



Presents:

## **TAKE THE MYSTERY OUT OF GAIT:**

**4 SIMPLE STEPS TO BECOMING AN EXPERT**

**1 Day Program - 7.5 Contact Hours**

- 7:45– 8:00** Sign-In
- 8:00 – 9:00** Development of the adult foot and age specific orthotic protocols for the pediatric patient, includes a review of foot anatomy, foot function and the gait cycle.
- 9:00 – 10:15** Rearfoot Deformities: Compensated vs. Uncompensated  
Definitions and clinical presentation of various forms of rearfoot varus deformities and their effect on gait. Practical session at end.
- 10:15 -10:30** Break
- 10:30-11:30** Forefoot Deformities:  
An overview of Forefoot Varus and Valgus deformities and their effect on gait.
- 11:30 – 12:00** Introduction to static weight- bearing assessment - Practical
- 12:00 – 1:00** Lunch (on your own)
- 1:00 – 2:30** Clinical Analysis of 6 pathological foot-types: For each foot-type, the following will be reviewed:
- Key foot attributes and morphology
  - Gait characteristics
  - Callus Patterns
  - Clinical Symptoms
  - Orthotic design and treatment goals
- 2:30-3:00** A Review of individual Case Studies
- 3:00 – 3:15** Break
- 3:15 – 5:00** Lab: Foot - typing and orthotic fitting  
Participants will learn a simple 4 step method of foot classification. Working in groups, attendees will identify each participant's foot-type and learn to accurately fit and dispense pre - fabricated functional foot orthoses.
- 5:00 – 5:15** Course Review and Certificates