

Foot and Ankle Orthopedic Disorders

Goals and Objectives

Course Description

“Foot and Ankle Orthopedic Disorders” is a live (real-time) interactive webinar for occupational therapists and occupational therapy assistants that examines common orthopedic ankle and foot disorder. This course includes a review of current literature relating to pathogenesis, clinical presentation, and rehabilitation considerations for pathologies of the foot and ankle.

Course Rationale

The purpose of this course is to provide participants with contemporary information on orthopedic foot and ankle disorders with comparative analysis of pathogenesis and clinical presentation to understand rehabilitation considerations and maximize outcomes based on current research.

Course Goals and Objectives

Upon completion of this course, participants will be able to:

1. List and identify common anatomical structures of the foot and ankle.
2. Identify normal and abnormal foot and ankle arthrokinematics.
3. Recognize and define common pathologies involving the joints, bones, ligaments, tendons, and fascia of the foot and ankle.
4. Distinguish the mechanism of injury and pathogenesis of common foot and ankle disorders.
5. Define foot and ankle fracture classifications.
6. Identify the clinical presentation of common foot and ankle disorders.
7. Differentiate provocative tests utilized to assess disorders of the foot and ankle.
8. List management strategies for disorders of the foot and ankle.
9. Compare and contrast foot and ankle patient reported outcome measures.
10. Identify balance tools for assessment of foot and ankle disorders.

Course Provider – Innovative Educational Services

Provider Contact Information – information@cheapceus.com

Course Instructor - Jodi Gootkin, PT, MEd, CEAS

Conflict of Interest – No financial or non-financial conflict of interest exists for the presenter or provider of this course.

Target Audience – Occupational Therapists, Occupational Therapy Assistants

Course Educational Level – This course is applicable for introductory learners.

Course Prerequisites – None

Method of Instruction – Live synchronous interactive webinar

Location - Cheapceus.com

Date – Multiple presentation dates.

Course Completion Requirements / Criteria for Issuance of CE Credits – Verified attendance at live interactive webinar and a score of 70% or greater on the course post-test

Continuing Education Credits – Three (3) contact hours / .3 AOTA CEUs

Course Fee - \$39.95

Registration Information – This activity is offered on-demand and does not require registration in advance by the learner. Learners may participate anytime in this activity by going to: cheapceus.com

Special Needs Requests – Email: information@cheapceus.com or phone: 954-663-4101

Cancellation by the Learner – Learners may cancel their participation at any time and receive a full refund of all paid fees.

Cancellation by the Provider – Cancellation by the provider is not applicable as this activity is not a scheduled event

Complaint Resolution – Please call 954-663-4101 (24 hours/day, 7 days/week) to speak with a live customer service agent. Our goal is to work with our customers to resolve all issues to the customer's satisfaction with just one phone call whenever possible.

Refund Policy - Unrestricted 100% refund upon request. The request for a refund by the learner shall be honored in full without penalty or other consideration of any kind. The request for a refund may be made by the learner at any time without limitations before, during, or after course participation.



Innovative Educational Services is an AOTA Approved Provider of professional development. PD activity approval ID# 5471. This Distance Learning – Interactive PD activity is offered at .3 CEUs; Introductory; Occupational Therapy Service Delivery; OT Foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

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Course Outline and Schedule

Topic	Time
Anatomy and Arthrokinematics	0:00-0:20
Lateral Ankle Sprain	0:21-0:30
Medial Ankle Sprain	0:31-0:35
Syndesmosis Sprain	0:36-0:40
Chronic Ankle Instability	0:41-0:50
Interactive Discussion of Clinical Applications	0:51-1:00
Traumatic Foot and Ankle Fractures	1:01-1:10
Stress Fractures	1:11-1:20
Osteochondral Lesion of Talus	1:21-1:25
Ankle Impingement Syndrome	1:26-1:35
Achille's Tendinopathy	1:36-1:45
Sever's Disease	1:46-1:50
Interactive Discussion of Clinical Applications	1:51-2:00
Achille's Rupture	2:00-2:05
Peroneal Tendinopathy	2:06-2:10
Plantar Fasciitis	2:11-2:20
Metatarsalgia	2:21-2:25
Turf Toe & Sesamoid Injuries	2:26-2:30
Assessment Tools	2:30-2:50
Interactive Discussion of Clinical Applications	2:51-3:00