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*If you  
have not seen  
this course in 5 years, you  
have not seen this course. Clinical  
Geriatric Orthopedics has all new  
evidence based evaluation  
and treatment  
ideas.*

# CLINICAL GERIATRIC ORTHO PEDICS -2012-



**Dr. Carole B. Lewis**  
PT, DPT, GTC, GCS, CCOEE, MSG, MPA, PhD, FAPTA

Tacoma, WA  
February 24-26

St. Louis, MO  
March 16-18

Buffalo, NY  
May 18-20

Chattanooga, TN  
August 3-5

Lexington, KY  
November 2-4

Miami, FL  
Nov. 30 - Dec. 2

*Hands-on course with  
a great instructor to  
student ratio. Lots  
of individualized  
attention so you really  
learn the manual  
techniques.*

Learn creative treatment techniques for a myriad of orthopedic problems of frail to robust older persons. Dr. Lewis' all new handout contains all of the seminar slides and thousands of references. This is the most comprehensive geriatric orthopedic course in the country.



# 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

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# Program Outline

## DAY 1

- 7:30AM Registration and Continental Breakfast
- 8:00AM Developing the Optimal Mindset for Working with the Older Patient (Using the myths, statistics and concepts of aging to improve your outcomes. A special feature on deconditioning.)
- 9:45AM Break
- 10:00AM Musculoskeletal Changes of Age - Evidence Based Evaluation and Treatment of Flexibility, Strength, OA, RA, (Reading X-Rays & Posture Lab) Practice Bautmans's Evidence Based Protocol for Hyperkyphosis
- 12:00PM Lunch (on your own)
- 1:00PM Evaluating Back Problems Commonly Seen in Older Persons - Lumbar Stenosis, Vertebral Compression Fracture, SI, Sprains/Strains
- 3:00PM Break
- 3:15PM Treating the Back (Lab) Innovative Exercises and Manual Techniques (Practice specific muscle energy techniques and comprehensive stabilization and SI protocols as well as Dr. Lewis' often cited evidence based exercise protocol for lumbar stenosis)
- 5:30PM Adjourn

## DAY 2

- 7:30AM Continental Breakfast
- 8:00AM Help for Aging Hips - Evidence Based Evaluation and Treatment of Hip Fractures, Replacements and Osteoarthritis (Lab- become proficient in mobilization with movement and specific manual techniques for older persons)
- 10:15AM Break
- 10:30AM Total Knee Replacements and Osteoarthritis of the Knee- Using evidence and creativity to get results (Lab-Practice Deyo's Evidence Based manual and exercise protocol as well as a myriad of other techniques as well as Dr. Lewis' proven exercise protocol)
- 12:30PM Lunch (on your own)
- 1:30PM Neck Pain - Evaluation and Treatment (Evidence based) - Cervical Spondylosis, Fibromyalgia and Myofascial Pain (Lab- Learn manual techniques of Travell's myofascial to Cantu's laminar release and progress from the manual to exercises based on current clinical prediction rules)
- 3:30PM Break
- 3:45PM Aging Shoulder Problems - Is it Rotator Cuff or Bursitis? - Differential Evaluation and Treatment of Adhesive Capsulitis, Fractures, Rotator Cuff and Bursitis (Lab focuses on evidenced based myofascial and mobilization with movement techniques as well as Dr. Lewis' Adhesive Capsulitis protocol)
- 5:30PM Adjourn

## DAY 3

- 7:30AM Continental Breakfast
- 8:00AM Treat the Feet - Evidenced Based Evaluating and Treating Foot Problems of the Older Person (Lab) Hallux valgus, posterior tibial tendonosis, hammer toes, and how the feet affect function. (The newest mobilizations and accupressure points will be practiced to provide pain relief and improve function)
- 9:30AM Elbow, Wrist and Hand - Reaching for Results - Fractures, Carpal Tunnel Syndrome, RA, Dupuytren's Contracture (Lab- Perform and apply creative kineseotaping and mobilization with movement for the elbow wrist and hand)
- 10:45AM Break
- 11:00AM Osteoporosis- Everything you need to know for Evaluation and Treatment
- 12:00PM Conclusions, Questions and Answers
- 12:15PM Adjourn

## Faculty

Carole B. Lewis, PT, DPT, GCS, CCOEE, MSG, MPA, PhD, FAPTA is well known as a leader and advocate in the field of geriatric rehabilitation for over 30 years. She wrote the first textbook published in the field of geriatric rehabilitation. Dr. Lewis treats patients, conducts clinical research and publishes monthly for ADVANCE for Physical Therapists. She has taught continuing education courses throughout the United States and the World as a clinical expert in geriatric rehabilitation. Each year her courses are completely updated and restructured to reflect current trends in practice and the newest medical research. Her seminar emphasizes scientifically based assessments, treatment, techniques, and protocols while being extremely relevant to the daily practice of rehabilitation of older adults. Dr. Lewis actively engages in clinical research and conducted the original research for current protocols for knee and back pain in aging adults.

As founder and president of Premier Physical Therapy, Dr. Lewis continues to work in a clinical capacity. Additionally, she is an adjunct full professor at the George Washington University College of Medicine. Her dedication to the profession as both DC Chapter President and President of the Section on Geriatrics of the American Physical Therapy Association has motivated her to author over 21 textbooks on aging (Geriatric Rehabilitation, Decade of Articles, Aging: the Health Care Challenge, The Functional Toolbox I & II, Improving Mobility for Older Persons, Clinical Strategies, etc.) as well as over 200 articles on age related topics. Her pursuit of the latest clinical information led her to the position of editor for the journal Topics in Geriatric Rehabilitation. Dr. Lewis combines her clinical and consultative experiences in outpatient clinics, hospitals, home health agencies, and long-term care facilities to present practical, immediately useful techniques for health professionals who work with aging adults.

## Description

A progressive hands-on course with emphasis on clinical skills to provide participants with the most up to date treatment techniques addressing orthopedically related age changes and pathology affecting older persons. The current evidence regarding orthopedic problems will be presented, followed by laboratory sessions with hands-on instruction in evaluation and treatment techniques. Specific evaluation tools for common orthopedic problems affecting older adults will be demonstrated and practiced. Treatment strategies and progressions will be presented, and hands-on sessions will help familiarize therapists with proper implementation of treatment techniques and approach including advanced modified joint mobilizations stretching & therapeutic exercise techniques specific for older persons. Case studies will be presented and reviewed to facilitate effective treatment planning. Evaluation forms, musculoskeletal norms, and outcomes measures for every joint will be discussed to illustrate the importance of this aspect of patient care regarding reimbursement for services. Upon completion, participants will be familiar with the body of evidence for geriatric orthopedic rehabilitation and, feel comfortable with an advanced manual examination, and make precise intervention decisions with minimal risk to patients. Participants will be able to reinforce clinical treatment with exercise programs based on best evidence and targeted to relevant impairments identified through the manual examination. All techniques presented have been selected from high quality published research, some of which the presenter have contributed to, and continues to use in her current clinical research and practice. The extensive handout, which is over 300 pages with 5,000 current medical references, will provide detailed evaluation forms, outcome measures, suggested protocols, sample home exercises and progressions. The material presented provides a thorough approach to therapeutic strategies and goals, thereby preparing therapists to design and implement highly skilled rehabilitation programs for older persons in any treatment setting.

## Locations

Host: MultiCare Health System  
Location: Tacoma General Hospital - Jackson Hall  
Tacoma, WA  
February 24-26, 2012

Host: The Rehabilitation Institute of St. Louis  
Location: Washington University Program in Occupational Therapy  
St. Louis, MO  
March 16-18, 2012

Host: Catholic Health - Partners in Rehab  
Location: OLV Senior Neighborhood  
Lackawanna, NY  
May 18-20, 2012

Host: Department of Physical Therapy UTC  
Location: University of Tennessee at Chattanooga Campus  
Chattanooga, TN  
August 3-5, 2012

Cardinal Hill Rehabilitation Hospital  
Lexington, KY  
November 2-4, 2012

Baptist Hospital of Miami  
Miami, FL  
November 30 - December 2, 2012

**Recommended Reading:** Go to our website: [www.greatseminarsandbooks.com](http://www.greatseminarsandbooks.com)  
Click on "Tips" on the left side of the home page and read the following:

Tip #4: "Evidence-Based Literature and Its Relationship to Osteoarthritis"

Tip #6: "Are X-Rays Definitive for Diagnosing Hip Pain?"

Tip #7: "My Aching Back"

Tip #8: "Strengthening-It's Good for Your Heart"

Tip #9: "TKA in the Elderly"

Tip #10: "Total Hip Protocol"

Tip #11: "Osteoporosis: It Can Happen to You"

Tip #12: "Using Solid Evidence to Treat the Feet"

Tip #13: "Measuring Pain with the Foot Function Index"

Tip #14: "Back At You: Treatment Myths and Evidence"

Tip #15: "How Bad is your Back?"

## Objectives

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

1. Perform specific treatment techniques for dysfunctions of the neck, back, shoulders, elbows, wrists, hands, hips, knees, and feet of older persons including therapeutic exercises, therapeutic activities, mobilization and numerous evidence based protocols.
2. Select evidence based interventions and outcome measures for a comprehensive rehabilitation approach for a myriad of orthopedic problems affecting older persons.
3. Discuss treatment modifications to existing rehabilitation and note simple ways to incorporate the techniques learned and practiced in the course into programs for a specific orthopedic problem.
4. Comprehensively evaluate orthopedic dysfunctions in the neck, back, shoulders, elbows, wrists, hands, hips, knees, and feet of older persons.
5. Design individualized rehabilitation programs for specific orthopedic problems such as rotator cuff tears, osteoarthritis, total hip and knee procedures, fractures, osteoporosis, lumbar stenosis and other pathologies seen in older patients.
6. Create the optimum environment for working with older persons.
7. List musculoskeletal changes with age that impact rehabilitation.
8. Compile and explain how to use over 20 different specific orthopedic functional outcome tools.
9. Compare, contrast and use innovative therapeutic exercises for numerous orthopedic conditions based on the latest evidence.
10. Dissect and develop treatment protocols for common orthopedic diagnoses.
11. Use the immense handout in daily practice as a user friendly reference for norms, evidence based tests and evidence based treatment techniques.

## Feedback From Past Course Participants

"I signed up a year ago and couldn't wait for this course. Met all my expectations! Thanks for your passion, hard work and commitment to teaching us to be better clinicians!" - 2010 Participant

"Thank you so much for the effort, experience, content and the humor that was put into your presentation. Sadly, it is one of the first continuing education courses that I felt I got my money's worth... my brain hurts and my mind will not stop exploring how I can use all the references and resources to support my facility."  
- 2007 Participant

"This really improved my manual skill level in the area of geriatrics."  
- 2009 Participant

"Dr. Lewis is unbelievably well-read. She relates every current piece of published medical research relevant to the topic and to the profession."  
- 2010 Participant

"Best course I have ever taken."  
- 2008 Participant

"Dr. Lewis spoiled me for other courses."  
- 2009 Participant

"I can't believe all the information she packs into a course."  
- 2010 Participant

"Well worth the price."  
- 2007 Participant

"The handout alone is worth the price."  
- 2008 Participant

"I never had so much fun learning so much information."  
- 2010 Participant

"Dr. Lewis's high tech extras really help keep my attention every minute."  
- 2009 Participant

"The wealth of scientific information and Dr. Lewis's ability to make it clinically and immediately useful is extraordinary."  
- 2008 Participant

"It was great to be able to learn and practice the techniques."  
- 2010 Participant

"I will highly recommend this course to everyone."  
- 2007 Participant

# 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.

**FEES:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

- Tacoma, WA - \$595. If postmarked before 2/1/12
- St. Louis, MO - \$595. If postmarked before 2/22/12
- Buffalo, NY - \$595. If postmarked before 4/25/12
- Chattanooga, TN - \$595. If postmarked before 7/11/12
- Lexington, KY - \$595. If postmarked before 10/10/12
- Miami, FL - \$595. If postmarked before 11/7/12

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

**EARLY BIRD:** \$570 - If completed registration and payment are received by:

- Tacoma, WA - December 14, 2011
- St. Louis, MO - February 8, 2012
- Buffalo, NY - March 7, 2012
- Chattanooga, TN - May 23, 2012
- Lexington, KY - August 22, 2012
- Miami, FL - September 19, 2012

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**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 AL, AR, OK, MS, CA, PA, NJ, MD, WY and UT for 20 Clinical Contact Hours. Approved in FL for 24 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 NJ, WY, 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.

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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 CEU's in your state) will be awarded to registrant upon completion of the seminar.

# 2012 Registration - Clinical Geriatric Orthopedics

### YES! Please

register me for:  Tacoma, WA - February 24-26  St. Louis, MO - March 16-18  Buffalo, NY - May 18-20  
 Chattanooga, TN - August 3-5  Lexington, KY - November 2-4  Miami, FL - Nov. 30 - Dec. 2 PT • PTA • OT • COTA • Other

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