

Day One

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

Day Two

7:30	9:00	PNF (Lab) <ul style="list-style-type: none"> • Extremity and mass patterns to elicit functional mobility • Shoulder dysfunction, bed mobility, CVA
9:00	9:15	Break
9:15	10:00	PNF (Lab) <ul style="list-style-type: none"> • Contract-relax with soft tissue mobilization for contracture resolution
10:00	10:45	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
10:45	11:30	Protective ADL as Exercise (Lecture/Lab) <ul style="list-style-type: none"> • Spinal safety • Lower extremity alignment
11:30	12:00	Management of Common Problems Associated with Aging (Lecture) <ul style="list-style-type: none"> • Peripheral neuropathy • Stroke
12:00	1:00	Lunch (on your own)
1:00	1:15	Management of Common Problems Associated with Aging (Lecture) <ul style="list-style-type: none"> • Parkinson's disease • White matter degeneration
1:15	2:00	Manual Therapy with Contract/Relax (Lab) <ul style="list-style-type: none"> • Correcting kyphosis and forward head • Restoring shoulder mobility
2:00	2:30	"Guidicizing" the Exercise Intervention <ul style="list-style-type: none"> • Osteoporosis with and without fracture • Impaired posture and muscle performance <ul style="list-style-type: none"> - Foot pronation, ankle instability - Pelvic floor dysfunction - Sprain, strain, arthritis - Spinal stenosis, DJD, TMD • Fractures • Joint replacements, orthopedic surgery • Balance loss, vestibular dehabitation • Stroke • Parkinson's disease • White matter degeneration • Peripheral neuropathy • Cardiovascular, pulmonary deconditioning
2:30	2:45	Elastic Band Resistance Exercises (Lab) <ul style="list-style-type: none"> • Extremities • Trunk strength
2:45	3:30	Conclusion (Lecture) <ul style="list-style-type: none"> • Communication re: faulty mechanics • Importance of soft tissue treatment for effective exercise • Fitness programs for older adult-osteoporosis group class • Nutritional considerations • Risks associated with exercise for the older adult • Risks of inactivity and benefits of exercise

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CA Approval #PTNAS-201461 | IL Provider #216000074
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Geriatric Exercise

Principles and Practice for Optimal Function



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

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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 also 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 (NOF) Committee on Continuing Education for Physical Therapists and is currently part of the NOF Rehabilitation Advisory Council. She has also co-chaired the APTA Geriatrics Section (SOG) Balance and Falls Special Interest Group (SIG) and has 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 CPTA 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 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 time lines and precautions. Techniques taught and practiced include postural and aerobic exercise, resistive and aerobic training, safe stretching, gait training, PNF exercise and manual releases, 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 is applicable for the therapist treating in a direct access practice setting.

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

Registration Form



Name _____	Profession _____
Home _____	
Address _____	
City _____	State _____ Zip _____
Credit Card _____	
Exp.date _____	Phone (required) _____
e-mail (required) _____	
Location of attendance _____	

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