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# Safe Steps



Speaker  
**Dr. James C. Wall**  
BSc, MSc,  
MEd, PhD

*Making Gait & Balance  
Assessment and  
Treatment  
Worth It*

**2010**

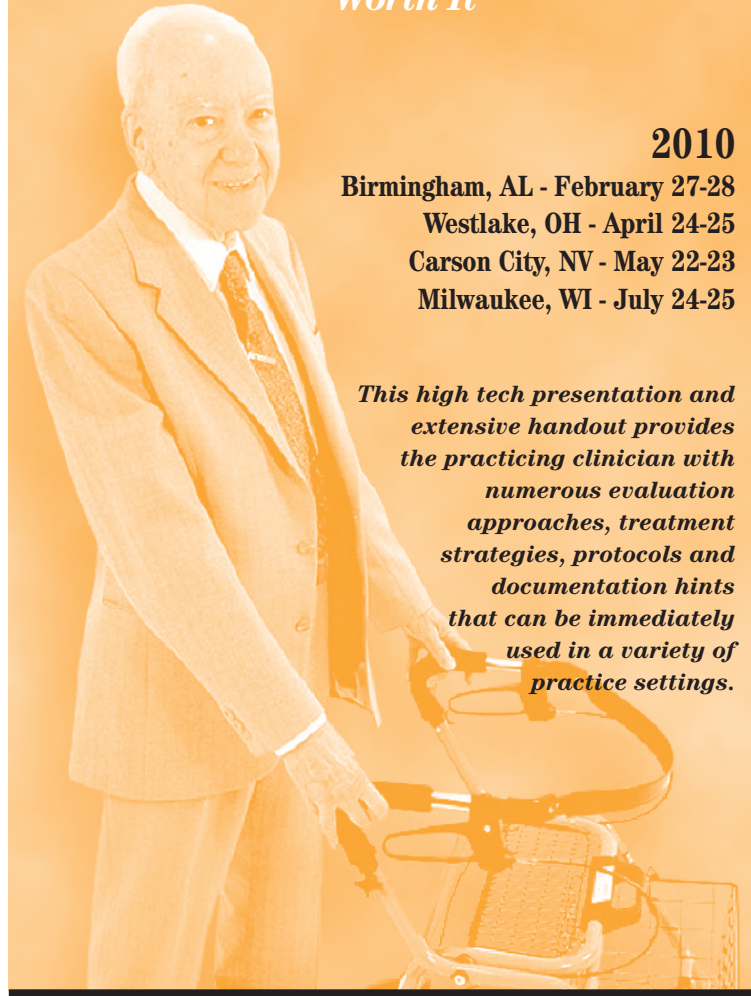
**Birmingham, AL - February 27-28**

**Westlake, OH - April 24-25**

**Carson City, NV - May 22-23**

**Milwaukee, WI - July 24-25**

*This high tech presentation and  
extensive handout provides  
the practicing clinician with  
numerous evaluation  
approaches, treatment  
strategies, protocols and  
documentation hints  
that can be immediately  
used in a variety of  
practice settings.*



# Great Books



QTY TOTAL

<b>The Functional Toolbox: Clinical Measures of Functional Outcomes</b> . \$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>		
<b>The Functional Toolbox II</b> . \$89 <small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimer's, osteoporosis, lumbar spine, and arthritis. <b>Functional Toolbox I and II special: \$159.00</b></small>		
<b>Geriatric Clinical Strategies</b> . \$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>		
<b>Age-Defying Fitness -NEW-</b> . \$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>		
<b>Documenting Quality Care</b> . \$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>		
<b>Health Promotion and Exercise for Older Adults</b> . \$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>		
<b>Improving Mobility In Older Persons</b> . \$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>		
<b>Balance Assessment Tests and Treatment</b> . \$49 <small>Lewis, Video assessment and treatment cards. Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.</small>		
<b>Prevention and Wellness Toolbox</b> . \$67 <small>Lewis/Kellams. 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>		
<b>Orthopedic Outcomes Toolbox</b> . \$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>		
<b>Hand-Held Dynamometry</b> . \$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>		
<b>1 Repetition Maximum Progression Pad</b> . \$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>		
<b>Ideokinetic Facilitation for Balance Audio Tape</b> . \$8		
<b>Slide Algometer</b> . \$6 <small>An easy-to-use, reliable and valid measurement tool for assessing pain.</small>		
<b>Pocket Card 1 Repetition Maximum</b> . \$6 <small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
<b>Pocket Card Bed Mobility</b> . \$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>		
<b>Pocket Card Sit to Stand Transfer</b> . \$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% &amp; 100% of rise</small>		
<b>Previous Year Course Handout</b> . \$50 ea. <small>Please call to check on availability.</small>		
<b>Osteoporosis Exercise Booklet</b> . \$6		
<b>Self Balance Hints for Older Persons Booklet</b> . \$6		
<b>AB Attack</b> . \$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. **TOTAL** \_\_\_\_\_ and handling within the continental U.S.

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# Program Outline

## DAY 1

- 7:30 AM Registration and Continental Breakfast
- 8:00 AM **Effects of Aging on Mobility**  
Gait, Balance, and Falls: A Functional Look at Age-Related Problems  
Gait Changes across the Lifespan
- 9:00 AM Clinical Assessment of Gait
- 10:00 AM Break
- 10:15 AM **Performance-based Functional Measures - Gait**
  - 6 Minute Walk Test
  - Walking speed, Stride time and Stride length
- 12:00 PM Working Lunch (on your own) – Case studies – Group Discussion:  
Common characteristics of hemiplegic gait and their measurement
- 1:00 PM Gait Cont'd
  - Breaking down the gait cycle - gaining insight into the functional components of walking
  - Labs - measurements of the phases of the gait cycle
- 3:15 PM Break
- 3:30 PM **From assessment to treatment: making the link**
  - Using gait assessment data to focus treatment decisions and set goals
  - Gait Training, Gait Obstacle Course
  - Case Study
- 5:00 PM Performance-based Functional Measures  
Functional Tools - Dynamic Gait Index, Modified Gait Abnormality, Tinetti, Berg Balance Scale
- 6:00 PM Questions/Answer Session
- 6:30 PM Adjourn

## DAY 2

- 7:30 AM Registration and Continental Breakfast
  - 8:00 AM **Performance-based Functional Measures**  
Lab - assessment of fall risk using subjective clinical scales
  - 10:00 AM Break
  - 10:15 AM **Balance and Falls Risk Assessment**
    - Principles of Stability
    - Clinical Balance Testing
    - Lab - Functional Tools
    - Includes Steady Standing, 180° Turn, TUG, Sit to Stand
  - 12:00 PM Working Lunch (on your own) – Case studies – Group Discussion:  
Alternative timed functional tasks to identify fall risk in the elderly
  - 1:00 PM **Advanced Objective Assessment**  
Lab: Assessment of Functional Mobility Test Battery  
Includes Expanded Timed Up and Go, Four Square Step Test and Stairs
  - 3:15 PM Break
  - 3:30 PM **Creative and Innovative Balance Treatment Ideas**
    - Functional Activities, Balance Training, Tai Chi
    - Fall Prevention, Reducing Intrinsic and Extrinsic Risks
  - 5:30 PM **Developing Strategies for Assessing & Documenting Mobility**
    - Emerging Technologies & Application to Rehabilitation
  - 6:00 PM Question/Answer Session
  - 6:30 PM Adjourn
- Each section includes an evidence-based update of the topic area. For each assessment tool, participants learn the purpose of the tool, equipment needed, test administration protocol, scoring, and interpretation, followed by an opportunity for case study application.**

## Faculty

JAMES C. WALL, B.Sc. (LONDON); M.Sc. (SURREY); M.Ed. (TORONTO); Ph.D. (LONDON). Dr. Wall is a Professor of Physical Therapy and Adjunct Professor in Behavioral Studies and Instructional Technology at the University of South Alabama. He has an undergraduate degree in Chemistry and Physiology, an M.Sc. in Biomechanics and obtained his Ph.D. from the University of London. His initial research focused on the age related changes in the mechanical properties of bone in an attempt to better understand the reasons for the increased number of fractures seen in the elderly. He moved to Canada and worked for several years in the School of Physiotherapy at Dalhousie University, where he still holds an adjunct faculty position. While at Dalhousie University he was principal investigator on a study, which investigated the role of exercise in improving function in the elderly. He also studied function in a group of elderly patients who had either fallen or had a fear of falling. In the course of these studies, Dr. Wall was responsible for developing the techniques used to objectively assess function. The results of his research have been published in *Physiotherapy*, *Physiotherapy Canada*, *Archives of Physical Medicine and Rehabilitation*, *International Journal of Rehabilitation Research*, *Topics in Geriatric Rehabilitation* and *Clinical Rehabilitation*, among others. He was instrumental in starting the journal *Gait & Posture* and served as an Associate Editor. Dr. Wall has been invited to lecture on the topics of balance and gait in many parts of the world including Europe, India, Australia, South Africa and the Middle East.

## Description

The purpose of this seminar is to provide participants with the most up-to-date information on gait and balance assessment and treatment for the geriatric patient. The major changes commonly seen in the elderly, that can contribute to problems in the area of gait and balance and the subsequent loss of independence, will be covered. The seminar format is lecture with demonstration that explores evaluation tools, techniques to objectively measure functional mobility tasks, and treatment protocols designed for older adults. Using a case study format, participants will become familiar with numerous assessment tools to assess gait and balance in patients with a variety of diagnoses. Evidence-based treatment strategies and protocols will be covered along with the advantages and disadvantages. The extensive handout, which contains current medical references, will provide detailed evaluation forms, outcome measures, suggested protocols and sample home exercises.

## Objectives

**Upon Completion of this Seminar, Participants will be able to:**

1. Describe normal and pathological changes in gait and balance.
2. List functional changes common to the older person.
3. Define gait characteristics and incorporate these into documentation.
4. Thoroughly evaluate a patient with gait problems utilizing several different functional assessment tools and develop effective treatment goals.
5. Thoroughly evaluate a patient with balance difficulties utilizing several different balance assessment tools and develop effective treatment goals.
6. Identify risk factors, gait impairments, and gait deviations and develop specific approaches to assess gait in the older patient based on a variety of tools.
7. Create innovative screening and treatment programs for balance and gait deficits commonly seen in the older person.

## Quotes

*“ Dr. Wall made the 2 days fun. I would recommend this course.”*

*“ Dr. Wall is an excellent and entertaining speaker.”*

*“ Very Informative.”*

*“ Great handout with lots of useful information and balance tools.”*

*“ Very enjoyable and useful.”*

*“ Dr. Wall has a great attitude - a natural born teacher.”*

*“ Best gait course I have ever been to.”*

*“ Dr. Wall is a dynamic speaker and he kept it interesting and fun. Best course I have been to! I learned a lot of new ideas to make treatments specific and creative.”*

## Locations

Brookwood Medical Center  
Birmingham, AL  
**February 27-28, 2010**

St. John West Shore Hospital  
Westlake, OH  
**April 24-25, 2010**

Carson Tahoe Regional  
Medical Center  
Carson City, NV  
**May 22-23, 2010**

Community  
Memorial Hospital  
Menomonee Falls, WI  
**July 24-25, 2010**

# Registration

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

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

**Birmingham, AL** - \$495. If postmarked before 1/27/10  
**Westlake, OH** - \$495. If postmarked before 3/31/10  
**Carson City, NV** - \$495. If postmarked before 4/28/10  
**Milwaukee, WI** - \$495. If postmarked before 6/30/10

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

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

**Birmingham, AL** - December 16, 2009  
**Westlake, OH** - February 10, 2010  
**Carson City, NV** - March 3, 2010  
**Milwaukee, WI** - May 5, 2010

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**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.

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**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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## 2010 Registration - Safe Steps

**YES! Please register me for:**

Birmingham, AL - February 27-28  
 Carson City, NV - May 22-23

Westlake, OH - April 24-25

Milwaukee, WI - July 24-25  
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