

Title:

**Optimizing Conservative Intervention for Patients with Midfoot Arthritis:
Treatment Choices, Effects and Implications for Clinical Decision Making**

Course Objectives:

- Examine segmental foot mobility and regional loading in patients with midfoot arthritis
- Analyze the effects of two different shoe insert designs on three dimensional segmental foot motion and regional loading in patients with midfoot arthritis
- Examine functional outcomes following intervention
- Examine mechanisms contributing to symptom relief
- Explore the implications for clinical decision-making

Instructional Level: Multiple levels (both entry level and advanced)

Short Bio

Dr. Rao is Ithaca College's Scholar-in-Residence. She trained as a physical therapist in Bombay, India. She has a doctoral degree in Applied Biomechanics from The University of Iowa and is currently pursuing a post-doctoral fellowship at Ithaca College's Center for Foot and Ankle Research with Dr Nawoczenski. Her current research focus examines kinematic and kinetic mechanisms accompanying conservative intervention in patients with midfoot arthritis.

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Detailed presentation Abstract:

This course will introduce the attendee to the chief clinical complaints and attendant biomechanical impairments seen in patients with midfoot arthritis. Two different shoe insert designs will be presented, along with the rationale for prescription for each design. Objective evidence, in terms of three dimensional foot motion and regional loading, accompanying shoe insert use will be presented. These data, in conjunction with functional outcomes will be used to develop an evidence-based medicine approach and guide clinical decision making.