



Mary Free Bed[®]
Rehabilitation Hospital

*When the Feet Hit the Ground...
Everything Changes*

*Saturday, March 9 &
Sunday, March 10, 2019*

LOCATION

Mary Free Bed Rehabilitation Hospital
Professional Building, Meijer Conference Center
350 Lafayette Ave. SE, Grand Rapids, MI 49503

CONTACT HOURS:

16 CEUs



COURSE DESCRIPTION

"When the Feet Hit the Ground... Everything Changes" covers the fundamentals of the foot and ankle, biomechanics of human gait, and the impact on the lower extremity chain. You'll learn to identify and treat root causes of foot pathologies, including taping, exercises, orthotic prescription and shoe recommendations.

This two-day, lab-based 16-hour (16 CEU) continuing education course is designed to teach foot and ankle biomechanics and their effects on the lower extremities.

This continuing education course blends lecture with extensive hands-on lab time with a low participant-to-instructor ratio to best master the presented skills. You will learn how to identify and treat foot pathologies and develop an expert understanding of how altering foot mechanics can create positive effects up the lower extremity chain.

The research-based treatment principles will include shoe recommendation, taping, exercise, over-the-counter and custom orthotic prescription. You will learn practical skills for immediate application in your practice.

To be best prepared for the course, a 60-minute, in-depth anatomy and joint axes presentation is provided. Participants are required to view the presentation and complete a comprehension quiz prior to attending. Access information will be provided 30 days prior to your course date.

AUDIENCE

Using the latest research in biomechanics, expert evaluation and best treatment options, both courses include substantial lab and practical application time, ideal for physical therapists, physical therapy assistants, athletic trainers, certified pedorthists and other interested professionals.

COURSE LEARNING OBJECTIVES

If the participants seize the opportunity to learn throughout the course, they will be able to:

1. Describe the anatomy and tri-plane joint biomechanics of the foot and ankle complex
2. Perform a comprehensive biomechanical examination of the lower kinetic chain
3. Discuss the regional interdependence of the entire lower kinetic chain during gait and functional activities
4. Differentiate between normal and abnormal gait biomechanics during walking
5. Compare and contrast various footwear options as they relate to foot type and gait
6. Integrate custom and non-custom orthotic therapy devices into the treatment plans of patients with lower quarter pathology
7. Integrate evidence-based exercise, taping and manual therapy interventions into a comprehensive treatment plan

COURSE SCHEDULE

Saturday, March 9

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| 7:30-8 a.m. | Breakfast and Check-in |
| 8-8:30 a.m. | Anatomy and Joint Axes Review |
| 8:30-9 a.m. | Normal Gait Kinetics and Kinematics |
| 9-10:15 a.m. | Subtalar Neutral Lab |
| 10:15-10:30 a.m. | Break |
| 10:30-11:30 a.m. | Intrinsic Abnormalities |
| 11:30 a.m.-12:15 p.m. | Extrinsic Abnormalities |
| 12:15-1:15 p.m. | Lunch |
| 1:15-3 p.m. | Biomechanical Evaluation |
| 3-3:50 p.m. | Footwear |
| 3:50-4 p.m. | Break |
| 4-5 p.m. | Orthotics Lecture |
| 5-5:45 p.m. | Orthotics Lab |

Sunday, March 10

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| 7:45-8 a.m. | Breakfast and Check-in |
| 8-8:30 a.m. | Day 1 Review |
| 8:30-9:30 a.m. | Video Gait Analysis |
| 9:30-10:30 a.m. | Tendon Pathologies |
| 10:30-10:45 a.m. | Break |
| 10:45-11:45 a.m. | Foot and Ankle Manual Therapy Lab |
| 11:45 a.m.-12:45 p.m. | Lunch |
| 12:45-1:30 p.m. | Foot and Ankle Taping Techniques Lab |
| 1:30-2:45 p.m. | Select Foot and Ankle Pathology |
| 2:45-3:20 p.m. | Therapeutic Exercise for the Distal Chain |
| 3:20-3:30 p.m. | Break |
| 3:30-4 p.m. | Therapeutic Exercise for the Proximal Chain |
| 4-4:30 p.m. | Case Studies |

Paul Drumheller, MPT, OCS, SCS, CSCS

Paul is the owner and practicing physical therapist at 3Dimensional PT & Sports Conditioning in Tacoma, Washington. He received his Bachelor of Science in Exercise Physiology from the University of California at Davis in 1991 and his Masters of Physical Therapy from the University of Puget Sound in 1994. Paul is board certified as a clinical specialist in orthopedic and sports. He also is a certified strength and conditioning specialist through the National Strength and Conditioning Association.

He has honed his foot and ankle skills since 2002 while lab assisting for the original "When the Feet Hit the Ground... Everything Changes" team and became a primary speaker for the final two years of the course.

Paul has seen how influential subtle changes in the foot can make a difference up the chain. He has lectured nationally on orthopedic-and sports-related topics. He co-developed and has taught the national continuing education course "Managing the Runner" (now "When the Feet Hit the Ground... Running") since 2011.

David Nolan PT, DPT, MS, OCS, SCS, CSCS

David is a clinical specialist at MGH Sports Physical Therapy and director of the MGH/Northeastern University Sports Physical Therapy Residency Program. He earned a Bachelor of Science in Physical Therapy from Northeastern University in 1997 and completed his Master of Science with an orthopedic specialization and Doctor of Physical Therapy degrees from Massachusetts General Hospital Institute of Health Professionals in 2007. During his graduate studies, he was awarded the Barbara Adams Fellow Award for his leadership and dedication to the profession.

Dr. Nolan is a board-certified orthopedic clinical specialist and sports clinical specialist through the American Physical Therapy Association and a certified strength and conditioning specialist through the National Strength and Conditioning Association. David also is an associate clinical professor in Northeastern University's Department of Physical Therapy, Movement and Rehabilitation Sciences as well as a graduate lecturer in the College of Professional Studies in the transitional Doctor of Physical Therapy Program at Northeastern.

David has lectured nationally on running-related injury, functional biomechanics, gait and lower quarter dysfunction. He is a past recipient of the Excellence in Clinical Teaching award from the New England Consortium of Academic Coordinators of Clinical Education. His research has focused on the impact of abnormal biomechanics on injury in an orthopedic population. David's areas of expertise include sports medicine, orthopedics and manual therapy. He evaluates and treats patients with a wide range of musculoskeletal diagnoses and utilizes video analysis to assist in biomechanical evaluation and patient education. He coordinates physical therapy care at the finish line of the Boston Marathon and works extensively with athletes at all levels, including elite runners and professional dancers.

REGISTRATION INFORMATION

Standard Tuition: \$525

Please follow the link below to register and for additional details.
(Registration is only available through this link)

<https://www.whenthefeethittheground.com/course-registration>

Contact Hours: 16 CEUs

Questions: Contact the Medical Education Department at
888.492.9934 or medical.education@maryfreebed.com

AIRPORT AND HOTEL INFORMATION

The closet airport (about 20 minutes from the hospital) is the
Gerald R. Ford International Airport located at 5500 44th St. SE,
Grand Rapids, MI 49512. www.flygrandrapids.org

There are many lodging options in and around the Grand
Rapids area including but not limited to:

AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW
Grand Rapids, MI 49503
616.774.2000
0.9 miles west of Mary Free Bed

HOLIDAY INN

310 Pearl St. NW
Grand Rapids, MI 49504
616.235.7611
Downtown Grand Rapids at 131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe NW
Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton and Monroe
One mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW
Grand Rapids, MI 49503
616.451.2300
One mile northwest of Mary Free Bed

HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Pl. NE
Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Ave. SW
Grand Rapids, MI 49548
616.871.9700
South of downtown Grand Rapids at 131 and 68th Street
Nine miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT

450 Center Dr.
Grand Rapids, MI 49544
616.785.1600 or 888.287.9400
springhillsuites.marriott.com
1-96 and Alpine Avenue
Five miles north of downtown Grand Rapids

STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE
Kentwood, MI 49512
616.464.3200
29th Street and Lake Eastbrook Boulevard
Eight miles east of Mary Free Bed

SLEEP INN & SUITES

4824 29th St. SE
Grand Rapids, MI 49512
616.975.9000
29th Street and East Paris Avenue
Eight miles east of Mary Free Bed



If you require special arrangements to fully participate in
this workshop, please call 616.840.8292