

Advanced Principles of Foot, Gait, and Orthotics

15-Hour seminar

Presented by The Council on Extremity Adjusting

Instructors: Marni Capes, DC, CCEP; Kevin G. Hearon, DC, CCSP, CCEP; Nancy North, DC, CCSP, CCEP; Keith Rau, DC, CCEP; Thomas Satterwhite, DC, CEPA, CCEP, Dr. Marius Jensen, DC, CCEP

Objective: Learn the kinetic chain of motion and dysfunctions of the foot. Get technical definitions and know what type of orthotics and shoes to prescribe for your patients.

Purpose: Understand how to treat conditions like plantar fasciitis, heel spurs, congenital anomalies of the feet and subluxations. Know what foot orthotic options are available.

Overview: The feet are extremely important in their role of controlling motions into the knees, pelvis and lumbar spine. Stability of the spine is dependent upon the feet.

DAY ONE:

8:00-9:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Overview of Gait, Primary Shock Absorber, Secondary Shock Absorber.

9:00-10:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: Basic Anatomy, Bones of the Foot, Anatomical Landmarks, Major Muscles

10:00-11:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: Basic Biomechanics, Pronation and Supination, Medial and Lateral Foot, Pathomechanical Neutral Position

11:00-12:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: Structural Deformities, Leg Length Discrepancy, Coxa Vera, Coxa Valga, Forefoot Varus, Forefoot Valgus, And Functional Hallucis Limitus.

12:00-1:00 LUNCH BREAK

1:00-2:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: Overall Mechanics of Bone Movement in the Lower Extremity and the Pelvis, Subtalar Pronation, Subtalar Supination

2:00-3:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: The Effect of Lower Limb Abnormalities on Foot Function, Talus Motion, Intrinsic Foot Deformities.

Page 2 – Foot, Gait and Orthotics Outline

3:00-4:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: Shoe Definitions, Functional Orthotics, and Accommodative Orthotics, Kinetic Wedge Modification.

4:00-5:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Discussion: Patient History, Past and Present, Examination Non Weight Bearing and Weight Bearing.

5:00-6:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Adjustive Technique for the Talus, Calcaneus, Cuboid, Navicular, Cuneiforms, Metatarsals, and Phalanges.

DAY TWO:

8:00-9:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Foot Casting standing and sitting, Generic or Neutral Position.

9:00-10:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Ordering or Prescribing Orthotics from the lab.

10:00-11:00 Product distribution, purpose of items, video of protocol.

11:00-12:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Hands on application: Making in House Foot Orthotics.

12:00-1:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Modifications to Orthotics reviewed for varied anomalies.

1:00-2:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Session Review and specific issues cleared up.