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Geriatric Therapeutic Exercise:

Making Exercises Worth It

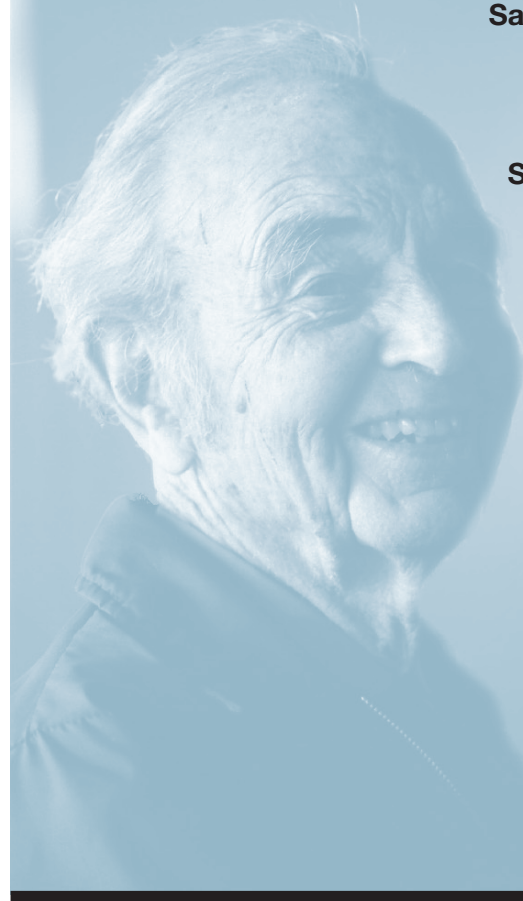
2010

San Diego, CA
July 23-25

Salt Lake City, UT
September 24-26

Dubuque, IA
October 15-17

Sacramento, CA
December 3-5



Mark Traffas
PT, GTC

GREAT
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Geriatric Rehabilitation Education and Training

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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
Moffatt/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. 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.

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

Osteoporosis Exercise Booklet \$6

Self Balance Hints for Older Persons Booklet . . . \$6

AB Attack \$20
A comprehensive exercise DVD designed to strengthen and stabilize all muscles of the torso. Trish Muse instructor

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

Friday

Introduction to Geriatric Therapeutic Exercise	8:00-8:15
Exercise Principles Indications.	8:15-8:30
Contraindications and Precautions	8:30- 9:00
Aerobic and Cardiac	9:00-9:45
Stretching.	9:45-10:00
Break	10:00-10:15
Basics of Exercise	10:15-10:30
Modalities	10:30-10:45
Strength Testing and Dynamometry	10:45-11:00
One Repetition Maximum	11:00-12:00
Lunch (on your own)	12:00-1:00
Orthopedics	
Posture	1:00-1:30
Arthritis.	1:30-2:00
Cervical	2:00-2:30
Shoulder.	2:30-3:00
Break	3:00-3:15
Hand	3:15-4:00
Back.	4:00-5:15
Questions and Discussion.	5:15-5:30

Saturday

Orthopedics	
Hip	8:00-9:30
Knee	9:30-10:00
Break	10:00-10:15
Knee	10:15-11:00
Ankle	11:00-11:30
What muscles are working?	11:30-12:00
Lunch (on your own)	12:00-1:00
Neurology	
Parkinson's Disease	1:00-1:30
Stroke	1:30-2:00
Inter- Dissecting the Brain	2:00-2:30
Muscle Re-education	2:30-3:00
Break	3:00-3:15
Weight Bearing	3:15-3:45
Weight Shifting	3:45-4:00
Gait.	4:00-4:30
GARS	4:30-4:45
Balance and Proprioception	4:45-5:15
Questions and Discussion	5:15-5:30

Sunday

Tai Chi Lab	8:00-8:45
Functional Tools	
Berg Balance Scale	8:45-9:30
Tinnetti Gait and Balance.	9:30-10:00
Break	10:00-10:15
Odds and Ends	
Functional Deficit Exercises	10:15-10:30
Documentation.	10:30-10:45
Teaching and Motivation Techniques.	10:45-11:00
Home Exercises and Functional	
Maintenance Programs	11:00-11:15
Group Exercises.	11:15-11:30
Innovative Exercise Programs	11:30-12:15
Final Questions and Close	12:15-12:30

Registration

AUDIENCE: _____

San Diego, CA 10/11/12 - 10/12/12
Salt Lake City, UT 10/11/12 - 10/12/12
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The course has been approved by the
California State Board of Physical Therapy for 1.5 units of continuing education.



2010 Registration - Geriatric Therapeutic Exercise

YES! Please register me for:

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- Dubuque, IA - October 15-17

Salt Lake City, UT - September 24-26

Sacramento, CA - December 3-5

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