

CCEP: Advanced Principles of Foot, Gait, and Orthotics

Instructor: Kevin Hearon, DC, CCEP

Description: Posture, both static and kinetic, is discussed and demonstrated. Primary and secondary shock absorbers of gait are related to their major muscle and nerve root. Neutral position of the foot is defined and demonstrated when it is pathomechanical and truly neutral. Structural deformities such as leg length, rear foot and forefoot varus/valgus, functional hallux limitus (FHL), equinus, and others will be covered.

Orthotics for common foot disorders and posture problems will be demonstrated. Learn how to cast a foot in true neutral position non-weight bearing. Learn why the foundation of the spine truly starts at the ground. Learn the difference between functional and accommodative foot orthoses, and learn to make functional orthoses (students will be making functional orthoses in this class for themselves).

Objective: Learn the kinetic chain of motion and dysfunctions of the foot. Get technical definitions and know what type of orthotics and shoes to prescribe for your patients.

Purpose: Understand how to treat conditions like plantar fasciitis, heel spurs, congenital anomalies of the feet and subluxations. Know what foot orthotic options are available.

Overview: The feet are extremely important in their role of controlling motions into the knees, pelvis and lumbar spine. Stability of the spine is dependent upon the feet.

Teaching Methods: Lecture, slides, discussion, hands-on, demonstration, Q&A

DAY ONE:

8:00-9:00 ANATOMY

Overview of Gait, Primary Shock Absorber, Secondary Shock Absorber.

9:00-10:00 ANATOMY

Discussion: Basic Anatomy, Bones of the Foot, Anatomical Landmarks, Major Muscles

10:00-11:00 ANATOMY

Discussion: Basic Biomechanics, Pronation and Supination, Medial and Lateral Foot, Pathomechanical Neutral Position

11:00-12:00 EXAM

Discussion: Structural Deformities, Leg Length Discrepancy, Coxa Vera, Coxa Valga, Forefoot Varus, Forefoot Valgus, And Functional Hallucis Limitus.

12:00-1:00 LUNCH BREAK

1:00-2:00 ANATOMY

Discussion: Overall Mechanics of Bone Movement in the Lower Extremity and the Pelvis, Subtalar Pronation, Subtalar Supination

2:00-3:00 ANATOMY

Discussion: The Effect of Lower Limb Abnormalities on Foot Function, Talus Motion, Intrinsic Foot Deformities.

3:00-4:00 REHABILITATION

Discussion: Shoe Definitions, Functional Orthotics, and Accommodative Orthotics, Kinetic Wedge Modification.

4:00-5:00 EXAM

Discussion: Patient History, Past and Present, Examination Non Weight Bearing and Weight Bearing.

5:00-6:00 TECHNIQUE

Adjustive Technique for the Talus, Calcaneus, Cuboid, Navicular, Cuneiforms, Metatarsals, and Phalanges.

Continued...

DAY TWO:**8:00-9:00 REHABILITATION**

Adjustive orthotics: Foot Casting standing and sitting, Generic or Neutral Position.

9:00-10:00 REHABILITATION

Ordering or Prescribing Orthotics from the lab.

10:00-11:00 REHABILITATION

Product distribution, purpose of items, video of protocol.

11:00-12:00 REHABILITATION

Adjustive orthotics: Hands on application: Making in House Foot Orthotics.

12:00-1:00 REHABILITATION

Adjustive orthotics: Modifications to Orthotics reviewed for varied anomalies.

1:00-2:00 TECHNIQUE

Continued... Adjustive Technique for the Talus, Calcaneus, Cuboid, Navicular, Cuneiforms, Metatarsals, and Phalanges. Q&A