

You are Invited!

Unlocking Gait: Enhancing Clinical Skills in Footdrop Management

Join us for a One-Day Seminar designed for UK & Ireland Physiotherapists & Orthotists

Venue

Leonardo Hotel London Watford
31-35 Clarendon Road
Watford
WD17 1JA

Date

23 September 2026

Fee: £20 (includes refreshments & lunch)

Enhance Your Clinical Practice with Expert Understanding and Real-World Application

Footdrop presents a complex challenge for clinicians and patients, impacting independence, mobility, and quality of life. This one-day seminar brings together Physiotherapists and Orthotists for a comprehensive overview of the assessment and orthotic management of flaccid footdrop, focusing on stroke, MS, TBI, spinal cord injury, and other neurological causes.

Combining evidence-based lectures, live demonstrations, and case reviews, this interactive course is designed to enhance your gait analysis skills and equip you with practical strategies to enhance patient outcomes.

REGISTER TODAY VIA THE LINK BELOW!

<https://www.allarduk.co.uk/Professional/education/seminars>



Morning Sessions

Biomechanics of Gait & Muscle Function

Jessica Parnevik-Muth, Licensed Physiotherapist

Understanding the biomechanics of gait is essential for effective clinical decision-making in orthotic intervention and rehabilitation planning. In this session, Jessica Parnevik-Muth brings her international expertise to explore how human movement unfolds across all three planes, and how muscle function and the chain reaction dynamically interacts with skeletal alignment and proprioception during walking.

Split into two structured parts, the session first unpacks the fundamentals of closed and open kinetic chain mechanics, the three planes of lower limb motion, and the evolution of modern gait cycle terminology.

In the second half, the focus shifts toward muscle function and kinetics highlighting eccentric vs. concentric control, ground reaction force implications, and the role of proprioception in stabilising and propelling gait. This segment connects biomechanical theory with clinical relevance.

Learning Outcomes

By the end of this session, participants will be able to:

- Describe the biomechanical roles of the lower limb in all three planes of movement during gait.
- Differentiate between open and closed kinetic chain function and how each impacts joint loading.
- Apply updated gait cycle terminology to enhance communication and clarity in assessment and documentation.
- Understand the interplay between concentric and eccentric muscle actions throughout the gait phases.
- Recognise the role of proprioception and neuromuscular control in achieving functional and efficient gait.
- Relate biomechanical and muscular concepts directly to orthotic selection and gait rehabilitation strategies.
- Learn how to enhance your rehab plans

Afternoon Sessions

Session 1

Orthotic Approach: Common Orthotics Prescribed Within the NHS & Clinical Application of Dynamic Response AFOs: Selection, Evaluation & Outcome-Driven Practice

Tony Andrejvas – Orthotic Clinical Specialist

The success of orthotic intervention lies not only in the design of the device but in the clinician's ability to select and evaluate it appropriately for each unique patient. In this focused session, Tony will explore the **clinical reasoning and biomechanical principles** that underpin the use of Allard dynamic response ankle-foot orthoses (AFOs), including the widely used **ToeOFF®** and **BlueROCKER®** models.

Participants will learn how dynamic carbon fibre AFOs differ from traditional designs and how their energy-storing properties can be harnessed to **enhance gait function, reduce compensatory movement**, and improve patient outcomes across a variety of neurological conditions such as CVA, MS, CMT, and spinal cord injury. Through discussions of **indications, contraindications, and patient-specific considerations**, this session provides clinicians with practical tools to assess AFO suitability, communicate expectations to patients, and evaluate clinical effectiveness.

Learning Outcomes

By the end of this session, participants will be able to:

- Explain the **biomechanical rationale** behind dynamic response AFO technology.
- Identify **key indications and contraindications** for using carbon fibre AFOs.
- Differentiate between Allard models (e.g. **ToeOFF®**, **BlueROCKER®**) based on **functional demands and patient presentation**.
- Confidently select and evaluate Allard dynamic response AFOs in clinical practice.
- Apply strategies to **monitor and evaluate clinical outcomes** following AFO provision.
- Enhance patient communication around **realistic goals and expected improvements**.

Session 2

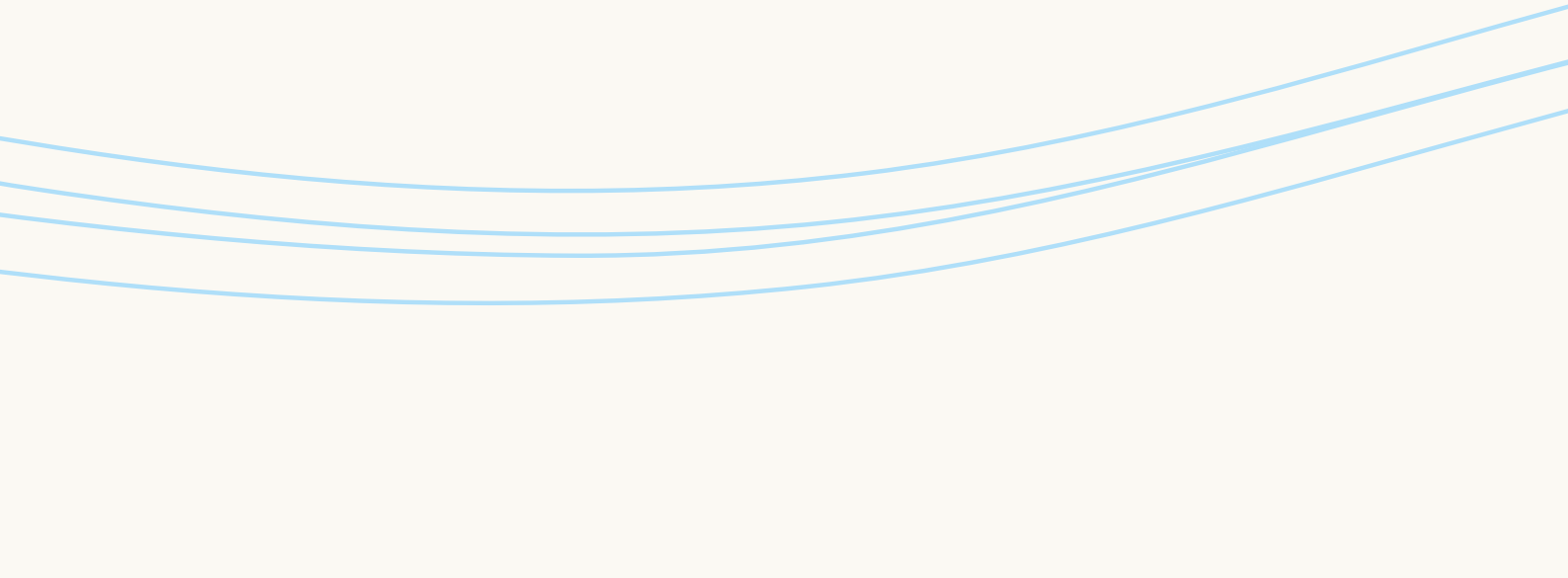
Clinical Gait Analysis in Practice: Joint-by-Joint Video Case Review

Florence Goodwin – Orthotic Clinical Specialist & Physiotherapist

Interactive and structured visual gait analysis using video case studies. Through a joint-by-joint breakdown, Florence will guide you in recognising gait deviations and compensations, both with and without orthotic intervention. You will learn how small biomechanical deviations can result in significant functional limitations, and how to identify these patterns systematically helping you build a system to evaluate and support gait impairments, particularly in patients with neurological footdrop.

Learning Outcomes

By the end of this session, participants will be able to:

- A structured approach to gait assessment
 - Confidence in applying observational analysis in clinic
 - Practical skills to appraise the success of orthotic device provision
 - Apply biomechanical reasoning to orthotic intervention for footdrop
 - Overview of current AFO's utilized within the NHS
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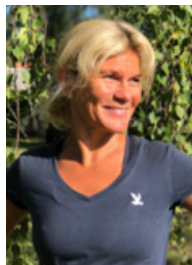
Seminar Agenda

9.00	Registration & Coffee
9.15	Welcome
9.30	Biomechanics of Gait & Muscle Function
11.00	Coffee Break
11.15	Biomechanics of Gait, Muscle Function & Kinetics
12.30	Lunch
13.30	Orthotic Approach: Common Orthotics Prescribed Within the NHS & Clinical Application of Dynamic Response AFOs: Selection, Evaluation & Outcome-Driven Practice
15.00	Coffee Break
15.15	Clinical Gait Analysis in Practice: Joint-by-Joint Video Case Reviews
16.15	Product Trial (Bring suitable footwear) Q&A and Closing
17.00	Finish

Meet the Speakers!

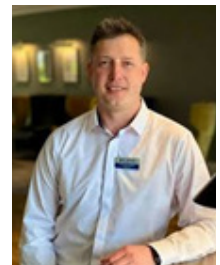
Jessica Parnevik-Muth

Licensed Physiotherapist - USA & Sweden. International educator and functional biomechanics specialist, known for her dynamic teaching on functional gait and orthotic integration.



Tony Andrejevas

HCPC registered Orthotist & Prosthetist with a strong background in gait lab analysis, neuro-orthotic care, and complex device prescription.



Florence Goodwin

HCPC registered Orthotist Prosthetist and MSc-qualified Physiotherapist with expertise in neurological and paediatric orthotics, and research in somatosensory stimulation.



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