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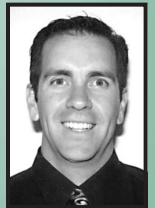
# Geriatric Therapeutic Exercise:

*Using Evidence Based  
Treatment Strategies to Guide  
Exercise Prescriptions*

**2012**

**Cheyenne, WY**  
May 18-20

**Silver Spring, MD**  
June 22-24



**Mark Traffas**  
PT, GTC



# 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** . . . \$20

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.

**Documenting Quality Care** **UPDATED** . . . \$39

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.

**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** **UPDATED** . . . \$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.

**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

**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

**Registration and Continental Breakfast** . . . . . 7:30-8:00

**Introduction to Geriatric Therapeutic Exercise** . . . 8:00-8:15

**Exercise Principles Indications** . . . . . 8:15-8:30

Contraindications and Precautions . . . . . 8:30-9:00

Stretching. . . . . 9:00-9:15

Basics of Exercise . . . . . 9:15-10:00

**Break** . . . . . 10:00-10:15

Dynamometry . . . . . 10:15-10:45

One Repetition Maximum . . . . . 10:45-12:00

**Lunch** (on your own) . . . . . 12:00-1:00

### Orthopedics

Arthritis. . . . . 1:00-1:15

Cervical . . . . . 1:15-2:00

Shoulder. . . . . 2:00-3:00

**Break** . . . . . 3:00-3:15

Hand . . . . . 3:15- 3:45

Back. . . . . 3:45-5:15

**Questions and Discussion** . . . . . 5:15-5:30

### Saturday

**Continental Breakfast** . . . . . 7:30-8:00

### Orthopedics

Hip . . . . . 8:00-9:30

Knee. . . . . 9:30-10:00

**Break** . . . . . 10:00-10:15

Knee (con't) . . . . . 10:15-11:00

Ankle . . . . . 11:00-12:00

**Lunch** (on your own) . . . . . 12:00-1:00

### Neurology

Parkinson's Disease. . . . . 1:00-2:00

Stroke. . . . . 2:00-3:00

**Break** . . . . . 3:00-3:15

Inter-Dissecting the Brain . . . . . 3:15-3:30

Muscle Re-education. . . . . 3:30-4:00

Weight Bearing . . . . . 4:00-4:15

Weight Shifting. . . . . 4:15-4:30

Gait. . . . . 4:30-4:45

GARS. . . . . 4:45-5:15

**Questions and Discussion** . . . . . 5:15-5:30

### Sunday

**Continental Breakfast** . . . . . 7:30-8:00

### Neurology (con't)

Balance and Proprioception . . . . . 8:00-9:00

**Tai Chi Lab** . . . . . 9:00-9:30

### Functional Tools

Berg Balance Scale . . . . . 9:30-10:00

**Break** . . . . . 10:00-10:15

Tinetti Gait and Balance . . . . . 10:15-11:00

### Odds and Ends

Functional Deficit Exercises. . . . . 11:00-11:15

Documentation . . . . . 11:15-11:30

Teaching and Motivation Techniques,

Home Exercises and Functional

Maintenance Programs . . . . . 11:30-11:45

Innovative Exercise Programs . . . . . 11:45-12:15

**Final Questions and Close** . . . . . 12:15-12:30

## 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 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](http://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: Cheyenne Regional Medical  
Center Home Care Services  
Location: Cheyenne Regional Medical Center  
Cheyenne, WY  
May 18-20, 2012

Host: Erickson Living  
Location: Riderwood Village  
Silver Spring, MD  
June 22-24, 2012

## Objectives

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

- Demonstrate multiple evidence based exercises for every major joint in the body.
- Use evidence based references to strength the following muscle and muscle groups:
  - Scapular and rotator cuff
  - Core stability
  - Lateral stabilizers of the hip
  - Vastus Medialis
- Support geriatric exercise programs through medical literature.
- Discuss basic exercise principles, which will enhance clinical therapeutic exercise programs.
- List barriers to for use of evidence based practice in the clinical setting.
- Learn strategies to assess the quality of a study.
- List the levels of evidence used to assess a study.
- Guide a patient through a strengthening program using the principles of 1 repetition maximum.
- Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.
- Create an evidenced based exercise program to improve the balance of an older adult.
- Guide a patient with Parkinson's Disease through an appropriate exercise program addressing related functional deficits.
- Progress a patient with a CVA through all phases of neuromuscular re-education.
- Be able to use the site of infarct in a CVA patient to guide exercise treatments.
- Use a hand held dynamometer appropriately and give pros and cons for its use.
- Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.
- List 10 contraindications/precautions to exercise in the elderly.
- Understand the differences of stretching techniques for the older vs. younger population.
- Document appropriate skilled terminology for an established exercise program.
- 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.

## 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, CCOEE, MSG, MPA, PhD, FAPTA*

