

## CONTINUING EDUCATION PRESENTS:

### PEDIATRIC POSTURE: ALIGNMENT, ASSESSMENT & APPLICATION

#### In-Person Courses

May 15-16, 2026

Presented by: Liesa M. Ritchie, PT, DPT, PCS



#### Audience:

This course will be of interest to physical therapists and physical therapist assistants.

#### Hosted by:

Easterseals DuPage & Fox Valley  
830 S. Addison Ave  
Villa Park, IL 60181



#### Summary

This two-day live course will explore pediatric lower extremity alignment and its role in gait, posture, and functional performance. Clinicians gain a clear understanding of age-appropriate development, skeletal positioning, and movement patterns to improve assessment accuracy and clinical decision-making. Through research-based instruction and hands-on application, participants learn to identify ideal versus non-ideal alignment and determine when intervention is needed to support children's current and future function.

#### Continuing Education Credits

Continuing education credits for P.T will be offered through the Illinois Department of Financial and Professional Regulation. Early Intervention credits, have all been applied for 12 contact hours or 1.2 CEUs.

#### EARLY INTERVENTION

Continuing professional development credits will be requested through Illinois Early Intervention.

#### Activity Completion Requirements

All participants will receive a course completion certificate upon successful attendance and completion of a post course evaluation. No certificates will be awarded until course completion is verified on the final date of the conference.

#### Instructor Bio:

**Liesa M. Ritchie (formerly Persaud), PT, DPT, PCS** is a licensed physical therapist with 36 years' experience in the field of pediatric therapy. Liesa is the owner of Know To Change, an organization dedicated to advancing the knowledge & skills of clinicians in pediatric practice. Both nationally and internationally, she has educated healthcare professionals in advanced treatment techniques, performed specialized practical training and provided consultative services.

Liesa has worked in a variety of settings, including private pediatric clinics, schools, private homes, hospitals and long-term care facilities, as well as facilities overseas. Dr. Ritchie is a Credentialed Clinical Instructor and also taught human anatomy, physiology & nutrition. She received her associate's degree in 1993 and worked as a physical therapist assistant while obtaining her Bachelor of Science Degree in Organizational Leadership from Southern Nazarene University in Tulsa, Oklahoma.

Dr. Ritchie earned her Master's Degree in Physical Therapy from the University of 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 in 2011 and is a Board-Certified Specialist in Pediatric Physical Therapy.

Liesa's passion for helping others extends into her private life. She has volunteered as a Call Rape Advocate and Salvation Army Volunteer. Her passion for travel has led her to teach & treat overseas in Australia, New Zealand, Turkey, the Arab Emirates & Mexico, in addition to organizing & participating in mission work in Mexico, Ukraine & Palestine.

Liesa's wide range of clinical experience, organizational leadership, proficient teaching skills, motivation to improve the standard of care, and enthusiasm & passion for her field, makes her an exciting and compelling instructor.

#### Financial Disclosures:

Liesa Ritchie receives an honorarium fee from Easterseals DuPage & Fox Valley.

#### Non-Financial Disclosures:

Liesa Ritchie has no relevant non-financial relationships to disclose.

Description and Objectives on next page

# CONTINUED: PEDIATRIC POSTURE: ALIGNMENT, ASSESSMENT & APPLICATION

## Course Description

Ideal alignment is essential for optimum gait & postural control. In addition, a correct understanding of the developmental process leads to a comprehensive assessment of the child, & future prognosis for functional performance.

To effectively assess a child's lower extremity alignment, a thorough knowledge of age-appropriate postural development is necessary. Therapists are aware that alignment associated movement patterns contribute to impaired functional ability, but the orthopedic tests can be confusing & often result in frustration and ineffective outcomes.

This course addresses pediatric development as it relates to the child's lower extremity alignment, stability, coordination & gait. Content provides a review of bony architecture & presents a greater understanding of skeletal position & related function, while applying research findings & scientific principles from a clinical perspective.

Liesa explains the terminology related to pediatric alignment & posture. In addition, she presents practical skills application of didactic information in relation to childhood development. The information is presented in an organized progression of lower extremity assessment & guides the clinician to a greater understanding of the development of pediatric alignment & the effects on posture control and function.

The relationship between activities of ideal vs non-ideal development, & their influence on alignment, are presented in a clinically relevant manner. Specific data, including age specific values, are utilized to direct the clinician through orthopedic tests & their interpretation, in order to better understand the significance of the developmental process & determine when intervention is required. Each clinical test is presented in a detailed & guided manner, & application skills are enhanced via extensive Lab time for practical application. In addition, ideal vs non-ideal biomechanical alignment are compared, in consideration of future effects of inadequate alignment in the pediatric population. Science & research findings are described from a clinical perspective.

As a result, the clinician will gain an understanding of orthopedic progression throughout development & be more able to assess pediatric alignment & recognize when it is non-ideal.

Intervention suggestions are given in context of assessment findings. However, the primary emphasis is on orthopedic alignment & related clinical decision making. Although a concise anatomy review is provided, the primary focus of this course is clinical relevance & application.

Therapists will gain an understanding of the effect of ideal & non-ideal development, in addition to learning skills to immediately put into practice. As a result of this course, the clinician will be better equipped to assess pediatric alignment as it changes throughout development. With greater insight into identifying alignment-based concerns that affect both current & future function, thus the participant will learn how to improve children's function as a result of applying assessment findings in context of age & related development.

Presented in a manner intended for comprehension & intervention, this course is not focused solely on "Evaluation" & is therefore appropriate for Physical Therapist Assistants.

## Course Objectives

1. Describe the benefits of proactive & preventive intervention for pediatric alignment
2. Apply a segmental approach to assessment of the pediatric lower extremities
3. Understand the principles of orthopedic development as related to pediatric alignment
4. Utilize pediatric lower extremity & assessments to determine appropriate interventions
5. Define how to discern between femoral torsion & excessive medial hip rotation
6. Name 3 features of skeletal alignment that change during development
7. Choose 2 features of ideal foot position that improve function
8. Participants will identify the correct age that most bone features are mature

**Schedule on next page**

# CONTINUED: PEDIATRIC POSTURE: ALIGNMENT, ASSESSMENT & APPLICATION

## Day 1 Schedule

8:00-9:45am: Skeletal position & related function.

Relationships between activities of ideal vs non-ideal development & their influence on alignment

9:45-10:45am: HIP ROM\*

10:45-11:00am: Break

11:00am-12:00pm: SACRAL ANGLE\*

12:00-1:00pm: Lunch

1:00-2:00pm: FEMORAL TORSION\*

2:00- 2:15pm: Break

2:15-4:00pm: FEMORAL TORSION\*

*\* Includes correct terminology, a review of boney architecture, developmental progression, age specific values, in-class demonstration, practical application of didactic information & interpretation of results. In addition, relevant comparison of tests, protocols & positions will be included. Intervention suggestions are given in context of assessment findings. However, the primary emphasis is on comprehension of orthopedic alignment throughout development, applications of findings & related clinical decision making.*

## Day Two Schedule

8:00-9:00am: "TIBIAL" TORSION\*

9:00-10:00am: DORSIFLEXION\*

10:00-10:15am: Break

10:15-11:15am: REARFOOT ALIGNMENT\*

11:15am-12:15pm: Lunch

12:15-1:45pm: INVERSION/EVERSION/SUBTALAR NEUTRAL\*

1:45-2:00pm: Break

2:00-3:00pm: FOREFOOT ALIGNMENT\*

*\* Includes correct terminology, a review of boney architecture, developmental progression, age specific values, in-class demonstration, practical application of didactic information & interpretation of results. In addition, relevant comparison of tests, protocols & positions will be included. Intervention suggestions are given in context of assessment findings. However, the primary emphasis is on comprehension of orthopedic alignment throughout development, applications of findings & related clinical decision making.*

# Registration Form

Please complete this form and mail with payment to:

Easterseals DuPage & Fox Valley  
Continuing Education Department  
830 South Addison Avenue  
Villa Park, IL 60181  
FAX: 630.620.1148

**Name:** \_\_\_\_\_

(This is how your name will be printed on the course certificate)

**Title/Position:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Org. address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Business Phone:** \_\_\_\_\_

**For credit card payment, please complete:**

**Type (please circle):** Visa, MasterCard, AmEx, Discover

**Credit Card #:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_ **CVV:** \_\_\_\_\_

**Billing address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home/Cell phone:** \_\_\_\_\_

Space is limited– early registration is encouraged.  
Early Registration: \$415, \$425 after 4/30/26

Registration deadline: May 7, 2026  
Registration fee includes the conference, continental breakfast, and afternoon refreshments.  
Space is limited– early registration is encouraged.

Lodging: A special rate at The Hyatt Place Lombard is available if you mention that you are taking a course at Easterseals.  
2340 South Fountain Square Drive in Lombard, IL P:630.932.6501

Cancellations must be in writing to [ce@eastersealsdvr.org](mailto:ce@eastersealsdvr.org) and will incur a \$50 processing fee. If Easterseals or speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant. For modifications or learning accommodations, please contact [ce@eastersealsdvr.org](mailto:ce@eastersealsdvr.org) with your request.