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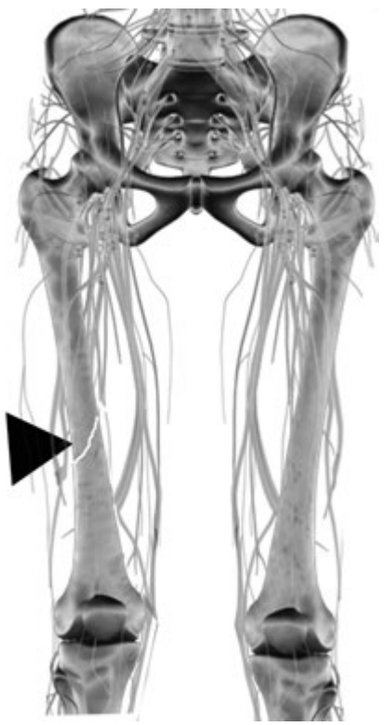
Certificates of attendance for CEU verification are provided after successful completion of the course.

This course is 15 contact hours
15 ccu's/1.5 ceu's
This course is 18 contact hours/1.8 ceu's for therapists licensed in Illinois, New York, or the District of Columbia

This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 15 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. 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. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. **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 AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA 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, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Geriatric Fractures and Joint Replacements

Integrated Rehab Solutions for the Lower Extremity



Presented by

John Wilson, PT, DPT, MA, CSCS

North American Seminars®
1-800-300-5512 | Fax 1-800-310-5920
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PT, OT, OTA, PTA and AT - Continuing Education Course

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 Arthoplasty (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 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.

BOC

APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

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 form the material presented.

Course Objectives

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

- Recognize 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.
- Identify 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.

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Geriatric Fractures and Joint Replacements

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All this information is required in order to process a registration

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.