

# Tuning the AFO-footwear combination

3-day master class with Elaine Owen, MBE MSc SRP MCSP  
28-30<sup>th</sup> August, 2014

Rendezvous Grand Hotel Melbourne, Flinders Street, Melbourne

ispo.org.au

## Course Program

### Day 1 – Thursday 28<sup>th</sup> August

<b>8.00- 8.30am</b>	Registration
<b>8.30- 10.30am</b>	Normal standing, stepping and gait, a segmental approach Segment and joint proportion, alignment, kinematics
<b>10.30- 10.50am</b>	<i>Morning tea</i>
<b>10.50- 12.50pm</b>	Normal kinematics continued Normal kinetics and muscle actions
<b>12.50- 1.40pm</b>	<i>Buffet lunch</i>
<b>1.40- 3.10pm</b>	Review of clinical assessment Gait analysis and orthotic management Musculotendinous unit length, strength and stiffness
<b>3.10- 3.30pm</b>	<i>Afternoon tea</i>
<b>3.30- 5.30pm</b>	Assessments for determining the sagittal angle of the ankle in the AFO Use of algorithm to determine the optimum sagittal angle of the ankle in the AFO
<b>5.30- 7.30pm</b>	<i>Welcome Reception at Rendezvous Grand Hotel</i>

## Day 2 – Friday 29<sup>th</sup> August

- 8.30- 10.30am** Aims of orthotic management- an ICF approach  
Biomechanics of Ankle-Foot Orthosis Footwear Combinations  
Influence of a variety AFO and footwear designs including segment and joint alignment, segment proportion, footwear pitch, stiffness and profiles
- 10.30- 10.50am** *Morning tea*
- 10.50- 12.50pm** Categorisation of gait disorders by segment deviation  
Algorithm for designing, aligning and tuning AFOFCs  
Algorithm for dorsiflexion free AFOFCs  
Guidelines and evidence for optimal AFOFC alignments and footwear designs
- 12.50- 1.40pm** *Buffet lunch*
- 1.40- 3.10pm** Video case studies, demonstrations and group work  
Equinus, crouch and jump gait  
Optimum orthotic management, by use of a segmental approach to gait analysis and algorithms
- 3.10- 3.30pm** *Afternoon tea*
- 3.30- 5.00pm** Video case studies, demonstrations and group work  
Equinus, crouch and jump gait  
Optimum orthotic management, by use of a segmental approach to gait analysis and algorithms
- 6:00- 10.00pm** *Course Dinner at Bluestone, 349 Flinders Lane*

## Day 3 – Saturday 30<sup>th</sup> August

- 8.30- 10.30am** **Patient demonstration of analysis and tuning with video vector lab**
- 10.30- 11:00am** *Morning tea*
- 11:00- 1.00pm** Patient demonstration of analysis and tuning with video vector lab
- 1:00- 1.45pm** *Buffet lunch*
- 1.45- 3.15pm** Patient demonstration of analysis and tuning with video vector lab
- 3.15- 3.40pm** *Afternoon tea*
- 3.40- 4.30pm** Final discussion of cases