

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/nas33.cfm for hotel and course location information. Future course dates & information are added weekly!

Call North American Seminars, Inc. if your facility is interested in hosting one of our courses or if you are an educator interested in presenting courses with North American Seminars, Inc. 1-800-300-5512

Make sure to get a copy of the Interactive Shoulder Algorithm software while registering for the seminar

The Interactive Shoulder Algorithm™ new version 1.5 home study and reference tool provides clinicians with a step-by-step process to effectively evaluate the shoulder complex for orthopedic dysfunction. Therapists will significantly increase the efficiency of their examinations by mastering the information in this teaching tool. Effective rehabilitation programs can be developed by the clinician through greater understanding of the testing sequence and the anatomical implications of the tests. The experienced clinician can utilize this software to obtain a master level understanding of shoulder testing procedure.

Each test segment detailed in the software covers critical pathways, position of the patient, position of the clinician, position of the clinician's hand, direction of movement of body part, tissues implicated, indications of a positive test and amount of force to be applied.

Twenty-nine tests for shoulder evaluation are clearly defined through digital video, 3D animation and biomechanical motion. George Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, FAPTA provides narration and technique demonstration in each video. Basic anatomy of the shoulder is also explored. The software is \$108.00 if purchased with registration (regularly \$129.95). For an additional \$75, .9 CEUs can be obtained from the submission of the enclosed post test. Multiple therapists may obtain CEU's from one software purchase. This software is guaranteed to meet your satisfaction. Requires Windows 2000 or Windows XP, CDROM drive, 128 MB RAM, 15MB hard drive space. The software runs off the CD and can be easily moved to different computers. Call for multiple CEU test pricing. See www.healthclick.com for additional details.

Advanced Management of Lower Extremity Injuries in the Athlete

An Evidence-Based Course



Presented by
JW Matheson
PT, DPT, MS, SCS, OCS, 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	8:20	The physical therapist as a diagnostician
8:20	8:40	Evidence Based Practice (EBP) in Physical Therapy • Definition of EBP • Use of the internet to quickly access EBP PT
8:40	9:30	Examination, diagnosis, prognosis and treatment of intra-articular disorders of the hip • Hip osteoarthritis • Hip labral lesions • Hip arthroscopy
9:30	10:00	Lab Session I: • Orthopedic special tests for the hip joint • Postoperative hip arthroscopy exercises
10:00	10:15	Break
10:15	11:00	Examination, diagnosis, prognosis and treatment of Contractile and non-contractile tissues of the thigh • Sports Hernia • Hamstring /Adductor strains • Iliotibial band syndrome
11:00	12:00	Lab Session II • Testing trunk muscle endurance • Muscle length tests and hip AROM • Post-operative hip exercise progression
12:00	1:00	Lunch (on your own)
1:00	2:00	Conservative treatment of knee osteoarthritis • Diagnosis • Manual Therapy • Exercises • Braces and wedges • Supplements
2:00	2:30	Lab Session III • Hip and Knee Mobilizations
2:30	3:30	Diagnosis, treatment, surgical issues and rehabilitation of meniscus related pathology
3:30	3:45	Break
3:45	5:00	Lab Session IV • Joint effusion and meniscus clinical tests • Review of today's labs
5:00	6:00	The increased incidence of knee injuries in the female athlete • Current research surrounding this topic • Current knee injury prevention programs

Day Two

8:00	8:45	Patellofemoral pain • The Physical Stress Theory • Letting the examination dictate the treatment • Classifying patients and CPR guidelines
8:45	9:45	Lab Session V • The Beighton-Horan Index • Clinical tests for anterior knee pain • Functional testing and patellofemoral pain
9:45	10:00	Break
10:00	11:15	Treating tendinopathy versus tendonitis • High hamstring tendinopathy • Patellar tendinopathy • Achilles tendinopathy
11:15	12:15	Lab Session VI • Ottawa knee, ankle and foot radiography rules • Ankle special testing algorithm
12:15	1:00	Lunch (on your own)
1:00	1:20	Selecting the right running shoe
1:20	2:30	Evidence based treatment of heel pain • New clinical guidelines • Demos taping and orthotics
2:30	3:30	Does this athlete need an orthotic? • Foot exam demo • Arch taping demo

To register online:
<http://www.healthclick.com>



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About the Educator

J.W. Matheson PT, DPT, MS, SCS, OCS, CSCS, is a 1996 graduate of the Mayo Clinic of Health Sciences. In 2000, J.W. was awarded a post-professional Mary McMillan Scholarship from the APTA. J.W. has worked in a variety of clinical and academic settings as a clinician, researcher, adjunct faculty member and a consultant. J.W. is also a 2001 graduate of the first public APTA Credentialed Sports Physical Therapy residency at Gundersen-Lutheran Sports Medicine in Onalaska, WI. He is both a board certified specialist in sports physical therapy and a board certified specialist in orthopaedic physical therapy. He is also a certified strength and conditioning specialist.

J.W. is currently employed as the Clinical Research Director for Therapy Partners, Inc. in Minneapolis, Minnesota. He divides his time between research and clinical practice. J.W. has contributed multiple chapters to textbooks in the areas of sports and orthopaedic physical therapy. He has also published several peer-reviewed research articles on specific exercises for the knee and shoulder. J.W. has completed his transitional DPT degree from the Massachusetts General Hospital Institute of Health Professions in Boston and currently is a teaching assistant in the program. In his free time, J.W. likes to run and when possible, escape to Montana to fly fish.

Certificates for attendance are given upon successful completion of the course.

This course is 15.0 contact hours/1.5 CEUs.

This course 18.0 contact hours/1.8 CEUs for therapists licensed in Florida.

This course will be submitted to the FPTA for ceu approval for physical therapists licensed in Florida and will be submitted to the OPTA for physical therapists licensed in Ohio. FLO OT approval # 4487. NAS course presented in MD are submitted to the PT and OT Boards for CEU approval. This course has been approved by the TPTA for ceu approval for physical therapists licensed in Texas, approval #44186A, Orthopedic - Sports Series. NAS courses presented in Illinois are approved by the IDPR for physical therapists. IL PT provider #216000074. AOTA provider #4487. North American Seminars, Inc. is an AOTA provider for continuing education. The Illinois, Kentucky, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, North Carolina, Delaware, Rhode Island, Missouri, Vermont, Virginia and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. The AOTA does not endorse specific course content, products, or clinical procedures. BOC provider #P2047.

Why You Should Attend This Course

This two-day lecture and hands-on laboratory course will provide the clinician with recent evidence-based practice guidelines for the examination, evaluation, differential diagnosis, prognosis, treatment interventions and expected outcomes for selected lower extremity disorders. New research on how to accurately diagnose and treat hip and knee osteoarthritis, acetabular labral tears, iliotibial band syndrome, muscular strains, patellofemoral disorders, lower extremity tendinopathies, and plantar fasciopathy will be reviewed. Participants will learn new exercises and "clinical pearls" to add to their current non-operative and operative rehabilitation protocols. During the interactive laboratory activities, course participants will hone their orthopedic examination and treatment skills. Hands-on practice of selected special tests and treatment techniques for the hip, knee and ankle will be the focus of each breakout session. Each lab session will emphasize the use of examination findings to determine appropriate treatment interventions. This interactive course will allow participants to enhance the quality and efficiency of care to clients with lower extremity overuse injuries. The clinician who attends this course will be able to immediately apply the information and skills presented.

Course Objectives

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

- Become more confident in recognizing, examining, evaluating and treating common overuse injuries of the hip.
- Perform a series of orthopedic special tests for the hip using an algorithm - based approach.
- Recognize early signs and symptoms of hip osteoarthritis and labral pathology.
- Understand the difference between tendonitis and tendinopathy.
- Recognize current concepts surrounding the treatment of lower extremity tendinopathies.
- Learn new techniques to treat patellofemoral pain.
- Understand the theories surrounding the increased risk of knee injury in the female athlete.
- Recognize the current evidence or lack of evidence surrounding knee injury prevention in the female athlete.
- Use a clinical prediction rule to recommend that the athlete needs a knee or ankle radiograph.
- Use evidence based practice in the prescription of static and dynamic stretching exercises in the athlete.
- Perform an algorithm based examination of the ankle ligaments.
- Interpret the most recent findings on how to diagnose and treat plantar fasciitis.
- Be able to recommend the best running shoe for the athlete.
- Create innovative treatments for neuromuscular re-education of the lower extremity.
- Understand the current research behind the efficacy of orthotics.
- Be able to use a "treatment direction approach" to determine the need for orthotics.

Registration Form

Lower Extremity Injuries in the Athlete

Course Tuition: \$425

\$533 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



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.

Name _____ Profession _____

Home Business _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Credit Card _____

expiration date _____ e-mail _____

Location of attendance _____