

# Collaborative Education Series

## On-Demand: Excessive Pronation of the Foot in & Windlass Taping CME 'Enduring' Presentation

### MaineGeneral YouTube

#### 'On-Demand'- Enduring Presentation

**Audience:** Physicians, NP's,  
and PA's

**Date: On-Demand  
Enduring Presentation**

No Tuition

For Registration:

[CLICK HERE](#)

We will send you the YouTube link to the email you registered with once your registration has been processed

**Completion of the Course Evaluation form is required before CME certificates will be awarded! Evaluation link is located in the YouTube video description.**

Please contact **Steve Tosi** with any questions.

[Steve.tosi@mainegeneral.org](mailto:Steve.tosi@mainegeneral.org)

Marketing and registration also located on MGH Connect landing page under "What's Happening".

Release as Enduring Date: July 21, 2023  
Expiration Date: July 21, 2026

#### Presenters:

**Patrick Norwood, ATC**  
**Steve Tosi, MS, ATC**

MaineGeneral Sports Medicine  
MaineGeneral Sports Medicine

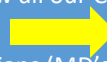
#### Statement of Need:

- When evaluating a lower extremity or back injury, some Athletic Trainers focus on the specific injury or origin of pain without having a full understanding of how the various aspects of the lower kinetic chain can affect the rest of the body. This can sometimes result in missing the actual source of the problem. This program will discuss the lower extremity kinetic chain and how postural foot abnormalities, specifically foot pronation and pes planus not only affect gait but also can lead to other injuries/conditions. We will discuss the scientific and engineering purpose of the windlass taping technique and how this technique can provide the mechanical advantage the foot lacks to perform at a more optimal level, therefore, decreasing injuries along the kinetic chain. A windlass taping demonstration will conclude this presentation.

- By participating in this program, athletic trainers will be able to assess a person's gait including foot postures in order to properly identify lower kinetic chain issues that may contribute to the patient's condition. The athletic trainer will also gain the ability to apply a taping method which can help address the root cause of some gait related conditions.

#### Objectives:

- Perform a foot assessment with gait analysis to identify foot anomalies.
- Asses how the findings of their gait/postural assessment affects the kinetic chain up the lower extremity.
- Predict what types of future injuries/conditions may occur throughout the kinetic chain due to foot pronation.
- Identify rehab exercises that can help manage symptoms of excessive pronation of the foot.
- Demonstrate and apply the wind-lass taping technique.

To view all our CME Enduring Programs:  
SCAN   
Physicians (MD's, DO's, PA's, and NP's)



#### Disclosure Statements:

Faculty: Patrick Norwood and Steve Tosi have provided a signed disclosure indicating no financial interest in any commercial interest that affect the content of this program (kept on file in the Medical Education Coordinator Office MGMC).

#### Credits awarded:

CME's awarded: 2

The MaineGeneral Medical Center designates this enduring activity for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MaineGeneral Medical Center and Colby College. MaineGeneral Medical Center is accredited by the ACCME and the Maine Medical Association's Committee on Continuing Medical education to provide continuing medical education (CME) for physicians.

**Each physician should claim only those credits that he/she actually spent in the activity.**

**This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of MaineGeneral Medical Center and Colby College Sports Medicine Department.**

#### Cancellation and Refund policy:

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration or at the event. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.

MaineGeneral  
Medical Center



Colby 