

PFOLA* 2009

THE 12TH ANNUAL INTERNATIONAL CONFERENCE ON

Foot Biomechanics & Orthotic Therapy

SCIENTIFIC CHAIRS

Christopher MacLean, PhD

DIRECTOR OF BIOMECHANICS
PARIS ORTHOTICS LTD., CANADA

Douglas Richie Jr., DPM

CALIFORNIA SCHOOL OF PODIATRIC
MEDICINE, USA

18.5 CONTINUING EDUCATION CONTACT HOURS AVAILABLE

PLENARY SESSION THEMES

Best practices and the latest evidence from leading clinicians and researchers:

- Foot Orthotic Efficacy
- Pediatric Flatfoot Strategies
- Understanding Mechanisms of Injury
- Postural Control Interventions
- Footwear Design and Innovation
- Podiatric Sports Medicine

WORKSHOPS

Sharpen existing clinical skills and develop new ones. Featured Workshop leaders include:

- Richard Bouche, DPM
- Reed Ferber, PhD
- Larry Hupp, DPM
- Christopher Smith, DPM
- Dennis Janisse, C.Ped
- Douglas Richie Jr., DPM
- Jeff Root
- Russell G. Volpe, DPM

- Enhance your clinical biomechanics skills and improve your foot orthotic treatment outcomes.
- Hear preeminent podiatrists and researchers in the field present the most current and clinically relevant evidence based information in 6 themed Plenary Sessions.
- Choose from 10 Workshops lead by preeminent podiatrists and industry experts that include interactive discussions and demonstrations.
- Meet colleagues from around the world. Last year we welcomed registrants from 15 different countries.



PRESENTED BY

The Prescription Foot Orthotic Laboratory Association

APPROVED BY

The Council on Podiatric Medical Education

WWW.PFOLA.ORG



Accommodation / Conference Venue

Sheraton Atlanta Hotel

165 Courtyard Street
Atlanta GA 30303
USA

Tel 1-404-659-6500

Fax 1-404-524-1259

Central Reservations Centre 1-800-833-8624

<http://www.sheratonatlantahotel.com>

A block of rooms has been reserved at The Sheraton Atlanta Hotel. Please contact the Hotel directly and mention the Group Name "PFOLA Conference" OR make reservations online at www.starwoodmeeting.com/Book/pfola2009 to receive the special rate of \$164 USD (plus applicable taxes), single or double occupancy. Reservations must be made by September 2, 2009, after which they will be accepted on a rate/space available basis only.

The **Sheraton Atlanta Hotel** – is located in the heart of downtown. You are minutes from the Georgia Dome, Georgia State Capital and surrounded by exciting shopping, dining, and nightlife.

Downtown is Atlanta's heartbeat. It is where you can see the world's largest fish at the world's largest aquarium, taste the Coke products from around the world at the World of Coca-Cola, and journey into the heart of CNN Worldwide to get an up-close look at the global news in the making.

Atlanta's top attractions, leading sports and entertainment venues are anchored around the Centennial Olympic Park, home to the 1996 Centennial Olympic Games and future site of the Centre for Civil & Human Rights Museum.

Visit www.atlanta.net for more Atlanta information.

International Faculty

PRESENTERS

Richard Bouche, DPM

THE SPORTS MEDICINE CLINIC, USA

John F. Connors, DPM

RIVERVIEW MEDICAL CENTER, CENTER FOR SPECIALTY CARE, USA

Joseph C. D'Amico, DPM, DABPO

PROFESSOR, DIVISION OF ORTHOPEDIC SCIENCES
NEW YORK COLLEGE OF PODIATRIC MEDICINE,
PRIVATE PRACTICE, USA

PFOIA* 2

Friday, October 2, 2009

PLENARY SESSION ONE

Foot Orthotic Efficacy

- 07:00 – 08:00 Registration, Exhibits and Coffee
- 07:45 – 08:00 Introduction and welcome
- 08:00 – 08:25 **Walter L. Jenkins**
Foot orthotic devices:
Implications for the female athlete
- 08:25 - 08:50 **Rebecca Zifchock**
Weighing the benefits of a custom foot orthotic over a semi-custom foot orthotic
- 08:50 - 09:15 **Shannon Munteanu**
Efficacy of customised functional foot orthoses in the treatment of Achilles tendinopathy
- 09:15 - 09:40 **Michael Gross**
Effects of foot orthoses on quality of life
- 09:40 - 10:00 Q & A
- 10:00 - 10:45 Refreshment Break

PLENARY SESSION TWO

Postural Control Interventions

- 10:45 – 11:10 **Douglas Richie Jr.**
Foot orthoses and postural control: Implications for the clinician
- 11:10 – 11:35 **Jay Hertel**
Finding balance: Lateral ankle instability and postural control
- 11:35 – 12:00 **Keith Rome**
Advances in insoles and footwear for postural stability
- 12:00 – 12:25 **Patrick McKeon**
Overview of the sensorimotor dynamics of postural control
- 12:25 – 12:45 Q & A
- 12:45 – 13:45 Lunch with exhibitors

WORKSHOPS

Please see list below outlining all Workshop options. Select on Registration Form.

- 13:45 – 15:15 **Workshops Group A***
- 15:15 – 16:00 Refreshment Break
- 16:00 – 17:30 **Workshops Group B***

Workshop Options

The conference offers 10 Workshops, which allow interactive discussion, presentation and demonstrations related to the course objectives. All 10 Workshops are presented twice (Friday and Saturday afternoons). You will be able to participate in 4 of the 10 options.

GROUP A

- A1 **Larry Huppin**
Evidence based prescription writing for functional foot orthoses
- A2 **Reed Ferber**
Examination of the hip as a contributing factor of lower extremity overuse injuries
- A3 **Russell G. Volpe**
Serial casting techniques
- A4 **Jeff Root**
Negative casting for custom functional foot orthoses & AFOs
- A5 **Phil Moore**
Moore on footwear

Tracy A. Dierks, PhD
DEPARTMENT OF PHYSICAL THERAPY, INDIANA
UNIVERSITY, USA

Reed Ferber, PhD, CAT (C)
UNIVERSITY OF CALGARY, CANADA

E C "Ned" Frederick, PhD
EXETER RESEARCH INC, USA

Michael Gross, PT, PhD, FAPTA
NORTH CAROLINA UNIVERSITY, USA

Joseph Hamill, PhD
UNIVERSITY OF MASSACHUSETTS AMHERST, USA

Edwin J. Harris, DPM
LOYOLA UNIVERSITY STRITCH SCHOOL
OF MEDICINE, USA

Jay Hertel, PhD
UNIVERSITY OF VIRGINIA, USA

Larry Huppin, DPM
PRIVATE PRACTICE, USA

Dennis Janisse, C.Ped, Assistant Professor,
Dept. PM&R, Medical College of Wisconsin
NATIONAL PEDORTHIC SERVICES, INC., USA

Walter L. Jenkins, PT, DHS, ATC
EAST CAROLINA UNIVERSITY, USA

Perry Julien, DPM
ATLANTA FOOT AND ANKLE CENTER, USA

Kornelia Kulig, PhD
DIVISION OF BIOKINESIOLOGY AND PHYSICAL
THERAPY, UNIVERSITY OF SOUTHERN CALIFORNIA, USA

Mario Lafortune, PhD
DIRECTOR, NIKE SPORT RESEARCH LAB, USA

Christopher MacLean, PhD
DIRECTOR OF BIOMECHANICS,
PARIS ORTHOTICS LTD., CANADA

2009

Saturday, October 3, 2009

PLENARY SESSION THREE

Pediatric Flatfoot Strategies

- 07:30 – 08:00 Exhibits and Coffee
08:00 – 08:25 **Edwin J. Harris**
Algorithmic approach to the assessment of pediatric flatfoot
08:25 – 08:50 **Keith Rome**
Non-surgical interventions for the pediatric flatfoot
08:50 – 09:15 **Joseph C. D'Amico**
Development flatfoot
09:15 – 09:40 **Russell G. Volpe**
A planal dominance approach to pediatric flatfoot
09:40 – 10:00 Q & A
10:00 – 10:45 Refreshment Break

PLENARY SESSION FOUR

Footwear Design and Innovation

- 10:45 – 11:10 **Joseph Hamill**
Rearfoot and forefoot footfall patterns: Implications for design
11:10 – 11:35 **Darren Stefanyshyn**
Running shoe technology
11:35 – 12:00 **Mario Lafortune**
The role of research in the creation of innovative athletic footwear
12:00 – 12:25 **E C "Ned" Frederick**
The biomechanics of skateboarding and footwear considerations
12:25 – 12:45 Q & A
12:45 – 13:45 Lunch with exhibitors

WORKSHOPS

Please see list below outlining all Workshop options. Select on Registration Form.

- 13:45 – 15:15 **Workshops Group B***
15:15 – 16:00 Refreshment Break
16:00 – 17:30 **Workshops Group A***

GROUP B

- B6 **Douglas Richie Jr. & Christopher MacLean**
Adult Acquired Flatfoot: Evaluation & treatment options
B7 **Dennis Janisse**
Indications and applications of orthopedic shoe modifications

- B8 **Richard Bouche**
Interesting and controversial case studies in Podiatric Sports Medicine
B9 **Scott Marshall & Paul Paris**
"Mythbusters"—orthoses manufacturing paradigms explored

- B10 **Christopher Smith**
Insights into posting of custom foot orthoses

Scott Marshall

KLM LABORATORIES, USA

Patrick McKeon, PhD

DEPARTMENT OF REHABILITATION SCIENCES,
UNIVERSITY OF KENTUCKY, USA

Phil Moore

LADYSPORT, CANADA

Shannon Munteanu, PhD, B.Pod. (Hons)

LATROBE UNIVERSITY, AUSTRALIA

Brian Noehren, PhD

COLLEGE OF HEALTH SCIENCES, UNIVERSITY OF
KENTUCKY, USA

Paul Paris, President and CEO

PARIS ORTHOTICS LTD., CANADA

Douglas Richie Jr., DPM

CALIFORNIA SCHOOL OF PODIATRIC MEDICINE, USA

Keith Rome, PhD, MSc BSc(Hons) FPodM.

Professor in Podiatry
AUT UNIVERSITY, NEW ZEALAND

Jeff Root, President

ROOT FUNCTIONAL ORTHOTIC LAB, USA

Christopher Smith, DPM

NORTHWEST PODIATRIC LABORATORY, USA

Darren Stefanyshyn, PhD

UNIVERSITY OF CALGARY, CANADA

Russell G. Volpe, DPM

NEW YORK COLLEGE OF PODIATRIC MEDICINE, USA

D.S. Blaise Williams, PhD, MPT

COLLEGE OF ALLIED HEALTH SCIENCES, EAST
CAROLINA UNIVERSITY, USA

Rebecca Zifchock, PhD

LEON ROOT, MD MOTION ANALYSIS
LABORATORY,
HOSPITAL FOR SPECIAL SURGERY, USA

Sunday, October 4, 2009

PLENARY SESSION FIVE

Understanding
Mechanisms of Injury

- 08:00 – 08:25 **Reed Ferber**
The role of tibialis posterior
in the control of rearfoot and
midfoot mechanics
- 08:25 – 08:50 **Brian Noehren**
Biomechanical factors
associated with ITBS
- 08:50 – 09:15 **Tracy A. Dierks**
Proximal and distal
influences on kinematics in
runners with PFPS
- 09:15 – 09:40 **D.S. Blaise Williams**
Frontal plane hip and knee
movement in runners with a
lateral thrust at the knee
- 09:40 – 10:05 **Kornelia Kulig**
Non-surgical management
of PTTD with orthoses and
resistive exercise
- 10:05 – 10:30 Q & A
- 10:30 – 11:00 Refreshment Break

PLENARY SESSION SIX

Podiatric Sports
Medicine

- 11:00 – 11:25 **Richard Bouche**
Achilles Insertional
Calcific Tendinosis (AICT):
What is it and what to do?
- 11:25 – 11:50 **Shannon Munteanu**
Biomechanical factors
associated with Achilles
tendinopathy: A systematic
review
- 11:50 – 12:15 **Perry Julien**
Inside the skate : The
podiatric management
of ice hockey injuries
- 12:15 – 12:40 **John F. Connors**
Podiatrist to the Kenyan
runners
- 12:40 – 13:00 Q & A
- 13:00 – 13:10 Closing statements
and announcements.

HAVE A SAFE JOURNEY HOME!



ABOUT PFOLA

Founded in 1990, the Prescription Foot Orthotic Laboratory Association is a non-profit professional association dedicated to promoting and improving the efficacy of custom, prescription foot orthoses to the medical professions, the public, and to third-party providers of medical coverage. Originally founded with 15 laboratories from across the United States, the association has grown to 50+ member

laboratories from the United States, Canada, Australia and Hong Kong.

Our mission – promoting custom foot orthoses as a treatment modality through information, accreditation, education, research and advocacy.

EXHIBITORS AND SPONSORS 2009 – at time of printing

Allied OSI Labs	Burns International Inc.	Langer Biomechanics Inc.	Root Lab, Inc.
Amfit Inc.	Dr. Comfort	Paris Orthotics Ltd.	SureFit
Apis Footwear Company	JMS Plastics Supply, Inc.	Pedors Shoes	Tekscan, Inc.

PAST EXHIBITORS AND SPONSORS (Sample Listing)

Ares Orthotics	International Orthotic Labs	Northwest Podiatric Laboratory	Saucony
Becker Orthopedic	JSB Orthotics and Medical Supply	OOLab	SOLE
Biometrix Medica	KLM Labs, Inc.	OrtoPed	STJ Orthotic Services, Inc.
Chinook Lab	Matplus, Inc.	Poly-Gel / Healixcare	The Orthotic Group
Ever-Flex Inc.	North York Bio-Orthotics Lab, Inc.	Precision Orthotics	Vorum Research Corporation
Footstride Technology		ProLab Orthotics	
IDEAS			

PROFESSIONAL PARTNERS

Euro International, Inc.	National Shoe Specialties, Ltd.	Sharp Shape
JMS Plastics Supply, Inc.		Vittoria Phoenix Inc.

→ PFOLA is approved by the Council on Podiatric Medical Education as a sponsor of continuing education in podiatric medicine. Credits pending from the Board for Certification in Podorthotics.

Exhibit Hall – Visit the exhibits representing orthotic laboratories and related industries from 7:00 am to 4:00 pm on Friday, October 2nd and Saturday, October 3rd, 2009.

Registration Fees – Please see the enclosed Registration Form or register online at www.pfola.org. Space is limited. PFOLA member companies receive a 10% discount on the first company registrant and on exhibit and sponsor fees.

Early Fees \$500.00 USD
Received in PFOLA Office by July 31, 2009

Mid Fees \$525.00 USD
Received in PFOLA Office August 1 - August 31, 2009

Late Fees \$595.00 USD
Received in PFOLA Office September 1 - September 27, 2009

Onsite Fees \$650.00 USD
After September 27, 2009
Please check for availability prior to attending. Onsite availability is not guaranteed.

Resident Fee \$300.00 USD
Residents of a Podiatric College must provide a letter from their program director.

Cancellation Policy – Refund requests received in writing prior to September 9, 2009 are subject to a \$150 USD administrative fee. No refunds after September 9, 2009. Substitutions welcome.

Sponsor and Exhibit Opportunities
Available on our website at www.pfola.org.

PFOLA International Office
1383 Homer Street, Vancouver, BC V6B 5M9 Canada

Tel 1-604-685-4818
Free 1-800-347-6585 (within North America)
Fax 604-685-5787
E-mail registration@portfolio-inc.com
 or info@pfola.org
Online www.pfola.org



PFOLA * 2009

OCTOBER 2-4, 2009 — ATLANTA, GEORGIA, USA

SEND YOUR REGISTRATION FORM

BY FAX 604.685.5787

BY MAIL PFOLA INTERNATIONAL OFFICE
C/O PORTFOLIO CONFERENCE PLANNING
1383 HOMER STREET
VANCOUVER, BC V6B 5M9
CANADA

BY EMAIL REGISTRATION@PORTFOLIO-INC.COM, OR
INFO@PFOLA.ORG

TEL 604.685.4818, OR
TOLL FREE: (WITHIN NORTH AMERICA) 1.800.347.6585

REGISTRATION FORM (PLEASE PRINT OR TYPE)

ONCE REGISTRATION AND PAYMENT ARE PROCESSED A CONFIRMATION OF REGISTRATION WILL BE MAILED TO YOU.
WORKSHOP REGISTRATIONS WILL ALSO BE DETAILED IN YOUR CONFIRMATION.

DR. MS. MR. MRS. (PLEASE CHECK ONE)

FIRST NAME

MIDDLE INITIAL

LAST NAME

PROFESSIONAL DESIGNATIONS
(PLEASE CHECK ALL THAT APPLY)

COMPANY NAME

DPM/PODIATRIST

C.PED/PEDORTHIST

MAILING ADDRESS

CITY

D.CH/CHIROPODIST

STATE/PROVINCE

ZIP/POSTAL CODE

COUNTRY

PhD

PT

E-MAIL

OTHER (PLEASE SPECIFY)

[]

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TEL

FAX

REGISTRATION FEES

PLEASE NOTE SPACE IS LIMITED. ALL FEES MUST BE PAID IN US DOLLAR CHEQUES OR BANK DRAFTS. CREDIT CARDS WILL BE PROCESSED IN US FUNDS. YOU MAY ALSO REGISTER ONLINE AT WWW.PFOLA.ORG. **SPACE IS LIMITED.** PFOLA MEMBER COMPANIES RECEIVE A 10% DISCOUNT ON THE FIRST REGISTRATION FEE.

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PLEASE TURN OVER >

WORKSHOP SESSION PREREGISTRATION

Please indicate your top choices in order of preference – choose 3 from Group A and 3 from Group B (indicate 1, 2 and 3 in both groups). We will endeavour to place you in 2 of your top choices in each Group over the two days. If any of your top choices are full we will move on to your next preference. Please note: Registration will be on a first paid priority basis. Space is limited in each Workshop with the approval of the presenter. The 18.5 Continuing Education contact hours are based on attending the full Plenary Sessions and four Workshops.

GROUP A

- **A1:** Larry Huppin — Evidence based prescription writing for functional foot orthoses
- **A2:** Reed Ferber — Examination of the hip as a contributing factor of lower extremity overuse injuries
- **A3:** Russell G. Volpe — Serial casting techniques
- **A4:** Jeff Root — Negative casting for custom functional foot orthoses & AFOs
- **A5:** Phil Moore — Moore on footwear

GROUP B

- **B6:** Douglas Richie Jr. & Christopher MacLean — Adult Acquired Flatfoot: Evaluation & treatment options
- **B7:** Dennis Janisse — Indications and applications of orthopedic shoe modifications
- **B8:** Richard Bouche — Interesting and controversial case studies in Podiatric Sports Medicine
- **B9:** Scott Marshall & Paul Paris — “MYTHBUSTERS” — orthoses manufacturing paradigms explored
- **B10:** Christopher Smith — Insights into posting of custom foot orthoses

PAYMENT

I am a PFOLA Lab Member I am a PFOLA Professional Partner Member

I have enclosed a check in the amount of \$ _____ USD payable to *Prescription Foot Orthotic Laboratory Association (PFOLA)*.

Please charge \$ _____ USD to my credit card: Visa Mastercard

CREDIT CARD NUMBER

EXPIRY DATE

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NAME AS IT APPEARS ON THE CARD

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DATE: _____