



**Select Medical Outpatient Division  
Clinical Education Department**

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TO: Managers and Clinicians  
FROM: OP Clinical Education Department  
DATE: 3/30/2010  
RE: **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Clinical Applications**

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Please find below information regarding a clinical education course scheduled for your area:

**COURSE:** Evidence Based Management of the Foot and Ankle

**DATES:** June 12-13, 2010

**SCHEDULED INSTRUCTOR:** Mark Beckett, PT  
Orlando, FL

**LOCATION:** Select Physical Therapy  
5005 East Stop 11 Road  
Indianapolis, IN 46237  
317-865-1450  
Host Center Manager/Contact: Fred Loeffler

**DIRECTIONS:** From North: 65 south to Southport Rd. exit. Turn (L) off exit and turn ® onto Emerson Ave. to Stop 11 Rd. Behind Ritters Frozen Custard. From South: 65 north to Southport Rd. exit. Turn ® off exit and go to Emerson Ave. and turn ® and go to Stop 11 Road. There is free parking at the building. Indianapolis Int'l Airport is 15 miles.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 12 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.com)

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

## **Evidence Based Management of the Foot and Ankle** **June 12-13, 2010 – Indianapolis, IN**

### **Course Description:**

This seminar is designed to bridge the gap between scientific research and clinical practice. The concepts and principles presented will emphasize current and innovative approaches to the biomechanical evaluation and treatment of the lower quarter with emphasis on foot and ankle pathology. Teaching methods will include lecture (40%), workshop demonstration (10%), and lab practice (50%). The focus of the seminar is on immediate clinical application of evidence-based practice in a limited access environment. **12 contact hours**

**Pre-Course Requirements:** Review the Anatomy of the Foot and Ankle, also a handout on terminology will be sent out with the confirmation letter for you to review prior to the program.

**Target Audience:** PT, PTA, ATCs      **Instructional Level:** Intermediate

### **Course Learning Objectives:**

Following completion of the course the participant will be able to:

1. integrate the functional anatomy of the lower leg, ankle, and foot into their plan of care on behalf of a patient
2. identify and palpate various anatomical structures
3. explain basic lower quarter biomechanical principles as they relate to the foot and ankle
4. explain and identify normal gait patterns
5. recognize and implement corrective rehabilitation procedures for pathological gait patterns
6. perform a biomechanical examination with emphasis on foot and ankle pathology in less than 30 minutes
7. recognize the common signs and symptoms of common orthopedic lower leg, ankle and foot pathologies
8. design and implement therapeutic activities for injuries to the foot and ankle
9. perform subtalar joint neutral casting technique
10. explain the theories, principles, and practice of orthotic prescription
11. explain the rationale and perform general mobilization and therapeutic exercise techniques for the foot and ankle
12. explain the theories, principles, and practice of taping, padding, and orthotic fabrication
13. apply functional evaluation philosophies and techniques
14. explain how to find the evidence to guide their practice habits and techniques

### **Course Agenda**

#### **Day One:**

7:45 Introduction, Overview, and Objectives  
8:00 Anatomy/Biomechanics Review  
8:30 Pathological Gait Examples  
9:00 Lower Quarter and Foot-Ankle Exam  
9:45 Break  
10:00 Biomechanical Examination LAB  
12:00 Lunch  
1:00 Subtalar Joint Neutral Casting LAB  
1:45 Orthotic Prescription – Therapy  
2:45 Break  
3:00 Mobilization/Manual Therapy Interventions LAB  
4:30 Taping Demo/Temporary Orthotics Demo  
5:00 Q/A  
5:15 Adjourn

#### **Day Two:**

7:45 Therapeutic Exercise Lecture/Lab/Demo  
9:00 Shoe Selection/Foot Review  
9:45 Break  
10:00 Overview of Evidence-Based Approach to Management of Common Pathologies - Ankle Instability, Achilles Tendinopathy, and Plantar Fasciitis)  
11:45 Q/A and Course Evaluation; Tool Box Info, Q/A, Course Wrap-Up  
12:00 Adjourn

### **Instructor Biography:**

**Mark Beckett, PT** 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 the Foot and Ankle team for the past eight years for both the HealthSouth and Select Medical Foot and Ankle Team.

### **Instructor Disclosure Statement:**

The instructor has declared that he does not have a financial interest or other relationship with the manufacturers or providers of services that may be discussed in the course.

### **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.

#### **Indiana Chapter of American Physical Therapy Association**



### **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.