



CMT Mobility Rescue

3 Day Workshop

Ken Cornell CO

Take Back Walking Speed, Propulsive Power, Balance and Confidence Lost to CMT

Description:

Compared to the typical 1 hour visit with an orthotist, participants will have 3 days with Ken Cornell CO. This will be 3 days of targeted training to maximize your skill sets with your new AFOs. Attendees will leave with a treatment plan. In essence, wearing their individual orthotic prescription and the skills to take you forward.

This exclusive 3 day workshop is limited to just 6 participants to ensure maximum individual success. Typically, CMT affects our mobility with foot slap, foot drop, toe drag and tripping, lateral ankle instability, and loss of balance, as well as energy robbing compensatory gait issues like a slow guarded gait pattern, a downward gaze, the need walk to a stationary object for balance, excessive trunk sway, etc. In this workshop all these issues are eliminated.

Participants can expect to be provided with highly effective customized dynamic carbon ground reaction AFOs with custom foot orthotics and the individualized gait training required for each attendee to reach their full functional walking potential.

Expectations:

1. Restored Mobility with a normal energy efficient heel/toe gait pattern including heel strike and heel rise, dramatically improved propulsive power, increased walking speed, both static and dynamic balance, and overall confidence to go where you want.
2. *Restored Running skills for those with adequate proximal strength, pelvic motion and motivation.

To apply visit WWW.CMTMobilityRescue.com and complete the Apply Here section.

- A virtual pre-evaluation will be required to ensure that success is achieved for every participant.

3 Day Schedule

DAY 1

Evaluation and Preliminary Fitting

- **Introductions and Open Evaluations.** Gathering initial patient data and sharing experiences.
- **Physical Assessments.** Begin individual evaluations and gait assessments to determine your specific needs.
- **Trial Fittings.** You will be fit with demo AFOs and gait training begins to improve your balance, propulsive power and walking speed. We will identify what needs to be done with your definitive AFOs and where your individual gait training will be focused. All attendees will also learn from observing the others in the group.
- The day ends with impressions with being taken for custom foot orthotics.

DAY 2

Custom Fitting and Training

- **Shoe Shopping.** Participants will spend the morning shoe shopping for appropriate footwear which you will wear home. During this time your definitive AFOs and custom inserts will be finished.
- 1:00 pm. Detailed Fitting Process: Final adjustments to ensure perfect fit of AFOs.
- Begin Formal Gait Training with your customized AFOs. The goal is to restore all the basic elements of gait.

DAY 3

Pattern Reinforcement and Practice

- **Advanced Gait Training:** Continuing individual gait training and final adjustments. Eliminating all energy robbing gait compensations and restoration of a propulsive gait pattern. Dynamic balance training and speed training maintaining improved posture
- **Practice Sessions:** Applying learned skills in a controlled environment to master a normal gait pattern, build confidence and push limits. Complete any final fitting adjustments to ensure optimal fit and function.
- **Completion and Future Planning:** Discussing next steps and ongoing support. Guide patients towards their local orthotists and provide detailed written instructions to take home along with their prescription for future treatment.

Costs

Costs \$4000 dollars per participant and includes:

1. Bilateral fully customized dynamic carbon ground reaction AFOs
2. Custom foot orthotics attached to the foot plates of the AFOs.
3. All needed adjustments, padding and modifications during the workshop
4. All individual gait training
5. Written materials for continued training and personal goals
6. Patients will leave wearing their prescription and the skills needed for future orthotic care by your local orthotist
7. 3 virtual follow up visits
8. Attendees can bring up to 2 guests with them
9. Your local orthotist is also cordially invited to attend

Not Included:

1. Travel costs
2. Hotel room costs|
3. Meals

Visit WWW.CMTMobilityRescue.com for information about CMT Mobility Rescue and Ken Cornell CO along with great information about AFOs and how you can restore a normal gait pattern.

“Take back what CMT has stolen.”

