

2012 Course Dates & Locations

Visit www.healthclick.com
for the most current dates

Call 1-800-300-5512 or Go online to:
www.healthclick.com/courses/nas33.cfm
for hotel and course location information.

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, North Carolina, Illinois, New York or
District of Columbia.

This course meets the ceu requirements set forth by the District of Columbia Board of Physical Therapy and has been approved for 18 contact hours, Approval # DC-1085. This course meets the ceu requirements set forth by the New Jersey Board of Physical Therapy, approval # 4-2012. This course meets the ceu requirements set forth by the Pennsylvania State Board of Physical Therapy, approval # PTCE002498 (15 GEN, ODA). This course has been approved by the Maryland Board of Physical Therapy Examiners for physical therapists. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. NAS courses presented in Illinois are approved by the IDPR for physical therapists. IL PT provider #216000074. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. 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 #PTNAS0113. This course can be used for continuing education competency for license renewal for OT's 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 ceu requirements specified in the Utah Physical Therapy Practice Act Rule. This course meets the requirements for CEU's for the Oklahoma Board of Medical Licensure and Supervision, approval #201100428. This course meets the CEU requirements for physical and occupational therapists licensed in the State of Texas, Approval #50396A. FL OT approval #50-1442. 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. BOC provider # P2047.

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
8:00	8:20
8:20	8:40
8:40	9:30
9:30	10:00
10:00	10:15
10:15	11:00
11:00	12:00
12:00	1:00
1:00	2:00
2:00	2:30
2:30	3:30
3:30	3:45
3:45	5:00
5:00	6:00

Registration
The physical therapist as a diagnostician
Evidence Based Practice (EBP) in Physical Therapy

- Definition of EBP
- Use of the internet to quickly access EBP PT

Examination, diagnosis, prognosis and treatment of intra-articular disorders of the hip

- Hip osteoarthritis
- Hip labral lesions
- Hip arthroscopy

Lab Session I

- Orthopedic special tests for the hip joint
- Postoperative hip arthroscopy exercises

Break

Examination, diagnosis, prognosis and treatment of contractile and non-contractile tissues of the thigh

- Sports Hernia
- Hamstring /Adductor strains
- Iliotibial band syndrome

Lab Session II

- Testing trunk muscle endurance
- Muscle length tests and hip AROM
- Post-operative hip exercise progression

Lunch (on your own)

Conservative treatment of knee osteoarthritis

- Diagnosis
- Manual Therapy
- Exercises
- Braces and wedges
- Supplements

Lab Session III

- Hip and Knee Mobilizations

Diagnosis, treatment, surgical issues and rehabilitation of meniscus related pathology

Break

Lab Session IV

- Joint effusion and meniscus clinical tests
- Review of today's labs

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
8:45	9:45
9:45	10:00
10:00	11:15
11:15	12:15
12:15	1:00
1:00	1:20
1:20	2:30
2:30	3:30

Patellofemoral pain

- The Physical Stress Theory
- Letting the examination dictate the treatment
- Classifying patients and CPR guidelines

Lab Session V

- The Beighton-Horan Index
- Clinical tests for anterior knee pain
- Functional testing and patellofemoral pain

Break

Treating tendinopathy versus tendonitis

- High hamstring tendinopathy
- Patellar tendinopathy
- Achilles tendinopathy

Lab Session VI

- Ottawa knee, ankle and foot radiography rules
- Ankle special testing algorithm

Lunch (on your own)

Selecting the right running shoe

Evidence based treatment of heel pain

- New clinical guidelines
- Demos taping and orthotics

Does this athlete need an orthotic?

- Foot exam demo
- Arch taping demo

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



About the Educator

J.W. Matheson PT, DPT, MS, SCS, OCS, CSCS, is a 1996 graduate of the Mayo Clinic of Health Sciences and a 2001 graduate of the University of Wisconsin-La Crosse. J.W. has worked in a variety of clinical and academic settings as a clinician, researcher, adjunct faculty member, and consultant. In 2001, J.W. completed the APTA Credentialed Sports Physical Therapy residency at Gundersen-Lutheran Sports Medicine in Onalaska, WI. In 2005, J.W. completed his transitional DPT degree from the Massachusetts General Hospital Institute of Health Professions in Boston and has been a teaching assistant in the program. He is currently working on his PhD in Physical Therapy at Nova Southeastern University in Fort Lauderdale, Florida.

Dr. Matheson is board certified specialist in both sports and orthopaedic physical therapy and is a certified strength and conditioning specialist. J.W. has been a contributor and lead author on multiple textbook chapters in the areas of sports and orthopaedic physical therapy. He has also published peer-reviewed journal articles on patient reported outcome measures, fear avoidance behaviors, spinal traction, and specific exercises for the knee and shoulder. J.W. is also a reviewer and committee member of the current APTA orthopaedic section clinical practice guidelines project.

Dr. Matheson is currently employed full time in private physical therapy practice in Hudson, WI. In his free time, J.W. likes to escape to Bozeman, Montana with his family to ski, hike, and fly fish.

Check out our new
Online Continuing Education Courses

Pre-approved for Continuing Education
www.healthclick.com/physical-therapy-online.cfm

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.

JW 11

Registration Form

Lower Extremity Injuries in the Athlete

Course Tuition: \$425



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

Name _____ Profession _____
Home _____
Address _____
City _____ State _____ Zip _____
Credit Card _____
Exp.date _____ Home Phone (required) _____
e-mail (required) _____
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.