

Course Dates & Locations

Check
www.healthclick.com/courses/nas40.cfm
for the latest dates and locations

Call 1-800-300-5512 or Go online to:
www.healthclick.com/courses/nas40.cfm
for hotel and course location information.

Certificates of attendance are provided upon successful completion of the course. This course is 14.5 contact hours/1.45 CEU s.
For therapists licensed in Florida, North Carolina, or the District of Columbia, this course is 17.0 contact hours/1.70 CEU s.



BOC provider #P2047 | CA Approval #PTNAS0138
IL Provider #216000074 | AOTA Provider #4487

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 licensed in Ohio. This course meets the continuing education requirements for physical therapists in the States of Washington, Oregon, Montana, Alaska, Idaho, Indiana, Utah, Rhode Island, Colorado, Massachusetts, Connecticut, New Hampshire, North Carolina, Virginia, Missouri and Vermont. 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 14.5 hrs, 1.45 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS0138. This course meets the continuing education requirements for OT license renewal in the State of California. This course has been submitted to Nevada Board of Physical Therapy examiners for ceu approval. This course meets the requirements for ceus for physical therapists set forth by the Oklahoma Board of Medical Licensure #201100426. The TPTA has approved this course for physical therapists licensed in Texas: # 46787A. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. FL OT Provider number 50 -1442. North American Seminars, Inc. is an AOTA provider for continuing education. 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.

Advanced Clinical Skills to Improve Geriatric Gait



Presented by
Joan Edelstein, MA, PT, FISPO

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

www.healthclick.com

Day One

8:00	8:30	Registration
8:30	10:00	Defining the Problem, Middle-Aged Gait <ul style="list-style-type: none">• Time and distance factors• Kinematics & kinetics• Gender, shoes and terrain
10:00	10:15	Break
10:15	11:00	Healthy Aging <ul style="list-style-type: none">• Physical changes that affect walking
11:00	11:45	Normal Elderly Gait <ul style="list-style-type: none">• How aging influences walking• Distinguishing normal from pathological elder gait
11:45	12:45	Lunch (on your own)
12:45	1:45	Clinical Planning, Functional Documentation <ul style="list-style-type: none">• Performance instruments• Self-report instruments
1:45	3:15	Clinical Interventions, Balance <ul style="list-style-type: none">• Coordination• Flexibility• Strength
3:15	3:30	Break
3:30	5:00	Fall Reduction <ul style="list-style-type: none">• Intrinsic & extrinsic causes of falls• Environmental adaptations
5:00	5:30	Discussion and questions

Day Two

8:00	9:45	Foot Disorders <ul style="list-style-type: none">• Documenting shoe fit• Conservative interventions• Hind and fore foot disorders• Diabetic foot care
9:45	10:15	Arthritis <ul style="list-style-type: none">• Ankle and knee disabilities• Obtaining assistive devices
10:15	10:30	Break
10:30	11:30	Cerebrovascular Accidents <ul style="list-style-type: none">• Gait disorders• Evidence-based exercises with and without equipment• Orthotic selection
11:30	12:00	Parkinson's Disease <ul style="list-style-type: none">• Staging interventions as disease progresses• Exercises to retain & regain function• Environmental adaptations
12:00	1:00	Lunch (on your own)
1:00	1:30	Alzheimer's Disease <ul style="list-style-type: none">• Working with caregivers• Wandering: causes and interventions• Environmental adaptations
1:30	2:15	Other Neuropathies <ul style="list-style-type: none">• Matching interventions to stages of post poliomyelitis• Gait disorders in poliomyelitis and peripheral neuropathies• Conservative management
2:15	2:30	Break
2:30	3:15	Amputations <ul style="list-style-type: none">• Transtibial and transfemoral gait disorders• What to do until the prosthetist comes
3:15	4:00	Clinical Forum/References
4:00	4:30	Review/Discussion

About the Educator

Joan Edelstein, MA, PT, FISPO is Special Lecturer and former Director of the Physical Therapy Program at Columbia University. Her clinical practice includes rehabilitation and home care. While conducting research and teaching at New York University, she had investigated normal and pathological gait, lower and upper-limb prostheses and orthoses, and management of older adults with amputations. Professor Edelstein has written many journal articles, books and book chapters; particularly with geriatric focus. Her book *Prosthetics and Patient Management* is a compliment to *Orthotics: A Comprehensive Clinical Approach*. She serves on the editorial boards of *Physical and Occupational Therapy in Geriatrics*, *Journal of Rehabilitation Research and Development*, and *Topics in Geriatric Rehabilitation*.

A Certified Pedorthist and a Fellow of the International Society for Prosthetics and Orthotics, Joan Edelstein consults with several senior centers. A renowned dynamic speaker, she presents clinically relevant professional seminars throughout the world.

Why You Should Attend This Course

Advanced Clinical Skills to Improve Geriatric Gait is a two-day interactive seminar designed to expand the skills of clinicians to aid older patients in improving balance and gait and preventing falls. Course content emphasizes practical problem solving for immediate use in the clinical setting. Case studies illustrate management of the complex patient who presents with foot disorders, arthritis, various neuropathies and/or prosthetic use. In addition, psychosocial issues often encountered in the aging are discussed. Participants will learn to document gait abnormalities and how to select from a wide range of interventions to individualize treatment in clinical and home care settings. Attendance at this course will increase clinical skills to achieve positive functional outcomes with fewer patient visits. The format of this course combines interactive instruction, group exercise and substantial audiovisual illustrations with a detailed reference manual. Participants are encouraged to bring videotapes of their patients for analysis and discussion in the clinical forum.

Course Objectives

Upon completion of this course, participants will be able to:

- Describe the kinematics and kinetics of normal middle-aged and elder gait, including changes caused by terrain, footwear and bodily systems.
- Document functional performance, including gait and balance.
- Relate psychosocial issues and drugs to the walking ability of older adults.
- Analyze the principle causes of falls and design practical interventions to reduce the incidence and severity of falls.
- Identify gait disorders caused by musculoskeletal and neurological disorders, including foot abnormalities, arthritis, stroke, Parkinson's disease, Alzheimer's disease, peripheral neuropathies, late onset poliomyelitis and amputation.
- Determine means of improving balance, coordination and flexibility, including therapeutic exercise, assistive devices, orthoses, prostheses and environmental modifications.

Registration Form

Name _____ Profession _____
Home Business _____
Address _____
City _____ State _____ Zip _____
Phone _____ Fax _____
Credit Card _____
expiration date _____ e-mail _____
Location of attendance _____

Advanced Clinical Skills for Geriatric Gait Course Tuition: \$399

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 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.