

# Therapeutic Evaluation and Management of Toe Walking

Presented by

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

**Date & Location:**

Friday, May 7th, 2021  
through  
Saturday, May 8th, 2021  
Hosted By:

**Easterseals DuPage &  
Fox Valley**

**Format:**

**Live Webinar\***

**CONFERENCE DESCRIPTION:**

This course covers therapeutic evaluation & treatment of pediatric equinus gait ("toe walking"). It is common for the practitioner to feel lost when a child presents with a toe walking gait pattern. Both evaluation and treatment of these children are often frustrating for all involved and frequently results in inaccurate evaluation with ineffective intervention and poor achievement of results. Long term results are rarely achieved with either resultant surgical intervention and/or a reoccurrence of the problem. However, establishing a specific approach to treating this type of patient can be made less frustrating and more rewarding by asking the right questions and forming a deliberate approach. This course is excellent for alleviating a chaotic approach to the treatment of pediatric toe walking. Through an organized evaluation procedure, specific data will be used to direct the clinician to potential etiologies. Causes and appropriate intervention strategies are identified in order to utilize a systematic approach to developing an effective treatment plan.

**TARGET AUDIENCE:**

This course will be of interest to Physical Therapists, Occupational Therapists.

**COURSE OBJECTIVES**

At the conclusion of this course, the participant will be able to:

- IDENTIFY specific pathologies relevant to pediatric equinus gait.
- DEVELOP an organized evaluation approach and use the data to determine various etiologies of pediatric equinus gait.
- DISCUSS etiology-specific & age-appropriate assessment & management strategies for this population.
- APPLY effective examination, evaluation, intervention and treatment strategies to toe walking in the pediatric population.
- DESIGN an effective & individualized treatment plan for the pediatric patient.
- EXPLAIN the future consequences of incorrect intervention.
- GAIN confidence with the evaluation and treatment of pediatric toe walking.

**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 teaching skills make her an exciting and compelling instructor.



**CONTACT INFO:**

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# Course Schedule:

## Day 1:

**8:00am-1:30pm (includes two 15 min breaks)**

### IDEAL GAIT & EQUINUS GAIT

- Definition of Idiopathic Toe Walking
- Problems & concerns regarding an equinus gait pattern
- Components of normal gait & gait development
- Characteristics of equinus gait

### BIOMECHANICS

- Necessity of a stable base
- The influence of an anterior center of mass
- Muscle Balance Theory
- Passive ankle DFROM measurement technique: R1 & R2
- Orthoses: Changes to tradition
- Biomechanical training aids
- Shoe Modifications

**Day 2: 8:00am-1:00pm (includes two 15 min breaks)**

### KINESIOLOGY

- Physiology
- Manual therapy
- Muscle lengthening & strengthening strategies
- Therapeutic Taping

**Contact Hours: 9.5**

### 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 9.5 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.

### Occupational

### Therapy:

This Intermediate Level course is offered with AOTA Classification Codes: Categories 1 Domain of OT & 2 Occupational Therapy Processes.



Approved Provider

## 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: \$285**

**Early Registration Fee: \$270 on or before 4/23/21**

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: \_\_\_\_\_

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*Space is limited— early registration is encouraged.* Registration deadline: April 23rd, 2021.

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after April 23rd, 2021. 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.

### Toe Walking 5.21