



## 2024 VOPA ANNUAL MEETING KEYNOTE WORKSHOP

# Pediatric Triceps Surae Muscle Tone Development, Detection and New Equinus Deformity Management Principles

## A One Day Didactic Program

Friday, February 9, 2024 Time: 8:00am-5:00pm

**TARGET AUDIENCE:** Pediatric rehabilitation team members including orthotists, physical therapists, physicians in physical medicine and rehabilitation, and pediatric orthopedists – welcome!

**Level:** Intermediate.

Registration Fee for One Day Workshop: \$95.00

Breaks and lunch are included in the registration fee.

VOPA Annual Meeting Date: February 8-10, 2024

Hyatt Regency Reston, Reston, Virginia

### Course objectives

- Relate the typical acquisition of neck and trunk control of postures to developing limb use.
- Describe the role of the foot & ankle load receptors in balance and gait.
- Describe the location of the whole-body center of gravity (COG) in infants & children.
- Relate bodyweight (COG) distribution on the foot to upright ankle joint function & development.
- Relate COG acceleration to gait development – typical & pathologic.
- Define resting human muscle tone.
- Define R1 end range in passive muscle extensibility testing.
- Relate typical triceps surae muscle use to the development of R1 in passive ROM assessment.
- Discuss the vertical tibia period in typical gait development.
- Relate excessive pronation to equinus deformity development.
- Discuss the evidence that R1 end range in passive extensibility testing of the triceps surae muscles indicates the presence of spasticity.

\*VA PT CEUs have been applied for. Course has been approved for 8 ABC CEUs.

### COURSE DESCRIPTION

Using lecture, videos, and demonstration, Instructor presents a range of topics including postural control acquisition & influence on muscle tone development; gait development and pathology related to whole body center of gravity acceleration; physiologic adaptation of lower limb muscles to routine use - both ideal & pathologic; and contributions of postural control deficits to equinus deformity development.

A review of passive ankle dorsiflexion range of motion (PADFROM) assessment procedures introduces participants to the presence and significance of velocity-dependent resistance to passive elongation with implications for setting ankle position in orthoses and casts. Instructor then presents principles, properties and methods of optimizing postural control development and reducing equinus deformity using below-knee casts and orthoses.

Participants will be provided course handouts and on-site access to a selection of casts, orthoses and flexible skeletal foot models.\*

### Instructor:



Beverly Cusick, PT, MS, NDT, COF/BOC  
Progressive Gaitways, Telluride, CO

### For more information:

 [www.vopaweb.com](http://www.vopaweb.com)

 860-967-4184

 [vopainfo@gmail.com](mailto:vopainfo@gmail.com)