

Outline

Evolution of Human Movement

The influence of pain in learning and survival and its relevance today
Adaptations of the body and how these changes shape movement
Approaches of modern medicine

Anatomy & Pathophysiology of Foot/Ankle Dysfunction

Foot and ankle anatomy
Extrinsic muscles of the foot and their function
Intrinsic muscles of the foot and their function
The role in differential diagnosis

Before and After Injury

Risk factors that lead to common LE injuries and dysfunction
A look at the acute pain process
Changes in physiology and behavior

Acute vs Chronic Presentations

Duration of symptoms and how this impacts the brain and behavior
Common assessments and findings in lower extremity pathology
Post tibialis
Achilles tendonitis/tendinosis
Ankle sprain
Plantar fasciitis

Analysis of the Gait Cycle

How environment and anatomy play a role in walking behavior
Movement efficiency
Key stages in the gait cycle
Effects of sprains, strains, stress and stiffness
Importance of foot intrinsic strength
Key structures involved
FHL, FDB, and their relationship to the pelvic floor

Case Studies: "Building the Tissues"

– a detailed look at common presentations, assessment, differential diagnosis, evidence-based treatment, and outcomes

Case Study 1: Evaluation and management of plantar fasciitis

What it is and what it is not

Case Study 2: Evaluation and management of ankle sprains

Long term effects of chronic ankle instability

Case Study 3: Evaluation and management of posterior tibialis dysfunction

How this is different from plantar fasciitis

Case Study 4: Evaluation and management of achilles tendon dysfunction

Myths of treating tendons

Tendon research

Corrective Exercise Strategies

Sensory awareness and foot positioning

Toe yoga
Foot tripod/quadrupod
Farmer's carry
Pallof press or balance on a wedge
Pen touch for big toe abduction

Mobility

Improving ranges of motion
First ray, ankle

Stability

Isolated exercises
Integrated exercises
Contributions of hip and core weakness

Case Studies: "Building the Person"

Patient care through the bio-psycho-social lens
Build effective communication for improved clinical outcomes
Incorporate graded exposure and cognitive behavioral therapy into practice
Constructing well rounded programs for return to sport, running, and activity
Manual therapy techniques to address impaired mechanics
Applications of kinesiology taping

Choosing appropriate footwear

What is functional/natural footwear
Characteristics of proper footwear
Shoes and their impact on feet – MSK impact of high heels
Orthotics/orthoses – embrace your inner minimalist, less is more
Diagnosis-based recommendations

Live Webinar Schedule

(Times listed in Central)

8:00 Program begins

12:00-1:00 Lunch Break

3:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience:

Physical Therapists • Physical Therapist Assistants • Chiropractors • Athletic Trainers
Strength and Conditioning Specialists • Other Rehab and Healthcare Professionals

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Top Down and Bottom Up

A Whole-Body Approach to Lower Extremity Dysfunction and Rehab

Live Interactive Webinar

Thursday & Friday, March 9 & 10, 2023

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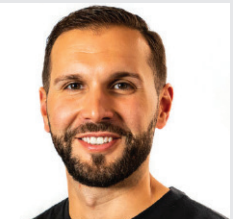
2-DAY

Top Down and Bottom Up

A Whole-Body Approach to Lower Extremity Dysfunction and Rehab



Courtney Conley, DC
@GaitHappens
166k followers



Joseph LaVacca, PT, DPT, OCS
@strengtheninmotion
57k followers

Your guide to eliminate pain & dysfunction at the foot & ankle

- Plantar Fasciitis • Ankle Sprains
- Achilles Tendon & Posterior Tibialis Dysfunction
- And so much more!

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Top Down and Bottom Up

A Whole-Body Approach to Lower Extremity Dysfunction and Rehab

While foot and ankle diagnoses are commonly addressed by rehab professionals, **might you be overly simplifying your treatment** with tunnel vision?

Learn how to move beyond common pitfalls in managing lower extremity dysfunction by avoiding diagnosis driven treatment by shifting to a **whole-person approach**.

You will quickly discover how the lower extremities function as part of the kinetic chain in which a global assessment approach is essential to identify the origin of dysfunction.

Our promise to you - this training is different than the standard orthopedic skills course. Constant emphasis is applied to function of the whole person through the entire kinetic chain AND neurocognitive contributions are presented. You'll learn:

- Simple and effective strategies for the most common diagnoses in both acute and chronic presentations: plantar fasciitis, ankle sprains, achilles tendon & posterior tibialis dysfunction, and more!
- Proven techniques to enhance mobility and stability throughout the kinetic chain
- How to eliminate foot pain and unnecessary procedures
- How the pelvis and hips influence foot and ankle mechanics
- Essential tools including graded exposure and cognitive behavioral therapy approaches to manage complex conditions with ease

Put your new skills into action through **multiple case studies** that include a detailed look at the assessment, objective findings, treatment approaches, and outcomes.

You will confidently implement programs for return to sport along with how to advise footwear recommendations based on your client's individual needs. Register now for a course that **guarantees better outcomes** for both you and your patients.

Objectives

1. Investigate pain from an evolutionary lens and how it promoted learning and survival throughout generations.
2. Inspect the evolutionary adaptations of the human body that have allowed it to become an effective and efficient mover.
3. Develop a thorough understanding of ankle and foot anatomy and how it pertains to function and clinical decision making.
4. Investigate the acute pain process including immediate changes that occur in the body and how behavior is affected.
5. Demonstrate a thorough understanding of the chronic pain process including the long-term changes in the mind and brain and how it affects beliefs and decision making.
6. Employ assessment strategies to enhance clinical decision making for common lower extremity injuries and dysfunction.
7. Develop and implement effective treatment strategies for common lower extremity injuries and dysfunction.
8. Incorporate a bio-psycho-social approach to enhance patient education and form a therapeutic alliance with clients to enhance outcomes in clinic.
9. Investigate the role of footwear choices and how it can delay or facilitate lower body healing and mechanics.
10. Differentiate the phases of the gait cycle and utilize specific treatment techniques to target change in each phase.
11. Organize a full body framework into rehabilitation that incorporates postural, core and upper body exercises into treatment protocols.
12. Construct and implement a return to walking/running program for your clients.

Meet Your Speakers

Dr. Courtney Conley, is a chiropractic physician specializing in foot and gait mechanics. She is the owner and operator of Total Health Solutions in Golden, Colorado. She also is the founder of Gait Happens, an online education platform specializing in foot and gait mechanics. Special interests include the mechanics of the foot and its relationship to the entire kinetic chain. She has worked directly with experts such as Steven Sashen, the CEO of XERO shoes, and Sebastian Bar, the owner of Joe Nimble; the creators of 2 functional footwear companies.

Speaker Disclosure:

Financial: Courtney Conley is the co-owner of Force Couple, LLC., the owner of GaitHappens, and the owner and medical director of Total Health Solutions. She receives a speaking honorarium and recording royalties from PESI, Inc.

Non-financial: Courtney Conley has no relevant non-financial relationships.

Joseph LaVacca, PT, DPT, OCS, CFSC, FMS, FMT-C, FRCms, SFMA, holds certifications in movement screens for both the FMS and SFMA, Functional Strength Coaching, as well as Fascial Movement Taping and Performance Movement Techniques through RockTape. Dr. LaVacca is an orthopedic clinical specialist and has experience in Maitland-Based Manual treatments, Instrument-Assisted Soft Tissue Mobilization, kinesiology taping, and movement assessment/performance screening. He is a nationwide speaker and frequently teaches healthcare practitioners about kinesiology taping and movement assessment principles.

Speaker Disclosure:

Financial: Joseph LaVacca is the owner and physical therapist of Strength in Motion Physical Therapy. He has employment relationships with Fringe, Inc, RockTape, and Force Couple LLC. Joseph LaVacca receives a speaking honorarium and recording royalties from PESI, Inc.

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