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2639 Revere Drive
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Geriatric Therapeutic Exercise:

*Using Evidence Based
Treatment Strategies to Guide
Exercise Prescriptions*

2012

Royal Oak, MI
March 24-25

Atlantic City, NJ
April 28-29

Albany, NY
November 2-3

Rancho Mirage, CA
(Palm Springs, CA Area)
December 1-2



Mark Traffas
PT, GTC



Faculty

Mark Traffas graduated Magna Cum Laude, in 1992, from St. Louis University, in Missouri. Immediately after graduating Mark began working as an outpatient therapist in San Jose, CA. In 1993, he began working full time as a traveling therapist. Through his travels he has worked in the acute, sub-acute, acute rehabilitation, outpatient, home health and skilled nursing settings. These unique opportunities have allowed him to work with and develop exercise programs for clients of all ages in all phases of recovery. Since 1999, he has worked primarily in the skilled nursing setting.

In addition, he has worked as a physical therapist in the Peace Corps in Malawi which is in south east Africa. While in Malawi, he had to rely primarily on the therapeutic exercises and improvisation, as few modalities, such as electrical stimulation and ultrasound were available.

He was in the first group of physical therapists to take and pass the Geriatric Training Certification offered by GREAT Seminars and Books, Inc., and now works as the lead physical therapist at Vista Manor Nursing and Rehabilitation in San Jose, CA. Mark has been presenting for GREAT Seminars, since 2001. In 2010, Mark wrote and developed an online course with GREAT Seminars Online, "Wiihabilitation; You Never Knew Skilled PT (and OT) could be this fun!" This accredited course is currently available at www.greatseminarsonline.com.

He actively promotes exercises for persons of all ages 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 care provided by both physical and occupational therapy. In addition to lecturing and mentoring rehabilitation students, Mark's articles have appeared in several different publications, including: PT Bulletin, Advance for PT's and PTA's, Advance for Directors of Rehabilitation, Gerinotes and Topics in Geriatric Rehabilitation.

Mark has embraced evidenced based practice in his daily treatment of patients. He encourages and provides all of his course participants a myriad of resources and clinically useful protocols and examples that are easily implemented into everyday practice. His energetic presentation of information and wealth of resources helps his course participants to stay current with the literature and be willing to try new ideas proven through research for practice today and in the future.

Description

Older patients have multiple diagnoses, take multiple medications and are frequently de-conditioned and possibly have never exercised. Therefore, exercising geriatric patients presents a unique challenge to therapists.

Participants will learn different exercise techniques and innovative interventions for all the body's major joints as well as for the most common diagnoses seen in the older person (i.e. stroke, Parkinson's, gait and balance disorders, etc.). These exercise techniques will be supported by evidenced based studies which are absolutely vital in justifying rehabilitative services in this day of Medicare changes and managed care. Participants will learn how to use functional tools to establish and guide exercise programs, thus improving functional test scores, balance, treatment outcomes and safe mobility.

Working with older patients and developing exercise programs can be challenging and sometimes difficult. But it can also be fun and rewarding and using evidence based treatment strategies will ensure you are providing the best care possible.

There has never been a better time to start using evidence based exercise. The research is out there and the library of evidence is growing bigger every day. This course will make the research applicable to the clinical setting and provide therapists the opportunity to broaden their horizons for exercising with this unique and deserving patient clientele.

Locations

Host: Beaumont Health System
Location: Beaumont Hospital
Royal Oak, MI
March 24-25, 2012

Host: Bacharach Institute for
Rehabilitation
Location: Clarion Hotel and
Convention Center
Atlantic City West, NJ
April 28-29, 2012

Host: Eddy Visiting
Nurse Association
Location: Carondelet
Hospitality Center
Latham, NY
September 24-25, 2012

Eisenhower Medical Center
Rancho Mirage, CA
December 1-2, 2012

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.

LEVEL: This course is at an intermediate level.

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

- Royal Oak, MI** - \$495. If postmarked before 2/29/12
- Atlantic City, NJ** - \$495. If postmarked before 3/28/12
- Albany, NY** - \$495. If postmarked before 10/10/12
- Palm Springs, CA** - \$495. If postmarked before 11/7/12

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

EARLY BIRD: \$470 - If completed registration and payment are **received** by
Royal Oak, MI - February 8, 2012
Atlantic City, NJ - February 15, 2012
Albany, NY - August 22, 2012
Palm Springs, CA - September 19, 2012

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: A certificate of attendance for 20 contact hours of educational activity (**20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state**) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved in MD, CA, OK, MI, OH, AR, WY, PA and NJ for 20 Clinical Contact Hours.**

Our courses also meet the guidelines for approval in **WI, VA, AZ, DE, MS, NH, OR, RI, UT and MO.** Courses are accepted for CEU's in **NE, ID, MT, WA, CT, IA, and ND.** If your state is not shown, please contact us and we will seek approval. All of our courses have Board of Certification Approval (NATA) and AOTA approval. 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

CALL Monday-Thursday 10-5 EST, Friday 10-1 EST
Toll Free 877-79-GREAT (877-794-7328)

MAIL your registration form with payment to
GREAT Seminars and Books, Inc., 2639 Revere Drive,
Akron, Ohio 44333-2311

FAX your completed registration form with
credit card information to
330-865-6941, 24 hours a day.

EMAIL your registration via the internet
to greatseminars@aol.com

Web Site: www.greatseminarsandbooks.com
Federal Tax ID# 52-2193458



AOTA does not endorse specific course content, products, or clinical procedures. A certificate of attendance for 20 contact hours or 2 CEUs of educational activity (2.0 or 20 CEUs depending on how your Practice Act determines CEU's in your state) will be awarded to registrant upon completion of the seminar.

2012 Registration - Geriatric Therapeutic Exercise

YES! Please register me for: Royal Oak, MI - March 24-25 Atlantic City, NJ - April 28-29 Albany, NY - November 2-3 Palm Springs, CA - December 1-2
PT • PTA • OT • COTA • Other _____

Name _____ Work Telephone (_____) _____ Home Telephone (_____) _____

Address _____

City _____ State _____ Zip _____ Fax (_____) _____

Organization _____ Email _____

Registration Fee: \$495.00 Late Fee \$50.00 Amount Due \$ _____

Payment: Check, Payable to GREAT Seminars and Books, Inc.

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