



In-House CME

Spring into Torsional Deformities: In-toeing, Out-toeing, and Parental Panic

05/20/2026 7:00 PM Eastern

Live Virtual Webinar

This CME program on pediatric heel pain equips clinicians with a structured, developmentally informed approach to evaluating heel pain in children and adolescents. Participants will review age-specific anatomy, growth-related biomechanics, and common etiologies of pediatric heel pain, with emphasis on distinguishing calcaneal apophysitis from overuse, neurologic, traumatic, and systemic causes. Practical focus is placed on targeted history-taking, focused physical examination, and judicious use of imaging to avoid unnecessary studies in the growing patient.

Learners will also examine evidence-based, nonoperative management strategies and appropriate thresholds for escalation of care, integrating activity modification, biomechanical assessment, and return-to-sport considerations. By combining developmental understanding with clinical decision-making frameworks, this program empowers clinicians to deliver accurate diagnoses, avoid overtreatment, and provide patient- and family-centered care for children with heel pain.

Learning Objectives:

1. Identify normal age-specific rotational and angular alignment values of the lower extremity and differentiate these from pathologic torsional deformities.
2. Explain the developmental etiology and clinical presentation of common lower extremity torsional deformities.
3. Perform a comprehensive rotational profile and gait assessment and interpret imaging and 3D gait analysis to localize segmental deformity.
4. Determine appropriate management strategies, including surgical timing and intervention thresholds, based on clinical and diagnostic findings.

Intended Audience: Podiatrists

Fees: \$ 0.00

Refund Policy: N/A

In-House CME is accredited by the Council on Podiatric Medical Education as a provider of continuing education in podiatric medicine. In-House CME has accredited this activity for a maximum of 1.0 continuing education contact hour.

No commercial interest provided financial support for this continuing education activity.

Panelists

Mark Solomon, DPM



Dr. Mark Solomon is a partner of The Pediatric Orthopedic Center in Cedar Knolls, New Jersey. He is the director and founder of the Pediatric Foot and Ankle Fellowship, which is the first DPM/MD/DO fellowship with a pediatric orthopedics group. Dr. Solomon is managing and founding partner of POC Creative Works, LLC which is a think tank of pediatric orthopedic surgeons with the combined goal of innovation, research and development of products that help children rehabilitate and recover from orthopedic illnesses and injuries.

Disclosures: Dr. Solomon is a consultant for Stryker, Orthofix, and Ossio

Hannah Schneiders, DPM



Hannah Schneiders, DPM is a board qualified foot and ankle surgeon who specializes in pediatric and adult reconstructive surgery. She earned her medical degree from Kent State University School of Medicine and completed residency at Emory University School of Medicine. She completed a pediatric fellowship at The Pediatric Orthopedic Center in Cedar Knolls, New Jersey. She is currently a partner at Portland Foot and Ankle in Portland, Maine.

Disclosures: No financial relationships with commercial interests to disclose.

For more information contact In-House CME at info@InHouseCME.com. If you wish to opt out of your information being shared with commercial interests, please contact us.