Mastering Gait

Instructor(s): **Thomas Michaud, DC, Brett Winchester, DC, Courtney Conley, DC**
Hours: 12.0

Overview:
The purpose of this program is to prepare chiropractors to perform posture and gait evaluations on their patients. Emphasis will be placed on the interpretation of the evaluation findings and how to correlate this information with functional movement testing and joint assessments. Treatment options will be demonstrated. Fundamentals of the different types of footwear and the proper use of foot orthotics will be discussed.

Objectives:
By the end of the program, the attendee will be able to:

- understand the fundamentals and mechanics of human gait
- perform and interpret postural and gait evaluations
- understand various posture and gait dysfunctions
- perform various functional movement tests
- palpate and adjust various foot and ankle joints that are commonly impacted by faulty gait mechanics and injuries
- understand the fundamentals of different types of footwear and what to recommend
- understand the use of foot orthotics and when they should be utilized

References:
Rehabilitation of the Spine – A Practitioner's Manual, Craig Liebenson
Clinical Rehabilitation, Pavel Kolar
Functional Soft Tissue Exam, Warren Hammer
Orthopedic Physical Assessment, David Magee
Human Locomotion, Tom Michaud

Program Outline:
Hours 1-2:
Definition, fundamentals, components and mechanics of human gait.

Hour 3:
Gait and postural analyses of the:

- Lower Extremity
- Pelvis
- Spine
- Upper Extremity

Hours 4-5:
Demonstration of how to access gait with a comprehensive breakdown of each component - identifying normal and faulty segments and patterns.

Hour 6:
Advanced gait analysis applications and how various gait dysfunctions impact other/distant body regions which can cause or contribute to pain syndromes.

Hour 7:
Functional testing and how the findings correlate with gait analysis findings.

Hour 8:
Static and dynamic palpation of the pelvis and demonstration of adjustive procedures.

Hours 9-10:
Static and dynamic palpation of the foot/ankle and demonstration of adjustive procedures that correspond with:

- pronation dysfunction
- supination dysfunction
- subtalar joint dysfunction (calcaneal eversion & inversion)
- talocrural joint dysfunction (dorsiflexion & plantarflexion)

Hour 11:
Types of footwear and their fundamental differences.
What to recommend based on your assessment findings.

Hour 12:
The use of orthotics in the management of faulty gait.
Conclusion