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Certificates of attendance are provided upon successful completion of the course.
This course is 15.0 contact hours/1.5 CEUs
This course is 18.0 contact hours/1.8 ceus for NY, IL, or DC licensed therapists.

Geriatric Strengthening and Movement Re-education for Mobility

An Evidence-Based Course
Presented by
John Wilson, PT, DPT, MA, CSCS

North American Seminars, Inc.
1-800-300-5512
Fax 1-800-310-5920
www.healthclick.com

PT, PTA, OT, ATC-continuing education course

Day One

7:30	8:00	**Registration**
8:00	10:00	**Geriatric Strengthening-Evidence Based** • Weakness and loss of function • Strengthening research • Precautions and contraindications
10:00	10:15	**Break**
10:15	11:00	**Benefits** • Optimal exercise parameters • 80% 1 RM determination **(Lab)** • Documentation
11:00	12:00	**Training Movement, Not Muscles** • Exercise equipment • Trunk extension progression**(Lab)** - Chop/lift/push/pull - Overhead/underhand throw - Balance - Stand to sit eccentric
12:00	1:00	**Lunch (On Your Own)**
1:00	1:45	**Muscle Physiology and Anatomy review** • Muscle fiber types • Motor Unit recruitment patterns during exercise • Proprioceptors • Neuromuscular adaptations to exercise
1:45	3:00	**Anatomy/Biomechanics of LPHC** • Agonist/Antagonist/reciprocal
3:00	3:15	**Break**
3:15	4:45	**Reciprocal Inhibition-Synergistic Dominance** • Primemover substitution**(Lab)** • Facilitation **(Lab)**
4:45	5:30	**Functional Strength (LAB)** • Functional strength
5:30	6:00	**Movement Analysis** • Functional biomechanics example of lower chain kinetics in transfers

Day Two

8:00	9:00	**Movement Analysis (cont.)** • Overhead squat Test • Overhead squat test **(Lab)**
9:00	9:45	**Movement Re-education, Exercise Prescription** • Remove or decrease the movement impairments
9:45	10:15	**Break**
10:15	11:00	**Reprogram Muscle Firing/Movement Patterns. Corrective Exercise Treatments to Inhibit, Lengthen Facilitate and Integrate** - Inhibition techniques autogenic inhibition-GTO - Sherrington's Law of Reciprocal Innervation - Pelvis crossed syndrome example • Inhibit tight muscles and lengthen before strengthen • Facilitate weak muscles • Integrate into function
11:00	11:15	**Corrective Exercises (Lab)**
11:15	12:00	**Mobility Training** • Transfers - Momentum strategy - Force-control strategy - Transfers **(Lab)**
12:00	12:45	**Lunch (On Your Own)**
12:45	1:15	**Mobility Training (continued)**
1:15	1:45	**Transfers-Setting Up The Mobility Task(Lab)**
1:45	2:00	**Mobility - Gait Pictures**
2:00	2:45	**Gait** • Key components of normal stance phase • Key components of normal swing phase • Impaired motor control and weakness • Upright motor control tests **(Lab)** • Key concepts of treatment
2:45	3:15	**Gait Ther. Ex. (Lecture/Lab)** • Movement re-education of triple extension, standing hip flexion stretch/walk, mountain climbers acceleration wall drill, Tst PF/DF
3:15	3:30	**Summary** • HEP for geriatrics • Review questions

About the Educator

John Wilson, PT, DPT, MA, CSCS, earned his Masters degree in Physical Therapy from Loma Linda University in 1998. He has been an exercise physiologist for the past 23 years, earning a Masters degree in Applied Exercise Physiology from San Diego State University in 1993. John completed his Post Professional Clinical Doctorate of Physical Therapy program at Western University of Health Sciences in 2005. Dr. Wilson also is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Early in his career John focused on outpatient orthopedics and performance training. He spent two years as a research assistant at The Kasch Exercise Physiology Laboratory conducting performance testing/training of professional athletes (including the NFL Chargers) and exercise prescription of seniors in a community wellness program. Though still active working with athletes, John's emphasis the past decade has focused on orthopedics and neurological movement disorders. Working with geriatrics in the LTC/SNF and outpatient setting has been rewarding. Having completed advanced coursework in neurological rehabilitation and gait, he noted immediate improvement in his orthopedic and sports medicine outcomes. John has been providing geriatric strength training, mobility and movement patterns courses nationally since 2004.

Dr. Wilson has brought his performance approach to the geriatric population. Utilizing dynamic movement analyses, progressive resistive strength training, manual therapy and prescribed corrective exercises in outpatient and skilled nursing settings. He utilizes outcomes research, evidence-based practice and professional experience to ensure efficient and effective outcomes for rehabilitation patients.

Why You Should Attend This Course

Geriatric Strength Training and Movement Re-education for Mobility is a two-day interactive seminar designed to enhance the ability of clinicians to treat older patients with various disease processes in improving mobility, including gait. The medical complexity of the typical geriatric patient can complicate the rehabilitation process. Regardless of diagnoses, a common deficit seen in all geriatric patients is weakness that can be linked to functional decline. Muscular weakness can be successfully treated with specific prescribed exercises. The participant will leave this course with progressive, safe, and a thorough understanding of evidence-based approaches to optimal functional strength building and mobility improvement for geriatrics.

Traditionally, rehabilitation has focused on isolating and training muscles using single planes of motion. Muscles and joints do not work in isolation. We know that functional activities like transfers and gait are triplanar and require acceleration, deceleration, and dynamic stabilization. This course will emphasize training movements, not muscles. Participants will develop an evaluation process and learn tests that allow assessment of kinetic chain movement patterns to detect quality of movement and neuromuscular efficiency. One such test, named the Overhead Squat Test, assesses the closed kinetic chain mobility and stability of patient's ankles, knees, hips, core, thorax and shoulders during a fundamental movement pattern. Mobility and gait also utilize basic fundamental movement patterns that will be assessed/corrected. Based on movement pattern findings and applying neuromuscular physiology, the participant will learn to inhibit and lengthen specific overactive muscles, facilitate under active muscles and prescribe corrective exercises utilizing evidence-based, optimal strength training parameters. Attendance at this course will immediately increase clinical skill in obtaining positive functional outcomes in an efficient manner in all settings of geriatric practice.

Course Objectives

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

- Discuss evidence-based practice including the classic studies regarding geriatric strength training and how they relate to the population we treat.
- Identify and discuss optimal resistance training parameters such as progressive resistive exercises, intensity, frequency, sets, and repetitions.
- Correlate strength (underlying) impairment to functional deficits and converse with therapy team regarding functional strengthening as it relates to goal achievement.
- Describe the scientific and clinical rationale behind the development of an exercise program for the treatment of mobility in the geriatric population.
- Perform functional movement assessments such as the overhead squat test, mobility and gait to identify weaknesses in the kinetic chain.
- Prescribe corrective exercises to treat functional deficits in mobility.
- Properly utilize functional strength tests like bridging, SLR, Trendelenburg, and upright motor control test.
- Recognize how to utilize neuromuscular inhibition and facilitation techniques and how to sequence them in therapy prescriptions for maximum functional outcomes.
- Identify movement training principles and how to activate movement/motor patterns.

Registration Form

Geriatric Strengthening

Register Online! www.healthclick.com

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2000 Mallory Lane Suite 130-67 Franklin, TN 37067
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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.