

Collaborative Education Series

On-Demand: LE Kinetic Chain: Ankle Excessive Pronation of the Foot & Windlass Taping CAT A Presentation

**MaineGeneral
YouTube**

'On-Demand' Presentation

Audience: AT's, PT's, OT's, other medical professionals and students.

Date: On-Demand

Time: On-Demand

Tuition:
\$20.00

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 CEU certificates will be awarded! Evaluation link is located in the YouTube video description.

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

Steve.tosi@mainegeneral.org

Marketing and registration also located on BOC website

Search for P2258

Release as On-Demand Date: July 21, 2023
Expiration Date: July 21, 2026

Presenters:

ON-DEMAND- **Patrick Norwood, ATC**
Steve Tosi, MA, ATC

MaineGeneral Sports Medicine
MaineGeneral Sports Medicine

- 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 BOC On-Demand Programs:
SCAN 
For AT's, PT's, OT's EMT's, MA's



According to the education levels described by the PDC, the following continuing education course is considered to be **Advanced**.

Credits awarded:

CEU's awarded: 2 CAT A CEUs

MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of (2) CAT A CEUs. ATs should claim only those hours actually spent in the educational program.

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.

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