

2016 Course Dates & Locations

April 2-3 **August 27-28**
Somerset, NJ **Worcester, MA**

April 30-May 1 **October 15-16**
Kenosha, WI **Las Vegas, NV**

May 14-15 **November 5-6**
Miami, FL **San Ramon, CA**

December 3-4
Englewood, NJ

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

www.healthclick.com and Select [Registration](#) from the main menu. Search by course name for more info & course dates.

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, or the District of Columbia

BOC Provider #P2047 | California approval # PTNAS-2018.44

FL OT provider #50-1442 | AOTA Provider #4487

This course is applicable for PT, PTA, AT. NAS courses are approved by the IDPR for physical therapists in Illinois. IL Provider #216000074. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Delaware, District of Columbia, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.5 hrs, 1.55 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS-2018.44. This course can be used for continuing education competency for license renewal for OT's in the State of California. This course meets the ceu requirements set for th by the NJ and PA and MD Boards of physical therapy, call for approval numbers. This course meets the ceu requirements set forth by the Nevada Board of Physical Therapy for 1.5 units. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. Meets the ceu requirements set forth by the FPTA, call for approval number. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Delaware, District of Columbia, 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. BOC provider # P2047, category A, call for BOC evidence-based status. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. AOTA approval hours are 15. 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, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, 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. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, VA, WA, WV, WI and WY. Meets the NBCOT requirements.

Achieving Optimal Cervical and Lumbar Spine Surgical Outcomes Utilizing Evidence Based Rehab Protocols and Manual Therapy Techniques.



**An Evidence Based Course
Combining Manual Therapy,
Exercise and Functional Activities**

**Presented by
Stephen Summers, PT**
Applicable for PT, PTA, AT's

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

Day One

- 8:00 9:00 **Research and Basic Principles of Spine Rehabilitation (Lecture)**
- Research on multifidus and abdominals, exercise and spinal mechanics.
- 9:00 10:30 **Lumbar Laminectomy and Microdiscectomy, Lumbar Fusion Surgeries, PLIF, TLIF, and DLIF (Lecture)**
- Surgical procedure, approach and variations on lumbar surgeries without fusions
 - Differences in extent of microscopic assisted procedures
 - Research on disc anatomy, lack of blood supply and nutrition
 - Surgical procedures for PLIF, DLIF and TLIF
 - Differences in Rehab depending on approach and surgery specifics
 - Monitoring system during lumbar fusion surgery
 - Rehab goals for each surgical procedure
 - Case studies.
 - Continuing quality improvement. and outcome studies
- 10:30 10:45 **Break**
- 10:45 12:30 **Lumbar Spine (Lab)**
- Lumbar evaluation
 - myofascial release and soft tissue mobilization of the lumbar spine. P/A mobilizations to the lumbar and thoracic spine
- 12:30 1:30 **Lunch (on your own)**
- 1:30 3:00 **Neurodynamics and Neural Mobilization (Lecture)**
- Neuroanatomy and neurophysiology
 - Peripheral neuropathic pain
 - Abnormal impulse generating sites
 - Neurodynamics
 - Central Sensitivity
 - Differential diagnosis during the neurological evaluation
- 3:00 3:15 **Break**
- 3:15 6:30 **Lab Session**
- Nerve palpation of the lower extremities.
 - Differential diagnosis of neurodynamic testing for the lower extremities with variations
 - Slump test for sciatic and femoral nerves.
 - Exercise variations to promote nerve gliding and flossing

Day Two

- 8:00 8:30 **Review of Day One, Questions**
- 8:30 10:00 **Anterior Cervical Discectomy and Fusion Surgery (ACDF), Posterior Cervical Fusion Surgery (Lecture)**
- Anatomy and biomechanics of cervical spine
 - Surgical procedure for ACDF and PCF
 - Special considerations when evaluating and treating the cervical spine surgery patient
 - Pre-op instructions for ACDF and PCF
 - Rehabilitation goals post-op ACDF and PCF
 - Rehabilitation program post-op ACDF and PCF
 - Case Studies
 - Continuous Quality Improvement and outcomes studies
 - Movement precautions, pre-op instructions and post-op protocol for posterior cervical fusion patients.
- 10:00 10:15 **Break**
- 10:45 11:45 **Cervical Spine and Upper Extremities (Lab)**
- Myofascial release and soft tissue mobilization to the cervical spine
 - First rib mobility testing and treatment
 - SNAGS/NAGS to the thoracic spine
- 11:45 12:30 **Lunch (on your own)**
- 12:45 2:15 **Neurodynamic For The Upper Extremities. (Lab)**
- Nerve palpation of the upper extremities.
 - Differential diagnosis during neurodynamic testing of the median, ulnar and radial nerves
 - ULNT of the upper extremities.
 - Nerve gliding and flossing techniques of the upper extremities
 - Neurodynamic exercises for the upper extremities
- 2:15 3:15 **Case Study Examples for Double Crush (Lecture/Lab)**
- Syndrome and Treatment Recommendations
 - Group Study and Lab
- 3:15 3:45 **Questions**

About the Educator

Stephen Summers, PT has over two decades of experience, skills in several settings including outpatient, industrial rehabilitation, functional capacity evaluations, ergonomics, home health, Hospice Care, skilled rehabilitation and aquatic therapy. Mr. Summers specializes in the evaluation and treatment of spine patients. His manual skill level is enhanced with training in Mulligan, Maitland, Paris, Muscle Energy, Myofascial Release, Adverse Neural Tensioning, and Neuromobilization techniques. Stephen Summers has, with the assistance of Neurological Associates surgeons, developed post-operative protocols for specific surgical procedures. These protocols are shared with all physical therapy patients, along with their specific post-operative instructions. He performs pre-operative evaluations including patient education in post-operative instructions such as movement precautions, lifting restrictions, proper body mechanics, transfer techniques, appropriate exercises and activities that can start on day one post-op in most patients. The typical patient population receiving the pre-op instructions and post-operative protocols includes laminectomies, microdiscectomy, lumbar decompressions, PLIF, DLIF, TLIF, ACDF, posterior cervical fusion, kyphoplasty, and scoliosis correctional surgeries. Mr. Summers received his Bachelor's Degree in Physical Therapy from the University of Pittsburgh in 1989. He is a member of the American Physical Therapy Association, The West Virginia Physical Therapy Association, and he is an APTA Credentialed Clinical Instructor.

Just Released! Post Surgical Evaluation & Treatment DVD with Home Study

Carol McFarland delivers valuable evaluation and treatment techniques with clinical knowledge related to the post surgical spine patient. An invaluable addition to the live course registration.

Live Course Registration and DVD - **\$504.95**

Live Course Registration, DVD & online access, CEU hours, (27 hrs total) **\$590.00**

DVD will ship for free to course site. Visit www.healthclick.com for more home study course information and sample videos.

This homestudy course meets the continuing education requirements for physical and occupational therapists in the States of Alaska, Colorado, Connecticut, Delaware, District of Columbia, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. 12 hrs, 15 hrs for DC, NY, IL, AK.



Why You Should Attend This Course

This two day intermediate-level seminar is designed to enhance a therapist's primary and intrinsic understanding of surgical approaches and techniques for the cervical and lumbar spine, including microdiscectomy, PLIF, DLIF, TLIF, ACDF, and posterior cervical fusion. Participants will learn manual therapy techniques, including adverse neural tensioning and mobilization of the sciatic, femoral, median, ulnar, and radial nerves. In order to successfully rehabilitate a post-operative spinal surgical patient, the treating therapist should have a working understanding of the specific surgical approach, technique, physiological healing time, mechanical post-op changes, and variables involved from patient to patient in their recoveries. This teaching approach will prepare the participants to recognize the safe rehabilitation procedures and interventions for the respective spinal surgery performed in order to achieve optimal post-operative recovery. The protocols presented will follow these surgical patients from pre-operative instructions through surgery, initial post-operative recovery, and post-operative rehabilitation. With the knowledge of a patient's pre-operative diagnosis and condition, as well as an in-depth understanding of the surgical approach, technique, and anticipated outcome, the treating therapist will be able to efficiently recognize post-operative movement precautions, post-surgical neuromuscular effects on specific structures related to the surgery, and healing phases to treat the post-surgical spine patient in order to develop the most effective post-operative rehabilitation program. Due to the importance of functional outcomes in the current health care environment, evidence-based outcome measures will also be presented. In addition, the Continuous Quality Improvement data for several spinal surgical procedures will be presented as evidence of surgical protocol effectiveness. Manual therapy techniques in conjunction with protocols will also be taught to enable the therapist to immediately apply information in the clinical setting. This is an intermediate-level course and is applicable for physical therapists, physical therapy assistants, occupational therapists, and occupational therapy assistants.

Course Objectives

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

- Identify pertinent spinal research for target muscle groups, exercise protocols, spinal mechanics and healing phases for the post-surgical spine patient.
- Describe the neuroanatomy, neurodynamics, and how they apply to a neurological evaluation and treatment in a patient with spinal dysfunction.
- Discuss the laminectomy and microdiscectomy surgical techniques.
- Describe the movement precautions, lifting restrictions, wound care, and other post-operative instructions specific for the spinal surgery patient.
- Perform hands on skills for a neurological lumbar evaluation, along with manual therapy techniques for the post-surgical lumbar spine patient.
- Describe lumbar fusion surgery techniques and approaches for PLIF, TLIF and DLIF procedures.
- Discuss the post-operative goals and post-operative program for lumbar surgery patients, along with presentation of case studies and continuous quality improvement.
- Describe the nature of neurodynamics and differential diagnosis of neurodynamic restrictions in the lower and upper extremities.
- Perform nerve palpation techniques to identify nerve location.
- Perform slump testing of the sciatic and femoral nerves with variations.
- Perform ULNT of the median, radial and ulnar nerves, to differentially diagnose neurodynamic restrictions and involvement.
- Describe and perform nerve flossing and gliding techniques of the lower and upper extremities.
- Describe cervical fusion surgeries and approaches, including ACDF surgery and posterior cervical fusion surgery.
- Develop hands on skills for performing a neurological evaluation, along with manual therapy techniques for the post-surgical spine patient.
- Develop post-operative rehabilitation goals and program for the post-operative cervical fusion patient.

Registration Form

Summers16

Course Tuition: \$450.00



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

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.