Faculty
James Gose, PT, DPT, OCS, Cert. MDT, COMT, CMP has been a licensed physical therapist for 28 years. He holds a doctorate of physical therapy and is a board certified clinical specialist in orthopedics. Dr. Gose is a certified practitioner in the manual therapy approaches of McKenzie, Maitland, and Mulligan. His primary area of practice has been outpatient orthopedics with extensive experience in sports medicine, occupational medicine, and spine rehabilitation. In recent years, his practice has been focused on treating the geriatric population in home care, outpatient clinic, and inpatient rehabilitation. He has written and instructed many orthopedic seminars over the past ten years and is an adjunct professor at the University of Tennessee’s Program in Physical Therapy in Chattanooga, Tennessee. He is a dedicated advocate for evidence-based practice, providing strong evidence support in his patient care and for the courses he teaches.

Description
Perfect course for any setting where senior patients are seen, especially long term care.

There is myriad of evidence to support the effectiveness of using manual therapy to address pain and musculoskeletal disorders. Often this important modality is overlooked in the treatment of geriatric patients. This course presents the evidence-based rationale for using manual therapy with geriatric patients and demonstrates how manual therapy can safely and effectively be applied to this patient population. Using the concepts of Robin McKenzie, Geoffrey Maitland, and Brian Mulligan, this course details their manual therapy techniques for treating the spine and extremities. The philosophical, evaluative, and treatment concepts of each approach will be compared and contrasted. This fast-paced course will focus on lab instruction with ample time for hands-on practice of a large variety of manual techniques. A problem solving approach will be presented based on the indications and contraindications for using each technique. Expanding the therapist’s understanding of each technique’s mechanics and step-by-step descriptions will be taught to each technique, including the mechanics of common orthopedic diagnoses specific to the geriatric population. This course presents a unique opportunity to apply new knowledge and skills to a patient population that is often the most under-represented.

Objectives
Upon Completion of this Seminar,
Participants will be able to:

1. Perform and practice numerous manual techniques that are safe and appropriate for the older patient.
2. Discuss the common comorbidities of older persons as they pertain to applying manual therapy techniques.
3. Design comprehensive treatment programs that include manual techniques for older patients with a myriad of diagnoses.
4. Discuss the precautions and contraindications for using manual therapy techniques with geriatric patients.
5. Compare and contrast the manual therapy approaches of McKenzie, Maitland, and Mulligan.
6. Explain the pathomechanics of common orthopedic diagnoses specific to the geriatric population.
7. Select evidence-based manual therapy techniques to address pain and mechanical disorders for treating the spine and extremities in older persons.
8. Use the detailed handout (with photographs and step-by-step descriptions) in daily practice to apply manual therapy techniques to geriatric patients.

Participant Comments
"Very applicable techniques...useful in any rehab setting."
Bristol, NC

"This was an excellent course! Great instructor with wonderful knowledge and skills. Dr. Gose raises the bar for quality workshops. Thank you."
Spokane, WA

"One of the best courses I have ever attended. Great information, no fluff. Excellent presenter. Very pleased."
Palm Springs, CA

"Thank you! This was a fantastic course. There are many techniques I will be able to use immediately!"
Bristol, TN

"James Gose was a fantastic instructor! Wonderful seminars! I will be immediately putting these techniques to good use!"
Bristol, TN

"Great course. Awesome instructor. Lots of treatment techniques I can put to use right away!"
Palm Springs, CA

"Excellent speaker with great demonstrations...would highly recommend James Gose to my peers!"
Bristol, TN

"Great course. Really helpful information explained in a way that is easy to understand...takes away the intimidation factor from manual therapy." Memphis, TN

Quote from Dr. Carole Lewis
"Dr. James Gose is one of the best instructors I have ever seen. I am amazed that he taught so many innovative and research based manual techniques in two days and that the students really seemed to learn them and will be able to use them clinically with older people. I took away so much new information that I am already using clinically and loving the results." - Dr. Carole Lewis PT, DPT, GCS, GYC, COOKE, MPA, MSG, PhD, FAAPA
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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.
Program Outline

**DAY 1**

7:30AM  Registration and Continental Breakfast

8:00AM  Comorbidities and Special Precautions/Contraindications for Manual Therapy in the Geriatric Patient

9:45AM  Break

10:00AM Evidence for Manual Therapy in the Geriatric Patient

11:00AM  Compare/Contrast of McKenzie, Mainland, and Morgan Approaches of Manual Therapy

12:00PM Working Lunch (on your own)
   - Case Studies, Group Discussion

1:00PM Evaluation Approaches (Lab)

2:00PM  Pathomechanics of Geriatric Spine and Extremity Diagnosis

3:00PM  Break

3:15PM  Manual Therapy Techniques for the Lumbar Spine and Pelvic Girdle (Lab)

5:30PM  Manual Therapy Techniques for the Cervical Spine (Lab)

6:30PM  Adjourn

**DAY 2**

7:30AM  Continental Breakfast

8:00AM  Review, Practice, Question/Answer for Lumbar and Cervical Spine Techniques

9:45AM  Break

10:00AM Special Considerations for Headaches and Other Manual Physical Therapy Techniques (Lab)

11:00AM  Manual Therapy Techniques for the Thoracic Spine (Lab)

12:30PM Working Lunch (on your own)
   - Case Studies, Group Discussion

1:30PM  Manual Therapy Techniques for the Hip, Knee, Ankle, and Foot (Lab)

3:30PM  Manual Therapy Techniques for the Shoulder, Elbow, Wrist and Hand (Lab)

4:55PM  Review, Practice, Questions/Answers for Extremity Techniques

6:15PM Conclusions for Manual Therapy for the Older Patient

6:30PM  Adjourn