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GREAT Seminars and Books, Inc.
Geriatric Rehabilitation Education and Training

2639 Revere Drive
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Intensive Orthopedics

Everything you wanted to know about
total joints and extremity fractures



2008

NEWPORT NEWS, VA
APRIL 12-13

LINCOLN, NE
JUNE 21-22

LEXINGTON, KY
NOVEMBER 7-8

BOISE, ID
DECEMBER 5-6

This high tech presentation includes:

- A 300+ page handout
- Over 1,000 current medical references
- Ready to use
 - home exercise programs
 - treatment techniques
 - detailed evaluation forms
 - reliable and valid outcome measures



Sandy Shelton
PT, GTC

GREAT Seminars and Books, Inc.
Geriatric Rehabilitation Education and Training

Great Books



	QTY	TOTAL
The Functional Toolbox: Clinical Measures of Functional Outcomes . \$89 Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.		
The Functional Toolbox II\$89 Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. Functional Toolbox I and II special: \$159.00		
Geriatric Clinical Strategies\$70 Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.		
Age-Defying Fitness -NEW-\$20 Mofat/Lewis. This cutting edge fitness book identifies five domains of physical performance: posture, strength, flexibility, balance and endurance, and explains the age-related changes that occur within the body in each of these domains. The authors also teach readers how to make accurate baseline assessments of their own bodies and how to develop a fitness program to meet their individual needs and body types. Easy-to-follow descriptions of exercises are included.		
Documenting Quality Care\$27 Lewis, revised. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.		
Health Promotion and Exercise for Older Adults . \$48 Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.		
Improving Mobility In Older Persons\$48 Lewis. The perfect handbook for therapists in a skilled nursing facility or acute care. This book has evaluation and treatment ideas for patients working on bed mobility to gait.		
Balance Assessment Tests and Treatment\$49 Lewis. Video assessment and treatment cards. Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.		
Prevention and Wellness Toolbox\$67 Lewis/Kellems. A collection of 20 tools to screen for numerous areas of prevention: falls, posture, strength, future disability, osteoporosis, confidence in treatment, and quality of life to be used in a variety of settings. Each tool contains information on administration, population, validity, reliability, and scoring. Great for marketing new patients and justifying care in current patients.		
Orthopedic Outcomes Toolbox\$67 Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Must be paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.		
Hand-Held Dynamometry\$25 McAndrew/Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations		
1 Repetition Maximum Progression Pad\$12 This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression		
Ideokinetic Facilitation for Balance Audio Tape... \$8		
Slide Algometer\$6 An easy-to-use, reliable and valid measurement tool for assessing pain.		
Pocket Card 1 Repetition Maximum\$6 This valuable tool has 1RM values at 50% and 80% already figured out for you		
Pocket Card Bed Mobility\$6 This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.		
Pocket Card Sit to Stand Transfer\$6 This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise		
Previous Year Manuals \$50 ea. Please call to check on availability.		
Osteoporosis Exercise Booklet\$6		
Self Balance Hints for Older Persons Booklet \$6		

Prices include shipping via USPS (media mail) MD residents add 5% sales tax. and handling within the continental U.S. **TOTAL**

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Program Outline

Day 1

- 7:30 Registration & Continental Breakfast
- 8:00 Total Hip Arthroplasty (THA)
 - Anatomy & Biomechanics of the Hip Girdle
 - General Information on THA Surgical Approach/Options
 - Overview of Hip Dislocation Precautions/Restrictions
 - Resection THA
 - Primary vs. Revision THA
 - THA Surgical Videos
- 10:15 Break
- 10:30 Total Hip Arthroplasty Rehabilitation
 - Rehabilitation Protocols/Guidelines
 - Pre-Operative: Teaching, Evaluation, Screening Tools
 - Acute vs. Sub-Acute: Basic and Advanced Techniques
- 12:30 Working Lunch (on your own) Protocol Review
- 1:30 Lower Extremity Fractures
 - Pelvis & Acetabulum Fractures: Mechanism of Injury, Treatment Options, Surgical Videos, Rehabilitation Guidelines
 - Hip Fracture: Fracture Types, Mechanism of Injury, Treatment Options, Surgical Videos, Rehabilitation Guidelines
- 3:15 Break
- 3:30 Lower Extremity Fractures continued
 - Tibia Fracture, Ankle Fracture: Mechanism of Injury, Treatment Options, Surgical Videos, Rehabilitation Guidelines
- 6:00 Questions & Answers
- 6:30 Adjourn

Day 2

- 7:30 Continental Breakfast
- 8:00 Total Knee Arthroplasty (TKA)
 - Anatomy & Biomechanics of the Knee Joint
 - General Information on Surgical Techniques
 - TKA Resection
 - Knee Surgical Videos
- 10:00 Break
- 10:15 Total Knee Arthroplasty Rehabilitation
 - Rehabilitation Guidelines
 - Pre-Operative: Teaching, Evaluation, Screening Tools
 - Acute vs. Sub-Acute: Basic and Advanced Techniques
 - Knee Exercise Videos
- 12:00 Working Lunch (on your own) Group Discussion: Compare and Contrast Surgical Procedures and Treatments for Unicondylar Knee Replacement vs. Total Knee Replacement
- 1:00 Shoulder Arthroplasty (SA)
 - Anatomy & Biomechanics of the Shoulder Girdle
 - General Information on Surgical Procedures
 - Shoulder Arthroplasty vs. Total Shoulder Arthroplasty (TSA)
 - Surgical Video
 - Shoulder Arthroplasty Rehabilitation
 - Pre-Operative: Teaching, Evaluation, Screening Tools
 - Acute vs. Sub-Acute: Basic and Advanced Techniques
- 3:30 Break
- 3:45 Upper Extremity Fractures
 - Mechanism of Injury. Treatment. Options, Surgical Videos, Rehabilitation Guidelines
 - Clavicle Fracture
 - Proximal Humerus Fracture
 - Radial Head Fracture
 - Wrist Fracture
- 6:00 Questions and Answers
- 6:30 Adjourn

Faculty

Sandy Shelton has been the senior physical therapist for the orthopedic unit at Vanderbilt Medical Center in Nashville for over 20 years. She was a member of Vanderbilt's first committee to develop and implement the use of orthopedic critical pathways, and continues to serve on a hospital-wide collaborative patient care task force. She has published an article titled "Rehabilitation Following Total Hip Arthroplasty", served as a guest editor for an edition of *Topics in Geriatric Rehabilitation* on the subject of joint replacements and served as a contributing editor to an orthopedic nursing textbook *OP Care: Orthopedic Patient Care*. She has presented to physical therapy conferences and the American Academy of Orthopedic Surgeons on topics on rehabilitation of patients with orthopedic problems. Ms. Shelton received her Geriatric Training Certification in January 2001.

Description

The emphasis of this seminar is directed toward the multi-disciplinary approach to the management of joint arthroplasty and traumatic extremity fractures. The course combines the medical and surgical and rehabilitative expertise of a nationally known highly trained physical therapist. This rich combination provides participants with a unique opportunity to see the entire spectrum of care for the patient from prevention through treatment.

The course will review the anatomy and biomechanics of the upper and lower extremities with discussion of surgical techniques for hip, knee, and shoulder arthroplasty and extremity fractures. Critical pathways (i.e. care plans), therapeutic treatment techniques, and rehabilitation protocols will be presented for each of these surgeries. Pre-operative, acute care, and post-discharge concerns will be addressed and examples of a precise therapeutic exercise program within each setting will be presented. Suggested protocols, sample home exercise instruction sheets, and home exercise programs along with evaluation and treatment guidelines will be given, thus providing therapists with information to improve their clinical practice related to joint arthroplasty and extremity fractures.

Locations

Riverside Regional
Medical Center
Newport News, VA
April 12-13, 2008

Cardinal Hill
Rehab Hospital
Lexington, KY
November 7-8, 2008

Bryan LGH
Medical Center
Lincoln, NE
June 21-22, 2008

Host: St. Luke's Regional
Medical Center
Location: Doubletree
Riverside Hotel
Boise, ID
December 5-6, 2008

Objectives

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

- List the surgical considerations and options available for joint arthroplasty.
- Verbalize post-operative precautions/restrictions following THA, TKA, TSA.
- Use joint specific evaluation tools.
- Describe the aspects of total joint surgery for hips, knees and shoulders and the impact on rehabilitation.
- Discuss multidisciplinary care plans and their impact on patient care.
- Create rehabilitation programs for specific joint arthroplasty procedures.
- List the stages in medical and surgical management for patients receiving a total joint replacement.
- Identify the stages in medical and surgical management for orthopedic and trauma patients.
- Discuss an integrated treatment approach for the upper and lower extremity status-post fracture with or without repair.
- Inspect and review the rationale for rehabilitation protocols following total joint replacement or fracture repair.
- Implement evidence-based treatment interventions for total joint replacement and extremity fractures.

Feedback From Past Course Participants

"Without a doubt, the best course I have ever taken."

"I can't believe all the information she packs into a course."

"Well worth the price."

"The handout alone is worth the price."

"I never had so much fun learning so much information."

"Sandy Shelton is so dynamic. It's obvious she has worked and still works exclusively in orthopedics and has for over 20 years. She is a wealth of information."

"What a hoot' Great sense of humor and knowledge."

"This is perhaps the best continuing education class I have ever been to, Sandy kept my attention the entire time."

"Great course-Dynamic Instructor"

"I have been in the field 15+ years and have attended a lot of courses-this is by far one of the best!!!"

"The best, most useful and organized handout I have ever received."

"Sandy Shelton was an amazing instructor. The media used for teaching was fantastic. I will take back a wealth of information from this course!"

Registration

AUDIENCE: Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, and other Rehabilitation Professionals.

FEE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

Newport News, VA - \$495. If postmarked before 3/19/08

Lincoln, NE - \$495. If postmarked before 5/21/08

Lexington, KY - \$495. If postmarked before 10/15/08

Boise, ID - \$495. If postmarked before 11/12/08

LATE REGISTRATION: Postmarked after the above date requires an additional **\$75 late fee.**

EARLY BIRD: \$445 - If completed registration and payment are **received** by:

Newport News, VA - January 30, 2008

Lincoln, NE - April 2, 2008

Lexington, KY - August 20, 2008

Boise, ID - September 24, 2008

DISCOUNT PROGRAM: Receive \$25 off for each Great Seminars & Books, Inc. course attended from 2000 to the present. In order to receive discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

CONFIRMATION: A confirmation letter will be sent 1 month prior to the course with local hotels and information upon receipt of your registration form and fee. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

CANCELLATION/REFUND POLICY: Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: All courses are 20 CEUs. A certificate of attendance for **20 contact hours** of educational activity (2.0 or 20 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. **Your tuition is tax deductible.** All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

LOST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

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2008 Registration - Intensive Orthopedics

YES! Please register me for:

Newport News, VA - April 12-13

Lincoln, NE - June 21-22

Lexington, KY - November 7-8

Boise, ID - December 5-6

PT • PTA • OT • COTA • Other

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