



PO Box 449  
Pewaukee, WI 53072  
(888)564-9098  
support@pdhacademy.com

**The Pediatric Foot: Anatomical Development, Clinical Assessment,  
and Considerations for Intervention**  
(3 CE HOURS / .3 CEUs)

**PDH Academy Course #PT-1703**

**Course Abstract**

This course counters the erroneous belief that poor pediatric foot development is of no concern. It begins by reviewing ideal anatomical development. Next, it presents orthopedic development in relation to appropriate development of an adequate base of support, and the subsequent functional assessment of the pediatric lower quarter. Finally, it addresses the negative effects of abnormal development on gait and posture, and presents suggestions for proactive and preventative intervention.

*NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.*

**Approvals**

To view the states who approve and accept our courses, visit <https://pdhtherapy.com/physical-therapy/state-requirements/>.

**Target Audience & Prerequisites**

PT, PTA – no prerequisites

**Learning Objectives**

By the end of this course, learners will be able to:

- Recognize aspects of appropriate anatomical development of the body and foot
- Recall the impact of shoes on ossification, arch development, and gait
- Identify considerations pertaining to "flatfoot"
- Distinguish between gait assessments
- Recognize elements of evidence-based interventions for pediatric flatfoot

**Timed Topic Outline**

- I. The Skeleton and Alignment (30 minutes)
- II. The Significance of the Alignment of the Arches of the Foot (5 minutes)
- III. A Developmental Review (30 minutes)
- IV. Longitudinal Arch Height Does Matter (30 minutes)
- V. Treating Pediatric Flexible Flatfoot (70 minutes)

Gait Assessment; The Influence of Footwear on Gait, Postural Control, and Proprioception; Intervention

VI. References and Exam (15 minutes)

### **Delivery Method**

Correspondence/internet self-study with a provider-graded multiple choice final exam. *To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.*

### **Cancellation**

In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888)564-9098 or email at support@pdhacademy.com.

### **Accessibility and/or Special Needs Concerns?**

Contact customer service by phone at (888)564-9098 or email at support@pdhacademy.com.

### **Course Author Bio and Disclosure**

Liesa M. Persaud, PT, DPT, PCS, CKTP, is a licensed physical therapist with 23 years experience in the field of adult and pediatric therapy. Ms. Persaud is the lead physical therapist at Tulsa Sunshine Center in Oklahoma, where she provides Animal Assisted Therapy with her Border Collie, Serendipity. Additionally, Liesa is owner of Know to Change, PLLC in Skiatook, Oklahoma, and has educated health care professionals, both nationally and internationally, in advanced treatment techniques, specialized practical training and consultative services. She has worked in a variety of settings, including private pediatric and adult clinics, schools, private homes, hospitals and long-term care facilities. Ms. Persaud is a Credentialed Clinical Instructor and also teaches human anatomy, physiology and nutrition at Tulsa Community College.

She received her Associate's Degree in 1993 from Tulsa Junior College and worked as a physical therapist assistant while completing her Bachelor of Science Degree in Organizational Leadership from Southern Nazarene University in Tulsa, Oklahoma. Ms. Persaud earned her Master's Degree in Physical Therapy from the University of Findlay in Findlay, Ohio in 2003 and continued to expand her expertise in the field. She received her post-graduate Doctorate from Rocky Mountain University of Health Professions and is a Board Certified Specialist in Pediatric Physical Therapy. In 2007, Ms. Persaud served as Treasurer for the Oklahoma Physical Therapy Association and has been a member of the Oklahoma Foundation for Physical Therapy since 2004.

Ms. Persaud's passion for helping others extends into her private life. She volunteers as a Call Rape Advocate and a Salvation Army Volunteer, and is a member of the Fraternal Order of Police Auxiliary.

**DISCLOSURES:** Financial – Liesa M. Persaud received a stipend as the author of this course. Nonfinancial – No relevant nonfinancial relationship exists.