

## COURSE CONTENT

Join us for an enriching full-day seminar dedicated to enhancing the expertise of Orthotists and physiotherapists in the UK who specialize in addressing footdrop caused by neurological conditions.

This seminar will delve into the effective management of gait, empowering clinicians to optimise care for patients living with flaccid footdrop. From stroke, multiple sclerosis to traumatic brain injury and spinal cord injury, footdrop presents a formidable challenge in treatment decisions.

The repercussions of footdrop extend beyond physical limitations, profoundly impacting independence, mental well-being, and overall quality of life. Fortunately, a plethora of orthotic interventions exist to mitigate these challenges and enhance mobility.

Throughout the seminar, participants will engage in assessment discussions of patients with footdrop, exploring the nuances of gait patterns with and without orthotic interventions. Attendees will gain exposure to a spectrum of orthotic solutions, alongside insights into functional biomechanics, including open and closed chain reactions.

### Key Learning Outcomes

- Lower limb function, encompassing the three planes of motion, open versus closed kinetic chain biomechanics, concentric/eccentric muscle function, and the pivotal role of proprioception in gait.
- Proficiency in evaluating gait impairments attributable to footdrop, utilizing techniques such as open chain assessment, closed chain observations, and objective data analysis.
- Understanding the biomechanical rationale behind orthotic management of footdrop, facilitating informed decision-making in clinical practice.
- Profound insights into designing tailored gait training programs rooted in orthotic intervention and functional biomechanics.
- Knowledge of the indications, contra-indications, and biomechanical principles governing the utilization of Allard AFO dynamic response gait orthoses.

Embark on a journey of professional development and elevate your expertise in addressing footdrop-related gait impairments. Join us as we discuss enhanced patient care and functional outcomes.

## PROGRAM

<u>Time</u>	<u>Agenda</u>	<u>Speaker</u>
09:00	Registration & Coffee	
09:15	Welcome & Introduction	
09:30	Closed Chain Biomechanics and Muscle Function during the normal gait <ul style="list-style-type: none"><li>• 3 Planes of Motion</li><li>• Open v's Closed Kinetic Chain</li><li>• Current Gait Cycle Terminology</li><li>• Tri-Plane Lower Limb Function</li><li>• Biomechanics</li></ul>	<i>Jessica</i>
11:00	Coffee	
11:15	Continuation of Biomechanics and Muscle Function	<i>Jessica</i>
12:30	Lunch	
13:15	Orthotics - Design, Application & Considerations	<i>Tony/Florence</i>
14:30	Allard Carbon Fibre Design, Considerations & Applications	<i>Tony/Florence</i>
15:30	Coffee	
15:45	Patient Gait Analysis and Product try on (Please bring suitable shoes)	<i>Tony/Florence</i>
16:15	Closing, Questions & Answers	
16:30	Finish	

**\*Register at [www.allarduk.co.uk/education/seminars](http://www.allarduk.co.uk/education/seminars) - today!**

## Our speakers

### **Jessica Parnevik-Muth – Licensed Physiotherapist - USA & Sweden**

Licensed Physical Therapist in Sweden and US with specialist training in functional biomechanics, OMT, Sports medicine and KBT. A distinguished leader in the field of gait and biomechanics who brings a wealth of experience and expertise to our event. Renowned for her contributions to advancing the understanding and treatment of gait abnormalities, her comprehensive knowledge and innovative approaches have significantly impacted patient care and outcomes.

### **Tony Andrejevas BSc (hons) in P&O, MBPO Allard UK Clinical Specialist**

HCPC registered Orthotist, with a wealth of expertise spanning both paediatric and adult orthotic management. Specialising in neuromuscular conditions, diabetic foot care, and an array of neurological disorders such as CVA, CP, MS, CMT, Polio, and Spina Bifida. His proficiency extends to gait laboratory orthotics, where he utilised his experience to enhance patient outcomes. Tony oversees technical product support for the Allard UK product portfolio.

### **Florence Goodwin BSc (hons) in P&O, MBPO, MSc Physiotherapy Allard UK Clinical Specialist**

Experienced HCPC registered Orthotist and recently qualified Physiotherapist. Florence has a wealth of orthotic expertise with a significant portion of this time dedicated to neurological and paediatric orthotics. Florence recently completed her MSc in Physiotherapy, where she embarked on a compelling research journey delving into the impacts of Mobilisation and Tactile Stimulation on somatosensory organisation. Florence is part of the Allard Clinical Specialist team.

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## 2024 Education Seminars

Allard UK is pleased to announce two upcoming Education Seminars scheduled for this winter.

### **Unlocking Gait: Enhancing Clinician Expertise in Footdrop Care**

Attendees are invited to select from the following dates and venues:

**20 November 2024**      **Mercure Cardiff North Hotel**  
Circle Way East  
Llanedeyrn South Glamorgan  
Cardiff  
CF23 9XF

**21 November 2024**      **Ambassadors Bloomsbury Hotel**  
12 Upper Woburn Place Euston  
London  
WC1H 0HX

The attendance fee for this seminar is set at a nominal rate of £20.00.

You're invited to a one-day multidisciplinary seminar focusing on the analysis and management of gait, with a specific emphasis on enhancing care for patients with flaccid footdrop due to neurological issues.

Expert guest speakers will delve into topics such as lower limb function, gait analysis, orthotic utilisation, and various treatment modalities tailored to address flaccid footdrop in both adult and paediatric populations.

Join us for an educational opportunity to deepen your understanding and refine your skills in providing optimal care for these patients.

**\*Register at [www.allarduk.co.uk/education/seminars](http://www.allarduk.co.uk/education/seminars)**