Putting One Foot In Front of the Other:
A Pediatric Gait Workshop

Presented by: Jan McElroy PT, PhD, PCS, C/NDT

Hosted by: Gerti Motavalli, PT, MS
Pediatric Physical Therapist
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Date: August 19-20, 2017
Location: 616 Clark Hall, Columbia, MO University of Missouri
Intended Audience: PT, PTA, MD, and PhDs interested in physical rehabilitation
Contact Hours: 15 Contact Hours. This course and instructor meet the specifications to qualify for continuing education requirements.

INSTRUCTOR

Jan McElroy draws from over 40 years of experience as a pediatric physical therapist in a wide range of settings including NICU, acute care, birth to three programs, and outpatient/inpatient rehabilitation. Her teaching experience includes clinical, classroom, and continuing education settings. She holds a master’s in physical therapy and a PhD in Pediatric Science from Rocky Mountain University of Health Professions. Jan owns a private pediatric PT practice in Columbia, Missouri. She is adjunct faculty at the University of Missouri, Department of Physical Therapy, serving as the primary physical therapy faculty on the MU TIPS for KIDS, LEND grant as well as Rocky Mountain University of Health Professions teaching in the transitional DPT program. Her national continuing education courses focus on gait, baby treatment, treatment of infants born preterm, serial casting/temporary foot supports, and interventions for children with movement dysfunction. She is currently conducting research in lower extremity movement patterns in infants born full term and preterm, gait in children with autism, gait in children with CP, and positioning practices with infants as they relate to torticollis and plagiocephaly. Jan serves as a reviewer for the Physical Therapy Journal and is a panel member for the development of national NICU guidelines for developmental care.

COURSE DESCRIPTION:

Ambulation can be challenging for children of all ages with developmental or neurological challenges. In this course, we will examine the biomechanical principles of gait and how these principles should guide your gait interventions. We will explore orthotic options, gait adjuncts, and therapeutic activities to establish and/or improve gait patterns and function. Course content will be presented using lecture, videos, group activities, and participant movement labs.

Objectives:

At the end of this course participants will be able to:

1. Assess gait deviations in children with CP, low muscle tone, and myelomeningocele using principles of passive dynamics and active muscle control.
2. Correlate gait deviations with appropriate orthotics.
3. Use simple gait adjuncts such as kinesiotaping, fabrifoam, and wedges.
4. Develop various gait intervention activities consistent with the child’s dysfunction and gait principles.