

Course Dates & Locations

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Call 1-800-300-5512 or Go online to:

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for registration, hotel and course location information.

Certificates of attendance for CEU verification are provided after successful completion of the course.

This course is 15 contact hours/1.5 ceu's

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

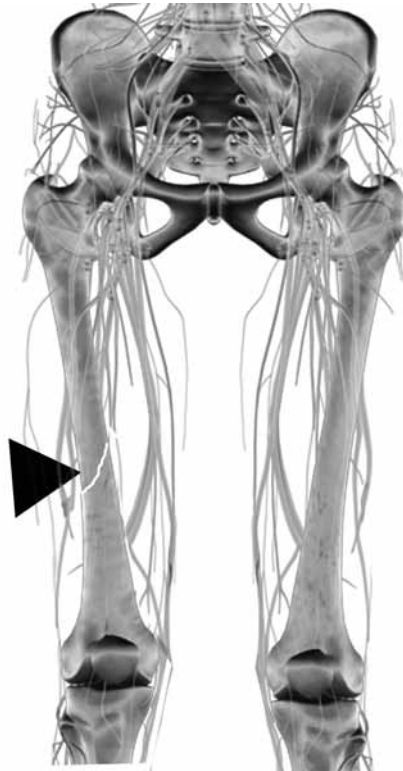
BOC Provider #P2047 | IL PT Provider #216000074
FL OT provider #50-1442 | AOTA Provider #4487
California PT Approval # PTNAS-201489



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 16.0 hrs, 1.60 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval # PTNAS-201489 This course can be used for continuing competency for license renewal for occupational and physical therapists in the state of California. This course meets the ceu requirements set forth by the Nevada Board of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. 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. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. NAS courses are approved by the IDPR for physical therapists in Illinois. PT Provider #216000074. 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. FL OT Provider # 50-1442.

Geriatric Fractures and Joint Replacements

Integrated Rehab Solutions for the Lower Extremity



Presented by

John Wilson, PT, DPT, MA, CSCS

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

www.healthclick.com

Day One

7:30	8:00	Registration
8:00	9:00	Introduction
		• Osteoarthritis
		• Joint replacement
9:00	10:00	Relevant Anatomy and Integration of the Core with Lower Extremities (Lecture/Lab)
		• The core stabilizers vs. mobilizers
		• Recruiting global reflexive firing patterns
		• Core facilitation/extremity integrations, Hip PNF sequence with pre-loading (Lab)
		• Lumbopelvic hip and knee anatomy
		• SLR-Pelvis/hip dissociation, mobility/ stability (Lab)
10:00	10:15	Break
10:15	12:00	Hip and Pelvis (Lecture/Lab)
		• Hip and pelvis anatomy and mechanics overview
		• Hip fractures and joint deterioration
		• Pelvic control (Lab)
		• Pelvis fractures
		• Hip disassociation (Lab)
12:00	1:00	Lunch (on your own)
1:00	2:15	Orthopedic Healing and Hardware
		• Stages of healing
		• Bone healing: radiographic steps
		• Reduction and fixation of fractures
		• Fracture fixation devices
		• Orthopedic rehabilitation protocols
		• Orthopedic rehabilitation considerations
		• General weight bearing guidelines
2:15	3:00	Motor Control of the Hip and Knee
		• Why do we stretch and strengthen?
		• Motor control assessment (Lab)
3:00	3:15	Break
3:15	4:45	Total Hip Arthroplasty (THA)
		• Various surgical approaches (including anterior approach) and prosthetic design
		• Sample THA protocol
4:45	5:30	Basic Joint Mobilization (Lab)
		• Femoralacetabular joint
		• Self mobilization
5:30	6:00	Total Knee Arthroplasty (TKA)
		• Knee function
		• Knee anatomy and mechanics overview

Day Two

8:00	9:00	TKA (continued)
		• Knee anatomy and mechanics overview (continued)
		• Sample TKA protocol
		• Minimally invasive technique
		• Bilateral TKA
		• Review of literature on continuous passive motion (CPM) and neuromuscular electrical stim
		• Patella and tibia plateau fractures
9:00	9:30	Basic Mobilization of the Knee (Lab)
		• Patellofemoral joint and proximal tibiofemoral joint
9:30	10:00	Hip and Knee therapeutic Exercises and Activities (Lecture/Lab)
		• Bridge extension facilitation- Brueggers lower extremity
10:00	10:15	Break
10:15	11:15	Therapeutic Exercises continued
		• Reflexive muscular actions and training
		• Gait therapeutic exercise, balance, deadlift/hip hinge
		• European knee squat, closed kinetic chain, work (Lab)
11:15	12:00	Overhead Squat Assessment (OHS) (Lecture/Lab)
		• Movement analysis/kinetic chain
		• OHS assessment-examples (Lab)
12:00	12:45	Lunch (On your own)
12:45	1:45	OHS continued (Lab)
		• Corrections/corrective exercises
1:45	3:15	Gait
		• When your feet hit the ground how does your body react?
		• Drive the feet into the ground to load pelvis 3-D
		• Is your patient ready for gait training
		• Fundamental building blocks of gait
		• Gait therapeutic exercise(lab)
3:15	3:30	Summary/Questions

Call North American Seminars, Inc. if your facility is interested in hosting one of our courses or if you are an educator interested in presenting courses with North American Seminars, Inc. 1-800-300-5512

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 19 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 is also 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. His research at the lab with cyclists was subsequently published entitled "Thermoregulatory Effects of Cycling in a Hyperconvective Environment". Though still actively working with athletes, John's emphasis the past decade has focused on geriatric 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 an immediate improvement in his neuro, orthopedic and sports medicine outcomes. John has been providing geriatric strength training, mobility and movement patterns courses nationally since 2004.

His current working environment is as an Outcomes Manager for a large medical system. He utilizes outcomes research, evidence-based practice and professional experience to ensure efficient and effective outcomes for rehabilitation patients. Utilizing dynamic movement analysis, progressive resistive strength training, manual therapy and prescribed corrective exercises; Dr. Wilson has brought his performance approach to the geriatric population.

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Why You Should Attend This Course

Today's seniors (the 65 and over population) continue to maintain an active lifestyle and they are being diagnosed with multiple orthopedic injuries and movement dysfunctions. Many seniors are requiring a sports medicine approach to rehabilitation so they can effectively return to their activities. Are we delivering a safe pathway for them to reach their functional goals?

The purpose of this two day intermediate level course is to develop efficient and effective rehabilitation programs for common lower extremity geriatric dysfunction utilizing the best available evidence in conjunction with sound application of kinetic chain movement analysis. This will allow the participant to problem solve both simple and complex movement dysfunction and design and progress conservative and post-operative rehabilitation programs.

Regardless of rehabilitation setting, pelvis, hip and knee fractures, joint replacements and osteoarthritis are now making up a significant portion of a therapist's case load. Some significant questions can arise such as: What factors determine the choice of orthopedic procedures, prosthetic design, and fixation choices? Why do some patients receive a total hip replacement following a hip fracture while others receive various open reduction internal fixation (ORIF) surgeries? Why does weight bearing status of the patients differ? Answers to questions like these will be provided. An extensive look at underlying pathology, specific diagnoses including intracapsular versus extracapsular femoral neck fractures will be investigated. Post-surgical complications, solutions and outcomes will also be presented. The physiology and principles of orthopedic healing will be studied and applied for rehabilitation program design.

A hands-on manual therapy approach utilizing joint mobilization, neuro-muscular facilitation and movement re-education will be covered and practiced in labs. Specific focus will be on how to integrate the core when facilitating lower extremity function. Motor control, specific movement analysis of gait mechanics, bridge mechanics, and squatting will also be thoroughly covered and corrected.

This intermediate level course combines lecture and extensive lab time designed for participants to practice motor skills covered in lecture that will immediately enhance a clinician's ability to treat this population. Therapists and trainers working in acute care, in patient and outpatient settings, rehab facilities in addition to sport medicine centers will benefit from the material presented.

Course Objectives

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

- Understand the latest surgical advances in joint replacement surgery, total versus partial or hemi-replacement, joint resurfacing, tissue sparring, minimally invasive technique.
- Describe the relevant anatomy and biomechanics of the kinetic chain for the pelvis, hip and knee.
- Identify how the underlying pathology dictates choice of orthopedic procedure, joint replacement prosthetic design and fixation choices, rehabilitation program design, and typical functional outcomes achieved.
- Review and utilize orthopedic healing principles and radiographic evidence as it relates to post-operative rehabilitation.
- Describe common orthopedic hardware used in open reduction internal fixation surgery and weight bearing implications.
- Discuss the latest evidence on the use of CPM and NMES.
- Develop and prescribe effective rehabilitation programs utilizing functional exercises that consider proprioceptive input, reflexive stabilization, and tendon healing timelines for the latest orthopedic surgeries.
- Perform basic joint mobilization of the hip and knee following standard principles.
- Perform a kinetic chain assessment and incorporate findings into therapy prescriptions including corrective exercises and manual activities.

Wilson LE 13

Registration Form

Fractures and Joint Replacements

Course Tuition: \$425

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



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 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.