

# **NOLARO<sup>24</sup>™** **LLC**

## **CONTINUING EDUCATION**

### **Pediatric Practice Pearls: Age Specific Orthotic Protocols**

**1 Hour Webinar – 1.5 Contact Hours**

#### **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. A brief literature review of recent pediatric orthotic studies is also covered.

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 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

## References:

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15. Herrin K & Geil, M. A comparison of orthoses in the treatment of idiopathic toe walking: A randomized controlled trial. *Prosthet Orthot Int.* 2016 Apr;40(2):262-9
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