

GAIT CLINIC

OFFERED AT



Orland Park & Naperville/Aurora | www.bdiplayhouse.com | 708.478.1820

Parents - Are you looking for input on your child's orthotic intervention?

Therapists - Are you looking to confirm or collaborate your orthoses recommendations?

BDI Playhouse Children's Therapy is excited to offer a monthly gait clinic using a team based approach to optimize a child's gait. This clinic is designed for parents, therapists,



and orthopedic specialists to discuss and determine appropriate orthotics based on each child's needs. The gait clinic includes on site modification, video

analysis and clinical assessment to aid in appropriate orthotic and/or shoe recommendations. Follow up visits will occur based on orthotist and physical therapist guidance to monitor progress and adapt as needed.

GAIT CLINIC IS OFFERED IN ASSOCIATION WITH HANGER, INC



Orthoses and/or shoe modifications can optimize gait mechanics by:

- Equalizing leg lengths
- Improving foot arch support
- Dynamically stretching tight muscles
- Activating appropriate muscles
- Enhancing energy conservation
- Increasing mobility and range of motion

Physical Therapists and Orthotists at the Gait Clinic:

- Have extensive experience and education in proper pediatric gait mechanics, gait analysis, orthotic recommendations, and shoe modifications
- Utilize the most current research based techniques

What do I need to bring?

- Athletic shorts and a T-shirt
- Shoes your child wears frequently
- Current orthotics and/or shoe modifications
- Insurance card
- Current Physical Therapy Prescription if your child is receiving therapy
- Your questions and ideas!

How do I register to participate?

- Call 708-478-1820 to schedule
- Complete the optional online gait clinic referral form to provide contact information for the treating PT and other important information.