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Geriatric Rehabilitation Education and Training

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Geriatric Therapeutic Exercise:

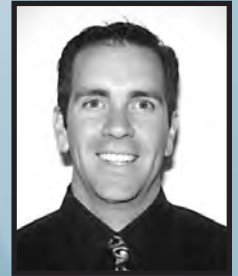
Making Exercises Worth It

2010

Springfield, IL
March 13-14

Newport News, VA
April 24-25

Harrisburg, PA
May 21-22



Mark Traffas
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 <small>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.</small>		
The Functional Toolbox II . . . \$89 <small>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</small>		
Geriatric Clinical Strategies . . . \$70 <small>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.</small>		
Age-Defying Fitness -NEW- . . . \$20 <small>Moffat/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.</small>		
Documenting Quality Care . . . \$27 <small>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.</small>		
Health Promotion and Exercise for Older Adults . . \$48 <small>Lewis, Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>		
Improving Mobility In Older Persons . . . \$48 <small>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.</small>		
Balance Assessment Tests and Treatment . . . \$49 <small>Lewis, Video assessment and treatment cards. Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.</small>		
Prevention and Wellness Toolbox . . . \$67 <small>Lewis/Kellerns. 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.</small>		
Orthopedic Outcomes Toolbox . . . \$67 <small>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. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.</small>		
Hand-Held Dynamometry . . . \$25 <small>McAndrew/Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>		
1 Repetition Maximum Progression Pad . . . \$12 <small>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</small>		
Ideokinetic Facilitation for Balance Audio Tape . . \$8		
Slide Algometer . . . \$6 <small>An easy-to-use, reliable and valid measurement tool for assessing pain.</small>		
Pocket Card 1 Repetition Maximum . . . \$6 <small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
Pocket Card Bed Mobility . . . \$6 <small>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.</small>		
Pocket Card Sit to Stand Transfer . . . \$6 <small>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</small>		
Previous Year Course Handout . . . \$50 ea. <small>Please call to check on availability.</small>		
Osteoporosis Exercise Booklet . . . \$6		
Self Balance Hints for Older Persons Booklet . . \$6		
AB Attack . . . \$20 <small>A comprehensive exercise DVD designed to strengthen and stabilize all muscles of the torso. Trish Muse instructor</small>		

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

Registration and Continental Breakfast	7:30-8:00
Introduction	8:00-8:15
Exercise Principles	
Aerobic and Cardiac	8:15-8:45
Stretching	8:45-9:00
Basics of Exercise	9:00-9:15
Strength Testing and Dynamometry	9:15-10:00
Break	10:00-10:15
One Repetition Maximum	10:15-11:30
Orthopedics	
Cervical	11:30-12:00
Working Lunch (on your own)	12:00-1:00
(Indications, Contraindications Read Through)	
(One Rep Max Case Study)	
(Posture, Arthritis Read Though)	
Shoulder	1:00-1:45
Hand	1:45-2:00
Back	2:00-3:00
Break	3:00-3:15
Hip	3:15-4:15
Knee	4:15-5:15
Ankle	5:15-6:00
Amputations	6:00-6:15
Questions and Answers	6:15-6:30

Day 2

Registration and Continental Breakfast	7:30-8:00
Neurology	
Parkinson's Disease	8:00-9:00
Stroke	9:00-10:00
Break	10:00-10:15
Muscle Re-education	10:15-10:45
Weight Bearing	10:45-11:15
Weight Shifting	11:15-11:30
Gait	
GARS	11:30-12:00
Working Lunch (on your own)	12:00-1:00
("What muscles are working?" work sheet.)	
("Inter-di-secting the Brain" read through and case study)	
("Gait" read through)	
Balance and Proprioception	1:00-2:00
Tai Chi Lab	2:00-3:00
Break	3:00-3:15
Functional Tools Berg Balance Scale	3:00-4:00
Tinetti Gait and Balance	4:00-4:30
Odds and Ends	
Functional Deficit Exercises	4:30-4:45
Documentation	4:45-5:00
Teaching and Motivation Techniques	5:00-5:15
Home Exercises and Functional	
Maintenance Programs	5:15-5:30
Group Exercises	5:30-5:45
Innovative Exercise Programs	5:45-6:15
Questions and Answers	6:15-6:30

Faculty

Mark Traffas has practiced clinically as a physical therapist in acute, sub-acute, skilled nursing, acute rehabilitation, outpatient, and home health care. These unique opportunities have allowed him to work with and develop exercise programs for geriatric clients in all phases of recovery. He has exclusively worked in the geriatric setting for 10 years.

In addition, he has worked as a physical therapist in the Peace Corps in Malawi, Africa. While in Africa, he had to rely primarily on therapeutic exercises and improvisation for treatment interventions, as few modalities, such as electrical stimulation or ultrasound were available. Since his return he has focused his career on the geriatric population in both the outpatient and skilled nursing settings.

He was in the first group of physical therapists to take and pass the Geriatric Training Certification and now works as the Director of Physical Therapy in a skilled nursing facility in San Jose, California. He actively promotes exercise for older persons as the best cure for most conditions and believes the sharing of ideas will only add to our profession and, more importantly, to the quality of life of our aged population.

Description

Exercising geriatric patients presents a unique challenge to therapists. Most patients have multiple diagnoses, take multiple medications and are frequently deconditioned and possibly have never previously exercised.

Participants will learn different exercise techniques and innovative interventions for all of the body's major joints as well as for the most common diagnoses seen in older persons (i.e., stroke, Parkinson's disease, gait and balance deficits, etc.). Participants will also learn how to use functional tools to establish and guide exercise programs, thus improving functional test scores, outcomes and safe mobility. Evidence-based research will be used to support the efficacy of the geriatric exercises presented and both indications and contraindications will be discussed. Participants will be instructed in which modalities have been proven to enhance therapeutic exercise as well as how to bill for treatment to maximize financial return.

Our older patients also present challenges in learning new exercises and being motivated to perform. This course will also present multiple ideas to improve communication, learning and motivation that will only serve to enhance the overall exercise program and functional outcome.

Developing geriatric exercise programs is challenging and sometimes difficult but can also be fun and rewarding. This course will provide therapists the opportunity to broaden their horizons for exercising with these unique and deserving patient clientele.

Locations

Host: St John's Hospital
Location: Dove Center at Prairie
Heart Institute
Springfield, IL
March 13-14, 2010

Riverside Regional
Medical Center
Newport News, VA
April 24-25, 2010

Host: RehabCare
Location: Messiah Village
Mechanicsburg, PA
May 21-22, 2010

Objectives

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

- Support geriatric exercise programs through medical literature.
- Progress a patient with a CVA through all phases of neuromuscular re-education.
- Guide a patient through a strengthening program using the principles of 1 repetition maximum.
- Demonstrate multiple exercises for every major joint in the body.
- List 10 contraindications/precautions to exercise in the elderly.
- Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.
- Guide a patient with Parkinson's Disease through an appropriate exercise program addressing related functional deficits.
- Discuss basic exercise principles, which will enhance clinical therapeutic exercise programs.
- Guide a patient with osteoporosis through an efficacious and efficient exercise program.
- Discuss techniques for motivating the geriatric patient and methods to enhance the teaching of therapeutic exercise for more accurate carry-over.
- Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.
- Establish a safe and effective program for cardiac conditions.
- Be able to use the site of infarct in a CVA patient to guide exercise treatments.
- List barriers to for use of evidence based practice in the clinical setting.
- Use a hand held dynamometer appropriately and give pros and cons for its use.
- Document appropriate skilled terminology for an established exercise program.

Feedback From Past Course Participants

"Geriatric Therapeutic Exercise truly is a GREAT Seminar."

"So much information packed into a weekend course."

"The best course I have ever taken."

"Mark's commitment and dedication to his profession and patients comes through in his seminar."

"Mark has truly found his calling both as a treating therapist and a speaker."

"Mark is Great! This is, by far, the best continuing education course I've been to in 13 years of being a PT. It contains the most practical and useful information for use in the clinical setting."

"Mark Traffas is a truly brilliant therapist. I have had the honor to see him in action with his patients. He is ingenious, creative, passionate, and extremely competent. He gets great results and his patients love him. His commitment, depth of knowledge, enthusiasm and innate humor can't help but make his lectures an entertaining and worthwhile experience."

— Carole B. Lewis, PT, DPT, GTC, GCS, MSG, MPA, PhD, FAPTA

Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

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

- Springfield, IL-** \$495. If postmarked before 2/24/10
- Newport News, VA-** \$495. If postmarked before 3/31/10
- Harrisburg, PA -** \$495. If postmarked before 4/28/10

LATE REGISTRATION: Postmarked after the above date requires an additional \$50 late fee.

EARLY BIRD: \$470 - If completed registration and payment are **received** by

- Springfield, IL -** February 3, 2010
- Newport News, VA-** February 10, 2010
- Harrisburg, PA -** March 3, 2010

DISCOUNT PROGRAM: Receive \$25 off your class registration for each GREAT Seminars & Books, Inc. course attended from 2000 to the present up to a maximum of \$200. In order to receive a 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 at least 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.

4 Easy Ways to Register

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Toll Free 877-79-GREAT (877-794-7328)

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2010 Registration - Geriatric Therapeutic Exercise

YES! Please register me for:

Springfield, IL - March 13-14

Newport News, VA - April 24-25

Harrisburg, PA - May 21-22

PT • PTA • OT • COTA • Other _____

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