

Orthopaedic Physiotherapy for Children with Cerebral Palsy

A two-day course covering the latest evidence in the orthopaedic physiotherapy management of children with cerebral palsy (CP). The course will focus on typical musculoskeletal development and contrast this with common musculoskeletal issues in children with cerebral palsy. These include muscle contractures, joint malalignment, and skeletal malalignment. We will review the GMFCS, MACS, and CFCS classification systems.

There will be a review of orthopaedic assessment techniques specifically targeting children with CP. This will include tone, ROM, torsional evaluation, and radiographic measurements.

We will review gait analysis and discuss common gait patterns and their causes for children with CP. We will examine the literature and explore conservative gait treatment techniques such as ankle foot orthoses, twister cables, and dynamic orthoses.

We will investigate musculoskeletal deformities requiring surgical interventions (hip displacement, SEMLS, foot surgeries), including surgical intervention techniques. The current evidence on the natural history of musculoskeletal changes in children with CP and the effectiveness of conservative treatment will be reviewed. "Hot topics" such as stretching, W-sitting, and standing programs will be discussed. Post-operative rehabilitation, including goals, treatment philosophies, and expected outcomes will be outlined.

March 25 & 26, 2020

Location:

Erinoakkids, Mississauga site
1230 Central Parkway West,
Mississauga, ON, L5C 0A5

Contact:

Monette Graham
905-855-2690 ext 2521
mgraham@erinoakkids.ca

Speakers:

Chun Kim, BSc.PT, B.Sc
(Human Biology)
Kim Hesketh, MSCPT, KIH

Phone:

647-313-9837
k2physiotherapy@gmail.com
www.k2physiotherapy.ca

Do you need accommodations?

Delta Hotels by Marriott Toronto Mississauga (formerly Novotel) is
4.1km from the course location (3670 Hurontario St.) and
is across from Square One Shopping Centre.
You may book online or call the hotel at 905-896-1000.

Course Objectives

1. Identify the natural history of musculoskeletal changes in children with CP and its impact on motor function, gait, and quality of life.
2. Perform a comprehensive orthopaedic assessment for children with CP, including tests for skeletal alignment and examination of radiographs.
3. Understand the current evidence on the effectiveness of conservative treatment techniques on musculoskeletal issues.
4. Describe the most common surgical interventions for children with CP.
5. Identify the goals of post-operative rehabilitation in order to create an appropriate treatment plan and maximize outcomes.
6. Reflect on present practice and challenge traditional thinking with current literature.

Schedule:

Wednesday, March 25, 2020

8:00 - 8:30 a.m. - Registration and Continental Breakfast

8:30 a.m. - 12:30 p.m. - Intro and Orthopaedic Assessment

Assessment of tone (MAS, ASA, Tardieu, HAT) and ROM (goniometry, visual estimation, angle finders)

Assessment of common hip, knee, foot, and spine issues

12:30 - 1:15 p.m. - Lunch (provided)

1:15 - 4:30 p.m. - HIPS!

Hip Displacement, surveillance, prevention and treatment

Thursday, March 26, 2020

8:00 - 8:30 a.m. - Continental Breakfast

8:30 a.m. - 12:00 p.m. - Gait

Normal development - kinematics, kinetics

Visual gait assessment - approach, terminology

Gait in CP

Intoeing/Outtoeing/ "Flatfeet"

Conservative Management

12:00 - 12:45 p.m. - Lunch (provided)

12:45 - 4:00 p.m. - Orthopaedic surgery

What, Why, and When?

Common orthopaedic surgical interventions

Alternative surgical techniques

Pre and post-surgical physiotherapy intervention

**REGISTER
NOW**

Early Bird Fee (before February 1, 2020): \$450 + HST

Regular Fee: \$500 + HST

[Register online](#)

**There are a limited number of spots, so please register early.*