Evidence-Based Assessments and Treatments of Common Foot and Ankle Conditions

This lecture and lab course is developed to be an evidence-based approach to common orthopedic conditions of the foot and ankle. Etiology, diagnosis, and treatment of rearfoot, midfoot, and forefoot conditions will be discussed as well as the specific tendon disorders, neural disorders, and foot deformities influencing the condition. After this course, attendees will have a complete understanding and ability to perform evidence-based evaluation of the foot and ankle including implementing current knowledge on specific manual muscle tests, range of motion techniques, foot posture evaluation, functional testing, and special tests. Attendees will be able to appropriately evaluate and design specific rehabilitation programs for individuals with ankle and foot pathology while applying intermediate to advanced treatment techniques including: gait evaluation, foot posture evaluation, joint mobilizations of the foot and ankle, and taping techniques of the foot and ankle.

Course Director

Jaime L. Caillet, PT, DPT, OCS, Cert. DN, is a Physical Therapist at Rehab Access Physical Therapy, a Board Certified Orthopaedic Clinical specialist by the American Board of Physical Therapy Specialties, certified in Dry Needling, and received her doctorate degree in physical therapy. Jaime specializes in orthopedic rehabilitation and treatment management strategies for both simple and complex lower extremity conditions and pathology. Jaime has extensive specialized training in advanced manual techniques, fascial taping techniques, and soft tissue techniques of the peripheral joints in an orthopedically impaired patient population. Jaime’s 13 years of clinical orthopedic background and advanced educational allow her to be very knowledgeable in regards to evidence-based evaluation and treatment of common orthopedic foot and ankle conditions.

Purchase our high quality online webinars available for only $189.00 including:

Evidence-Based Evaluation and Treatment of Rotator Cuff Pathology (7 CEU’s)
An Evidence-Based Approach to Evaluation and Treatment of Common Foot and Ankle Conditions (7 CEU’s)

Register online at www.sports-medicine-institute.com
About SMI
Sports Medicine Institute (SMI) is engaged in the business of enhancing human performance through health, research, and education. SMI focuses on the latest techniques and cutting edge technology, not only to enhance the performance of athletes, but also to enhance the clinical performance of the sports medicine and health care team including clinicians, trainers, fitness professionals, and other associated fields. We offer online and live continuing education seminars for various health related and medical professions including physical therapy, occupational therapy, massage therapy, athletic training, dietetics, and personal training. Our seminars are crafted from the highest quality and most respected industry publications, studies, speakers, and experts in their topic related to sports medicine. This makes our courses specific, meaningful, and applicable to the daily practice of your respected field and also keeps you in tune with the latest research, techniques, and clinical practices.

Confirmations & Cancellations
Once registered for the course a confirmation email will be sent to the email address used to purchase the course. If you haven’t received an email with your confirmation 7 days after your registration, you may contact us at info@sports-medicine-institute.com to verify your registration. Please make sure to check your junk mail as the email will be an automatically generated email and might get filtered incorrectly depending on your account settings. Cancellations received at least 15 days prior to the course will be refunded less a $75 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward future online courses, live seminars, or products of SMI. Please note that if you are registered and do not attend the seminar, you are still liable for full payment. Substitutions can be made at any time with consent of the instructor and SMI staff. Please note that substitutions may incur a fee since the participant must pay the course price at the time of transfer.

INTERESTED IN TEACHING A COURSE IN YOUR SPECIALITY?
Sports Medicine Institute is always looking for qualified professionals to teach courses in their specific field and specialty. If you are interested, send an email with your resume to our Director of Continuing Education: ccoulon@sports-medicine-institute.com

Education Credits
Physical Therapists, Physical Therapy Assistants: This course is approved for 7 contact hours by the Physical Therapy board or certifying agency of the following states: MS, LA, AR, TX, OK, & TN

Athletic Trainers: Sports Medicine Institute is recognized by the Board of Certification, Inc. to offer continuing education for BOC Certified Athletic Trainers. This program has been approved for a maximum of 7 hours of Category A continuing education. BOC Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P8730

Course Hours
Registration begins at 7:45am. The seminar is a 7 hour course in lecture, demonstration, & lab and will begin at 8:00am and conclude at 4:30pm. For most courses, coffee and tea will be provided in the a.m. with two 15 minute breaks in the a.m. and p.m. There will also be a 1 hour break for lunch on your own.

Who should attend
Physical Therapists
Physical Therapy Assistants
Athletic Trainers

www.sports-medicine-institute.com
**Date & Location**

**SAN ANTONIO, TX—July 24, 2015**
Holiday Inn Select San Antonio Airport
77NE Loop 410 San Antonio, TX 78216
210-349-990

**HOUSTON, TX—July 25, 2015**
Sheraton North Houston
15700 John F. Kennedy Blvd, Houston, TX 77032
281-442-5100

**GARLAND (Dallas), TX—August 14, 2015**
Embassy Suites Dallas - Love Field
3880 W Northwest Hwy, Garland, TX 75220
214-357-4500

**FORT WORTH, TX—August 15, 2015**
Hampton Inn and Suites
4201 Reggis Court, Fort Worth, TX 76155
817-952-3080

**TYLER, TX—September 18, 2015**
Holiday Inn South Broadway
5701 S Broadway Ave., Tyler, TX 75703
903-561-5800

**DALLAS, TX (IRVING)—September 19, 2015**
Hawthorn suites by Wyndham- Irving DFW South
2323 Imperial Drive, Irving, TX 75062
972-257-5400

**TULSA, OK—October 2, 2015**
Hilton Garden Inn Midtown
4518 East Skelly Drive, Tulsa, OK 74135
918-878-7777

**OKLAHOMA CITY, OK—October 3, 2015**
AmericInn
1905 South Meridian Ave., Oklahoma City, OK 73108
405-682-2080

**AUSTIN, TX—November 13, 2015**
LOCATION COMING SOON!

**SUGARLAND, TX—November 14, 2015**
LOCATION COMING SOON!

**COLLEGE STATION, TX—December 4, 2015**
LOCATION COMING SOON!

**THE WOODLANDS, TX—December 5, 2015**
LOCATION COMING SOON!

**THIS COURSE IS ALSO AVAILABLE AS A WEBINAR ONLINE AT www.sports-medicine-institute.com**

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**Course Content**

**Evaluating the Current Evidence in Clinical Practice**
- Understanding Evidence Quality
- Clinical Interpretation of Evidence

**Relevant anatomy review**
- Foot and Ankle Joints
- Ligaments and Tendons
- Lower Leg Compartments

**Relevant Biomechanics**
- Windlass Mechanism
- Subtalar Joint Neutral
- Navicular position

**Examination/Evaluation**
- Advanced Gait Analysis
- Foot Posture Assessment Techniques
- ROM and Specific Manual Muscle test
- Functional Tests and Special Tests
- Diagnosis and Treatment
- Understanding Radiographs

**Common Foot and Ankle Injuries**
- Etiology/Epidemiology
- Foot Deformities
- Hindfoot, Midfoot, Forefoot Injuries
- Neural Conditions

**Exercise Induced Leg Pain**
- Tendinopathy and Muscle Insufficiency
- Fractures and Joint Injuries
- Lisfranc Injury and Plantar Fasciitis
- Case Studies

**Evidence-Based Evaluation of Foot/Ankle (Lab Session)**
- Implementing a Foot Posture Evaluation
- Performing Functional Testing
- Executing Specific Special Tests

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**Register Online**

[www.sports-medicine-institute.com](http://www.sports-medicine-institute.com)

Look for course under Seminars
Understand biomechanical concepts that impact clinical practice regarding foot and ankle assessment
Recognize the etiology and pathophysiology of foot and ankle conditions
Perform specific special and functional testing of the foot and ankle
Identify complex foot/ankle conditions through an accurate evaluation
Understand, plan, and implement appropriate evidence-based exercise prescriptions and treatment programs for foot and ankle orthopedic conditions

An Evidence-Based Approach to Evaluation and Treatment of Common Foot and Ankle Conditions

Continuing education available for Physical Therapists, Physical Therapy Assistants, & Athletic Trainers

AN EVIDENCE-BASED APPROACH TO EVALUATION AND TREATMENT OF COMMON FOOT AND ANKLE CONDITIONS

Please select a date and location:

- San Antonio, TX—7/24/15
- Houston, TX—7/25/15
- Garland, TX—8/14/15
- Fort Worth, TX—8/15/15
- Tyler, TX—9/18/15
- Dallas, TX—9/19/15
- Tulsa, OK—10/02/15
- Oklahoma City, OK—10/03/15
- Austin, TX—11/13/15
- Sugarland, TX—11/14/15
- College Station, TX—12/4/15
- The Woodlands, TX—12/5/15

Texas 2015 Locations
San Antonio: Jul 24
Houston: Jul 25
Garland (Dallas): Aug 14
Forth Worth: Aug 15
Tyler: Sep 18
Austin: Nov 13
College Station: Dec 4
Sugarland: Dec 5
The Woodlands: Dec 5

Oklahoma 2015 Locations
Tulsa: Oct 2
Oklahoma City: Oct 3

An Evidence-Based Approach to Evaluation and Treatment of Common Foot and Ankle Conditions

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9020 Spring Grove Dr.
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REGISTRATION FEE:
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5 or greater**    $199    $209

*Registration received 30 days prior to seminar date.
**Price per person when registering at the same time for same location.

ONLINE PRODUCTS
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