

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**

# Foot Fundamentals

Mastering the Art of  
Foot & Ankle Rehabilitation



**FEBRUARY 26–27, 2016**

Hospital for Special Surgery | New York City

**SAVE UP TO \$100**  
**if you register for**  
**onsite by 1/29/2016.**



**LIVE STREAMING** also available

This activity has been approved for Physical Therapy Contact Hours and BOC Credit; pending approval for Physical Therapy CCUs.

Provided by **Hospital for Special Surgery** Office of Continuing Medical Education and the Department of Rehabilitation

# Foot Fundamentals

## Mastering the Art of Foot & Ankle Rehabilitation



FEBRUARY 26–27, 2016

### LOCATION

#### Hospital for Special Surgery

Richard L. Menschel Education Center, 2nd Floor  
535 East 70th Street, New York, NY 10021

 **LIVE STREAMING** also available

### STATEMENT OF NEED

The foot and ankle comprise one of the most biomechanically complex structures of the human body. Clinicians who treat the foot and ankle require an in-depth understanding of foot and ankle biomechanics, surgical approaches and advanced guidelines for rehabilitation. Participants will learn how altered biomechanics and gait abnormalities can lead to kinematic chain pathologies. This program will review current evidence regarding surgical techniques and clinical guidelines with functional assessment/treatment progressions for the foot and ankle. The lab portions of this course will develop gait assessment skills, hands on assessment and mobilization techniques, taping and padding strategies and provide functional exercise prescriptions to be used in treating patients with a variety of foot and ankle pathologies.

### TARGET AUDIENCE

This activity is targeted to physical therapists, physical therapist assistants and athletic trainers.

### LEARNING OBJECTIVES

HSS continuing medical professional education activities are intended to improve the quality of patient care and safety.

Upon completion of the morning portion of the Day 1 program, participants will be able to:

- Identify at least one indication and contraindication for Achilles reconstruction, bunionectomy, total ankle replacement and metatarsal phalangeal arthroplasty.
- Select at least one treatment intervention for rehabilitation following Achilles reconstruction, bunionectomy, total ankle arthroplasty and metatarsal phalangeal arthroplasty.
- Identify one faulty biomechanical movement pattern in the rear-foot, midfoot, forefoot and the ankle mortise.

Upon completion of the full Day 1 program, in addition to the objectives stated above, participants will be able to:

- Identify one gait analysis tool, other than observational and 3D motion analysis.
- List three components of a functional foot assessment.

Upon completion of the Day 2 program, in addition to the objectives stated above, participants will be able to:

- Perform at least three mobilization techniques for each of the fibular, talocrural, midfoot and forefoot joints.

### ACCREDITATION AND CREDIT DESIGNATION

Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 6.0 Contact Hours on-site Day 1, 13.5 Contact Hours on-site day 1 and 2 and 3.5 Contact Hours online. This activity is pending approval in Florida, Maryland and New Jersey. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA.

This activity is pending approval for CCU's by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S jurisdictions. The CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AL, AR, AZ, CA, DE, Washington DC, GA, HI, IN, KS, KY, MI, MS, MT, NC, NE, OR, SC, TN, UT, VA, VT, and WI.



Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 6.0 Contact Hours on-site Day 1, 13.5 Contact Hours on-site Day 1 and 2 and 3.5 Contact Hours online for NATA credits. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

### SPECIAL NEEDS

Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

### FINANCIAL DISCLOSURE



In accordance with the Accreditation Council for Continuing Medical Education's Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the **relevant** financial relationships.



# Activity Agenda

Earn CME/CEU credit online through our on-demand offerings [www.hss.edu/eAcademy](http://www.hss.edu/eAcademy)

## Day 1 | Friday, February 26, 2016

**8:30 am** Breakfast/Registration\*

LIVE STREAMING STARTS

**8:55 am** **Opening Remarks\***  
Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT

### Module I: Surgery

**9:00 am** **Keynote Speaker**  
**Joint Replacement History to Recent Advances**  
Jonathan T. Deland, MD

**9:40 am** **Achilles Reconstruction/Bunionectomy Surgery**  
Scott J. Ellis MD

### Module II: Rehabilitation

**10:20 am** **Rehabilitation Following Joint Replacement**  
Matthew Pugliese, PT, DPT, OCS, MTC, Cert MDT, SFMA  
Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT

**10:35 am** **Rehabilitation Following Achilles Reconstruction**  
Erin Corbo, PT, DPT, OCS, CKTP

**10:50 am** **Accelerated Rehabilitation Following Bunionectomy**  
Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT

**11:10 am** **Panel Discussion**

**11:30 am** **Break\***

### Module III: Biomechanics and Gait

**11:50 am** **Biomechanics**  
Howard J. Hillstrom, PhD

**12:15 pm** **Gait Overview and Tools for Analysis**  
Lisa Drefus, PT, DPT

**12:40 pm** **Panel Discussion**

LIVE STREAMING ENDS

**12:55 pm** **Lunch\*** (on your own)

### Module IV: Workshops

**1:55 pm** **Gait**  
Lisa Drefus, PT, DPT  
Leigh-Ann Plack, PT, DPT, USATF-1  
Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT

**2:40 pm** **Functional Foot Assessment**  
Matthew Pugliese, PT, DPT, OCS, MTC, Cert MDT, SFMA  
Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT

**3:25 pm** **Break\***

**3:40 pm** **Functional ROM and Strength Progressions**  
Leigh-Ann Plack, PT, DPT, USATF-1  
Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT

**4:55 pm** **Adjourn\***

## Day 2 | Saturday, February 27, 2016

### Module V: Evaluation, Treatment, Mobilization Workshops

**Workshop Faculty:** Erin Corbo, PT, DPT, OCS, CKTP; Leigh-Ann Plack, PT, DPT, USATF-1; Matthew Pugliese, PT, DPT, OCS, MTC, Cert MDT, SFMA; Dana Rose, PT, DPT, OCS; Erin Singleton, PT, DPT, OCS; Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT

**8:00 am** Breakfast/Registration\*

**8:30 am** **Fibular Mechanics: Evaluation, Treatment, Mobilization**

**9:15 am** **Talocrural Joint Mobilization**

**10:45 am** **Break\***

**11:00 am** **Subtalar Joint Mobilization**

**12:15 pm** **Lunch\*** (on your own)

**1:15 pm** **Midfoot Mechanics: Evaluation, Treatment, Mobilization**

**2:15 pm** **Forefoot Mechanics: Evaluation, Treatment, Mobilization**

**3:30 pm** **Break\***

**3:45 pm** **Taping and Padding**

**4:45 pm** **Q&A**

**5:00 pm** **Adjourn\***

\* Not designated for credit.  
Faculty and agenda subject to change.

Live streaming only available in the morning of Day 1.

# Program Faculty

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## ACTIVITY DIRECTOR



**Robert Turner, PT, OCS, MS, OM, LAc, PMA®-CPT**  
Clinical Supervisor  
Spine Therapy Center  
Hospital for Special Surgery

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## HSS FACULTY

### **Erin Corbo, PT, DPT, OCS, CKTP**

Advanced Clinician  
Integrative Care Center

### **Jonathan T. Deland, MD**

Attending Orthopaedic Surgeon  
Professor of Clinical Orthopaedic Surgery  
Weill Cornell Medical College  
Weill Cornell Medicine

### **Lisa Drefus, PT, DPT**

Advanced Clinician  
Pediatric Physical Therapy

### **Scott J. Ellis, MD**

Associate Attending Orthopaedic Surgeon  
Associate Professor of Orthopaedic Surgery  
Weill Cornell Medical College  
Weill Cornell Medicine

### **Howard J. Hillstrom, PhD**

Director  
The Leon Root, MD, Motion Analysis Laboratory

### **Leigh-Ann Plack, PT, DPT, USATF-1**

Staff Physical Therapist  
Advanced Clinician

### **Matthew Pugliese, PT, DPT, OCS, MTC, Cert MDT, SFMA**

Clinical Supervisor  
Orthopedic Physical Therapy Center

### **Dana Rose, PT, DPT, OCS**

Staff Physical Therapist  
Spine Therapy Center

### **Erin Singleton, PT, DPT, OCS**

Advanced Clinician  
Spine Therapy Center

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## HSS PROGRAM COORDINATOR

### **Wanda Napolitano**

Senior Events and Marketing Coordinator  
Professional Education  
Education & Academic Affairs



## SAVE THE DATE

Sports Medicine Symposium  
APRIL 8–9, 2016

## FOR MORE INFORMATION

Go to [www.hss.edu/cme](http://www.hss.edu/cme) for a complete calendar of scheduled live and online CME activities.



## WAYS TO REGISTER

Register and pay online at [www.hss.edu/cme](http://www.hss.edu/cme).

Register by mail using the registration form.

### Payment By Mail

#### Make check payable to:

Hospital for Special Surgery

#### Mail registration form to:

Hospital for Special Surgery  
Professional Education Department  
Education & Academic Affairs  
535 East 70th Street  
New York, NY 10021

### Confirmations

All registered participants will receive a confirmation via email.

### Refund Policy

A handling fee of \$75 is deducted for cancellation. Refund requests must be received by mail one week prior to the course. No refund will be made thereafter.

### For More Information Please Contact Wanda Napolitano

Senior Events and Marketing Coordinator  
Professional Education  
Education & Academic Affairs  
Hospital for Special Surgery  
Tel: **212.606.1812**  
Email: [napolitanow@hss.edu](mailto:napolitanow@hss.edu)

### Parking & Accommodations

For information on parking and accommodations, please go to

[www.hss.edu/visitor-information.asp](http://www.hss.edu/visitor-information.asp)

and view our Neighborhood Directory.

Local accommodations are limited and early reservations are recommended

### Transportation

**Airport:** LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

**Bus:** M72, M31 stop at East 69th Street and York Avenue.

**Subway:** Nearest line is the 6 train stop at East 68th Street and Lexington Avenue.

**Car (FDR Drive):** Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

**Find Hospital for Special Surgery on the web at [www.hss.edu](http://www.hss.edu)**



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## Program Registration

### Foot Fundamentals

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PLEASE PRINT LEGIBLY

First Name MI Last Name

Degree Affiliation/Network Practice (if applicable)

Email Address

Street Address Suite/Apt #

City State Zip Code

Daytime Phone

\$ Amount Enclosed ☐ American Express ☐ Mastercard ☐ Visa ☐ Check Enclosed

Credit Card # Exp. Date

Signature

☐ Check here to receive the HSS RehabLink eNewsletter for professionals.

### How did you hear about this course?

☐ Print Brochure ☐ Email Blast ☐ HSS Website ☐ Journal Advertisement  
☐ LinkedIn Ad ☐ Recommendation ☐ Google Ad ☐ Other \_\_\_\_\_

### Registration Fees

Registration fees include breakfast (for onsite participants), online access to lecture handouts and credits. All registered participants will receive a confirmation via email.

	EARLY BIRD RATE Registration closes 1/29 at 5 pm	REGULAR RATE Registration closes 2/24 at 5 pm
<b>Onsite</b> (Day 1 only)	<b>\$225</b> (Network \$180)	<b>\$295</b> (Network \$236)
<b>Onsite</b> (Day 1 & Day 2)	<b>\$440</b> (Network \$352)	<b>\$540</b> (Network \$432)
<b>Live Streaming</b> (Day 1 only available*)	<b>\$75</b> (Network \$60)	<b>\$100</b> (Network \$80)

**For day-of registration for the onsite course, add \$75 to the appropriate category above (available only if space permits – please call first).**

Please note: Registration will not be processed unless accompanied by payment.

**Please note:** This program may be recorded, filmed or photographed. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational, or other), in any medium, and without remuneration of any kind to you.

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