



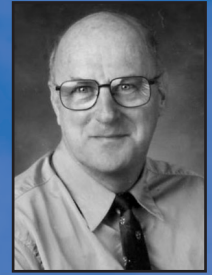
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Safe Steps



Speaker
Dr. James C. Wall
BSc, MSc,
MEd, PhD

*Making Gait & Balance
Assessment and
Treatment
Worth It*



2012

Seattle, WA - May 19-20

Rancho Mirage, CA - June 23-24
(Palm Springs, CA Area)

Sacramento, CA - September 22-23

New Rochelle, NY - October 13-14

*This high tech presentation and
extensive handout provides
the practicing clinician with
numerous evaluation
approaches, treatment
strategies, protocols and
documentation hints
that can be immediately
used in a variety of
practice settings.*

 **GSB**
GREAT SEMINARS & BOOKS
Geriatric rehabilitation, education and training

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

- 7:30 AM Registration and Continental Breakfast
- 8:00 AM **Effects of Aging on Mobility**
Gait, Balance, and Falls: A Functional Look at Age-Related Problems
Gait Changes across the Lifespan
- 9:00 AM Clinical Assessment of Gait
- 10:00 AM Break
- 10:15 AM **Performance-based Functional Measures - Gait**
 - 6 Minute Walk Test
Walking speed, Stride time and Stride length
- 12:00 PM Working Lunch (on your own) – Case studies – Group Discussion:
Common characteristics of hemiplegic gait and their measurement
- 1:00 PM Gait Cont'd
 - Breaking down the gait cycle - gaining insight into the functional components of walking
Labs - measurements of the phases of the gait cycle
- 3:15 PM Break
- 3:30 PM **From assessment to treatment: making the link**
 - Using gait assessment data to focus treatment decisions and set goals
• Gait Training, Gait Obstacle Course
• Case Study
- 5:00 PM Performance-based Functional Measures
Functional Tools - Dynamic Gait Index, Modified Gait Abnormality, Tinetti, Berg Balance Scale
- 6:00 PM Questions/Answer Session
- 6:30 PM Adjourn

DAY 2

- 7:30 AM Registration and Continental Breakfast
- 8:00 AM **Performance-based Functional Measures**
Lab - assessment of fall risk using subjective clinical scales
- 10:00 AM Break
- 10:15 AM **Balance and Falls Risk Assessment**
 - Principles of Stability
• Clinical Balance Testing
Lab - Functional Tools
Includes Steady Standing, 180° Turn, TUG, Sit to Stand
- 12:00 PM Working Lunch (on your own) – Case studies – Group Discussion:
Alternative timed functional tasks to identify fall risk in the elderly
- 1:00 PM **Advanced Objective Assessment**
Lab: Assessment of Functional Mobility Test Battery
Includes Expanded Timed Up and Go, Four Square Step Test and Stairs
- 3:15 PM Break
- 3:30 PM **Creative and Innovative Balance Treatment Ideas**
 - Functional Activities, Balance Training, Tai Chi
• Fall Prevention, Reducing Intrinsic and Extrinsic Risks
- 5:30 PM **Developing Strategies for Assessing & Documenting Mobility**
 - Emerging Technologies & Application to Rehabilitation
- 6:00 PM Question/Answer Session
- 6:30 PM Adjourn

Each section includes an evidence-based update of the topic area. For each assessment tool, participants learn the purpose of the tool, equipment needed, test administration protocol, scoring, and interpretation, followed by an opportunity for case study application.

Faculty

JAMES C. WALL, B.Sc. (LONDON); M.Sc. (SURREY); M.Ed. (TORONTO); Ph.D. (LONDON). Dr. James C. Wall is a Professor Emeritus at the University of South Alabama having retired from his position as a Professor of Physical Therapy and Adjunct Professor in Behavioral Studies and Instructional Technology. He has an undergraduate degree in Chemistry and Physiology, an M.Sc. in Biomechanics, an MEd in Educational Theory and obtained a Ph.D. in Crystallography from Birkbeck College, University of London. His initial research focused on the age related changes in the mechanical properties of bone in an attempt to better understand the reasons for the increased number of fractures seen in the elderly. While on a post doctoral fellowship at the Polytechnic of Central London he developed a walkway system to measure the temporal and spatial gait parameters which he used in several studies. including assessing gait in patients pre and post total hip replacement. He moved to Canada and worked for several years in the School of Physiotherapy at Dalhousie University. While there he was principal investigator on a study, which investigated the role of exercise in improving function in the elderly. He also studied function in a group of elderly patients who had either fallen or had a fear of falling. In the course of these studies, Dr. Wall was responsible for developing the techniques used to objectively assess function. The results of his research have been published in *Physiotherapy*, *Physiotherapy Canada*, *Archives of Physical Medicine and Rehabilitation*, *International Journal of Rehabilitation Research*, *Gait & Posture*, *Topics in Geriatric Rehabilitation*, and *Clinical Rehabilitation*, among others. He was instrumental in starting the journal *Gait & Posture* and served for ten years as an Associate Editor. Dr. Wall has been invited to lecture on the topics of balance and gait throughout North America and in many parts of the world, including Europe, India, Australia, South Africa and the Middle East.

Description

The purpose of this seminar is to provide participants with the most up-to-date information on gait and balance assessment and treatment for the geriatric patient. The major changes commonly seen in the elderly, that can contribute to problems in the area of gait and balance and the subsequent loss of independence, will be covered. The seminar format is lecture with demonstration that explores evaluation tools, techniques to objectively measure functional mobility tasks, and treatment protocols designed for older adults. Using a case study format, participants will become familiar with numerous assessment tools to assess gait and balance in patients with a variety of diagnoses. Evidence-based treatment strategies and protocols will be covered along with the advantages and disadvantages. The extensive handout, which contains current medical references, will provide detailed evaluation forms, outcome measures, suggested protocols and sample home exercises.

Objectives

Upon Completion of this Seminar,

Participants will be able to:

1. Describe normal and pathological changes in gait and balance.
2. List functional changes common to the older person.
3. Define gait characteristics and incorporate these into documentation.
4. Thoroughly evaluate a patient with gait problems utilizing several different functional assessment tools and develop effective treatment goals.
5. Thoroughly evaluate a patient with balance difficulties utilizing several different balance assessment tools and develop effective treatment goals.
6. Identify risk factors, gait impairments, and gait deviations and develop specific approaches to assess gait in the older patient based on a variety of tools.
7. Create innovative screening and treatment programs for balance and gait deficits commonly seen in the older person.

Quotes

“ Dr. Wall made the 2 days fun. I would recommend this course.”

“ Dr. Wall is an excellent and entertaining speaker.”

“ Very Informative.”

“ Great handout with lots of useful information and balance tools.”

“ Very enjoyable and useful.”

“ Dr. Wall has a great attitude - a natural born teacher.”

“ Best gait course I have ever been to.”

“ Dr. Wall is a dynamic speaker and he kept it interesting and fun. Best course I have been to! I learned a lot of new ideas to make treatments specific and creative.”

Locations

UW Medicine/Northwest Hospital
& Medical Center
Seattle, WA
May 19-20, 2012

Eisenhower Medical Center
Rancho Mirage, CA
June 23-24, 2012

Host: Eskaton Rehabilitation Services
Location: Village of Carmichael
Carmichael, CA
(North of Sacramento, 2 miles off I-80)
September 22-23, 2012

United Hebrew
New Rochelle, NY
October 13-14, 2012

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.

Seattle, WA - \$495. If postmarked before 4/25/12

Palm Springs, CA - \$495. If postmarked before 5/30/12

Sacramento, CA - \$495. If postmarked before 8/29/12

New Rochelle, NY - \$495. If postmarked before 9/19/12

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

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

Seattle, WA - March 7, 2012

Palm Springs, CA - April 11, 2012

Sacramento, CA - July 11, 2012

New Rochelle, NY - August 1, 2012

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2012 Registration - Safe Steps

YES! Please register me for:

- Sacramento, CA - September 22-23

- Seattle, WA - May 19-20

- New Rochelle, NY - October 13-14

- Palm Springs, CA - June 23-24
PT • PTA • OT • COTA • Other

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