



Easterseals DuPage & Fox Valley

Presents...

Don't Wait For Gait!

THERAPEUTIC EVALUATION & TREATMENT OF PEDIATRIC GAIT

Presented by

**Liesa M. Ritchie (Persaud), PT,DPT,
PCS**

About the Instructors:

Liesa M. Ritchie, PT, DPT, PCS, is a licensed physical therapist with 30 years experience in the field of adult and pediatric therapy. Dr. Ritchie is a consulting physical therapist at Tulsa Sunshine Center in Oklahoma. Additionally, Liesa is owner of Know to Change, and has educated health care professionals, both nationally and internationally, in advanced treatment techniques, specialized practical training and consultative services. She has worked in a variety of settings, including private pediatric and adult clinics, schools, private homes, hospitals and long-term care facilities. Dr. Ritchie is a Credentialed Clinical Instructor and also taught human anatomy, physiology and nutrition at Tulsa Community College. She received her Associate's Degree in 1993 from Tulsa Junior College and worked as a physical therapist assistant while completing her Bachelor of Science Degree in Organizational Leadership from Southern Nazarene University in Tulsa, Oklahoma. Dr. Ritchie earned her Master's Degree in Physical Therapy from the University of Findlay in Findlay, Ohio in 2003 and continued to expand her expertise in the field. She received her post-graduate Doctorate from Rocky Mountain University of Health Professions and is a Board Certified Specialist in Pediatric Physical Therapy. In 2007, Dr. Ritchie served as Treasurer for the Oklahoma Physical Therapy Association and has been a member of the Oklahoma Foundation for Physical Therapy since 2004. Liesa's passion for helping others extends into her private life. She has volunteered as a Call Rape Advocate and Salvation Army Volunteer. Her passion for travel has led her to teach & treat overseas in Australia, New Zealand, Turkey, the Arab Emirates & Mexico, in addition to organizing & participating in mission work in Mexico, Ukraine & Palestine. Liesa's wide range of clinical experience, organizational leadership, and proficient



Date & Location:

Friday, September 16th, 2022
through

Sunday, September 18th, 2022

Hosted By:

**Easterseals DuPage &
Fox Valley**

Format:

Live Webinar*

CONFERENCE DESCRIPTION:

This course clearly explains the significant components of evaluation and treatment of pediatric gait, in a clinically relevant manner. Flaws of a "wait and see" approach will be discussed, while supporting proactive & preventive intervention with proposed methods for deliberate, realistic & effective intervention for pediatric gait. The increased prevalence of developmental delay will be considered, with proposed etiologies, assessment of pre-gait skill performance, related orthopedic consequences and the future effects of this diagnosis on postural control and ambulation. Neuroplasticity, and the opportunities it provides for therapists, is explained. Orthopedic development is presented as it concerns appropriate development of an adequate base of support and assessment of the pediatric lower quarter. In summary, participants will leave with skills and treatment tools to immediately put into practice.

TARGET AUDIENCE:

This course will be of interest to Physical Therapists.

CONTACT INFO:

Phone: 630-621-6191

Email: ce@EasterSealsDFVR.org

www.eastersealsdfvr.org/continuingeducation

Course Schedule: 12.5 Contact

Day 1: 5.5 HOURS TOTAL Time: 8:00am to 1:30pm CST

- Foundational skills for movement
- Delayed ambulation & sensory motor performance, peer & social interaction, cognitive function & activity participation
 - Developmental delay: etiology & consequences
- (15 MIN BREAK)
- The developmental process of gait
 - Ages & developmental stages
 - The pre-gait process

Day 2: 4.5 HOURS TOTAL, Time: 8:00am to 12:30pm CST

- Interventions effective in facilitating & improving pediatric gait:
 - Garment therapy
 - Orthotics
 - Therapeutic taping
 - Therapeutic activities
- (15 MIN BREAK)
- Orthopedic pediatric lower extremity foot anatomy & function
- The consequences of misalignment & associated dysfunction
 - Manual assessment & relevance of findings to gait:
 - Hip rotation
 - Ryder's Test
 - Sacral angle
 - Thigh-foot angle
 - Relaxed calcaneal stance
 - Dorsiflexion
 - Inversion, inversion & subtalar neutral
 - Forefoot adductus

Day 3: 3 HOURS TOTAL, Time: 8:00am to 11:30am CST (no break)

GROUP WORK: To best maximize the learning experience, participants will identify a client (from either current or previous experience) for reference during guided small group discussion. The design of this activity will facilitate application of the developmental principles & assessments learned during the previous two days. Specific questions & resources will be provided on Day 2 to assist in preparation. The intent of the final day is not to cause extra work or stress! Rather, the purpose is to provide exposure to new interventions, & assist participants in planning appropriate problem-oriented interventions. For further assimilation of the presented information, Liesa will present case studies of her own to conclude the day's learning.

COURSE OBJECTIVES

- Explain the effects of delayed ambulation
- Describe the benefits of proactive & preventive intervention for pediatric gait
- Consider principles of neuroplasticity when considering intervention to increase mobility
- Apply a segmental approach to assessment of the pediatric lower quarter
- Understand the principles of orthopedic development as related to performance of pediatric gait
- Utilize pediatric lower extremity & foot anatomy assessments to determine appropriate pediatric Gait



Continuing Education Credits

Continuing education credits for *O.T./P.T* will be offered through the Illinois Department of Professional Regulation.

Early Intervention credits have been requested for 12.5 contact hours.

All participants will receive a course completion certificate upon successful completion of the conference. No certificates will be awarded until course completion is verified on the final date of the conference.

REGISTRATION FORM

Please complete this form and mail with payment to:
Easterseals DuPage & Fox Valley
Continuing Education Department
830 South Addison Avenue
Villa Park, IL 60181
FAX: 630.620.1148
Live Webinar*

Registration Fee: \$330

Early Registration Fee: \$315 on or before 8/26/22

Name: _____
(This is how your name will be printed on the course completion certificate.)

Title/Position: _____

E-mail: _____

Organization: _____

Org. address: _____

City: _____

State: _____ Zip: _____

Business Phone: _____

For credit card payment, please complete:

Type (please circle): **Visa, MasterCard, AmEx, Discover**

Credit Card #: _____

Expiration Date: _____ CVV: _____

Billing address: _____

City: _____

State: _____ Zip: _____

Home/Cell phone: _____

Space is limited— early registration is encouraged. Registration deadline: September 9th, 2022.

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after September 9th, 2022. If Easter Seals or speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant.

Gait 9.22

