

Foot Orthoses Update – 2006

Topics covered will include:

- Prefabricated vs custom: What when? Evidence vs clinical experience.
- Comparing the prefabs – how do they stack up?; Plantar fascial grooves – what, when, how?; Lateral wedging for knee OA; Gait retraining vs orthotic modification of gait; Practical steps to improve outcomes; Its “not the orthotic”.
- The importance of the fibula; More on ‘Forces vs Motion’; Indications for different orthotic prescription variables; When to preload the hallux (the Cluffy Wedge; The Kinetic wedge); Whats going on with our understanding of ankle joint motion: range of motion vs stiffness.
- To measure or not?; The role & importance of the lateral column
- Linking the biomechanical assessment to the orthotic prescription; What you really need to look for in a video gait assessment and using that to change the prescription.
- Pro’s & Con’s of negative model production: (Plaster casts; STS sock; foam impressions; optical scans; others); Custom shell formation – pros & cons of milled vs vacuum.
- The dissonance between clinical practice and the research evidence.
- Evaluation and practical use of different approaches to prescribing foot orthoses:
 1. Resurrecting the traditional approach (Root et al)
 2. Pressure mapping (Dananberg, Williams et al)
 3. Pathology specific prescribing (Shearer, Huppin)
 4. The windlass (McPoil et al)
 5. Functional foot typing (Shavelson)
 6. Bottom block theory (Glaser)
 7. Tissue stress (Hunt, McPoil, Kirby, Fuller et al)
 8. High gear/low gear axes (Bojsen-Mollor)
 9. Functional foot drop (Clancy)
 10. STJ equilibrium (Kirby)
 11. Preferred motion pathway (Nigg)
- Clinical tests to improve prescribing and outcomes: (Jacks; Supination resistance; Forefoot stability; Tolerance; Lunge; Digital video; Pressure mapping)

Presented by: Craig Payne
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La Trobe University

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Dates & Venues (all 9.30AM-4.00PM)

Sat 17 June: Hobart (Grand Chancellor)	Sat 15 July: Adelaide (Hilton)
Sat 24 June: Melbourne (Hilton)	Sun 16 July: Perth (Hilton)
Sat 1 July: Sydney (Hilton)	Sat 22 July: Canberra (Crowne Plaza)
Sat 8 July: Brisbane (Hilton)	Sat 12 Aug: Darwin (Crowne Plaza)
Sun 9 July: Townsville (Holiday Inn)	

Please register me for:

- Hobart; Melbourne; Sydney; Darwin; Brisbane; Townsville; Adelaide;
Perth; Canberra.

Name: _____

Address: _____

Phone: (____) _____

Email: _____

Fee: \$220 (incl GST) (includes tea/coffee; lunch; handouts)

Payment options:

Cheque (Pay to 'Podiatry Professional Development')

Credit card: Type: VISA; Mastercard

Number: _____

Exp: __/__/__

Signature: _____

Pay online: <http://www.podiatry-cpd.com>

Send to: Foot Orthoses Seminar, PO Box 231, LaTrobe University Post Office, Vic 3086

Fax to: (03)9923-6520 (Tax invoice and venue information will be sent upon registration)