

The Foot: Physical Examination and Selected Interventions

March 19, 2016
Saturday 8:00 a.m.-4:30 p.m.

*Sponsored by the Orthopedic Physical Therapy Residency
program at A.T. Still University, Department of Physical Therapy*

orthoptresidency.atsu.edu

Course objectives

Following completion of the course the participant will be able to

1. Describe the joint mechanics required in the foot and ankle during walking.
2. Discuss the factors in the foot, ankle, and lower extremity responsible for causing or contributing to abnormal mechanical function of the foot.
3. Describe and perform a thorough static and dynamic physical examination of the foot and ankle.
4. List and describe the functions of a foot orthoses.
5. Describe the use of adhesive strapping as a treatment direction test to determine if foot orthoses are indicated.
6. Perform an augmented low-Dye with reverse 6 taping technique.

Instructor: Tom McPoil, PT, PhD, FAPTA, professor in the School of Physical Therapy at the Rueckert-Hartman College of Health Professions of Regis University, Denver

Intended audience: Physical therapists

Registration is limited to first 30 participants.

Course schedule

8:00-8:15 a.m.	Introduction
8:15-8:45 a.m.	Functional anatomy of the foot and ankle
8:45-9:45 a.m.	Current evidence to support a physical therapy examination of the foot
9:45-10:00 a.m.	BREAK
10:00-11:00 a.m.	Physical examination: Clinical assessment of foot mobility with weight bearing (TM)
11:00 a.m.-12:30 p.m.	Physical examination (lab session) (TM)
12:30-1:00 p.m.	LUNCH
1:00-2:00 p.m.	Footwear orthoses: Current evidence and effectiveness
2:00-2:15 p.m.	BREAK
2:15-3:15 p.m.	Treatment direction test: Use of tape to determine if orthoses are indicated and prescription
3:15-3:45 p.m.	Taping (lab session)
3:45-4:30 p.m.	Question and answer period

.7 CEUs (or seven contact hours) awarded at time of course completion

Instructor

Tom McPoil, PT, PhD, FAPTA, is a professor in the School of Physical Therapy at the Rueckert-Hartman College of Health Professions of Regis University, Denver, Colo. He has specialized in the evaluation and management of chronic foot and ankle disorders since 1979.

Dr. McPoil has published more than 100 referred manuscripts and 75 published abstracts, written five book chapters, and conducted more than 180 workshops/lectures on the subject of foot and ankle evaluation and conservative treatment. He has also presented more than 100 research papers, both nationally and internationally, on various topics related to foot and ankle mechanics, evaluation, and management.

Dr. McPoil currently sees patients through the School's Faculty Practice and University's Athletic Department. He also currently serves as vice president of the Orthopaedic Section's Foot & Ankle Special Interest Group.

Program Registration form

The Foot: Physical Examination and Selected Interventions

Name _____

PT license # _____

Address _____

City _____

State/ZIP _____

Phone number _____

Email _____

Registration Fees (please check one)

- ☐ \$195
☐ \$160 for ATSU alumni and for clinical instructors
with ATSU students

Check made payable to ATSU PT department

Register online at www.orthoptresidency.atsu.edu
or mail payment and registration form to:

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