

## Day One

7:30	8:00	Registration
8:00	9:00	Introduction (Lecture) <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 tissue changes</li> </ul>
9:00	9:45	Management of Common Problems Associated with Aging: Tissue Mobility Examination (Lecture/Lab) <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>
9:45	10:00	Break
10:00	11:15	Safe Stretches and Postural Strengthening From Head to Toe (Lab) <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>• Autogenic relaxation</li> </ul>
11:15	12:00	Management of Common Problems Associated with Aging: Posture Principles, Postural Dysfunction-Trunk (Lecture/Lab) <ul style="list-style-type: none"> <li>• Kypholordosis, forward head, spinal stenosis</li> <li>• Postural exercise principles</li> <li>• Triplanar exercises</li> </ul>
12:00	1:00	Lunch (on your own)
1:00	1:30	Management of Common Problems Associated with Aging: Postural principles, Postural Dysfunction (LE's and pelvic floor) (Lecture) <ul style="list-style-type: none"> <li>• Static stance and gait problems, foot pronation, ankle instability, orthotics</li> <li>• Pelvic floor weakness and incontinence</li> </ul>
1:30	2:30	Management of Common Problems Associated with Aging (Lecture) <ul style="list-style-type: none"> <li>• Osteoporosis</li> <li>• Vertebral fracture</li> <li>• Lab: Osteoporosis dance</li> </ul>
2:30	3:30	Balance and Falls-Management (Lab) <ul style="list-style-type: none"> <li>• Balance and vestibular exercises</li> <li>• PNF for stability, scooting, gait</li> <li>• Tai Chi walk</li> </ul>
3:30	3:45	Break
3:45	4:15	Management of Common Problems Associated with Aging (Lecture) <ul style="list-style-type: none"> <li>• Deconditioning cardiovascular and pulmonary dysfunction</li> <li>• Arthritis, periarticular connective tissue dysfunction</li> <li>• Arthroplasty and orthopedic surgery</li> </ul>
4:15	5:15	Trunk Strength Testing and Exercise (Lab) <ul style="list-style-type: none"> <li>• Abdominals</li> <li>• Paraspinals</li> <li>• Two joint hip flexors, ITB and shoulder flexibility tests/exercises</li> </ul>
5:15	5:45	Aerobics and Resistance Training (Lecture/Lab) <ul style="list-style-type: none"> <li>• Resistance exercises with patient handouts</li> <li>• Step-up routines</li> </ul>

## Day Two

7:30	9:00	PNF (Lab) <ul style="list-style-type: none"> <li>• Extremity and mass patterns to elicit functional mobility</li> <li>• Shoulder dysfunction, bed mobility, CVA</li> </ul>
9:00	9:15	Break
9:15	10:30	PNF (Lab) <ul style="list-style-type: none"> <li>• Contract-relax with soft tissue mobilization for contracture resolution</li> </ul>
10:30	11:15	Common Drugs Utilized in the Geriatric Population (Lecture) <ul style="list-style-type: none"> <li>• Adverse drug reactions</li> <li>• Effects on rehab progression</li> <li>• Strategies for overcoming obstacles</li> </ul>
11:15	11:45	Protective ADL as Exercise (Lecture/Lab) <ul style="list-style-type: none"> <li>• Spinal safety</li> <li>• Lower extremity alignment</li> </ul>
11:45	12:45	Lunch (on your own)
12:45	1:00	Management of Common Problems Associated with Aging (Lecture) <ul style="list-style-type: none"> <li>• Peripheral neuropathy</li> <li>• Stroke</li> </ul>
1:00	1:15	Management of Common Problems Associated with Aging (Lecture) <ul style="list-style-type: none"> <li>• Parkinson's disease</li> <li>• White matter degeneration</li> </ul>
1:15	2:00	Manual Therapy with Contract/Relax <ul style="list-style-type: none"> <li>• Correcting kyphosis and forward head</li> <li>• Shoulder mobility</li> </ul>
2:00	2:30	"Guidicizing" the Exercise Intervention <ul style="list-style-type: none"> <li>• Osteoporosis with and without fracture</li> <li>• Impaired posture and muscle performance                 <ul style="list-style-type: none"> <li>- Foot pronation, ankle instability</li> <li>- Pelvic floor dysfunction</li> <li>- Sprain, strain, arthritis</li> <li>- Spinal stenosis, DJD, TMD</li> </ul> </li> <li>• Fractures</li> <li>• Joint replacements, orthopedic surgery</li> <li>• Balance loss, vestibular dehabituatation</li> <li>• Stroke</li> <li>• Parkinson's disease</li> <li>• White matter degeneration</li> <li>• Peripheral neuropathy</li> <li>• Cardiovascular, pulmonary deconditioning</li> </ul>
2:30	2:45	Elastic Band Resistance Exercises (Lab) <ul style="list-style-type: none"> <li>• Extremities</li> <li>• Trunk strength</li> </ul>
2:45	4:00	Conclusion (Lecture) <ul style="list-style-type: none"> <li>• Communication re: faulty mechanics</li> <li>• Importance of soft tissue treatment for effective exercise</li> <li>• Fitness programs for older adult-osteoporosis group class</li> <li>• Nutritional considerations</li> <li>• Risks associated with exercise for the older adult</li> <li>• Risks of inactivity and benefits of exercise</li> </ul>

## 2012 Course Dates & Locations

Visit [www.healthclick.com](http://www.healthclick.com) for the most current course dates and locations

Call 1-800-300-5512 or Go online to: [www.healthclick.com/courses/nas12.cfm](http://www.healthclick.com/courses/nas12.cfm) for registration, hotel and course location information.



Certificates of attendance are provided upon successful course completion.

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

This course is 15.0 contact hours/1.50 ceu's/ccu's for therapists licensed in other states

CA Approval #PTNAS-201461 | IL Provider #216000074  
BOC provider #P2047 | AOTA Provider #4487

NAS is approved by the IDPR to provide ceus for physical therapists and assistants licensed in Illinois. IL PT Provider #216000074. 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. NAS is an approved provider of the IDPR to provide ceus for physical therapists in Illinois. Illinois PT Provider #216000074. BOC Provider #P2047. This course meets the continuing education requirements for Texas therapists, TPTA approval # 51165A. This course meets the requirements for ceus for physical therapists set forth by the Oklahoma Board of Medical Licensure. FL OT Provider number 50-1442. This course has been approved by the MD Board of Physical Therapy Examiners. DOC approval #DC-1082 This course is approved for physical therapists in Delaware. This course has been approved by the Pennsylvania State Board of Physical Therapy, approval # PTCE001465 (8 GEN, 7 DA). NAS courses are approved in North Carolina, Delaware and Virginia for continuing competency requirements for physical therapist license renewal. 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 #PT-NAS-201461. This course meets the continuing education requirements for OT license renewal in the State of California. This course has been approved by the The Nevada Board of Physical Therapy Examiners for 1.5 continuing education units. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. 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. 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.

Call North American Seminars, Inc. if your facility would like to sponsor a future course or if you are an educator and would like to present courses with North American Seminars, Inc. **1-800-300-5512**

© Copyright 2011, North American Seminars, Inc. All images, layout and content on this brochure are the sole property of North American Seminars, Inc. Healthclick™ and the Healthclick™ series of courses and software is the trademark of NAS, Inc.

# Geriatric Exercise

Principles and Practice for Optimal Function



Presented by  
Carleen Lindsey,  
PT, MscAH, GCS, CEEAA

North American Seminars

1-800-300-5512

Fax 1-800-310-5920

[www.healthclick.com](http://www.healthclick.com)

# About the Educator

**Carleen Lindsey, PT, MScAH, GCS, CEEAA**, 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 is a board-certified Geriatric Specialist, and an APTA Section on Geriatrics Certified Exercise Expert for Aging Adults. She treats an outpatient and homecare caseload composed of geriatric musculoskeletal, osteoporosis, balance, and women's health patients as well as some younger patients at Bristol Physical Therapy in Bristol, CT. She also has many years of experience treating patients in ECF, SNF, acute inpatient and senior day care settings. She has also taught as adjunct instructor in the Physical Therapy program at the University of Connecticut.

Her continuing education is extensive in geriatrics, manual therapy, PNF, and biomechanics. She has participated in research and publications on osteoporosis and balance in the older adult, 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. Ms Lindsey has also written chapters for two major Geriatric Rehabilitation text books, and co-authored an osteoporosis home study module for the APTA Section on Women's Health.

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 has also held many service positions for the SOG Bone Health SIG. She is a member of the APTA Women's Health, Geriatric, Orthopaedic, and Private Practice sections as well as the SOG Balance and Falls and Bone Health Special Interest Groups, and also the Connecticut chapter Manual Therapy SIG. She was the 1999 winner of the APTA Section on Geriatrics Lynn Phillippi Advocacy for Older Adults Award, received the U Conn 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 intermediate level 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. 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.
- Treat soft tissue restrictions using PNF contract/relax with deep tissue mobilization.
- 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 manual therapy with contract/relax.
- Apply diagnosis-specific protocols when designing geriatric exercise interventions.

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

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

This course is 15.0 contact hours/1.50 ceus/ccu's for therapists licensed in other states

Lindsey 12

**Registration Form**

**Geriatric Exercise**

**Course Tuition: \$425.00**

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](http://www.healthclick.com)



Name \_\_\_\_\_ Profession \_\_\_\_\_

Home \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Credit Card \_\_\_\_\_

Exp.date \_\_\_\_\_ 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 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.