

**THERAPEUTIC EVALUATION & TREATMENT  
OF TOE WALKING  
(PEDIATRIC EQUINUS GAIT)**

**COURSE DESCRIPTION:**

This webinar addresses 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 result 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. Liesa teaches practitioners to assess toe walking through a holistic view of the child, including biomechanics & sensory processing, to develop a systematic approach and devise an effective treatment plan.

Through organized assessment, 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.

This webinar will change how you think about & treat children with equinus gait!

**AGENDA:**

**Day 1: 6.5 HOURS TOTAL**

**IDEAL GAIT & EQUINUS GAIT (1.75 hrs)**

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

*(15 MIN BREAK)*

**BIOMECHANICS** *(4 hrs + two 15 min breaks)*

- 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
- Shoe Modifications

**Day 2: 6.25 HOURS TOTAL**

**KINESIOLOGY** *(2 hrs)*

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

*(15 MIN BREAK)*

**SENSORY PROCESSING & SENSORY PROCESSING DISORDER** *(2 hrs)*

- Consideration of the senses: tactile, vestibular, visual, proprioceptive
- Anatomy, Diagnosis & Incidence
- Assessment with regards to Toe Walking

*(15 MIN BREAK)*

**ASSESSMENT: CRITERIA, RESULTS & INTERVENTION** *(1.75 hrs)*

- Birth & Developmental history
- Vision
- Classifications of Toe Walking etiologies
- Assimilation of material