

## Day One

7:30	8:00	<b>Registration</b>
8:00	8:45	<b>Introduction (Lecture)</b> <ul style="list-style-type: none"> <li>• Aging demographics and quality of life issues</li> <li>• The aging process</li> <li>• Cognitive aging issues</li> <li>• Cardiovascular aging</li> <li>• Muscle performance changes with aging</li> <li>• Skeletal aging</li> <li>• Age-related periarticular changes</li> </ul>
8:45	9:15	<b>Management of Common Problems Associated with Aging: Tissue Mobility Examination (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>• Assessing the area of greatest restriction                             <ul style="list-style-type: none"> <li>- Spine, ribs, extremities</li> </ul> </li> <li>• Two joint muscle length tests                             <ul style="list-style-type: none"> <li>- Hip, knee, ankle, shoulder</li> </ul> </li> <li>• Periarticular dysfunction tests                             <ul style="list-style-type: none"> <li>- Hip, knee, shoulder, elbow, wrist</li> </ul> </li> </ul>
9:15	9:30	<b>Break</b>
9:30	10:30	<b>Safe Stretches and Postural Strengthening From Head to Toe (Lab)</b> <ul style="list-style-type: none"> <li>• Spinal and two-joint extremity muscle mobility</li> <li>• Multi-planar exercise for whole body flexibility and strength</li> <li>• Foot and ankle strength, pelvic floor exercise</li> <li>• Protective taping, autogenic relaxation</li> </ul>
10:30	12:00	<b>Management of Common Problems Associated with Aging: Posture Principles, Postural Dysfunction and Pelvic Floor Problems (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>• Kypholordosis, forward head, spinal stenosis</li> <li>• Static stance and gait problems</li> <li>• Foot pronation, ankle instability, orthotics</li> <li>• Pelvic floor weakness and incontinence</li> </ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:15	<b>Management of Common Problems Associated with Aging (Lecture)</b> <ul style="list-style-type: none"> <li>• Osteoporosis</li> <li>• Vertebral fracture</li> <li>• Balance and falls</li> </ul>
2:15	3:15	<b>Trunk Strength Testing and Exercise (Lab)</b> <ul style="list-style-type: none"> <li>• Abdominals</li> <li>• Two joint hip flexors, ITB and shoulder flexibility tests/exercises</li> <li>• Paraspinals</li> </ul>
3:15	3:30	<b>Break</b>
3:30	4:15	<b>Management of Common Problems Associated with Aging (Lecture)</b> <ul style="list-style-type: none"> <li>• Deconditioning</li> <li>• Cardiovascular and pulmonary dysfunction</li> <li>• Arthritis, periarticular connective tissue dysfunction</li> <li>• Arthroplasty and orthopedic surgery</li> </ul>
4:15	5:30	<b>Aerobics, Mobility Training (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>• Resistance exercises with patient handouts</li> <li>• Balance exercises, step-up routines</li> <li>• "Osteoporosis dance", Tai Chi Walk</li> </ul>

## Day Two

7:30	9:00	<b>PNF (Lab)</b> <ul style="list-style-type: none"> <li>• Extremity and mass patterns to elicit functional mobility</li> <li>• Gait training-balance, peripheral neuropathy, CVA</li> </ul>
9:00	9:15	<b>Break</b>
9:15	10:00	<b>PNF (Lab)</b> <ul style="list-style-type: none"> <li>• Contract-relax with soft tissue mobilization</li> </ul>
10:00	10:30	<b>Common Drugs Utilized in the Geriatric Population (Lecture)</b> <ul style="list-style-type: none"> <li>• Adverse drug reactions</li> <li>• Effects on rehab progression</li> <li>• Strategies for overcoming obstacles</li> </ul>
10:30	11:15	<b>Protective ADL as Exercise (Lecture/Lab)</b> <ul style="list-style-type: none"> <li>• Spinal safety</li> <li>• Lower extremity alignment</li> </ul>
11:15	12:00	<b>Management of Common Problems Associated with Aging (Lecture)</b> <ul style="list-style-type: none"> <li>• Peripheral neuropathy</li> <li>• Stroke</li> <li>• Parkinson's disease</li> <li>• White matter degeneration</li> </ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	1:45	<b>PT "Guidicizing" the Exercise Intervention</b> <ul style="list-style-type: none"> <li>• Osteoporosis with and without fracture</li> <li>• Impaired posture and muscle performance</li> <li>• Foot pronation, ankle instability</li> <li>• Pelvic floor dysfunction</li> <li>• Sprain, strain, arthritis</li> <li>• Spinal stenosis, DJD</li> <li>• Fractures</li> <li>• Joint replacements, orthopedic surgery</li> <li>• Balance loss, vestibular dehabituaton</li> <li>• Stroke</li> <li>• Parkinson's disease</li> <li>• White matter degeneration</li> <li>• Peripheral neuropathy</li> <li>• Cardiovascular, pulmonary deconditioning</li> </ul>
1:45	3:00	<b>Mobilization with Concurrent Exercise (Lab)</b> <ul style="list-style-type: none"> <li>• Correcting kyphosis and forward head</li> <li>• Shoulder mobility</li> </ul>
3:00	3:15	<b>Break</b>
3:15	3:30	<b>Theraband Resistance Exercises (Lab)</b> <ul style="list-style-type: none"> <li>• Extremities</li> <li>• Trunk strength</li> </ul>
3:30	4:00	<b>Conclusion (Lecture)</b> <ul style="list-style-type: none"> <li>• Communication with older adults</li> <li>• Importance of soft tissue treatment for effective exercise</li> <li>• Fitness programs for older adult-osteoporosis group class</li> <li>• Risks associated with exercise for the older adult</li> <li>• Risks of inactivity and benefits of exercise</li> </ul>
4:00		<b>End of Day</b>

## Course Dates & Locations

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Certificates of attendance are provided upon successful course completion.

This course is 15.0 contact hours/1.50 ceu s.

This course is 18 hours/1.8 ceu s for therapists licensed in Florida, North Carolina or the District of Columbia

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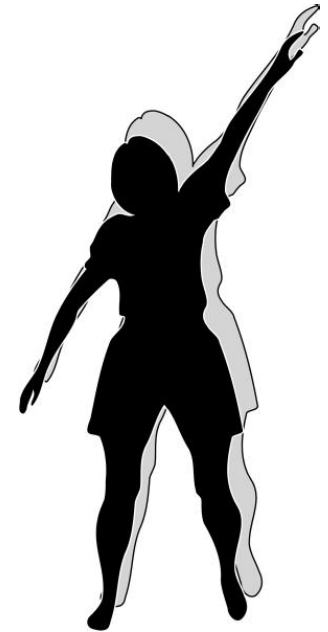
NAS is approved by the IDPR for physical therapists licensed in the State of Illinois. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. This course meets the requirements for ceus for physical therapists set forth by the Oklahoma Board of Medical Licensure, approval # 201100422. 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 #PTNAS0125. 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. FL OT Provider number 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.

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# Geriatric Exercise

Principles and Practice  
 for Optimal Function



Presented by  
 Carleen Lindsey, PT, MscAH, GCS

**North American Seminars, Inc.**

**1-800-300-5512**

**Fax 1-800-310-5920**

**www.healthclick.com**

## About the Educator

Ms. **Carleen Lindsey, PT, MscAH, GCS** is a board-certified Geriatric Clinical Specialist with degrees in Physical Education and Physical Therapy from the University of California, and an advanced musculoskeletal Master's in Allied Health from the University of Connecticut. She treats an outpatient and homecare caseload composed of geriatric musculoskeletal, osteoporosis, balance and women's health patients at Physical Therapy and Massage of CT and also Gold's Gym in Bristol, CT. She also has many years of experience treating patients in ECF, SNF, acute inpatient and senior day care settings. She also has many years of experience as adjunct instructor in the Physical Therapy program at the University of Connecticut.

She has participated in research and publications on osteoporosis and balance issues in the elderly, authored an instructional video on flexible curve kypholordosis documentation, produced three patient home exercise videos and presented numerous lectures and courses to professional and lay audiences locally and nationally over the past 25 years. She was the primary developer of the UCHC Rehab Services Osteoporosis Prevention Program.

In addition to her clinical work, Carleen has been co-chair for the National Osteoporosis Foundation's Committee on Continuing Education for Physical Therapists, and for the APTA Geriatrics Section Balance and Falls Special Interest Group. She is a member of the APTA Connecticut chapter, Women's Health, Geriatric, Orthopaedic and Private Practice sections as well as the Balance and Falls and Osteoporosis Special Interest Groups for which she is currently chair. She was the 1999 winner of the APTA Section on Geriatrics Lynn Phillippi Advocacy for Older Adults Award, received the University of CT Allied Health Research Award for Excellence in 2001 and the 2008 APTA SOG President's Award for Outstanding Service.

## Why You Should Attend This Course

This 15-hour course presents a comprehensive overview of geriatric exercise principles, including detailed information on differential diagnosis, and practice patterns pertaining to most geriatric syndromes that respond to a therapeutic exercise program.

Examination and evaluative procedures applicable for treating a patient without referral are included for each area of physical therapy practice, as needed in the direct access environment. Topics include: age-related musculoskeletal, trunk and lower extremity posture issues, gait and foot considerations, cardiovascular, pulmonary, cognitive and neurological dysfunctions, and a review of each major joint with problems and solutions addressed.

Exercise approaches for common age-related syndromes such as osteoporosis, osteoarthritis, spinal stenosis, and stroke, Parkinson's disease, balance disorders, bladder dysfunction and peripheral neuropathy are addressed. The course is constructed on a guideline based model, with protocols for differential diagnosis as well as specifics on timelines and precautions. Techniques taught and practiced include postural and aerobic exercise, resistive and aerobic training, safe stretching, gait training, PNF, triplanar functional exercise, and manual therapy with contract/relax.

Evidence for efficacy of techniques is presented in the form of scientific literature references as well as slide and video patient case studies. The course manual includes a full set of ready for clinic exercise sheets, in addition to lecture notes and bibliography. All 15 hours of this course are applicable for the therapist treating a patient without referral.

## Course Objectives

Upon completion of this course participants will be able to:

- Understand evidence-based rationale for physical changes with aging.
- Evaluate the effects of common drugs on geriatric exercise clients.
- Choose specific evaluation tools for common problems associated with aging.
- Design a wide variety of resistive exercise interventions for geriatric clients.
- Create appropriate exercise interventions for impaired trunk posture.
- Treat gait and mass movement impairments with PNF techniques.
- Teach an "osteoporosis dance," Tai Chi Walk, and tri-planar exercise for balance and coordination problems.
- Apply resistive and aerobic training principles to both orthopaedic and neurologically impaired patients.
- Correct kyphosis with forward head using mobilization with exercise.
- Apply diagnosis-specific protocols when designing geriatric exercise interventions.

Certificates of attendance are provided upon successful completion of the course.

**This course is 15.0 contact hours/1.50 ceus.**

This course is 18 hours/1.8 ceus for therapists licensed in Florida, North Carolina or the District of Columbia

Lindsey 10

Registration Form

Geriatric Exercise

Course Tuition: \$425.00

Send tuition to: North American Seminars, Inc.

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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 or transfers will be issued if cancelled within 14 days of 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.