



**AAPP Annual Conference
Thursday, November 7, 2024**

FINALLY Understand Clinical Biomechanics with Foot Typing Workshop

1:00pm – 1:45pm

The Full Biomechanical H&P of the Pediatric Patient | 0.75 CECH

Louis DeCaro, DPM

This lecture will teach practitioners age specific biomechanical protocols in kids of all ages. They will learn how to perform a quick and easy 5-minute functional assessment that can efficiently and accurately determine each patient's foot type and thus need and justification for intervention. Application of that information will allow participants to know exactly what type of functional orthotic is best suited for each patient, and thus how to select the correct orthotic prescription. It will teach participants how to understand the origins of biomechanically based chief complaints and give them the confidence to educate the patient on why orthotics are important and why they work!

1:45pm – 2:45pm

4 Steps to Functional Foot Typing for Teens to Adults | 1.0 CECH

Roberta Nole, MA, PT, CPed

This lecture will teach how to perform a quick and easy 2-minute functional assessment that can efficiently and accurately determine each patient's foot type. Application of that information will allow participants to know exactly what type of functional orthotic is best suited for each patient, and thus how to select the correct orthotic prescription. It will teach participants how to understand the origins of biomechanically based chief complaints and give them the confidence to educate the patient on why orthotics are important and why they work! Participants will be given all the tools they need to become the biomechanical experts they desire to be!

2:45pm – 3:15pm

Break & Visit Exhibits

3:15pm – 4:00pm

A-Z Practice Management of Your Orthotic Practice

Louis DeCaro, DPM

An incredible opportunity exists in growing your orthotics program. If you are a doctor that is looking to make your practice less complicated, more enjoyable, with rapid patient growth and increased cash flow this lecture is for you! This lecture is designed to give you all the tools you need to ramp up this specialty in your office, and at the same time be successful at it!

4:00pm – 5:00pm

Hands on Foot Typing Lab (Everyone Gets Foot Typed!!!!) | 1.0 CECH

Louis DeCaro, DPM and Roberta Nole, MA, PT, CPed

The practitioner 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.



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Practitioners are taught how to implement the algorithmic process to classify an individual's foot into one of 6 major foot, or "quad" types. Practitioners will come to understand how the specific gait sequencing of each foot type may predispose an individual to a certain set of pathologies. Lab session will include foot typing fellow practitioners and actual fitting of functional foot orthoses. At the conclusion of this program, each practitioner 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 accurate orthotic solution.

Objectives:

- To understand the most common foot and ankle pathologies associated with podopediatrics and adult foot types involving orthotic treatments. Age specific protocols will be discussed.
- Understand how to select the appropriate orthotic design and selection based on pathological foot-type.
- Understand how to successfully incorporate a successful orthotic program into your office
- To understand how to identify the basic biomechanical principles of the foot and lower extremity as a function of gait and recognize the affect pathological foot conditions have upon normal gait.