

Day One

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

Day Two

7:30	9:00	PNF (Lab) <ul style="list-style-type: none"> • Extremity and mass patterns to elicit functional mobility • Gait training-balance, peripheral neuropathy, CVA
9:00	9:15	Break
9:15	10:00	PNF (Lab) <ul style="list-style-type: none"> • Contract-relax with soft tissue mobilization
10:00	10:30	Common Drugs Utilized in the Geriatric Population (Lecture) <ul style="list-style-type: none"> • Adverse drug reactions • Effects on rehab progression • Strategies for overcoming obstacles
10:30	11:15	Protective ADL as Exercise (Lecture/Lab) <ul style="list-style-type: none"> • Spinal safety • Lower extremity alignment
11:15	12:00	Management of Common Problems Associated with Aging (Part 5-Lecture) <ul style="list-style-type: none"> • Peripheral neuropathy • Stroke • Parkinson's disease • White matter degeneration
12:00	1:00	Lunch (on your own)
1:00	1:45	PT "Guidicizing" the Exercise Intervention <ul style="list-style-type: none"> • Osteoporosis with and without fracture • Impaired posture and muscle performance • Foot pronation, ankle instability • Pelvic floor dysfunction • Sprain, strain, arthritis • Spinal stenosis, DJD • Fractures • Joint replacements, orthopedic surgery • Balance loss, vestibular dehabituatation • Stroke • Parkinson's disease • White matter degeneration • Peripheral neuropathy • Cardiovascular, pulmonary deconditioning
1:45	3:00	Mobilization with concurrent exercise (Lab) <ul style="list-style-type: none"> • Correcting kyphosis and forward head • Shoulder mobility
3:00	3:15	Break
3:15	3:30	Theraband Resistance Exercises (Lab) <ul style="list-style-type: none"> • Extremities • Trunk strength
3:30	4:00	Conclusion (Lecture) <ul style="list-style-type: none"> • Communication with older adults • Importance of soft tissue treatment for effective exercise • Fitness programs for older adult-osteoporosis group class • Risks associated with exercise for the older adult • Risks of inactivity and benefits of exercise
4:00		End of Day

2009 Course Dates & Locations

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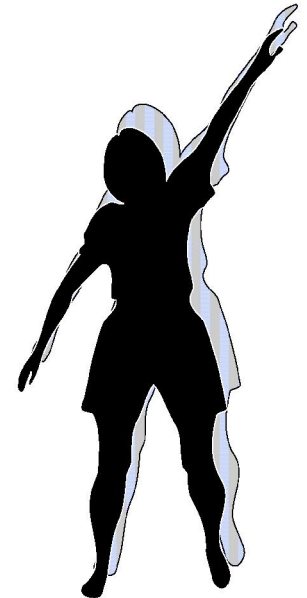


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Geriatric Exercise

Principles and Practice
 for Optimal Function



Presented by
 Carleen Lindsey, PT, MscAH, GCS

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About the Educator

Carleen Lindsey, PT, MScAH, GCS, has 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 currently works in private practice at Physical Therapy and Massage of Connecticut with locations in Bristol and New Hartford, CT where she treats an outpatient caseload composed of osteoporosis, balance, and a large number of musculoskeletal patients of all types. She also teaches continuing education courses for rehabilitation professionals on a wide variety of topics including: Geriatric Exercise, Osteoporosis, Geriatric Manual Therapy, Osteopathic Muscle Energy, and Proprioceptive Neuromuscular Facilitation.

She has been an adjunct instructor for the University of Connecticut School of Allied Health for many years, and a consultant at the Nayden Rehabilitation Clinic at the University of Connecticut. Carleen also worked for several years as senior physical therapist at a private practice in Prospect, CT. She was the Rehab Services Osteoporosis Team Leader at the University of Connecticut Health Center for 26 years, and was the primary developer of the UCHC Rehab Services Osteoporosis Prevention Program. Carleen also has experience working in acute hospital, skilled nursing, adult day-care, and home-care settings.

Her continuing education is extensive in manual therapy, PNF, and geriatrics. She has participated in research and publications on osteoporosis and balance issues in the elderly, produced three patient home exercise videos, and presented numerous lectures and courses to professional and lay audiences locally and nationally.

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 Research sections as well as the Balance and Falls and Osteoporosis Special Interest Groups. She was the 1999 winner of the APTA Section on Geriatrics Lynn Phillippi Advocacy for Older Adults Award, and received the U Conn Allied Health Research Award for Excellence in 2001.

Why You Should Attend This Course

This two-day introductory level course represents a comprehensive overview of geriatric exercise principles, including practice in lab format. Topics include: age-related musculoskeletal, cardiovascular, pulmonary, cognitive and neurological dysfunctions, trunk and lower extremity posture issues, gait and foot considerations, 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, stroke, Parkinson's disease, balance disorders, bladder dysfunction, and peripheral neuropathy will also be addressed. The course is constructed on a guideline-based model, with protocols for different diagnoses including specifics on timelines and precautions. Techniques taught and practiced will include postural and aerobic exercise, resistive and aerobic training, safe stretching, gait training, PNF, tri-planar functional exercise, and mobilization combined with exercise.

Evidence for efficacy of techniques are 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 patient exercise sheets, ready for use in your clinic, lecture notes and full bibliography.

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. NAS courses presented in Florida are submitted to the FPTA for ceu approval for physical therapy license requirements. This course can be used for continuing education competency for license renewal for OT's and PT'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 has been approved by the TPTA for ceu's for PT's licensed in Texas, approval Geriatric series:44185A. This course has been approved by the OPTA for physical therapy ceu requirements in the state of Ohio, approval #08S0949. North American Seminars is approved by the IDPR to provide ceu's to physical therapists licensed in Illinois, IL PT Provider #216000074. Tennessee Physical Therapy Association has approved this course for PT's, approval #2344. BOC Provider #P2047. North American Seminars, Inc. is an AOTA provider for continuing education, NAS Provider #4487. AOTA does not endorse specific course content, products, or clinical procedures. The Illinois, Kentucky, Missouri, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, North Carolina, Virginia, Delaware, Rhode Island and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. FL OT Provider #50-1442.

Lindsey 09

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

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.

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Location of attendance _____