

Clinical Analysis of Various Adult Foot Types

How Foot Type Affects Function and Influences Musculoskeletal Pathologies

2 DAY PROGRAM 15 CONTACT HOURS



December 13-14 2014 Brookfield, CT

2 DAY COURSE DESCRIPTION

This program offers a comprehensive approach to determining orthotic intervention that combines traditional with contemporary theory to provide a more holistic approach to managing gait disorders. Lab time is devoted to teaching functional assessment of 24 congenital foot types through postural assessment and gait analysis. Clinical evidence shows that there are four key features that influence how feet work, and various combinations of these features can produce foot, limb or back pain. Learn a systematic approach to successful management of symptoms utilizing pre-fabricated orthotic solutions; and, alternatively how to determine if custom orthoses are needed.

2 DAY COURSE AGENDA

DAY 1

- 7:45-8:00 **Sign in**
- 8:00-9:30 **Basic Biomechanics of the Foot and Ankle:** Introduction to the 24 Adult Foot Type System and identification of 6 sub-classifications of Foot Types referred to as "Quads". This discussion also includes a review of tri-planar foot function and a review of normal and abnormal gait.
- 9:30-9:45 **Break**
- 9:45-11:30 **Review of Rearfoot Structure and Function in Gait (Contact and Early Midstance):** Rearfoot Varus Deformities: Compensated (D Quad) vs. Uncompensated (C Quad).
- 11:30-12:30 **Lunch (on your own)**
- 12:30-1:15 **Lab: Finding Subtalar Neutral Position**
- 1:15-2:15 **Rearfoot Lab:** Structural and Functional Assessment of the Rearfoot.
- 2:15-2:30 **Break**
- 2:30-3:45 **Review of Forefoot Varus and its Effect on Gait During Midstance and Propulsion:** Understanding the difference between a structural forefoot varus (E Quad) and an acquired flexible forefoot supinatus (F Quad).
- 3:45-5:00 **Review of Forefoot Valgus and its Effect on Gait During Midstance and Propulsion:** Understanding the differences between a structural forefoot valgus (A Quad) and an acquired flexible forefoot valgus or plantarflexed 1st Ray (B Quad).

DAY 2

- 8:00-9:30 **Forefoot Lab:** Structural and Functional Assessment of the Forefoot.
- 9:30-9:45 **Break**
- 9:45-10:15 **Combined Rearfoot/Forefoot Varus Foot Types:** This section will include details on clinical signs and symptoms, callus patterns, muscle function, patient profile, gait analysis, and orthotic goals/design for 12 combined foot types.
- 10:15-10:45 **Combined Rearfoot Varus /Forefoot Valgus Foot Types:** This section will include details on clinical signs and symptoms, callus patterns, muscle function, patient profile, gait analysis, and orthotic goals/design for 8 combined foot types.
- 10:45-12:00 **Video Gait Analysis Lab:** Students will learn to interpret foot types through digital gait video by analyzing rearfoot and forefoot characteristics during contact, midstance and propulsive phases of gait
- 12:00-1:00 **Lunch (on your own)**
- 1:00 - 1:30 **Pediatric Flat Foot:** Overview of genetic predisposition to developmental flat foot syndrome in children and when it is important to intervene with orthotic treatment.
- 1:30-2:30 **Foot Typing Lab:** Students will work together in lab to identify their foot types and determine appropriate orthotic features.
- 2:30-2:45 **Break**
- 2:45-3:15 **Orthotic Design & Modification Lab:** Learn the "art" of tweaking an orthotic to enhance performance outcomes using posting wedges, heel lifts, and other devices to optimize biomechanical corrections.
- 3:15-4:45 **Lab: Subtalar Neutral Casting Lab:** Students will learn how to prepare negative plaster slipper casts for the purpose of orthotic fabrication.
- 4:45-5:00 **Course Review and Surveys**

80 Turnpike Drive, Unit 1
Middlebury, CT 06762

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How Foot Type Affects Function and
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**FUNCTIONAL GAIT ANALYSIS:
THE QUADRATESTP® METHOD OF PRE-FABRICATED
ORTHOTIC SELECTION BY FOOT TYPE**

1 DAY PROGRAM • 7.5 CONTACT HOURS



November 8, 2014 Torrance, CA

1 DAY COURSE DESCRIPTION

The QUADRATESTP SYSTEM® is based on a clinical assessment algorithm which identifies and differentiates the structural and functional aspects of the foot into 6 specific foot "types".

Each foot type influences not only the patients' gait but the conditions and pathologies which may affect them throughout their lives.

The QUADRATESTP SYSTEM® approach to prescribing prefabricated functional foot orthoses is easy to use and brings immediate improvement to patients' symptoms.

The student will learn to perform visual, static, and dynamic gait analysis; interpreting key weight bearing compensations in order to differentially interpret a patient's foot type. Students are taught how to implement the algorithmic process to classify an individual's foot into one of 6 major foot, or "quad" types. Students will come to understand how the

1 DAY COURSE REGISTRATION

Name: _____
 Credentials as to appear on course certificate: _____
 Office Name: _____
 Address: _____
 Phone: Day _____ Cell _____
 E-mail: _____
 Course City: _____ Course Date: _____
 Course Fee: **\$225 up to 45 days before, \$295 within 45 days.**
 Make Checks payable to Nolaro24, LLC, or tuition may be charged to:
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Let us know if you have specialized needs. Nolaro24, LLC reserves the right to cancel a course due to insufficient enrollment. Course fees, in this event, will be refunded.

Please return this form to:

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 or fax to: 203.758.1011 or register online at: www.thequadrastepssystem.com/education



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specific gait sequencing of each foot type may predispose an individual to a certain set of pathologies.

Lab sessions will include foot typing fellow students and actual fitting of pre-fabricated functional foot orthoses. At the conclusion of this program, each student will leave this program skilled in a more functional approach to foot and gait assessment, allowing them to return to their clinic with the ability to offer their patients a more immediate and cost effective orthotic solution.



1 DAY COURSE AGENDA

- 7:30-8:00 Sign in
- 8:00-8:30 Introduction to the 24 Adult Foot Type System
An overview of the clinical algorithm used to identify 24 adult foot types.
- 8:30-10:15 Rearfoot Varus Deformities: Compensated vs. Uncompensated
Definitions and clinical presentation of various forms of rearfoot varus deformities and their effect on gait.
- 10:15-10:30 Break
- 10:30-11:30 Forefoot Deformities: An Overview of Forefoot Varus and Valgus Deformities and Their Effect on Gait
- 11:30-12:00 Introduction to Static Weight-Bearing Assessment
- 12:00-1:00 Lunch (on your own)
- 1:00 - 1:30 Lab: Identification of Key Weight-Bearing Compensation Specific to Rearfoot and Forefoot Deformities
- 1:30-2:30 Clinical Analysis of 6 Pathological Foot Types
For each foot type we will review key foot attributes and morphology, gait characteristics and video analysis, callus patterns, clinical symptoms, and orthotic design
- 2:30-3:00 Pediatric Flatfoot and Orthotic Intervention
Overview of genetic predisposition to developmental flat foot syndrome in children and when it is important to intervene with orthotic treatment.
- 3:00-3:15 Break
- 3:15 - 5:00 Lab: Foot Typing and Orthotic Fitting
Participants will learn a simple 4-step method of foot classification. Working in groups, they will identify each participant's foot type and learn to accurately fit and dispense pre-fabricated orthoses using the QUADRATESTP SYSTEM®.
- 5:00-5:15 Course Review and Certificates

2 DAY COURSE REGISTRATION

Name: _____
 Credentials as to appear on course certificate: _____
 Office Name: _____
 Address: _____
 Phone: Day _____ Cell _____
 E-mail: _____
 Course City: _____ Course Date: _____
 Course Fee: **\$450 up to 45 days before, \$525 within 45 days.**
 Make Checks payable to Nolaro24, LLC, or tuition may be charged to:
 Check one: MC ___ Visa ___ Discover ___
 Acct#: _____ Exp. Date: _____
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