

*Join us for an intensive, fun 2 day
tune-up that will strengthen your
outcomes and change the way you
prescribe Ther Ex on Monday morning!*

Put some Muscle Into Ther Ex

2010

Omaha, NE
May 22-23

New Orleans, LA
June 12-13

Denver, CO
July 24-25

Albuquerque, NM
September 25-26

Austin, TX
November 6-7

Palm Springs, CA
December 4-5



Dr. Wendy K. Anemaet
PT, PhD, GCS, CWS, GTC, COS-C, CWT

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

Morfat/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 point 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

DAY 1

7:30AM **Registration and Continental Breakfast**

8:00AM **Introduction**
The Role of Mother Nature and Father Time

Current concepts in muscle physiology

10:30AM **Break**

10:45AM **Taking Stock: Muscle Strength, Power, and Endurance**

Age-related changes impacting muscle performance

- What muscle function do you lose over time and why? Find out here!
- Measuring Up: Evaluating muscle performance
- Did you know MMT is not very reliable? Come learn why and what to do about it.

Target Practice: Function oriented goals for muscle performance

- Ever set a goal to increase muscle power? You will on Monday!

12:30PM **Lunch** (Working Lunch (on your own) - Case Studies/Group Discussion)

1:30PM **Taking Stock: Muscle Power**

Taking Stock: Muscle Endurance

Getting Beyond "Take 10 Quad Sets and Call Me in the Morning."

Resistance Exercise Prescriptions

ACSM Principles, Parameters, and Modes

- How long of a piece of yellow resistance band do you use for weak internal rotators? Did you know there's only one answer?

3:45PM **Break**

4:00PM **Getting Beyond "Take 10 Quad Sets and Call Me in the Morning." (cont'd)**

6:00PM **Questions and Answers**

6:30PM **Adjourn**

DAY 2

7:00AM **Continental Breakfast**

7:30AM **Change is Good: Advancing the Resistance Training Program**

Putting ACSM guidelines to work in practice

- How do you put muscle into Ther Ex? Follow our plan.

What's Up?! Creative Resistance Exercises

Diverse exercises for improving upper extremity, lower extremity, and trunk muscle performance

- Wonder what muscles need to get strong to improve bed rise? We cover that!

10:30AM **Break**

10:45AM **Get in Gear: Diagnosis Driven Resistance Training**

Considerations and research based practices for resistance training for a variety of medical diagnoses

- Have you avoided resistance training with CVA patients because it may worsen tone? Learn the truth about this and other protocols for rehabilitation.

12:30PM **Lunch** (Working Lunch (on your own) - Case Studies/Group Discussion)

1:30PM **Get in Gear: Function Driven Resistance Training**

Considerations and research based practice for resistance training for specific functional limitations and therapy diagnoses

- Is poor leg power and strength keeping your patient in the chair? Train them to stand up fast with our plan!

3:45PM **Break**

4:00PM **Get in Gear: Function Driven Resistance Training (cont'd)**

5:30PM **Questions, Answers and Conclusions**

6:00PM **Adjourn**

