

Course Dates & Locations

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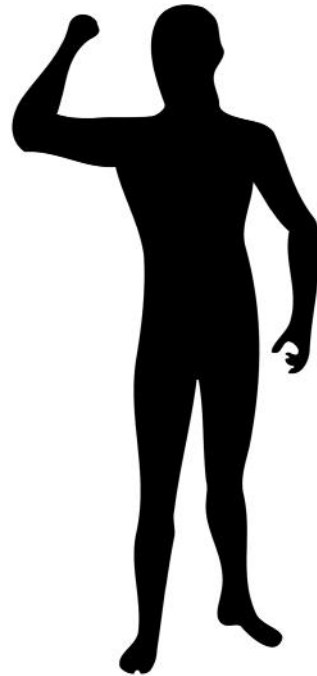
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Certificates of attendance are provided upon successful completion of the course. **This course is 15.0 contact hours/1.5 CEUs.**

BOC provider #P2047 | CA Approval #PTNAS0114
 IL Provider #216000074 | AOTA Provider #4487

The California Physical Therapy Board has approved North American Seminars, Inc. as an approval agency to approve providers offering continuing competency courses. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS0114. This course meets the continuing education requirements for OT license renewal in the State of California. The Nevada Board of Physical Therapy examiners has approved this course for 1.5 continuing education units. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. This course meets the ceu requirements for physical therapists licensed in Texas. This course has been approved for ceus for physical therapists by the Oklahoma Board of Medical Licensure, approval # 201100415. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. FL OT Provider number 50-1442. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois, provider # 216000074. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements.

Geriatric Strengthening and Movement Re-education for Mobility



An Evidence-Based Course

Presented by
John Wilson, DPT, MA, 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	10:00	Geriatric Strengthening-Evidence Based
		<ul style="list-style-type: none"> • Weakness and loss of function • Strengthening research • Precautions and contraindications
10:00	10:15	Break
10:15	11:00	Benefits
		<ul style="list-style-type: none"> • Optimal exercise parameters • 80% 1 RM determination (Lab) • Documentation
11:00	12:00	Training Movement, Not Muscles
		<ul style="list-style-type: none"> • Exercise equipment • Trunk extension progression(Lab) <ul style="list-style-type: none"> - Chop/lift/push/pull - Overhead/underhand throw - Balance - Stand to sit eccentric
12:00	1:00	Lunch (On Your Own)
1:00	1:45	Muscle Physiology and Anatomy review
		<ul style="list-style-type: none"> • Muscle fiber types • Motor Unit recruitment patterns during exercise • Proprioceptors • Neuromuscular adaptations to exercise
1:45	3:00	Anatomy/Biomechanics of LPHC
		<ul style="list-style-type: none"> • Agonist/Antagonist/reciprocal
3:00	3:15	Break
3:15	4:45	Reciprocal Inhibition-Synergistic Dominance
		<ul style="list-style-type: none"> • Primemover substitution(Lab) • Facilitation (Lab)
4:45	5:30	Functional Strength (LAB)
		<ul style="list-style-type: none"> • Functional strength
5:30	6:00	Movement Analysis
		<ul style="list-style-type: none"> • Functional biomechanics example of lower chain kinetics in transfers

Day Two

8:00	9:45	Movement Analysis (cont.)
		<ul style="list-style-type: none"> • Overhead squat Test • Overhead squat test (Lab)
9:45	10:00	Movement Re-education, Exercise Prescription
		<ul style="list-style-type: none"> • Remove or decrease the movement impairments
10:00	10:15	Break
10:15	11:00	Reprogram Muscle Firing/ Movement Patterns. Corrective Exercise Treatments to Inhibit, Lengthen Facilitate and Integrate
		<ul style="list-style-type: none"> - Inhibition techniques <ul style="list-style-type: none"> autogenic inhibition-GTO Sherrington's Law of Reciprocal Innervation Pelvis crossed syndrome example • Inhibit tight muscles and lengthen before strengthen • Facilitate weak muscles • Integrate into function
11:00	11:15	Corrective Exercises (Lab)
11:15	12:00	Mobility Training
		<ul style="list-style-type: none"> • Transfers <ul style="list-style-type: none"> - Momentum strategy - Force-control strategy - Transfers (Lab)
12:00	12:45	Lunch (On Your Own)
12:45	1:15	Mobility Training (continued)
1:15	1:45	Transfers-Setting Up The Mobility Task(Lab)
1:45	2:00	Mobility - Gait Pictures
2:00	2:45	Gait
		<ul style="list-style-type: none"> • Key components of normal stance phase • Key components of normal swing phase • Impaired motor control and weakness • Upright motor control tests (Lab) • Key concepts of treatment
2:45	3:15	Gait Ther. Ex. (Lecture/Lab)
		<ul style="list-style-type: none"> • Movement re-education of triple extension, standing hip flexion stretch/walk, mountain climbers acceleration wall drill, Tst PF/DF
3:15	3:30	Summary
		<ul style="list-style-type: none"> • HEP for geriatrics • Review questions

About the Educator

John Wilson, DPT, MA, CSCS, earned his Masters degree in Physical Therapy from Loma Linda University in 1998. He has been an exercise physiologist for the past 15 years, earning a Masters degree in Applied Exercise Physiology from San Diego State University in 1993. John completed his Advanced Post Professional Clinical Doctorate of Physical Therapy program at Western University of Health Sciences in 2005. Dr. Wilson also is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Early in his career John focused on outpatient orthopedics and performance training. He spent two years as a research assistant at The Kasch Exercise Physiology Laboratory conducting performance testing/training of professional athletes (including the San Diego Chargers of the NFL) and exercise prescription of seniors in a community wellness program. His research at the lab with cyclists was subsequently published entitled "Thermoregulatory Effects of Cycling in a Hyperconvective Environment". Though still active working with athletes, John's emphasis the past decade has focused on geriatric orthopedics. Working with geriatrics in the LTC/SNF and outpatient setting has been rewarding. John spent 2005-06 providing internal geriatric strength training courses nationally, and was co-author of orthopedic training manuals for a national provider of skilled therapy.

His current working environment is as an Outcomes Manager for a large medical system. He utilizes outcomes research, evidence-based practice and professional experience to ensure efficient and effective outcomes for rehabilitation patients. Utilizing dynamic movement analyses, progressive resistive strength training, manual therapy and prescribed corrective exercises; Dr. Wilson has brought his performance approach to the geriatric population.

Why You Should Attend This Course

Geriatric Strength Training and Movement Re-education for Mobility is a two-day interactive seminar designed to enhance the ability of clinicians to treat older patients with various disease processes in improving mobility, including gait. The medical complexity of the typical geriatric patient can complicate the rehabilitation process. Regardless of diagnoses, a common deficit seen in all geriatric patients is weakness that can be linked to functional decline. Muscular weakness can be successfully treated with specific prescribed exercises. The participant will leave this course with progressive, safe, and a thorough understanding of evidence-based approaches to optimal functional strength building and mobility improvement for geriatrics.

Traditionally, rehabilitation has focused on isolating and training muscles using single planes of motion. Muscles and joints do not work in isolation. We know that functional activities like transfers and gait are triplanar and require acceleration, deceleration, and dynamic stabilization. This course will emphasize training movements, not muscles. Participants will develop an evaluation process and learn tests that allow assessment of kinetic chain movement patterns to detect quality of movement and neuromuscular efficiency. One such test, named the Overhead Squat Test, assesses the closed kinetic chain mobility and stability of patient's ankles, knees, hips, core, thorax and shoulders during a fundamental movement pattern. Mobility and gait also utilize basic fundamental movement patterns that will be assessed/corrected. Based on movement pattern findings and applying neuromuscular physiology, the participant will learn to inhibit and lengthen specific overactive muscles, facilitate under active muscles and prescribe corrective exercises utilizing evidence-based, optimal strength training parameters. Attendance at this course will immediately increase clinical skill in obtaining positive functional outcomes in an efficient manner in all settings of geriatric practice.

Course Objectives

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

- Discuss evidence-based practice including the classic studies regarding geriatric strength training and how they relate to the population we treat.
- Identify and discuss optimal resistance training parameters such as progressive resistive exercises, intensity, frequency, sets, and repetitions.
- Correlate strength (underlying) impairment to functional deficits and converse with therapy team regarding functional strengthening as it relates to goal achievement.
- Describe the scientific and clinical rationale behind the development of an exercise program for the treatment of mobility in the geriatric population.
- Perform functional movement assessments such as the overhead squat test, mobility and gait to identify weaknesses in the kinetic chain.
- Prescribe corrective exercises to treat functional deficits in mobility.
- Properly utilize functional strength tests like bridging, SLR, Trendelenburg, and upright motor control test.
- Understand how to utilize neuromuscular inhibition and facilitation techniques and how to sequence them in therapy prescriptions for maximum functional outcomes.
- Identify movement training principles and how to activate movement/motor patterns.

Registration Form

Geriatric Strengthening

Course Tuition: \$399

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



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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.