

Orthopaedic Physiotherapy for Children with Cerebral Palsy

SPEAKERS:

Chun Kim, BSc.PT, B.Sc.

(Human Biology)

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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 (CP). These include muscle contractures, joint malalignment, and skeletal malalignment. The GMFCS, MACS, and CFCS classification systems will be reviewed.

Orthopaedic assessment techniques specifically targeting children with CP including tone, ROM, torsional evaluation, and radiographic measurements will be covered.

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

Musculoskeletal deformities requiring surgical interventions (hip displacement, SEMLS, foot surgeries), including surgical intervention techniques will be investigated. 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.

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K2: CONTINUING EDUCATION IN PEDIATRIC PHYSIOTHERAPY

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:

DAY ONE:

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

HIPS!

- Hip Displacement, surveillance, prevention, and treatment

DAY TWO

Gait

- Normal development - kinematics, kinetics
- Visual gait assessment - approach, terminology
- Gait in CP
- Intoeing/Outtoeing/"Flatfeet"
- Conservative Management

Orthopaedic surgery

- What, Why, and When?
- Common orthopaedic surgical interventions.
- Alternative surgical techniques
- Pre and post-surgical physiotherapy intervention

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