



GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training

2639 Revere Drive  
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*Join us for an intensive, fun 2 day  
tune-up that will strengthen your  
outcomes and change the way you  
perform Ther Ex on Monday morning!*

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# Put Some Muscle Into Ther Ex

2012

Oklahoma City, OK  
March 24-25

South Bend, IN  
April 21-22

Madison, WI  
June 23-24

Billings, MT  
July 20-21

Boise, ID  
August 17-18

Des Moines, IA  
September 22-23

Savannah, GA  
November 3-4



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

  
GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training

# 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, Alzheimers, 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</b> .....\$20 <small>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.</small>		
<b>Documenting Quality Care</b> <b>UPDATED</b> .....\$39 <small>Lewis, revised 2011. 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> <b>UPDATED</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/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.</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 point for 10%, 35%, 40%, 60%, &amp; 100% of rise</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. and handling within the continental U.S. **TOTAL**

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# Program Outline

## DAY 1

7:30AM	<b>Registration and Continental Breakfast</b>
8:00AM	<b>Introduction</b> <b>The Role of Mother Nature and Father Time</b> Current concepts in muscle physiology
10:30AM	<b>Break</b>
10:45AM	<b>Taking Stock: Muscle Strength, Power, and Endurance</b> Age-related changes impacting muscle performance <ul style="list-style-type: none"> <li>What muscle function do you lose over time and why? Find out here!</li> <li>Measuring Up: Evaluating muscle performance</li> <li>Did you know MMT is not very reliable? Come learn why and what to do about it.</li> </ul> Target Practice: Function oriented goals for muscle performance <ul style="list-style-type: none"> <li>Ever set a goal to increase muscle power? You will on Monday!</li> </ul>
12:30PM	<b>Lunch</b> (Working Lunch (on your own) - Case Studies/Group Discussion)
1:30PM	<b>Taking Stock: Muscle Power</b> <b>Taking Stock: Muscle Endurance</b> <b>Getting Beyond "Take 10 Quad Sets and Call Me in the Morning."</b> Resistance Exercise Prescriptions ACSM Principles, Parameters, and Modes <ul style="list-style-type: none"> <li>How long of a piece of yellow resistance band do you use for weak internal rotators? Did you know there's only one answer?</li> </ul>
3:45PM	<b>Break</b>
4:00PM	<b>Getting Beyond "Take 10 Quad Sets and Call Me in the Morning." (cont'd)</b>
6:00PM	<b>Questions and Answers</b>
6:30PM	<b>Adjourn</b>

## DAY 2

7:00AM	<b>Continental Breakfast</b>
7:30AM	<b>Change is Good: Advancing the Resistance Training Program</b> Putting ACSM guidelines to work in practice <ul style="list-style-type: none"> <li>How do you put muscle into Ther Ex? Follow our plan.</li> </ul> <b>What's Up?! Creative Resistance Exercises</b> Diverse exercises for improving upper extremity, lower extremity, and trunk muscle performance <ul style="list-style-type: none"> <li>Wonder what muscles need to get strong to improve bed rise? We cover that!</li> </ul>
10:30AM	<b>Break</b>
10:45AM	<b>Get in Gear: Diagnosis Driven Resistance Training</b> Considerations and research based practices for resistance training for a variety of medical diagnoses <ul style="list-style-type: none"> <li>Have you avoided resistance training with CVA patients because it may worsen tone? Learn the truth about this and other protocols for rehabilitation.</li> </ul>
12:30PM	<b>Lunch</b> (Working Lunch (on your own) - Case Studies/Group Discussion)
1:30PM	<b>Get in Gear: Function Driven Resistance Training</b> Considerations and research based practice for resistance training for specific functional limitations and therapy diagnoses <ul style="list-style-type: none"> <li>Is poor leg power and strength keeping your patient in the chair? Train them to stand up fast with our plan!</li> </ul>
3:45PM	<b>Break</b>
4:00PM	<b>Get in Gear: Function Driven Resistance Training (cont'd)</b>
5:30PM	<b>Questions, Answers and Conclusions</b>
6:00PM	<b>Adjourn</b>

## Faculty

WENDY K. ANEMAET, PT, PhD, GCS, CWS, GTC, COS-C, CWT received her PhD in Aging Studies from the University of South Florida and her Master's degree in physical therapy from the University of Southern California. She has worked in a variety of settings and is also an assistant Professor at Regis University.

Wendy K. Anemaet is a geriatric specialist, certified weight trainer with extensive experience in resistance training program development, implementation, and modification. She is also certified for utilization review in Florida and lectures nationally on the topic of resistance training and geriatric rehabilitation. She has served as an issue editor for *Topics in Geriatric Rehabilitation* and as a monthly columnist for *ADVANCE for Physical Therapists*. She has authored several books including a practice-oriented text titled *The User Friendly Home Care Handbook* and the portable *Home Rehabilitation: Guide to Clinical Practice*. Combining her advanced theoretical knowledge base with practical field experience, she provides participants with optimal learning experiences.

## Description

Resistance training is an integral component of therapeutic exercise. *Put Some Muscle Into Ther Ex* provides therapists with clinically challenging information on this often under utilized intervention for the geriatric population. Through dynamic lectures, audiovisuals, demonstrations, case applications, and a comprehensive handout, participants gain an updated understanding of the theory underlying resistance exercise, design and progression of training programs, and special considerations for resistance training in older patients. Interactive sessions offer the opportunity to learn and practice specific evaluation techniques including hand-held dynamometry and 1 RM strength testing for immediate implementation in the practice setting. Forums on specific resistance exercises allow therapists to perform, share and take home practical exercises for training the upper extremity, lower extremity, and trunk with a range of resistive exercise equipment. A synthesis of the precautions, contraindications, and program components provides participants with specific research based protocols for a myriad of diagnoses and functional limitations. *Put Some Muscle Into Ther Ex* provides a one-step update on resistance training that will jump start your patient outcomes.

## Locations

St. Anthony Hospital  
Oklahoma City, OK  
March 24-25, 2012

Oak Park Place  
Madison, WI  
June 23-24, 2012

St. Luke's Boise  
Medical Center  
Boise, ID  
August 17-18, 2012

Host: St. Joseph's/Candler Health System  
Location: St. Joseph's Hospital  
Savannah, GA  
November 3-4, 2012

Memorial Home Care  
South Bend, IN  
April 21-22, 2012

Host: St. John's  
Lutheran Ministries  
Location: Lillis Center  
Billings, MT  
July 20-21, 2012

Mercy Medical Center  
Des Moines, IA  
September 22-23, 2012

## Objectives

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

- Identify common myths about geriatric resistance training
- List at least five benefits of resistance exercise for the older population
- Describe correct terminology for muscle physiology and the age-related changes impacting muscle function
- Be familiar with muscle assessment via the use of manual muscle testing, one repetition maximum, functional tests, and other objective measures
- Design, implement, evaluate, and modify effective resistance exercise programs to increase strength, power and muscle endurance confidently for the older population
- Determine when and how to advance resistance exercise programs
- Share creative resistance exercises for the upper extremity, lower extremity, and trunk
- Adapt evidence-based Ther Ex programs that utilize resistance training for patients with a variety of diagnoses and functional limitations

## A&T Rehabilitation Books

### The User Friendly Home Care Handbook

Provides home care therapists with the necessary information and tools to function effectively and efficiently in the home. It's user friendly format allows quick access to relevant materials such as home assessments, DME resource lists and functional tools. In addition, it includes patient education materials for a variety of topics ranging from precautions and DME education to tip sheets for various disorders and home exercises. Available at the course for \$99 or add \$10 shipping and handling.

### DME Tool Kit

Stumped on just how you're supposed to educate patients in the use, care, maintenance and transport of DME like JCAHO requests? This reproducible book contains 2-sided instruction sheets for commonly-used DME. So you can teach, train and satisfy JCAHO in one easy step!

### Tip Sheets

Looking for education materials about diseases, disorders, and diagnoses seen commonly in rehabilitation? This reproducible book contains 2-sided education tip sheets on musculoskeletal, neurological, and general conditions for patient use.

### Handy Handouts

Need a resource that provides a variety of patient handouts about specific precautions, compensatory techniques, and instructions used frequently in rehabilitation? From gait precautions and laminectomy precautions to energy conservation and scar massage, these handouts make patient teaching a breeze!

## Pads with Pizzazz

This collection of rehabilitation 50 page pads streamlines your work!

**The Schedule Pad** - Give yourself a break with patient scheduling and at tax time with this organizational tool. \$5.00

**The TKR Report Card** - Patients love this double sided motivational tool with real life drawings demonstrating range of motion gains and other important milestones. \$10.00

**The Standard Walker Instruction Sheet** - Look no further for an easy way to satisfy JCAHO when it comes to DME patient instruction. This double sided pad does it all. \$10.00

**The One Repetition Maximum Pad** - You know it is the best way to strengthen patients, but you hate the math. This pad does it for you and keeps track of exercises and patient progress. Give it a try. \$5.00

**The SAFE AT HOME** - Home assessments are a breeze with this comprehensive double-sided home evaluation form. Check box format makes it quick and allows ample room for narrative comment. \$10.00

For purchase of books and pads by mail, send check or money order to:  
**A&T Rehabilitation Solutions, 2850 Bullard Drive, Clearwater, FL 33762**

# 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.

**Oklahoma City, OK** - \$495. If postmarked before 2/29/12

**South Bend, IN** - \$495. If postmarked before 3/28/12

**Madison, WI** - \$495. If postmarked before 5/30/12

**Billings, MT** - \$495. If postmarked before 6/27/12

**Boise, ID** - \$495. If postmarked before 7/25/12

**Des Moines, IA** - \$495. If postmarked before 8/29/12

**Savannah, GA** - \$495. If postmarked before 10/10/12

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

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

**Oklahoma City, OK** - February 8, 2012

**South Bend, IN** - February 15, 2012

**Madison, WI** - April 11, 2012

**Billings, MT** - May 9, 2012

**Boise, ID** - June 6, 2012

**Des Moines, IA** - July 11, 2012

**Savannah, GA** - August 22, 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 NM, PA, GA, MD, OK, OH and TN for 20 Clinical Contact Hours. This course has been approved by the Nevada State Board of Physical Therapy for 1.5 units of continuing education. Our courses also meet the guidelines for approval in WI, WY, VA, AZ, DE, GA, 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

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\*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 CEUs in your state) will be awarded to registrant upon completion of the seminar.

## 2012 Registration - Put Some Muscle Into Ther Ex

**YES! Please register me for:**  Oklahoma City, OK - March 24-25  South Bend, IN - April 21-22  Madison, WI - June 23-24  Billings, MT - July 20-21  
 Boise, ID - Aug. 17-18  Des Moines, IA - Sept. 22-23  Savannah, GA - Nov. 3-4  PT • PTA • OT • COITA • Other \_\_\_\_\_

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