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**If EVIDENCE is your
buzz word... This is your course!
16 years of research... with
over 1000 references.**

Geriatric Therapeutic Exercise:

***Using Evidence Based
Treatment Strategies to Guide
Exercise Prescriptions***

2017

**Iowa City, IA
April 29-30**

**Seattle, WA
July 22-23**

**Bismarck, ND
August 12-13**

**Fort Lauderdale, FL
October 14-15**

**Birmingham, AL
November 4-5**

This 20 contact hour course is ready made for the clinician that is committed to using evidence based exercises and treatments in the clinic tomorrow. This course contains over 1000 references with hundreds of exercises ready to be used. *The evidence of today for treatment tomorrow!*



**Mark Traffas
PT, GTC**



Faculty

Mark Traffas graduated, in 1992, from St. Louis University. Immediately after graduating Mr. Traffas 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 1997, Mr. Traffas began as a volunteer physical therapist in the Peace Corps. Mr. Traffas was assigned to the country of 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.

In 2001, Mr. Traffas 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 Director of Rehabilitation at Plum Tree Care Center in Los Gatos, CA. Mr. Traffas 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. In 2012, Mr. Traffas was awarded the Most Outstanding Lecturer Award, presented by Great Seminars and Books and in 2013, was recognized at a Clinical Instructor of Excellence by The Northern California Clinical Education Consortium.

Mr. Traffas 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, his 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 Traffas 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

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

Host: Progressive Rehabilitation Associates, L.L.C.

Location: Mercy Medical Plaza
Iowa City, IA
April 29-30, 2017

UW Medicine/Northwest
Hospital & Medical Center
Seattle, WA
July 22-23, 2017

Host: CHI Health At Home
Location: CHI St. Alexius Health
Bismarck, ND
August 12-13, 2017

Broward Health Medical Center
Fort Lauderdale, FL
October 14-15, 2017

Brookwood Baptist Health
Women's Classroom
Birmingham, AL
November 4-5, 2017

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 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.
- Guide a patient with osteoporosis through an efficacious and efficient exercise program.

Feedback From Past Course Participants

"Exceeded my expectations....Brilliant!" - Kansas City, MO

"If you are looking for a course to teach how to use research in the clinic, this is it." - Kansas City, MO

"I don't know how but you made a long day short and learning contagious." - Hawthorne, NJ

"Very applicable to all clinical settings." - Hawthorne, NJ

"Very updated info, an excellent value for the money." - Venice, FL

"Should be a "must" course for every practicing therapist!" - Dallas, TX

"The most comprehensive compilation of research articles I have ever seen. Very impressive!" - Los Angeles, CA

"This was the most practical course for application in the clinic compared to any other course that I have taken in 15 years. - Lakewood, CO

"Mark's commitment and dedication to his profession and patients comes through in his seminar." - Chicago, IL

"Mark has truly found his calling both as a treating therapist and a speaker." - Honolulu, HI

"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." - Seattle, WA

Program Outline

Day 1

7:30 - 8:00	Registration and Continental Breakfast
8:00 - 8:15	Introduction to Geriatric Therapeutic Exercise
8:15 - 10:00	Exercise Principles Developing a foundation of exercise principles which will be used throughout the lecture. Literature will be used to explain and support these concepts: Levels of Evidence, Contraindications, Precautions, Definitions of Terminology, Stretching and Warm Up.
10:00 - 10:15	Break
10:15 - 11:30	Exercise Principles (continued) One repetition maximum will be discussed and with the use of the literature be applied to the geriatric population.
11:30 - 12:30	Orthopedics Upper Body – Neck and Shoulder Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.
12:30 - 1:30	Working Lunch (on your own) An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Berg Balance, Sit to Stand Test, 400 Meter Walk & 6 Minute Walk Test
1:30 - 2:30	Shoulder and Hand Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.
2:30 - 3:30	Back/Core Exercises The literature will be used to give exercise ideas to the specific diagnosis of stenosis, spondylolisthesis, compression fractures and osteoporosis as well as the core muscles of the lumbar spine and abdominal area.
3:30 - 3:45	Break
3:45 - 4:45	Back/Core Exercises (continued)
4:45 - 6:15	Lower Body - Hip Using evidence based literature to develop skilled treatment techniques for the lower body, including the hip, the knee and the ankle. The literature will be discussed and applied to the clinical setting.
6:15 - 6:30	Questions and Discussion

Day 2

7:30 - 8:00	Continental Breakfast
8:00 - 10:00	Lower Body - Knee and Ankle
10:00 - 10:15	Break
10:15-12:30	Neurology - Stroke and Parkinson's Evidence based exercises will be presented to help guide the practitioner create skilled and effective treatments for the most common neuro diagnosis in the elderly, Parkinson's, and the most common neuro rehab diagnosis, stroke.
12:30-1:30	Working Lunch (on your own) An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Dynamic Gait Index, Four Square Step Test, Functional Reach, Physical Performance Test Protocol
1:30-3:30	Unique Neuro Treatments These concepts include muscle re-education techniques, weight bearing and weight shifting techniques. Literature will be given to support these treatment ideas
3:30-3:45	Break
3:45-4:15	Gait The evidence based exercises of the previous sections applied to the muscles needed in different parts of the gait cycle.
4:15-5:15	Balance and Proprioception Using evidence based literature to develop skilled treatment techniques to improve balance and decrease fall risk in the elderly. Included in this section are specific balance exercise programs that have been proven efficacious as well as a Tai Chi lab.
5:15-6:00	Functional Tools - Berg and Tinetti The evidence based exercises of the previous sections applied to the muscles needed to improve scores and decrease fall risk.
6:00-6:15	Odds and Ends Tips to improve day to day delivery of care to our residents ending with innovative exercise programs
6:15-6:30	Final Questions and Close

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 \$89 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 Lewis/Moffat NEW! Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.		
Documenting Quality Care UPDATED \$39 Lewis. 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 most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.		
Prevention and Wellness Toolkit \$69 Lewis/Ledbetter NEW! This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.		
Orthopedic Outcomes Toolbox \$69 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 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		
Pilates for Seniors DVD The Osteoporosis Workout, Instructor Sherri Betz . . \$20		

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total _____

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2017 Registration - Geriatric Therapeutic Exercise

YES! Please register me for:

- Iowa City, IA - April 29-30 Seattle, WA - July 22-23 Bismarck, ND - August 12-13
 Fort Lauderdale, FL - October 14-15 Birmingham, AL - November 4-5 PT • PTA • OT • COTA • Other

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

Address _____ Cell Phone _____

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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.

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

- Iowa City, IA** - \$495. If postmarked before 4/5/17
Seattle, WA - \$495. If postmarked before 6/28/17
Bismarck, ND - \$495. If postmarked before 7/19/17
Fort Lauderdale, FL - \$495. 9/20/17
Birmingham, AL - \$495. If postmarked before 10/11/17

LATE REGISTRATION: Postmarked after the above date requires an additional **\$25 late fee**.

EARLY BIRD: \$470 - If completed registration and payment are **received** by
Iowa City, IA - March 1, 2017
Seattle, WA - May 24, 2017
Bismarck, ND - June 14, 2017
Fort Lauderdale, FL - August 16, 2017
Birmingham, AL - September 6, 2017

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books on-site 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 via email at least 3 weeks prior to the course with local hotels and information. 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.

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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, AR, OK, NJ, CA, TN, WI, MN, NM, MS, NH and WY for 20 Clinical Contact Hours.** Our courses also meet the guidelines for approval in VT, AL, IN, WI, VA, AZ, DE, NH, OR, RI, UT, GA and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, IA, and ND. If you do not see your state listed, please give our office a call. All of our courses have Board of Certification Approval (NATA) and AOTA approval. Your tuition is tax deductible. **COLORADO PHYSICAL THERAPISTS:** This 20 contact hour seminar meets accepted standards for Category 1 continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the re-licensing process. 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.

5 Easy Ways to Register

WEBSITE: Online Registration at:
www.greatseminarsandbooks.com

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

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