

Course Information

Date: March 9-10, 2012

Location: Pittsburgh, PA (exact location TBA)

Time: Saturday March 9 8:00-5:30
Sunday March 10 8:00-4:00
(Registration begins at 7:30)

Direct Access CEUs: 3
General CEUs: 11.5
Total CEUs: 14.5

Cost:
\$ 400

All proceeds from this course will be donated to the Foundation for Physical Therapy as part of the Pittsburgh-Marquette Challenge.



Registration

Name:

Address:

Phone number:

Email: (required to receive course handouts)

Mail completed form and check to:

Pitt-Marquette Challenge
6035 Forbes Tower
Pittsburgh, PA 15260

Make check payable to:

The Pitt-Marquette Challenge

Additional course information available at
Pittmarquettechallenge.com

Email *pittmarquettechallenge@gmail.com*
with questions.

THE FOOT: **Physical Therapy** **Evaluation and** **Management of** **Common Disorders**

Tom McPoil, PT, PhD, FAPTA

March 9-10, 2012
Pittsburgh, PA

Pittsburgh - Marquette

CHALLENGE
2011-2012

About the Speaker

Tom McPoil, PT, PhD, FAPTA, is a Professor of Physical Therapy in the School of Physical Therapy at Regis University, Denver, CO. Dr. McPoil has specialized in the evaluation and management of foot and ankle disorders since 1979. He has published more than 100 referred manuscripts and 85 published abstracts, written five book chapters, and conducted over 180 workshops/lectures on the subject of foot and ankle evaluation and conservative treatment. Dr. McPoil has also presented over 100 research papers, both nationally and internationally, on various topics related to foot and ankle mechanics, evaluation, and management. In addition to seeing private patients at the University, he serves as a consultant for lower extremity disorders for the Department of Athletics. Dr. McPoil currently serves as Vice President of the Orthopaedic Section, APTA and previously served as the Chair of the Foot & Ankle Special Interest Group. His current research activities include the development of a static lower extremity measurement protocol that is both reliable and predictive of dynamic movement.

Course Description and Objectives

Purpose:

This purpose of this workshop is to present to the practicing physical therapist the theory and techniques required to understand foot mechanics, normal and abnormal foot motion during walking, as well as perform a physical examination of the foot when assessing lower extremity dysfunction as a result of overuse in an orthopedic/sports population. A review of the principles of foot orthotic prescription will be provided as well as the evidence to support the use of both pre-fabricated and custom foot orthoses. The use of the “treatment direction test” will be presented as a tool to determine if foot orthoses are indicated as well as to guide the orthotic prescription. Assessment and management principles for chronic heel pain will be discussed. Clinical management techniques will focus on adhesive strapping and the modification of pre-molded foot orthoses.



Course Outline

Friday, March 9, 2011

7:30-8:00	Registration
8:00-8:15	Introduction
8:15-9:45	Functional anatomy of the foot and ankle
9:45-10:00	Break
10:00-11:00	Typical pattern of rearfoot motion during walking
11:00-12:00	Current evidence to support the use of foot and ankle examination protocols
12:00-1:00	Lunch
1:00-3:00	Physical examination procedures of the foot and ankle
3:00-3:15	Break
3:15-5:30	Physical examination lab (Shorts required)

Saturday, March 10, 2011

8:00-9:00	Treatment direction session
9:00-10:15	Taping (lab session)
10:15-10:30	Break
10:30-12:00	Foot Orthoses: design, prescription, & effectiveness
12:00-1:00	Lunch
1:00-2:00	Use of premolded orthotics
2:00-3:30	Physical therapy management for heel pain
3:30-4:00	Question Period and Course Evaluations