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Certificates of attendance are provided upon successful completion of the course.

This course is 16.0 contact hours/16 CCU's/1.6 CEU's
This course is 19.0 contact hours/1.9 CEU's for District of Columbia, New York, or Illinois licensed therapists

This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 16 hours, 16 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 16.0 hrs, 1.60 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 16 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 16. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 16 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Advanced Evaluation and Treatment for the Functional Rehabilitation of the Foot and Ankle

An advanced, evidence based method integrating biomechanical evaluation, differential diagnosis and application of therapeutic procedures for the foot and ankle



Presented by
Joshua Bailey
PT, DPT, OCS, CSCS, CPed

**PT, PTA, CPed and AT -
Continuing Education Course**

North American Seminars®
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Day One		Day Two	
7:30	8:00	8:00	8:15
8:00	8:20	8:15	9:15
8:20	8:40		
8:40	9:30		
		9:15	9:30
9:30	9:45	9:30	12:00
9:45	11:00		
11:00	12:30	12:00	12:45
		12:45	1:30
12:30	1:30	1:30	2:00
1:30	1:45	2:00	3:30
1:45	2:30		
2:30	3:45		
3:45	4:00		
4:00	4:45		
4:45	5:30		
5:30	6:30		

Registration
Course Overview
Review of Gait
• Plane terminology
• Gait terminology
• Range of motion required during gait

Anatomy/Joint Function
• Bony topography
• Expected range of motion
• Osteo/Arthrokinematics

Break

Lower Extremity Biomechanical Alignment
• Biomechanical nomenclature
• Theoretical norms
• Comparison of normal/pathological

Foot and Ankle Pathomechanics
• Abnormal biomechanics
• Clinical signs and symptoms
- Nature and duration of pain
- Associated gait disturbances
- Typical callus patterns
• Associated diagnosis
- Lumbar pain syndromes
- Patellofemoral dysfunction
- Stress reactions in the lower extremity

Lunch (on your own)

Review/Questions Pathomechanics (continued)
• Compensated vs. uncompensated function
• Clinical depiction

Clinical Examination (Lecture/Lab)
• Functional evaluation
• Supine/prone evaluation
• Standing evaluation

Break

Evaluation (Lab)
• Lower extremity palpation
• Finding subtalar joint neutral
• Biomechanical comparison
• Leg length assessment
• Accessory motion assessment

Case Studies
• Pathological findings
• Differential diagnosis
• Recommended treatments
- Modalities, manual therapy, therapeutic exercise, foot orthoses

Diagnosis and Pathology
• Differential diagnosis of rearfoot pathology
- Plantar fasciitis, heel pain syndrome, tarsal tunnel syndrome, others

Questions/Review
Diagnosis and Pathology
• Differential diagnosis of midfoot/forefoot pathology
- Posterior tibial tendon
- Achilles tendon
- Others

Break

Continued Diagnosis and Pathology
• Differential diagnosis of ankle pathology
- Lateral ankle sprains
- High ankle sprains
- Peroneal tendonitis
- Others

Lunch (on your own)

Foot and Ankle Treatments/Protocols
• Selected pre-operative treatment
• Selected post-operative treatment
• Selected therapeutic exercises
• Foot orthotic suggestions

Ther-Ex lab

Manual Therapy Treatment (Lab)
• Subtalar joint
• Midtarsal joint
• Talocrural joint
• Gross mobs
• Peripheral manipulations

Case Studies/Questions and Answers
• Tying it all together

Testimonials

"This course really made me realize that I was definitely was not paying enough attention to the foot and ankle. I am a spine therapist and it has changed how I manage my patients with back pain!"
-Rick, New York

"I feel so much better in my role as Head Athletic Trainer knowing that I have more options for foot and ankle problems that occur in athletes."
-Maureen, Illinois

"This course should be called 'What your book never tells you'. Unbelievable!"
-Phil, Ohio

About the Educator

Joshua Bailey PT, DPT, OCS, CSCS, CPed, completed his MPT and DPT degrees at Shenandoah University. He is a certified strength and conditioning specialist from the NSCA as well as an Orthopedic Clinical Specialist from the APTA. He is the President and Chief Executive Officer of Rehabilitation Associates of Central Virginia, a 14 site orthopedic physical therapy center, in Lynchburg, Virginia, where he practices managing foot and ankle cases. Dr. Bailey is also the Director of the Rehabilitation Associates of Central Virginia's Foot and Ankle Specialty Team. Dr. Bailey works with a wide variety of patients including athletes, officials and referees in the NFL, NBA, WNBA, Major League Baseball, ACC, and Big South Conference. He is an adjunct faculty member with Lynchburg College Doctoral Physical Therapy program, and formerly The Jackson Clinics Orthopedic Residency. He acts as a consultant for foot and ankle injuries for several Collegiate athletic programs as well. In addition, Dr. Bailey is a Principal owner of the Physical Therapy Management Group of Virginia where he provides Physical Therapy management and consulting services. Dr. Bailey has enjoyed lecturing in many forums on foot and ankle since 1997 on topics including pre and post-surgical management, manual therapy of the foot and ankle, differential diagnosis of foot and ankle disorders, as well as foot orthoses fabrication and modification. He teaches a Level 1-Advanced foot and ankle course as well as Level 2-Master level foot and ankle course through North American Seminars.

Recommended Reference Tool

- Evaluation and Treatment of the Foot and Ankle DVD**
- A unique educational program featuring high quality, professional videos delivered on DVD.
 - Guided step-by-step Examination and Treatment techniques for the foot and ankle
 - Great resource for treating lower extremity disorders
 - A must have for anyone treating the foot and ankle or lower extremity
 - Educate yourself or share the DVD with other professionals for a group savings. A great resource tool.

Why You Should Attend This Course

Have you ever struggled in treating a patient with Plantar Fasciitis? Have you considered that maybe the patient really did not have plantar fasciitis? Ever wonder if your patients poor foot alignment is a factor in their back, knee or hip pain? Don't know when a patient should have a custom orthotic? Then you owe it to yourself and your patients to attend this course. Come and learn how to perform an effective differential diagnosis process for foot and ankle problems, learn what your text book may have failed to explain, and how biomechanics of the foot can create symptoms from the foot to the lumbar spine.

This course is presented over two days to provide intermediate to advanced levels of instruction to allow clinicians to gain practical and useful knowledge for evaluation and treatment for dysfunctions related to the foot and ankle. This course will begin with reviewing bony anatomy and joint function of the foot and ankle complex and using this information to delineate a structured evaluation and specific functional treatment techniques. Through a detailed course manual providing written descriptions, illustrations and selected post/preoperative protocols, emphasis will be placed on understanding biomechanical alignment as well as treatments for isolated weakness and range of motion deficits occurring in various foot and ankle diagnoses. The instruction manual will also provide useful evaluation forms as well as examples of suggested treatments. Clinicians will learn static and functional evaluation and screening techniques to guide differential diagnosis and promote thorough treatment plans for many foot and ankle pathologies including plantar fasciitis, posterior tibial tendon dysfunction. The evidenced-based approach provides an unusual approach to foot and ankle education as it integrates assessments across several areas of specialization including physical therapy, athletic trainers and Pedorthics that include immediately useful joint mobilization, flexibility and strengthening activities, as well as indications for foot orthotic and specific shoe recommendations. Case studies and group discussions will be utilized to ensure that the participant can implement learned techniques in the clinical setting. Lab portions of the course will allow individualized instruction in palpation, motion testing, therapeutic exercises, as well as joint and soft tissue mobilization/manipulation for specific range of motion limitation effecting common clinical entities. These techniques will be used to enhance the treatment techniques that the clinicians are presently using in their own practices. These techniques will be used to enhance the treatment techniques that the clinicians are presently using in their own practices.

Course Objectives

Upon completion of this course, participants will be able to:

- Perform a systematic approach evaluating lower extremity biomechanics.
- Discuss the normal and pathological function of the lower extremity.
- Identify common clinical entities of the foot and ankle through differential diagnostic processes.
- Formulate and implement a comprehensive foot and ankle therapeutic exercise program.
- Identify normal and abnormal accessory motion of ankle, rearfoot, and forefoot.
- Implement appropriate mobilization techniques to enhance joint range of motion.
- Determine when foot orthotic therapy is an indicated treatment.
- Describe the common surgical techniques of the foot and ankle and their relationship to postsurgical rehabilitation.
- Discuss the rationale for appropriate differential diagnosis for rearfoot, forefoot and ankle pathology.

Advanced Functional Rehab of the Foot and Ankle

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.

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All this information is required in order to process a registration