

2016 Course Dates & Locations

Geriatric Posture and Performance

A Joint by Joint Mobility/Stability Approach

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



Visit www.healthclick.com for the most current dates

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

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

This course is 15.0 contact hours/1.50 ceu's

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

BOC Provider #P2047 | California approval # PTNAS-2018.69
FL OT provider #50-1442 | AOTA Provider #4487

This course is applicable for PT's, PTA's, OT's, OTA's, AT's. 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, approval number PTNAS-2018.69. 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 continuing education requirements for OT license renewal in the State of California. This course meets the continuing education requirements for The Nevada Board of Physical Therapy examiners for 1.5 continuing education units. 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 course meets the ceu requirements set forth by the DC Department of Health: Health Regulation and Licensing Administration. for 18 hours. 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. FL OT provider # 50-1442. NAS courses are approved in North Carolina and Virginia for continuing competency requirements for physical therapist license renewal. NAS is approved by the IDPR for physical therapists and assistants licensed in the State of Illinois, provider # 216000074. 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, WA, WV, WI and WY. Meets the NBCOT requirements. BOC provider # P2047, call for category classification approval.

Presented by

John Wilson, PT, DPT, MA, CSCS

PT, OT, PTA, and AT-
Continuing Education Course

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 9:15 **Geriatric Posture Introduction (Lecture/Lab)**
- Kinetic chain dysfunction
 - Age associated changes to posture
 - Ideal alignment
 - European approach
 - Joint by Joint approach
 - Research posture, balance and dysfunction
 - Stability can improve posture and mobility?
- 9:15 10:00 **Where Do We Start?**
10:00 10:15 **Break**
10:15 11:15 **Joint Mobilization and Soft tissue Mobilization Guidelines (Lecture-Lab)**
- Ankle Joint**
- Emphasis mobility
 - Core/L.E. anatomy
 - Talocrural joint, hindfoot subtalar eversion manual therapy
- 11:15 12:00 **Wrist Joint (Lecture/Lab)**
- Radiocarpal mobilization and forearm manual therapy
 - U.E. ther-ex
- 12:00 1:00 **Lunch (on your own)**
1:00 2:00 **Knee (Lecture/Lab)**
- Stabilization emphasis
 - Tibiofemoral and patellofemoral manual therapy
- 2:00 3:00 **Elbow (Lab)**
- Stabilization emphasis
 - Humeral extension manual therapy
- 3:00 3:15 **Break**
3:15 5:00 **Hip and Pelvis (Lecture/Lab)**
- Mobility emphasis
 - Pelvis control
 - Thomas Test and standing hip flexion
 - Femoralacetabular manual therapy
- 5:00 6:15 **Shoulder (Lecture/Lab)**
- Mobility emphasis
 - Glenohumeral joint manual therapy
- Scapula**
- Stabilization emphasis
 - Scapulothoracic manual therapy and therapeutic activities

Day Two

- 8:00 8:45 **Overhead Reach (Lecture/Lab)**
- Overhead reach
 - Movement principles
 - Foam rollers
- 8:45 9:30 **Lumbar Spine (Lecture/Lab)**
- Stabilization emphasis
 - Lumbar manual therapy
- 9:30 10:30 **Thoracic Spine (Lecture/Lab)**
- Mobility emphasis
 - Thoracic manual therapy
- 10:30 10:45 **Break**
10:45 12:15 **Cervical Spine (Lecture/Lab)**
- Stabilization emphasis to mid and lower cervical spine
 - Mobilization emphasis to upper cervical
 - Cervical manual therapy and therapeutic activities
- 12:15 1:15 **Lunch (on your own)**
1:15 1:45 **Breathing (Lecture)**
1:45 2:15 **Breathing (Lab)**
2:15 2:30 **Break**
2:30 3:30 **Balance Training (Lecture/Lab)**
- Reflexive automatic synchronized movement
 - Weight shifts – reflexive
 - Weight shifting
 - Balance progressions
 - OTIS/ITIS Lab – seated and standing balance training
 - from seated isometric balance to dynamic gait activities
- 3:30 3:45 **Summary/Conclusion**



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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

Regardless of reason (aging, injury, central nervous system dysfunction, fatigue and even fear) poor posture and structural alignment leads to decreased performance and function. Poor posture can even lead to breathing problems and contribute to devastating falls. This course is an intermediate two-day, interactive seminar designed to enhance the ability of clinicians to treat older patients with various orthopedic and neurologic disease processes in improving posture and ultimately function.

This course delivers a completely different approach to posture treatment, participants will learn to utilize a joint by joint approach from the foot upwards differentiating either a mobility or stability deficit (or both). The clinician will learn to treat the entire patient from a postural standpoint using a holistic approach of functional based manual therapy techniques, therapeutic activities designed to mobilize the patient in weight bearing and reflexively stabilize them in functional movement patterns. Follow-up strength and proprioceptive training to improve motor learning will be added. Ample lab time will be spent demonstrating, assessing, practicing motor skills and providing clinical and scientific rationale for treatments that will immediately increase clinical skill in obtaining effective functional outcomes in an efficient manner in all settings of therapy practice.

As many geriatric patients have difficulty with breathing (using accessory muscles, anxiety breathing, paradoxical breathing to name a few common dysfunctions seen) a separate section investigating the role of breathing on core stability, respiration and the ability to perform quality movement patterns will be considered.

Course Objectives

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

- Perform a functional joint by joint postural assessment and design a treatment plan to address underlying impairments (postural imbalances) contributing to functional decline.
- Correlate strength (underlying) impairment to functional deficits and converse with therapy team regarding evidence based functional strengthening as it relates to goal achievement.
- Describe the scientific and evidence-based clinical rationale behind the development of a therapy treatment plan addressing postural deficits.
- Understand contraindications to manual therapy and comply with scope of professional practice acts to allow manual therapy.
- Participants will be able to prescribe corrective exercises to treat functional deficits in mobility and stability.
- Understand how to utilize neuromuscular inhibition and facilitation techniques and how to sequence them in therapy prescriptions for maximum functional outcomes.
- Compare and contrast different treatment options and interventions and incorporate them into your own practice.
- Develop home exercise programs of prescribed fundamental movement patterns to maintain functional results.

Registration Form

wilson

**Geriatric Posture
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

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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.