

2012 Course Dates & Locations

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Recommended Course Related Resource

Approved for 10.5 hrs, 1.05 CEU's. The Interactive Shoulder Algorithm meets the ceu requirements for physical and occupational therapists licensed in Ohio. NAS is approved by the IDPR to provide ceus for PT's licensed in Illinois. CA approval# PTNAS-201481, IL PT provider #216000074. This course is 12.5/1.25 hours for therapists licensed in IL, NY, FL and NC

The Interactive Shoulder Algorithm™ version 3.0 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.

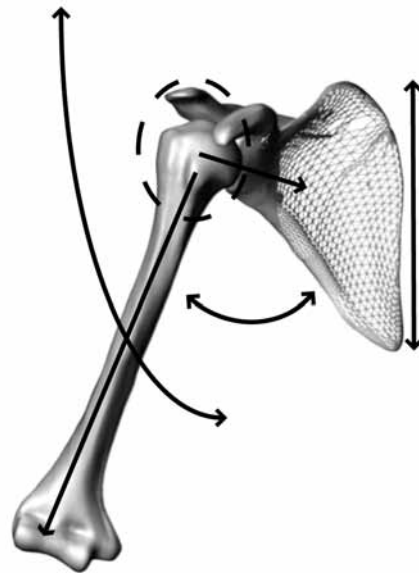
Each test segment detailed in the software covers critical pathways, position of the patient, position of the clinician, position of the clinician's hand, direction of movement of body part, tissues implicated, indications of a positive test and amount of force to be applied.

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 **\$116.96** if purchased with registration (regularly \$129.95). For an additional \$75, 10.5 hrs, 1.05 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 XP, Vista, Windows 7, or MACOSX 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.

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 10.5 hrs, 1.05 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PT-NAS-201481. This course has been approved for ceu approval by the Maryland Board of Physical Therapy Examiners. This home study course meets the CEU requirements for physical and occupational therapists licensed in the State of Illinois, Wisconsin and Missouri. The course has been approved by the Pennsylvania State Board of Physical Therapy for 10.5 hours, (10 DA, 5 GEN), PTCE001458. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. West Virginia Physical Therapy approval #NAS-F12-05. Washington DC approval for physical therapy, DC-1072. This course has been approved by the Oklahoma Board of Medical Licensure for Physical therapy ceu requirements in the state of Oklahoma. 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. NAS is approved by the IDPR to provide ceus for PT's licensed in Illinois. IL PT provider #216000074. Approved for 12.5 hrs for therapists licensed in IL, NY, FL, DC or NC.

Evaluation and Treatment of Shoulder Biomechanics

An Evidence-Based Course



Presented by
Mark Albert, MED, PT, ATC, SCS

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	Clinical Ideas-Biomechanics and Muscle Function <ul style="list-style-type: none">• Phases of elevation• Plane of scapula• Muscular parameters
10:00	10:15	Break
10:15	12:00	Evidence Perspectives-Evaluation and Assessment <ul style="list-style-type: none">• Philosophy/practical use of evidence• Special tests and selection of the most appropriate tests• Mobility assessment
12:00	1:00	Lunch (on your own)
1:00	2:30	Principles and Practice (Lab) <ul style="list-style-type: none">• Sequential evaluation performed• Novel "chairs" labs• Functional tests philosophy
2:30	2:45	Break
2:45	3:45	Sports Biomechanics and Overhead Injury <ul style="list-style-type: none">• Integration of functional overhead• Comparative sports biomechanics• Common sports injury and treatment
3:45	4:45	Rotator Cuff Dysfunction and Management (Overuse Through Trauma) <ul style="list-style-type: none">• Causality of interrelated diagnostic categories• Specialized assessment/lab• Surgical rehab principles and challenges
4:45	5:00	Review/Questions

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Day Two

8:00	10:00	Scapular Biomechanics and Recognition of Synergy (Lec/Lab) <ul style="list-style-type: none">• Emergent concepts of scapular tracking• Integration of exercise and myofascial techniques• Extensive laboratory analysis and practice
10:00	10:15	Break
10:15	12:00	Impingement-Facts and Fallacies <ul style="list-style-type: none">• Special tests progression• Differentiating primary vs. secondary impingement problems• Evidence-based exercise core• Rationale for joint mobilization current evidence• Specialized exercise techniques
12:00	1:00	Lunch (on your own)
1:00	2:45	Shoulder Stiffness Pathology <ul style="list-style-type: none">• Pathways for shoulder arthrofibrosis• Comprehensive program design• Sequence for joint mobilization• 5 degree rule for mobility progression
2:45	3:00	Break
3:00	4:30	Instability and Injury-Management and Assessment (Lab) <ul style="list-style-type: none">• Description of continuum of hypermobility and injury• Injury classification• Surgical rehab considerations
4:30	5:00	Questions/Answers

About the Educator

Mark S. Albert, MED, PT, ATC, SCS, has over 32 years of clinical experience in sports and orthopedic physical therapy settings. Mark is one of the first therapist's recognized as a Board Certified Specialist in Sports, having been certified in 1987. He has presented over 200 courses and seminars on specialty areas such as sports injury, management of shoulder, knee dysfunction and exercise rehabilitation. Mark has worked in a variety of settings, treating athletes and orthopedic injuries for all ages and abilities. Mark taught for the Georgia State physical therapy program on topics including prevention and care of athletic injuries, abnormal exercise physiology, orthopedic hip and knee, orthopedic shoulder and thorax and exercise physiology.

Mr. Albert served on the editorial board of *JOSPT*, the *Journal of Isokinetic and Exercise Science* and *Prevention Magazine* and is an internationally recognized author of many publications in the areas of orthopedic and sports therapy, isokinetics and rehabilitation. Some of his article titles include: "Rehabilitation of the Knee," "A Problem Solving Approach," "Isokinetic Assessment of Inertial Training," "Homestudy Guide to Orthopedic Series" and "Concepts of Muscle Training." Mark has also published a book titled *Principles of Knee Treatment and Rehabilitation* and is the author of the textbook *Eccentric Muscle Training in Sports and Orthopedics*, Second Edition, which is considered to be a classic reference tool and was recently reprinted in Japanese and French.

In addition to his extensive writing career Mark also served as the athletic trainer for the Georgia Chiefs, Georgia Tech Association, as well as three other universities and several high schools. His extensive research background and clinical experience enable him to provide the most up to date information in his courses.



Why You Should Attend This Course

This two-day intermediate level course is designed to emphasize the clinical guidelines utilized when developing an evidence-based rehabilitation program. Biomechanics form the keystone philosophy for a multi-modal treatment approach; emphasizing both manual treatment/assessment and dynamic exercise methods. Current evidence-based interventions are presented and analyzed for a variety of diagnoses. Postsurgical programs and time phased rehab progression are thoroughly discussed for diagnoses such as: rotator cuff tendonitis, tears, ligamentous injuries and dislocation. Evaluation and treatment techniques for specialized sports shoulder injuries and dysfunctions include rotator cuff undersurface tears, dead-arm syndrome, scapular neuritis, myofascial syndromes and microtrauma principles.

The instructor will describe essential components of overhead performance biomechanics and relate specific injuries and treatment concepts for the myriad of sports that involve throwing motions, swimming strokes and weight training for the upper extremity. Clinicians will also be presented with information and techniques on how to analyze and recognize dysfunction phases for painful, stiff shoulders (adhesive capsulitis), in addition to understanding the prognosis of recovery while incorporating evidence-based manual therapy techniques.

The presentation of rehabilitation programs are based on actual patient cases and outcomes. The assessment and treatment techniques will be thoroughly practiced during the laboratory sessions. This course incorporates the use of exercise and manual skills combined with new evidence-based perspectives to promote excellent patient outcomes.

Course Objectives

Upon completion of this course participants will be able to:

- Incorporate the understanding of shoulder biomechanics into a comprehensive shoulder evaluation.
- Have an increased understanding of common shoulder dysfunctions.
- Utilize the special tests of the shoulder to determine dysfunction.
- Understand the components of overhead performance biomechanics as it relates to injuries of sporting events that involve throwing motions, swimming strokes and weight training for the upper extremity.
- Incorporate myofascial trigger point therapy as an integral part of the rehabilitation program.
- Develop specialized assessment and treatment programs for specific sports injuries to include: rotator cuff undersurface tears, dead arm syndrome, suprascapular neuritis, myofascial syndromes and microtraumas.
- Identify the dysfunction phases of adhesive capsulitis, painful shoulder and integrate evidence-based rehabilitation techniques to maximize outcomes.
- Analyze available multimodal treatment and rehabilitation techniques.
- Develop role of current evidence-based information for effective shoulder treatments.

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

This course is 15 contact hours, 1.5 ceu's

18 contact hours/1.8 ceu's for therapists licensed in Florida, New York, Illinois, District of Columbia or North Carolina

This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Delaware, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. 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. The California Physical Therapy Board has approved North American Seminars, Inc. as an approval agency to approve providers offering continuing competency courses. Pennsylvania State Board of Physical Therapy approval # PTCE002679 (15 GEN). 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 #PTNAS-201440. This course can be used for continuing education competency for license renewal for OT's in the State of California. This course has been approved by the Nevada State Board of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. NAS is approved by the IDPR to provide ceus for PT's and PTA's licensed in Illinois. IL PT provider #216000074. This course meets the ceu requirements for physical and occupational therapists in the state of Texas, TPTA approval # 50393. This course has been approved by the Oklahoma Board of Medical Licensure for Physical Therapy ceu requirements in the state of Oklahoma. 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. This course has been approved by the Maryland Board of Physical Therapy Examiners. The District of Columbia Board of Physical Therapy has approved this course for 1.8 CEU's. District of Columbia PT approval #DC-1080. FL OT provider #50-1442. BOC provider #P2047.

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Registration Form

Evaluation and Treatment of
Shoulder Biomechanics

Registration fee: \$399.00 - \$515.96 with 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 or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. (NAS) 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 _____

Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp. date _____ Phone (required) _____

e-mail (required) _____

Location of attendance _____