

Age Specific Orthotic Protocols for Treatment of Pediatric Flatfeet – from Tots to Teens

Course Description:

This webinar will explain the rationale and importance of early intervention when treating children diagnosed with pediatric flat foot. The presenter will discuss common myths related to the treatment (or lack thereof!) of childhood foot disorders and why 'blind neglect' is not the appropriate course of treatment. It will provide the participants age specific protocols to help them determine when treatment intervention is necessary, and tools for educating parents and referring practitioners on the importance of early management. This session will review why 'pain' should not be the only consideration when determining whether or not to treat a child, and why other factors such as posture, strength, endurance, coordination and balance should be given equal attention. Torsional deformities and toe walking are reviewed with an explanation on the use of gait plates.

One of the most commonly injured parts of the body in adolescents is the foot and ankle, particularly those involved in sports. More than 2.6 million children are treated in the emergency department each year for sports and recreational-related injuries. Therefore it is prudent to understand functional foot types that may predispose youths to particular pathological conditions and risk of injury. This webinar will educate the participants on an easy to learn 4 step method of identifying 6 functional foot groups by examination of gait. It will also teach about particular musculoskeletal pathologies common to each group, and how to biomechanically manage each group using a prefabricated orthotic selection process. Treating the pre-teen and adolescent [foot type] before the injury happens is the best form of prevention, while eliminating the chance for repeated, chronic injuries that could potentially have long term implications later affecting them in adulthood.

Participants will be required to complete and submit a post webinar quiz and course evaluation for CEU eligibility.

2 Hour Program

Learning Objectives/Outcomes:

1. Participants will come to understand the impact of calcaneal alignment (calcaneovalgus) on the developing pediatric foot.
2. Participants will learn age specific protocols for determining when to treat pediatric (developmental) flat feet.
3. Participants will learn about a child's genetic predisposition to foot type and how kid's feet evolve into 6 functional adult foot types.
4. Participants will learn that "pain" is not the only symptom in deciding to whether to treat a pediatric patient.
5. Participants will learn that not all growing pains are "normal" but are often related to poor foot biomechanics.
6. Participants will learn how pediatric flat feet can lead to toe-in gait.
7. Participants will learn about the appropriate use of gait plates.
8. Participants Will Learn to Identify 6 Functional Foot Groups Using an Easy to Learn 4-Step Method of Gait Assessment
9. Participants Will Learn Specific Pathologies and Sports Related Injuries Common to Each of the 6 Functional Group
10. Participants Will Learn Best Biomechanical Orthotic Designs to Optimally Manage Each Functional Group
11. Participants Will Learn Why it is Important to Biomechanically Manage the Adolescent Athlete – Before the Injury Happens!

References:

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