Roberta Nole, M.A., P.T., C.Ped

Roberta owns and operates Stride Pedorthic Center, as well as Stride Custom Orthotics, both in Middlebury, CT. She and Dr. DeCaro own Nolaro24, LLC which manufactures prefabricated foot orthotics based on their patented 24 foot type algorithm. Roberta has developed a clinical specialty in biomechanical foot and ankle examination and orthotic treatment, and has been practicing in this area for 30 years. She is a published author, and has taught and lectured both nationally and internationally on foot biomechanics.

Louis J. DeCaro, DPM

Louis J. DeCaro. DPM is a Podiatric Physician who specializes in pediatrics with a special interest in sports medicine and biomechanics for both adults and pediatrics. Dr. DeCaro is President and fellow of the American College of Foot & Ankle Pediatrics (ACFAP). and a Board Certified Diplomat of the American Board of Multiple Specialties in Podiatry. He also shares a patent on foot types.

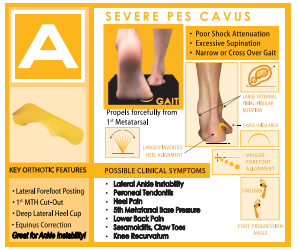
Dr. DeCaro is in private practice in West Hatfield and a member of the surgical & medical staff at Franklin Medical Center as well as Holyoke Medical Center. Dr. DeCaro is an international lecturer on the topics of podopediatrics and biomechanics.

7 Contact hours

Pre-Approved by ABC for 6 Scientific Credits and 1 Business Credit

Pre-Approval Pending from BOC

NOLARO24™ LLC
CONTINUING EDUCATION



Wednesday November 6, 2019

M Resort

12300 Las Vegas Boulevard, South
Henderson, NV

Course Information

This one-day program examines both the science and practice management of biomechanics and orthotics for all ages. It will include both lecture and hands on workshops that will cover the A-to-Z's of running a successful foot orthotic program. The program will offer attendees an overview of the normal development of a child's foot, normal and pathological foot biomechanics, how to classify pediatric and adult foot types, specialized content on pediatric biomechanical conditions, and marketing strategies on how to expand your orthotic and bracing program. Practitioners will be participating in a hands on biomechanics lab that will demonstrate how to classify and treat almost any type of foot.

STUDENT OBJECTIVES:

- Gain a comprehensive biomechanical understanding of the Pediatric Foot
- Learn the principals of torsion and how that affects the developing body
- Gain a comprehensive biomechanical understanding of the Adult Foot
- Understand biomechanical foot typing through a hands-on lab
- Perfecting a Biomechanical & Orthotics Protocol
- How to Grow and cultivate a more Pediatric based niche

AGENDA

8:30 - 10:00 am: Comprehensive Biomechanical Understanding of the Pediatric Foot - Louis DeCaro, DPM

Objectives:

- To understand the most common foot and ankle pathologies associated with podopediatrics and adult foot types involving orthotic treatments. Age specific protocols will be discussed.
- Understanding the long-term implications of foot types in starting with children and their correlation and prevention of many common adult kinetic chain pathologies including but not limited to bunions, hammertoes, neuromas, plantar fasciitis, and other common podiatric adult complaints.
- Understand how to select the appropriate orthotic design and selection based on pathological foot-type.

10:00 - 11:00 am: Pediatric Torsion to Toe Walking – Why it all matters and how to manage it comprehensively – Louis DeCaro, DPM

Objectives:

- Identify torsional and other transverse plane deformities of the lower extremity and describe how to evaluate and diagnose them in static and dynamic exam
- Discuss the significance of torsional and other transverse plane deformities in altering normal gait and normal foot function
- Discuss treatment options for torsion, other transverse plane deformities and resultant compensatory pedal deformity

11:00 - 11:15 pm: Break (refreshments provided)

11:15 - 12:15 pm: Growing your Podopediatrics Practice – Louis DeCaro, DPM
Children are in tremendous need of podiatric care, both preventatively and proactively, as a result of complication or injury, but parents are often unaware of the high level of care you can offer them. Referral sources such as other medical practitioners, athletic directors, school nurses and other professionals around you are equally unaware. What this means to us is one thing; opportunity!

Objectives:
In this session, we are going to discuss not only who to engage to educate about what you can offer the pediatric community as a foot and ankle specialist, and exactly how to approach them. You will learn how to use your internal marketing structure to educate the masses about the podopediatric aspect of your practice.We will explore ways to utilize existing adult patients and link the genetics of their conditions to why they should have their kids examined.

12:15 - 1:15 pm: Lunch (on your own)

1:15 - 2:30 pm: Comprehensive Biomechanical Understanding of the Adult Foot – Roberta Nole, PT

Objectives:

- To understand how to identify the basic biomechanical principles of the foot and lower extremity as a function of gait, and recognize the affect pathological foot conditions have upon normal gait.
- Understand a way to be able to differentiate between a compensated and uncompensated rearfoot varus deformity and their affect on gait. Thus the ability to differentiate between common pathological foot-types.
- Understand how to select the appropriate orthotic design and selection based on pathological foot-type.

2:30 - 2:45 pm: Break (refreshments provided)

2:45 - 4:45 pm: Hands on Biomechanics Foot Typing Lab – Roberta Nole, PT & Louis DeCaro, DPM

Objectives:
The practitioner will learn to perform visual static and dynamic gait analysis, interpreting key weight bearing compensations in order to differentially interpret a patient's foot type. Practitioners are taught how to implement the algorithmic process to classify an individual's foot into one of 6 major foot, or “quad” types. Practitioners will come to understand how the specific gait sequencing of each foot type may predispose an individual to a certain set of pathologies. Lab sessions will include foot typing fellow practitioners and actual fitting of functional foot orthoses, At the conclusion of this program, each practitioner will leave this program skilled in a more functional approach to foot and gait assessment, allowing them to return to their clinic with the ability to offer their patients a more accurate orthotic solution.