



Advanced Strategies in Ankle Foot Orthoses for Optimal Functional Outcomes

Overview: Ankle foot Orthotics (AFOs) are routinely used in the management of patients with neurologic impairments. This course will provide participants with an overview of the classifications of AFOs. In addition, participants will learn how to perform an assessment to best prescribe an AFO that is individualized to the patient. Through hands-on lab and case studies, participants will have the opportunity to prescribe and adjust multiple styles of AFOs.

Audience: COTA, OT, PT, PTA

Presenter: Curry Durborow, PT, DPT
Board Certified Specialist in Neurologic Physical Therapy
Outpatient Physical Therapist at Bryn Mawr Rehab in Malvern

Jaclyn Grenier, PT, DPT
Inpatient Physical Therapist at Bryn Mawr Rehabilitation Hospital

Objectives: At the end of the program, the learner will be able to:

- Describe correct terminology and classifications of an ankle foot orthosis
- Explain biomechanical principles of orthotic design
- Discuss ground reaction forces as they relate to ankle foot orthoses and body position
- Categorize different styles of ankle foot orthoses and their materials
- Apply components of pre-orthotic assessment
- Evaluate gait deviations from orthotic and anatomical origin
- Develop brace prescription to resolve identified gait deviations
- Apply concepts of brace modification after assessment of patient performance

Date: March 8, 2025 **Time:** 8:30 a.m. to 11:45 a.m.

Location: Bryn Mawr Rehab Hospital, Malvern, PA

Cost: \$75.00

Contact

Hours: Occupational Therapy: Main Line Health is a recognized by the PA State Board of Occupational Therapy as a pre-approved provider. This course is applicable for 3.0 contact hours (0.3 CEUs).

PT: The PA State Board of Physical Therapy has approved this course for 3.00 contact hours (3.00 GEN, 0.00 DA).

Program Agenda:

Time	Agenda
8:00 a.m.	Registration
8:30 a.m.	<ul style="list-style-type: none"> • Introduction • Orthotic terminology • Classification of orthotics
8:40 a.m.	Relationship of biomechanical principles and orthotic design
8:50 a.m. 10 min	Impact of ground reaction forces on gait and body position
9:00 a.m. 20 min	<ul style="list-style-type: none"> • Types of AFOs • Materials used in fabrication of AFO • Ankle joint options
9:20 a.m.	Pre orthotic assessment including functional assessment
9:30 a.m.	Gait and function: when and how to correct with orthotics
10:00 a.m.	Break
10: 15 a.m.	LAB: Application of orthoses to patient scenarios with appropriate brace prescription
10: 55 a.m.	LAB: Orthotic modifications
11: 35 a.m.	Question and answers

Satisfactory Completion: Requirements for satisfactory completion of this course include full attendance at the course as evidenced by a monitored sign-in/sign-out sheet, completion of perceived attainment of course objectives, and self-assessment of how course materials will impact your clinical performance and/or outcomes.

Participant Satisfaction/Complaint Policy: Program evaluation evaluates participant satisfaction (please see attached) and complaints are handled by designated BMRH representative.

Cancellation Policy: Main Line Health reserves the right to cancel an educational event. In the event that Main Line Health cancels the event, participants will be refunded 100% of any registration fees paid.

Participants may cancel their participation in the course. The course tuition is refundable, minus a 20% processing fee, if the cancellation is received in writing at least one week prior to the start date of the course. No refunds or credits will be granted if notice is provided less than one week prior to the start date. No refunds or credits will be granted for no shows.

Faculty Disclosures:

Financial: Dr. Durborow and Dr. Grenier are both employed by Main Line Health System.

Non-financial: Dr. Durborow and Dr. Grenier have no non-financial conflict of interests to disclose.