2:45	Short break set up for case presentation	00
3:00	Case Presentation– Full assessment with ambulatory child with CP. Participants participate.	2.5
5:30	Exchange course evaluations for Certificate of Completion and adjourn	00
	Total Contact Hours	7.75