Rancho Observational Gait Analysis: Maximizing Gait Outcomes through Targeted Interventions for Individuals with Neurologic Impairments

SPEAKERS:
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Walt Weiss, PT, MPT, NCS, KEMG

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Alta Bates Summit Medical Center, Herrick Campus
Berkeley, CA

COURSE DESCRIPTION
Skilled gait assessment with subsequent intervention to minimize impairments and restore function to our patients is critical to the practice of neurologic physical therapy. Rancho Observational Gait Analysis is a systematic approach to view and improve an individual’s walking ability developed at Rancho Los Amigos National Rehabilitation Center. Attendees of this two day workshop will sharpen their observational skills as they review the components of normal and pathological gait and enhance their clinical decision-making as they utilize Rancho’s Observational Gait Analysis worksheet to analyze gait dysfunction and guide treatment intervention. This workshop will provide an overview of the sequencing of muscle activity, joint motion, and kinetics that occur during gait. Participants will apply a problem-solving approach to determine the functional implications of significant gait deviations as well as treatment approaches (including the use of orthoses and/or electrical stimulation) to maximize a client’s walking ability. The Rancho R.O.A.D.M.A.P. (Recommendations for Orthotic Assessment, Decision-Making, And Prescription), an algorithm used as a tool to guide clinical decision-making related to bracing, will also be utilized in the course. Current research evidence will be presented as well as treatments for common postures seen in patients with neurologic dysfunction (i.e stiff-legged gait/extended posture, flexed posture). Participants will have the opportunity to perform observational gait analysis using patient participants and identify major problems and potential treatment interventions. They will also have the opportunity to work with persons with neurologic involvement and utilize the Rancho R.O.A.D.M.A.P. as a guide to make decisions related to most appropriate orthotic intervention for these individuals.

COURSE OBJECTIVES
Upon completion of this course, you will be able to:
- Identify the eight phases and three functional tasks of normal gait.
- Identify the task accomplishments for each of the three functional tasks.
- State the joint ranges of motion, torque demands, and muscle activity in normal gait.
- Identify common gait deviations and their possible causes in addition to clinical significance using a problem-solving approach.
- Identify appropriate targeted interventions (including orthoses and/or e-stim) for identified gait problems.
- Use the Rancho R.O.A.D.M.A.P. to make recommendations for orthotic prescription in clients with neurologic dysfunction.
- Identify how to link deviations by looking at two common gait postures: a patient with an extended (stiff-legged gait)/ flexed posture. Participants will have the opportunity to perform observational gait analysis using Rancho Gait Form and identify major problems and potential treatment interventions.
- Perform observational gait analysis using the Rancho Gait Form and identify major problems and potential treatment interventions.

CEUs/Participants
- This course will provide 1.3 CEUs (13 contact hours). Pending approval from CPTA
- This course is open to Physical Therapists, Physical Therapist Assistants, and Certified Orthotists. Less than 50% of the contents of this course deals with evaluation. There may be certain activities taught that by law cannot be performed by Physical Therapist Assistants and Certified Orthotists.
- Registration is limited to 40 participants. Register early to guarantee a spot!

COURSE SCHEDULE

Day 1
8:00 - 8:30 Registration
8:30 - 9:00 Course Overview and Objectives
9:00 - 11:00 Setting the Standard: Review of Normal Gait and Introduction to the RanchoGait App for Smartphone/Tablet
11:00 - 11:15 Break
11:15 - 12:15 Understanding the Pathologic Ankle and Knee
12:15 – 1:15 Lunch
1:15 – 2:00 Understanding the Pathologic Ankle and Knee (continued)
2:00 – 3:30 Examining the body as a whole
Examining the Hip/Pelvis and The Big Picture: Assessing the body as a whole
3:30 – 3:45 Break
3:45 – 5:00 Patient Demo Lab 1: Gait Analysis 1 and 2 with Patient Participants
5:00 – 5:15 Questions/Wrap-Up from Day 1

Day 2
8:00 – 8:30 Sign-in
8:30 – 10:00 Extended Posture Gait and Potential Interventions
10:00-10:15 Break
12:00 -1:00 Lunch Break
1:00 – 2:00 Flexed Posture Gait and Potential Interventions (Including Application of Orthoses and/or Electrical Stimulation)
2:00 – 2:15 Break
2:15 – 3:45 Patient Demo Lab 2: Clinical Application and Problem-Solving Utilizing the Rancho R.O.A.D.M.A.P. and Patient Participants
3:45 - 4:15 Wrap-Up/Questions/Discussion
THE FACULTY

Kelley Kubota, PT, MS, NCS, CBIS, has 20 years of experience at Rancho Los Amigos National Rehabilitation Center with expertise in gait and orthotics and the treatment of persons with brain injury and with spinal cord injury. Currently she is the Physical Therapy Supervisor of the Adult Brain Injury and Pediatric Services at Rancho. She has worked closely with Jacquelin Perry, MD, in the area of gait analysis and the use of orthoses in patients with neurologic dysfunction including patients with Post Polio Syndrome. Ms. Kubota serves as a senior clinical mentor in the University of Southern California/Rancho Los Amigos National Rehabilitation Center Neurologic Residency program and has served as an adjunct faculty member in the Doctor of Physical Therapy Program at Mt. St. Mary’s College in Los Angeles, California. She has participated in a number of clinical research projects and is currently working on a field-initiated development grant (NIDDR # H133G100268) on the Modular Orthosis Prescription System (MOPS). She has presented at the Combined Sections Meeting (CSM) of the American Physical Therapy Association (APTA), the Congreso Nacional de Alta Especialidad en Medicina de Rehabilitacion y Terapias in Puerto Vallarta Mexico, and the Rehabilitation and Engineering Society of North America (RESNA) Annual Conference in Baltimore, MD. She contributed a book chapter entitled, “Lower Extremity Orthotic Prescription” in the textbook, Spinal Cord Injury Rehabilitation: Contemporary Perspectives in Rehabilitation. (Editor: Field-Fote, EC. F. A. Davis Company. 2009).

Walt Weiss, PT, MPT, NCS, KEMG, has 25 years of experience at Rancho Los Amigos in the treatment of individuals with neurological impairments. He is currently a Physical Therapy Instructor in the Outpatient Service at Rancho with expertise in the recovery of function for individuals with neurologic involvement. Under the guidance of Dr. Jacquelin Perry, Mr. Weiss worked several years in the Pathokinesiology Laboratory at Rancho where he coordinated two nationally-funded research grants (NIDDR, NIH) studying rehabilitation, recovery, and bracing for individuals with hemiparesis after stroke. He is an Adjunct Faculty member at the University of Southern California and is Clinical Manager of the USC/RLANRC Neurologic Residency program. He has presented at CSM, the Annual Meeting for the Gait and Clinical Movement Analysis Society, the Annual Conference for the CPTA, as well as several International Conferences. His work has been published in the Archives of Physical Medicine and Rehabilitation, Gait and Posture, the Journal of Geriatric Physical Therapy, and the Neurology Report. Mr. Weiss was the 2007 recipient of the Award for Clinical Excellence in Neurology by the APTA.

REGISTRATION ($350 APTA members/$560 Non-members)

Register online at www.goldengate-cpta.org or send registration and check (payable to GGD/CPTA) to:

Diane Sakurai
352 Sterling Way, San Rafael, Ca 94903

Questions are welcome: disakurai@yahoo.com; (415)507-1937

Name: ______________________________________________________________
Address: ____________________________________________________________
Email: ____________ Phone: __________________________
PT/PTA/Orthotist License#: ____________________ APTA member#: ________________
Confirmation by email OK? YES / NO

Please make checks payable to “Golden Gate District/CPTA”
APTA member $350 ($325 early bird registration by 4/10/14)
Non-member $560 ($535 early bird registration by 4/10/14)

CANCELLATION POLICY: Substitutions may be made at any time. Cancellations must be received in writing at least 14 days prior to the course date to receive a refund less $50 penalty per cancelled attendee. If the cancellation is made within fourteen days or less, refunds will not be granted for any reason. The Continuing Education Committee reserves the right to cancel any of its courses if the minimum number of participants is not met. A full refund will be made in these instances.