

NOLARO²⁴™ **LLC** **CONTINUING EDUCATION**

The Science Behind Forefoot Valgus: A & B Foot Types

1 Hour Webinar – 1.5 Contact Hours

Course Description:

This webinar examines forefoot valgus and the etiology of, if it is flexible or rigid, plus how that can be determined by rearfoot function. The biomechanical implications of the cavus foot will be reviewed, examining foot morphology, functional gait, callus patterns, and common clinical conditions. This webinar details common components of a structural cavus foot, including an Uncompensated Rearfoot Varus with a Forefoot Valgus. In comparison, a Compensated Rearfoot with a Forefoot valgus or plantarflexed first metatarsal will be examined in detail. Along with common causes of in-toe gait and associated pathologies. In addition to the mechanics of gait, recommendations for orthotic designs to treat the A & B foot-types will be examined, along with ideal athletic footwear features.

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

1 Hour Program

Learning Objectives/Outcomes:

1. Participants will learn about the gait style and pathologies associated with a compensated rearfoot combined with a forefoot valgus.
2. Participants will learn causes of in-toe gait and how to correct it.
3. Participants will come to understand the mechanics of gait of the cavus foot.
4. Participants will learn about long term implications of the cavus foot, and how to use that knowledge to prevent foot, ankle, knee, hip and back pathology.
5. Participants will come to understand why in-toe gait can be common in children but not so common in adults and the anatomical and functional factors that cause these changes.
6. Participants will be able to understand the required components of a functional orthotic designed to address A & B foot-types and what athletic shoe features are most desired.

References:

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12. Park CH, Chang MC. Forefoot disorders and conservative treatment. *Yeungnam Univ J Med*. 2019 May;36(2):92-98