

# Evidence Based Evaluation and Treatment of the Foot and Ankle



We are pleased to announce a clinical education course scheduled for your area!  
A course description has been attached.

- DATES:** February 25-26, 2012
- INSTRUCTORS:** Mark Beckett, PT
- LOCATION:** 612 West 18th  
Edmond, OK 73013
- TARGET AUDIENCE:** PT PTA ATC
- INSTRUCTIONAL LEVEL:** Multiple
- TUITION:** \$395 Waived for full time employees of Select Medical's Outpatient Division
- COURSE CAPACITY:** 25
- CONTACT HOURS:** 12
- ACCREDITING BODIES:** Approved provider with NATBOC, AOTA & pending approval with the State Board of OK.
- ENROLLMENT:** [Course Calendar](#) or contact [Aimee Siegel](#) for an application form .

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email [Aimee Siegel](#).

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Please distribute to all clinicians in your markets that do not have access to email or the intranet.

Select Medical Department of Outpatient Education  
1794 N. Parham Road, Richmond, VA 23229  
Phone: (804) 290-0107 Fax: (717) 635-3897

# Evidence Based Evaluation and Treatment of the Foot and Ankle

## Course Description:

This two day seminar is designed to bridge the gap between scientific research and clinical practice. The concepts and principles presented will emphasize current approaches to the biomechanical evaluation and treatment of the lower quarter with emphasis on the foot and ankle pathology. Teaching methods will include lecture, workshop demonstration, and lab practice. The focus of the seminar is on immediate clinical application of evidence-based practice in a limited access environment.

**Target audience:** PT PTA ATC

**Instructional Level:** Intermediate

**Prerequisites:** All clinicians must review the anatomy of the foot and ankle and a handout on terminology which will be sent out with the confirmation letter prior to the course.

## Course Objectives:

Upon completion the participant will be able to:

- Integrate the functional anatomy of the lower leg, ankle, and foot into their plan of care on behalf of the patient
- Identify and palpate various anatomical structures
- Explain basic lower quarter biomechanical principles as they relate to the foot and ankle
- Explain and identify normal gait patterns
- Recognize and implement corrective rehabilitation procedures for pathological gait patterns
- Perform a biomechanical examination with emphasis on the foot and ankle pathology in less than 30 minutes
- recognize the common signs and symptoms of common orthopedic lower leg, ankle, and foot pathologies
- Design and implement therapeutic activities for injuries to the foot and ankle
- Perform subtalar joint neutral casting techniques
- explain the theories, principles, and practice of orthotic prescription
- Explain the rationale and perform general mobilization and therapeutic exercise techniques for the foot and ankle
- explain the theories, principles, and practice of taping, padding, and orthotic fabrication
- apply functional evaluation philosophies and techniques

## Schedule:

Day 1

7:45-8:00	Registration
8:00-8:15	Introduction, Attendance, Course Overview, Objectives
8:15-9:00	Anatomy and biomechanics of the lower leg and foot/ankle
9:00-9:30	Rearfoot and forefoot relationships
9:30-10:00	Normal Functional Gait
10:00-10:15	Break
10:15-10:45	Abnormal gait mechanics

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10:45-11:15	Gait lab
11:15-12:00	Biomechanical Examination Lab
12:00-1:00	Lunch
1:00-2:00	Biomechanical examination Lab continued
2:00-2:45	Neutral subtalar casting lab
2:45-3:00	Break
3:00-4:00	Orthotic prescription
4:00-5:30	Manual therapy, mobilization interventions lab / review, Q&A and adjourn

## Day 2

7:45-9:00	Therapeutic exercise lecture/lab demo
9:00-9:45	Shoe selection criteria
9:45-10:00	Break
10:00-11:45	Overview of Evidenced based approach to management of common foot and ankle pathologies including Achilles tendonopathy, plantar fasciitis, ankle instability etc
11:45-12:00	Q &A/ course evaluation

## Instructor Biography:

Mr. Beckett is currently Select Medical's Regional Clinical Coordinator for the state of Florida. He is a 1980 graduate of Northwestern University School of Physical Therapy. For the past 18 years his clinical practice has been primarily that of Orthopedics/Sports Medicine. He has lectured extensively on Biomechanical Evaluation, Treatment, and Clinical Management of Lower Extremity Injuries both locally and on a national basis. Mark has been part of Select Medical's Foot and Ankle team for the past eight years.

## Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 12 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

OK State Board of Medical Licensure and Supervision



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## **ADA Compliance:**

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.