PFOLA * 2008
THE 11TH ANNUAL INTERNATIONAL CONFERENCE ON

Foot Biomechanics & Orthotic Therapy

October 24 – 26, 2008
Vancouver, British Columbia, Canada
The Fairmont Hotel Vancouver

21 Continuing Education contact hours available!

Lectures and Concurrent Sessions featuring internationally renowned clinicians and researchers on the mechanics of the lower extremity and orthotic therapy.

PRESENTED BY
The Prescription Foot Orthotic Laboratory Association

APPROVED BY
The Council On Podiatric Medical Education
**Intended Audience**

The Lectures and Concurrent Sessions of this seminar are intended to increase the understanding of foot biomechanics and orthotic applications. The material is also relevant and of value to all healthcare professionals who deal with foot dysfunction and pathology.

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**Friday, October 24, 2008**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00 – 07:30</td>
<td>Registration, exhibits &amp; coffee</td>
</tr>
</tbody>
</table>

**PLENARY SESSION ONE**

**Sports Medicine I**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:25 – 07:30</td>
<td>Introduction and welcomeKEYNOTE: Irene Davis, PhD, PT Addressing lower extremity pathomechanics through real-time gait retraining.</td>
</tr>
<tr>
<td>07:30 – 08:10</td>
<td>Russ Horbal, PT, CAT The use of closed kinetic chain exercise in the treatment of the patient with foot and ankle pathology.</td>
</tr>
<tr>
<td>08:30 – 08:50</td>
<td>Neil Humble, DPM Achilles tendinopathy in runners.</td>
</tr>
<tr>
<td>08:50 – 09:10</td>
<td>Michael Ryan, C. Ped. C., PhD (C) Clinical outcomes of ultrasound guided dextrose injection therapy in patients with chronic tendinopathy.</td>
</tr>
<tr>
<td>09:10 – 09:30</td>
<td>Scott Fraser, BSc, PT Ankle instability: a novel rehabilitation approach.</td>
</tr>
<tr>
<td>09:30 – 09:50</td>
<td>Q &amp; A</td>
</tr>
<tr>
<td>09:50 – 10:20</td>
<td>Break</td>
</tr>
</tbody>
</table>

**PLENARY SESSION TWO**

**Diabetic Biomechanics**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:20 – 11:00</td>
<td>KEYNOTE: Peter Cavanagh, PhD, DSc. CAD-CAM approach to shape and pressure-based orthoses for unloading the diabetic foot.</td>
</tr>
<tr>
<td>11:00 – 11:20</td>
<td>D.S. Blaise Williams, PhD, MPT Relationship between arch stiffness and lower extremity joint stiffness during gait in individuals with diabetes.</td>
</tr>
<tr>
<td>11:20 – 11:40</td>
<td>Donovan Lott, PhD, PT Effect of footwear and orthotic devices on stress reduction and soft tissue strain of the neuropathic foot.</td>
</tr>
<tr>
<td>11:40 – 12:00</td>
<td>D.S. Blaise Williams, PhD, MPT Lower extremity stiffness and loading rate in elderly runners.</td>
</tr>
<tr>
<td>12:00 – 12:20</td>
<td>Donovan Lott, PhD, PT Pressure gradient and subsurface shear stress on the neuropathic forefoot.</td>
</tr>
<tr>
<td>12:20 – 12:40</td>
<td>Q &amp; A</td>
</tr>
<tr>
<td>12:40 – 13:40</td>
<td>Lunch with exhibitors</td>
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</tbody>
</table>

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**Concurrent Sessions**

*Please see list at right outlining all afternoon concurrent session options.*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>13:40 – 15:10</td>
<td>Concurrent Sessions</td>
</tr>
<tr>
<td>15:10 – 15:40</td>
<td>Break</td>
</tr>
<tr>
<td>15:40 – 17:10</td>
<td>Concurrent Sessions</td>
</tr>
</tbody>
</table>
Course Objectives

Upon completion of the course, the participants should:

1. Understand the most recent concepts of foot biomechanics and pathomechanics that produce dysfunction and deformity.
2. Evaluate the outcome of orthotic therapy in specific foot pathology.
3. Understand the interrelationships between foot dysfunction and upper body pathology and symptoms related to spine and balance.
4. Understand the most recent development of instrumentation used to evaluate gait and foot dysfunction.

Saturday, October 25, 2008

07:00 – 07:30  Exhibits & coffee

PLENARY SESSION THREE

Clinical Biomechanics

07:30 – 08:10  KEYNOTE: Joseph Hamill, PhD
Future trends in injury research.

08:10 – 08:30  Irene Davis, PhD, PT
Is treadmill running a valid representation of overground running?

08:30 – 08:50  Brent Edwards, PhD (C)
Foot joint pressures during dynamic gait simulation.

08:50 – 09:10  Karl Landorf, PhD
Plantar pressure and plantar heel pain in older people.

09:10 – 09:30  Ryan Chang, C.Ped. C., PhD (C)
Energetics and atrophy of the intrinsic foot muscles in plantar fasciitis.

09:30 – 09:50  Q & A
09:50 – 10:20  Break

PLENARY SESSION FOUR

Sports Medicine II

10:20 – 11:00  KEYNOTE: Jack Taunton, MD
History of overuse running injuries and what is new.

11:00 – 11:20  Neil Humble, DPM
Pathomechanics of PFPS: the ground-up perspective.

11:20 – 11:40  Reed Ferber, PhD, CAT (C)
Pathomechanics of PFPS: the hip-down perspective.

11:40 – 12:00  Colin Dombroski, C.Ped. C., PhD (C)
Leg length discrepancy and its effect on athletics and gait.

12:00 – 12:20  Joseph Hamill, PhD
A prospective study on iliotibial band syndrome.

12:20 – 12:40  Q & A
12:40 – 13:40  Lunch with exhibitors

13:40 – 15:10  Concurrent Sessions
15:10 – 15:40  Break
15:40 – 17:10  Concurrent Sessions

Concurrent Sessions

Please see list at right outlining all afternoon concurrent session options.

09:30 – 09:50  Concurrent Sessions
09:50 – 10:10  Concurrent Sessions
10:10 – 10:30  Break

Sunday, October 26, 2008

07:00 – 07:30  Coffee

PLENARY SESSION FIVE

Multi-Segment Foot Models

07:30 – 08:10  KEYNOTE: Christopher Nester, PhD
State of the art in multi-segment foot models.

08:10 – 08:30  Ryan Chang, C.Ped. C., PhD (C)
Kinematic analysis of plantar fasciitis via multi-segment foot modeling.

08:30 – 08:50  Kirsten Buchanan, PhD, PT
Testing Root Theory I: the relationship between clinical foot measures and static forefoot position.

08:50 – 09:10  Michael Pohl, PhD
Changes in foot and shank coupling when gait is systematically altered.

09:10 – 09:30  Kirsten Buchanan, PhD, PT
Testing Root Theory II: the relationship between dynamic foot measures and static forefoot position.

09:30 – 10:00  Jeffrey Christensen, DPM
Studies on first ray pathomechanics: implications for treatment.

09:50 – 10:10  Q & A
10:10 – 10:30  Break
Upon completion of the course, the participants should:

1. Understand the interrelationships between foot dysfunction and upper body pathology and symptoms related to spine and balance.
2. Evaluate the outcome of orthotic therapy in specific foot pathology.
3. Understand the most recent development of evidence-based treatment options.
4. Know the role of foot and ankle pathology in gait and running dysfunction.
5. Know the role of foot and ankle pathology in lower extremity stiffness and lower extremity pathomechanics.
6. Learn about the pathomechanics of PFPS: the state of the art in multi-segment foot models.
7. Learn about the pathomechanics: implications for foot kinematics, EMG and prefabricated foot orthoses.
8. Learn about the pathomechanics of Achilles tendinopathy with chronic tendinopathy, injection therapy in patients with foot and ankle pathology.
9. Learn about lower extremity stiffness and lower extremity pathomechanics through real-time gait retraining.
10. Addressing lower extremity biomechanics and orthotic applications.

The material is also relevant and of value to all healthcare professionals.
Exhibit Hall – Exhibits representing orthotic laboratories and related industries will be open from 7:00 A.M. – 5:00 P.M. on Friday and 7:00 A.M. – 3:30 P.M. on Saturday.

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 registration fee.

- Early Fees: $500.00 USD (Received in PFOLA Office by July 31, 2008)
- Mid Fees: $525.00 USD (Received in PFOLA Office August 1 - August 31, 2008)
- Late Fees: $595.00 USD (Received in PFOLA Office September 1 - October 17, 2008)
- Onsite Fee: $650.00 USD (After October 17, 2008)

Please check for space 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 30, 2008 are subject to a $150 USD administrative fee. No refunds after September 30, 2008. Substitutions welcome.

Sponsor and Exhibit Opportunities – See our website at www.pfola.org

Accommodation / Conference Venue
The Fairmont Hotel Vancouver
900 West Georgia Street
Vancouver, BC V6C 2W6
Canada
Tel 1-604-684-3131
Fax 1-604-662-1929
Global Reservations Centre 1-800-441-1414
http://www.fairmont.com/hotelvancouver

A block of rooms has been reserved at The Fairmont Hotel Vancouver. Please contact the Hotel directly and mention the Group Name “PFOLA” OR make reservations online using Promo Code “GRFOO1” (use letters OO not number zero) to receive the special rate of $195 CAD (plus applicable taxes), single or double occupancy. Reservations must be made by September 22, 2008, after which they will be accepted on a rate/space available basis only.

Vancouver – Host site for the Vancouver 2010 Olympic and Paralympic Winter Games. Experience Vancouver, the largest city in the province of British Columbia. It is surrounded by water on three sides and is nestled alongside the Coast Mountain Range. Vancouver is home to spectacular natural scenery and a bustling metropolitan core, and boasts one of the mildest climates in Canada.

At the very heart is Vancouver’s historic hotel landmark, The Fairmont Hotel Vancouver. Vancouver’s business, cultural, shopping and entertainment districts are at The Fairmont Hotel Vancouver’s doorstep. A short walk can take you to the sandy beach of English Bay, the evergreen oasis of Stanley Park or the Vancouver Aquarium, and a host of fantastic internationally acclaimed restaurants are located throughout the city. Vancouver’s multi-cultural entertainment and cuisine are world renowned.

Arrive early or stay for a few days after the conference and experience the fabulous mountains at Whistler, just 1.5 hours drive from downtown Vancouver, or take a ferry through the gulf islands to the beautiful capital city of Victoria or go whale watching off the coast.

Foot Biomechanics & Orthotic Therapy
PROGRAM SPONSORS
(at the time of printing)

EXHIBITORS
(at the time of printing)

Allied OSI Labs
Footstride Technology
KLM Labs, Inc.

Paris Orthotics Ltd.
ProLab Orthotics
Root Lab, Inc.
STJ Orthotic Services, Inc.

Acor Orthopaedic, Inc.
Amfit, Inc.
Ares Orthotics
Atlas International
Becker Orthopedic
Biometrix Medica
Burns International Inc.
Dr. Comfort
Ever-Flex, Inc.

Footmaxx
Integrity Orthotics
International Orthotic Labs
JMS Plastics Supply, Inc.
JSB Orthotics & Medical Supply
National Shoe Specialties Ltd.
Northwest Podiatric Laboratory
OrtoPed
Paris Orthotics Ltd.

Precision Orthotics
ProLab Orthotics
Root Lab, Inc.
Saucony
SBI Orthotic Lab Inc.
STS Company
Superfeet Worldwide
Tekscan, Inc.
Vorum Research Corporation

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PFOLA International Administration 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

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## SEND YOUR REGISTRATION FORM

<table>
<thead>
<tr>
<th>BY FAX</th>
<th>604.685.5787</th>
</tr>
</thead>
<tbody>
<tr>
<td>BY MAIL</td>
<td>PFOLA INTERNATIONAL ADMINISTRATION OFFICE C/O PORTFOLIO CONFERENCE PLANNING 1383 HOMER STREET VANCOUVER, BC V6B 5M9 CANADA</td>
</tr>
<tr>
<td>BY EMAIL</td>
<td><a href="mailto:REGISTRATION@PORTFOLIO-INC.COM">REGISTRATION@PORTFOLIO-INC.COM</a> OR <a href="mailto:INFO@PFOLA.ORG">INFO@PFOLA.ORG</a></td>
</tr>
<tr>
<td>TEL</td>
<td>604.685.4818, OR TOLL FREE: (WITHIN NORTH AMERICA) 1.800.347.6585</td>
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<tr>
<td>ONLINE</td>
<td><a href="http://WWW.PFOLA.ORG">WWW.PFOLA.ORG</a></td>
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## REGISTRATION FORM

(Please print or type)

Space is limited.

Once registration and payment are received a confirmation will be forwarded to you. Concurrent session registrations will also be detailed in your confirmation.

- OR
- MS.
- MR.
- MRS. (Please check one)

- Professional designations (please check all that apply)
  - DPM
  - CPED
  - PT
  - PhD
  - PODIATRIST
  - OTHER (Please specify)

First Name  Middle Initial  Last Name

Company Name

Mailing Address Number  Street

City  State/Province  Zip/Postal Code

[ ]  [ ]

Tel  Fax

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## REGISTRATION FEES

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Please turn over >
CONCURRENT 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 concurrent session with the approval of the presenter. The 21 continuing education credits are based on attending the full Plenary Sessions and four Concurrent Sessions.

GROUP A
- (A2) Russ Horbal, PT, CAT – Empowering your patient to take an active role in their treatment - what they can do at home to make themselves better.
- (A3) Richard Bouche, DPM – Interesting and controversial case studies in podiatric sports medicine.
- (A4) Norman Murphy, PhD – In-shoe and floor mat pressure mapping: foot, gait, posture & balance.

GROUP B
- (B6) Kevin Kirby, DPM – Case studies in custom foot orthotic therapy.
- (B7) Reed Ferber, PhD, CAT (C) – Examination of the hip as a contributing factor of lower extremity overuse injuries.
- (B9) Jeff Root – Negative casting for custom functional foot orthoses & AFOs.
- (B10) Phil Moore – Moore on footwear.

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 ___________________________

AUTHORIZED SIGNATURE ___________________________  NAME AS IT APPEARS ON THE CARD ___________________________

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