

**To register contact Motivations, Inc.
249 Venice Way #3303 Myrtle Beach, SC 29577
Or fax: (815) 371-1499,
Questions? (800) 791-0262**

Rate	Description	16 Hrs
Consortium	Group Discount – Register your facility today. 5 or more	\$375
Association	Member of APTA, AOTA, NATA, ASHA, SCARF, or ATRI, etc.	\$425
Individual	Single Registration	\$475

Date(s) _____ Location _____

Name _____ Discipline _____

Facility _____

Home Mailing Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Fax _____

E-mail Address for Confirmation (will not be shared or sold) _____

Cancellation Policy: Motivations, Inc. reserves the right to cancel a course up to 14 days prior to the course, with full refund, if insufficient numbers of participants have registered for the course. Registrants may cancel up to 14 days prior to the course and transfer their tuition to any Motivations, Inc. course, or receive a full refund. Any cancellations within two weeks prior to the course will receive a refund less \$100 for administrative costs.

Circle One: **VISA** **MASTERCARD** **AMEX**

Name on Card _____

Account Number _____ Exp. Date _____

Signature _____ Billing Address Zip Code _____

**Foot and Ankle Course
October 3rd and 4th
8:00 a.m. - 5:30 p.m.
Rapid City SD**



**Black Hills Orthopedic and Spine Center
Physical Therapy Department
7220 S. Hwy. 16
Rapid City SD 57702**

Contact Information:

**Joleen Wilson, PT
joleenwilson@bhosc.com
(605) 341-1414 ext. 339**

**Heather Williamson, PT
heatherwilliamson@bhosc.com
(605) 341-1414 ext. 235**

Brian Hoke's Practical Applications to Biomechanics of the Foot and Ankle

SUMMARY: This two-day seminar is designed to provide an overview of the influence of foot and ankle structural alignment on lower extremity function and rehabilitation. Particular emphasis will be placed on the understanding of joint biomechanics of the foot and ankle, biomechanical assessment, and intervention through the use of exercise, footwear, and foot orthoses. A lecture format will be coupled with hands-on lab sessions to reinforce and demonstrate practical applications of the course content.

PRESENTER: Brian R. Hoke received his degree in Physical Therapy with Highest Distinction from the Indiana University School of Medicine in 1981 and earned his post-professional Doctor of Physical Therapy degree from Boston University. His clinical experience has been specialized to the realm of orthopaedic and sports physical therapy, with a particular focus upon the biomechanical basis for lower extremity rehabilitation. Dr. Hoke is a board certified Sports Clinical Specialist, and he has been a frequent speaker at a national and international level on biomechanics and clinical assessment of lower extremity dysfunction. He has been a faculty member of the continuing education seminar "When the Feet Hit the Ground, Everything Changes" since 1985 and co-developed the Advanced level course "Take the Next Step" in 1990. Dr. Hoke has been an invited speaker at many interdisciplinary conferences, including the "Complete Foot Care Course" sponsored by the American Orthopaedic Foot and Ankle Society. He is an Adjunct Faculty Member of Old Dominion University in Norfolk, VA, and Touro College School of Health Science in Bay Shore, NY. He is a contributing author to two texts: Sports Injuries: Prevention and Rehabilitation and Textbook of Running Medicine. Dr. Hoke is co-owner and Director of Atlantic Physical Therapy, P.C. in Virginia Beach, VA.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Point out the triplane components of motion for the major joints of the foot and ankle
2. Describe the interaction and resultant joint positions which occur in the lower limb throughout closed chain pronation and supination
3. Explain the major events of the walking gait cycle with particular emphasis upon joint kinematics of the talocrural subtalar, midtarsal, first ray, and first metatarsophalangeal joints
4. Identify common foot types by assessing the subtalar joint neutral position
5. Describe the typical compensation for common foot types during the gait cycle and weight bearing activities
6. List components of footwear and identify common trends in the shoe manufacturing industry
7. Write accurate footwear recommendations for various foot types
8. Discuss characteristics, indications, and contraindications for the use of biomechanical and accommodative orthotics
9. Obtain a neutral position plaster cast and prescribe all components of a functional foot orthosis
10. Identify commonly encountered lower extremity pathologies that are related to patterns of compensation and describe biomechanically based treatment strategies for these problems
11. Demonstrate taping techniques to support and control abnormal biomechanics of the foot and ankle
12. Demonstrate the ability to accurately recognize and identify the sources of abnormal lower extremity compensation from videotaped examples of pathological gait

FORMAT: Lecture/Demonstration/Lab Format. This is a 16-hour course equivalent to 1.6 CEUs. Motivations, Inc. is an approved CEU provider by NATA BOC. Motivations Inc is an approved provider by The Texas Chapter of the APTA. We follow the PT licensing Board guidelines in the states in which the course is held. Instructional Level: Intermediate.

AUDIENCE: Physical Therapists, Physical Therapy Assistants, Exercise Physiologists, and Athletic Trainers.

AGENDA:

DAY ONE

8:00 am Introduction and Overview of Course Objectives
8:15 am Joint Anatomy and Biomechanics of the Distal Lower Extremity
9:20 am Break
9:30 am Functional Foot and Ankle Biomechanics: Static Postures and Gait
10:35 am Break
10:45 am Biomechanical Examination: Clinical Assessment of Distal Lower Extremity Structure
12:00 pm Lunch (on your own)
1:00 pm Lab: Lower Extremity Biomechanical Examination
3:00 pm Break
3:10 pm Pathomechanics of Common Foot Types
5:30 pm Adjourn

DAY TWO

8:00 am Footwear: Design and Prescription
9:30 am Principles of Functional Foot Orthoses
10:50 am Break
11:00 am Lab: Neutral Position Casting
12:00 pm Lunch (on your own)
1:00 pm Lab: Taping Techniques to Control Abnormal Compensation
2:20 pm Break
2:30 pm Review of Compensation: Etiology and Biomechanically Based Treatment of Common Overuse Syndromes
3:50 pm Break
4:00 pm Demonstration: Video Case Studies
5:30 pm Adjourn



BLACK HILLS
ORTHOPEDIC
& **SPINE CENTER**

Specializing in what moves you.