2009 Course Dates & Locations

**Click here for the most current Course Dates**

Call 1-800-300-5512 or Go online to:
www.healthclick.com/courses/nas05.cfm
for hotel and course location information. Future course dates & information are added weekly!

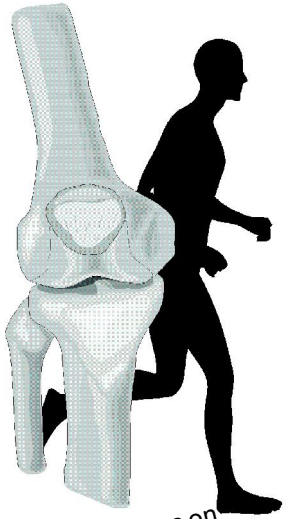
Certificates of attendance are provided upon successful completion of the course.
This course is 15 contact hours, 1.5 ceus. 18 contact hours/1.8 ceus for therapists licensed in Florida

BOC provider #P2047
IL PT Provider # 216000074

NAS courses presented in Virginia and Florida are submitted for approval for physical therapist ceus to the VPTA and FPTA. FL OT Provider number 50 -1442. NAS is approved by the IDPR for physical therapists licensed in the state of Illinois. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA provider # 4487. AOTA does not endorse specific course content, products, or clinical procedures. The Illinois, Missouri, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, North Carolina, Virginia, Delaware, Rhode Island and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. This course can be used for continuing education competency for license renewal for OT's and PT's in the state of California.

# Advanced Clinical Skills for Orthopedic and Sports Related Knee Injuries

An evidence-based course focused on examination & treatment



Special focus on the patellofemoral joint!

## Presented by

Robert C. Manske PT, DPT, MEd, SCS, ATC, CSCS

**North American Seminars, Inc.**
**1-800-300-5512**
**Fax 1-800-310-5920**
**www.healthclick.com**

## Day One

| | | |
|---|---|---|
| 7:30 | 8:00 | **Registration** |
| 8:00 | 9:00 | **Introduction/Overview and Anatomical Review** |
| 9:00 | 9:45 | **Medial Collateral Ligament Injury and Rehabilitation**<br>• History and mechanism of MCL injury<br>• Classification of MCL injuries<br>• Conservative treatment and outcomes following MCL injury |
| 9:45 | 10:00 | **Break** |
| 10:00 | 11:00 | **Palpation Review (Lab)**<br>• Identify appropriate anatomical bony knee structures<br>• Identify appropriate soft tissue structures |
| 11:00 | 12:00 | **Anterior Cruciate Ligament Reconstruction Rehabilitation**<br>• Discuss pros and cons<br>• Postsurgical rehab |
| 12:00 | 1:00 | **Lunch (On your Own)** |
| 1:00 | 2:00 | **Anterior Cruciate Ligament Reconstruction (continued)** |
| 2:00 | 3:00 | **Knee Special Testing (Lab)**<br>• Algorithm-based special testing for the knee |
| 3:00 | 3:15 | **Break** |
| 3:15 | 4:15 | **Knee Special Testing (Lab)**<br>• Continue algorithm-based special testing for the knee |
| 4:15 | 5:45 | **Meniscus Repair vs. Meniscus Rehabilitation**<br>• History and mechanism of injury for meniscus tears<br>• Conservative and postsurgical treatment following repair |
| 5:45 | 6:00 | **Questions/Review** |



## Day Two

| | | |
|---|---|---|
| 8:00 | 10:00 | **Articular Cartilage Injuries and Rehabilitation**<br>• History and mechanism of injury for articular cartilage<br>• Discuss various articular cartilage repair procedures<br>• Conservative and surgical treatment of articular cartilage surgical procedures |
| 10:00 | 10:15 | **Break** |
| 10:15 | 12:00 | **Patellofemoral Joint Rehabilitation**<br>• Categorization of patellofemoral disorders<br>• Evaluation techniques<br>• Selective recruitment of the VMO |
| 12:00 | 1:00 | **Lunch (On your Own)** |
| 1:00 | 2:15 | **Manual Therapy Techniques for the Knee (Lab)**<br>• Specific joint mobilization methods for PF and tibiofemoral joints |
| 2:15 | 3:30 | **Functional Testing for the Knee (lab)**<br>• Rationale for functional testing of the knee<br>• Discuss and perform functional testing methods |
| 3:30 | 3:45 | **Questions/Answers** |

APPROVED CE BOC PROVIDER

For additional course dates and information
www.healthclick.com/courses/nas05.cfm

# About the Educator

**Robert C. Manske, PT, DPT, MEd, SCS, ATC, CSCS,** is an assistant professor in the doctoral physical therapy program at Wichita State University in Wichita, Kansas, where he teaches the entire peripheral joint curriculum. Rob graduated from WSU in 1991 with a bachelor of arts in physical education, a master of physical therapy degree in 1994, and further earned a master of education degree in physical education in 2000. Most recently, he received his DPT from Massachusetts General Institute of Health Professions in 2006. Rob has been an APTA board certified sports physical therapist since 2002. Rob is also a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association, and a Certified athletic trainer (ATC) through the National Athletic Trainers Association. Rob has been nominated for and received numerous awards for excellence in teaching at the local, state and national level. To date, Rob has published multiple articles, chapters, and home study courses related to orthopedic and sports rehabilitation. "*Post-Surgical Sports Orthopedic Rehabilitation: Knee and Shoulder*", which was released in the summer of 2006, is an exciting text that Rob has edited which describes the postsurgical rehabilitation of multiple knee and shoulder surgeries. Rob is a manuscript reviewer for *The Journal of Orthopedic and Sports Physical Therapy* and *The American Journal of Sports Medicine*, and in 2005 & 2006 was named a principle reviewer for AJSM. Rob has lectured at the state and national level during meetings for APTA, NATA and the NSCA. Rob finished PT school in 1994 and worked at Via Christi Medical Center for three years following his MPT graduation and then worked with George Davies in the Gundersen Lutheran Sports Physical Therapy Residency in 1997-98. In addition to his full time faculty appointment, Rob works at a Via Christi Sports and Orthopaedic Rehabilitation facility, and also serves as a teaching associate at the University of Kansas Medical Center, Department of Community Medicine for the Via Christi Family Practice Sports Medicine Residency Program. Most importantly, Rob continues to practice weekly – spending approximately 15 hours per week treating a variety of sports and orthopedic knee and shoulder conditions! It is his mixture of educational and clinical expertise that enables Rob to present in an exciting yet practical manner.

# Why You Should Attend This Course

This two-day, advanced level course will focus on an algorithm-based method of evaluation and treatment of common orthopedic and sports related conditions. Dr. Manske's educational and clinical teaching experiences create an optimal learning environment conducive to both lecture and "hands-on" learning. This course is designed to provide lecture supported by extensive laboratory exercises. The laboratory sessions are designed to assist the participant with developing the manual skills and dexterity needed to effectively palpate structures around the knee, master effective evaluation techniques and develop appropriate rehabilitation programs. Emphasis during the evaluation process of the laboratory sessions will be placed on mastering the clinical examination. The knee algorithm method will be thoroughly discussed and practiced to enhance the clinician's ability to perform effective evaluations in a timely manner.

This course will include extensive discussion on the scientific, evidenced-based and clinical rationale for rehabilitation strategies and progressions for Medial Collateral Ligament (MCL) injuries; Anterior Cruciate Ligament (ACL) injuries and ACL replacements; meniscal injuries and treatment methods for both meniscectomy and meniscus repair guidelines; and articular cartilage injuries. Conservative and surgical treatment are discussed in the lecture and laboratory exercises. Categorization of patellofemoral disorders, evaluation techniques and selective recruitment of the VMO are also addressed.

The information provided in this course can be applied immediately in the clinical setting. Participants will be provided the tools necessary to improve examination skills and to develop appropriate treatment interventions for their patients.

# Course Objectives

Upon completion of this course, participants will be able to:

- Explain the medical interventions utilized in the management of pathological conditions of the knee commonly seen by physical therapists.
- Justify and relate the latest special testing procedures of specific pathologies of the knee.
- Design and justify appropriate rehabilitation programs for different knee pathologies.
- Recognize and evaluate common knee injuries.
- Describe pathological conditions of the knee frequently encountered by clinicians.
- Discuss therapeutic exercise and compare and contrast techniques for various knee pathologies.
- Implement and utilize functional outcome measurement tools for the knee.
- Use clinical decision–making processes to establish a differential diagnosis, synthesized from data obtained by the PT examination.
- Develop evidence-based rehabilitation programs for specific pathologies that are based on current scientific literature.
- Organize symptoms into clusters, syndromes or categories in order to be placed in appropriate treatment regimes.
- Perform appropriate manual therapy techniques for the knee.
- Review various functional tests described in scientific literature used to determine your patient's functional return to activities.
- Describe the functional anatomy of the knee.
- Integrate current exercise technology into the rehabilitation process for knee injuries.
- Integrate functional testing and its progression into the rehabilitation process for knee injuries.

Manske09

## Registration Form

Orthopedic and Sports Related Knee Injuries

Course Tuition: $399

$507 with shoulder software

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
**1-800-300-5512** Fax 1-800-310-5920 www.healthclick.com

Register Online! (www.healthclick.com)

Name _____ Profession _____

Home ☐ Business ☐

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Credit Card _____

expiration date _____ e-mail _____

Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of $75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.