

# FOOT & ANKLE

## SPECIAL INTEREST GROUP ORTHOPAEDIC SECTION, APTA, INC.

### MESSAGE FROM THE PRESIDENT

*Stephen Paulseth, President*

The past year has been very busy for our SIG. The new executive committee has been diligently trying to maintain the high level of the outgoing officers from last term. This included planning and implementing last month's CSM program.

The FASIG hosted the second Research Retreat at USC, *Measuring Foot Motion: Forward and Inverse Dynamic Models* on April 30-May 1, 2004. Like the first Retreat, the second was well attended by several international foot experts who summarized a consensus on: What have we learned? What don't we know? Where do we need to go? The summary was reported in *JOSPT* 34(9), 2004. The retreat budget was a break even affair.

The FASIG is continuing to work on updating the terminology for the foot and ankle. This is in order to standardize a means of effectively communicating terms used in research and clinical application of the foot. We also are taking steps to assess the curriculum of entry-level PT programs with respect to the Foot and Ankle. This includes knowledge of what is being taught concerning anatomy, biomechanics, assessment, treatment, and research. The goal of this process is to make recommendations on what the basic level of information should be in all PT programs in this country. From there, advanced training and continuing education can be more homogenized. This will identify to other health care practitioners our basic and advanced level of training for the treatment of the foot. This will take tremendous effort and requires assistance from our membership. If you wish to participate in this process, please contact me at [stephen@paulsethpt.com](mailto:stephen@paulsethpt.com). Thank you!

### BUSINESS MEETING MINUTES

APTA Combined Sections Meeting  
New Orleans, LA

Stephen Paulseth, President, called the Foot & Ankle Special Interest Group (FASIG) Business Meeting to order at 5:13pm on February 25, 2005. The meeting was held at the Convention Center, New Orleans, LA.

**MOTION:** It was moved by Steve Paulseth to adopt the minutes from the February 9, 2004 meeting of the FASIG Business Meeting. Mark Cornwall seconded the motion. The minutes were approved unanimously.

### REPORTS:

**Chair.** The Special Interest Group (SIG) would like to move forward with recommendations to physical therapy educational programs regarding the minimal standards of what should be taught in entry-level physical therapy programs.

**Vice-Chair.** Cheryl Mauer talked about the success of this year's preconference course and that conversations are currently being held regarding another preconference course in San Diego that would focus more on a 'hands-on' approach to foot orthotics. Future programming would like to be responsive to the entire membership. Attempts at gaining the information concerning what they would like to have for programming will continue to be pursued.

**Secretary/Treasurer.** Mark Cornwall reported that the budget from the Orthopaedic Section was increased slightly to provide \$800 vs. \$600 for reimbursement of travel for SIG leadership. It was not known at this time the amount of money raised by the most recent preconference course or that of the past research retreat. The SIG, however, is financially healthy and operating in the 'black' with approximately \$30,000 in a reserve fund.

**Research Committee.** Debbie Nawoczenski reported for Irene McClay-Davis. She indicated that the research retreat held from April 30 to May 1, 2004 in Southern California was a tremendous success. The keynote speakers for that retreat were Neil Sharkey from Pennsylvania State University and Arne Lundberg from the Karolinska Institute, Sweden. The topic for the conference was "Measuring Foot Motion: Forward and Inverse Dynamics."

### ELECTIONS:

No elections were held at this meeting. The Secretary/Treasurer position is open for election at the 2006 meeting in San Diego.

### OLD BUSINESS:

No report was available concerning the previous suggestion to survey physical therapy education programs.

### NEW BUSINESS:

It was suggested that Section members be surveyed again. This would be done in conjunction with a mailing of *Orthopaedic Practice* or possibly via E-mail.

Steve Paulseth reported that attempts to foster a liaison with other professions and associations (podiatry, NATA, AOFAS, CPO, etc.) is ongoing.

Discussion was held about having a method for individuals to identify themselves as a 'foot fellow'. Typically, a 'fellow' is paid \$27 per hour and needs a total of 1000 hours.

The immediate next step is to determine the qualifications for someone to host such a fellowship. An obvious need is to find someone within the SIG to spearhead this initiative. There were no volunteers to assume this role from those present at the meeting.

**Possible Future Programming.**

- Somatosensory/Neurological Influences on Foot Function
- Case Studies
- Diabetic and/or Rheumatoid Foot
- Foot Orthotics and Exercise (always popular)

It was emphasized again the need to survey membership and determine what they would like.

Steve Paulseth encouraged the SIG to be involved in "Hooked on Evidence" sponsored through the APTA. This

could be very beneficial to DPT students who need to use evidence as part of their final projects.

The Orthopaedic Section would like a brochure from the F&A SIG to give out at future meetings. Heather Smith agreed to work on this project.

MOTION: It was moved by Steve Reischl to adjourn the meeting until February 2006 in San Diego. Cheryl Mauer seconded the motion. The motion passed and the meeting was adjourned at 6:11pm.

*Respectfully Submitted by,  
Mark W. Cornwall, PT, PhD, CPed  
FASIG Secretary/Treasurer*

## Annual Conference 2005 Preconference Course

Boston, Massachusetts \* June 7 & 8, 2005

8:00 AM – 5:00 PM (each day)

*"An Introduction to Dance Medicine"*

*Sponsored by the*

**Performing Arts Special Interest Group (PASIG)**

Orthopaedic Section, APTA, Inc.

Course Description: **This two-day beginner to intermediate level course will include descriptions of dance forms, vocabulary, and the dancer's environment. The etiology of dance injuries, treatment interventions, and progression to return to full function will be described. Discussion of how to screen dancers will also incorporate issues related to technique, diet, and psychological considerations. The course will conclude with a panel discussion on how to establish a practice that treats dancers. (This is a lecture and laboratory course.)**

**Upon completion of this course, the participant will be able to:**

1. Define dance-specific functional movement and vocabulary;
2. Describe the epidemiology of dance injuries relative to primary factors such as anatomic region, gender, type of dance, professional level, etc.;
3. Describe typical variations from normal values in the dancer population in measures obtained on screening exams (e.g., flexibility, range of motion and balance);
4. Describe the most common dance injuries relative to typical examination findings, intrinsic and extrinsic risk factors and epidemiologic injury characteristics;
5. Describe and perform select examination and intervention procedures relevant to the most common dance injuries;
6. Describe the physiological rationale for, and execution of, a graded exercise progression for return to dance function;
7. Describe common strategies for marketing aimed at dancers and dance organizations and identifying resources useful to the dance physical therapist.

Level: Beginner to intermediate

**Cost: \$450 PTs (\$400 PTAs & Students) REGISTER SOON! Class size is limited**

For more details, contact Tara Fredrickson: 800-444-3982, x203 \* tfred@orthopt.org  
Orthopaedic Section, APTA, Inc., 2920 East Avenue South, Suite 200, LaCrosse, WI 54601