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POWERFUL TREATMENT for FRAGILE PATIENTS: MUSCLE ENERGY and SOFT TISSUE RELEASES *An Intensive Lab Course*



2017

**Derby, CT
October 14-15**

This comprehensive 20 contact hour course provides:

- Intensive lab course with immediately effective manual interventions for mechanically restricted fragile patients
- Detailed handout with pictures, indications and instruction for each technique so participant can easily begin using them upon return to clinic
- Application across practice settings for HARDY as well as FRAGILE individuals
- Intensive flexible curve kypholordosis measurement lab for accurate spinal posture assessments
- Exercise lab for maintenance of therapeutic change with ready for clinic hand-outs



Carleen Lindsey
PT, MScAH, GCS, CEEAA



Faculty

CARLEEN LINDSEY, PT, MScAH, GCS, CEEAA

Ms. Lindsey has degrees in Physical Education and Physical Therapy from the University of California, and an advanced musculoskeletal Master's in Allied Health from the University of Connecticut. She is a board-certified Geriatric Specialist, and an APTA Section on Geriatrics Certified Exercise Expert for Aging Adults. She treats an outpatient and homecare caseload composed of musculoskeletal, osteoporosis, balance, and women's health patients of all ages at Bristol Physical Therapy, LLC in Bristol, CT. She also has many years of experience treating patients in university, student health, ECF, SNF, acute inpatient and senior day care settings. She teaches continuing education courses to health professionals nationally and also as adjunct instructor in the Physical Therapy program at the University of Connecticut.

Her continuing education is extensive in biomechanics, geriatrics, manual therapy, PNF, and many other areas of physical therapy expertise. She has participated in research and publications on osteoporosis and balance, authored an instructional video on flexible curve kypholordosis measurement technique, produced three patient home exercise videos, and presented numerous lectures and courses to professional and lay audiences locally and nationally over the past 35 years. She was the primary developer of the UCHC Rehab Services Osteoporosis Prevention Program. Ms Lindsey has also written chapters for two major Geriatric Rehabilitation text books, and co-authored an osteoporosis home study module for the APTA Section on Women's Health.

Carleen has been co-chair for the National Osteoporosis Foundation's Committee on Continuing Education for Physical Therapists, and for the APTA Academy on Geriatric PT Balance and Falls Special Interest Group. She has also held many service positions for the AGPT Bone Health SIG. She is a member of the APTA Geriatric, Women's Health, Orthopaedic, and Private Practice Sections, and also the Connecticut chapter Manual Therapy SIG. She was the 1999 winner of the APTA AGPT Lynn Phillippi Advocacy for Older Adults Award, received the U Conn Allied Health Research Award for Excellence in 2001, and the 2008 APTA AGPT President's Award for Outstanding Service.

Description

This course is designed to give experienced therapists immediately effective but appropriately gentle manual interventions for mechanically restricted fragile patients. Movement limitations due to dysfunctional muscle barriers, pain-mediated trigger points or collagenous soft tissue restrictions will be addressed in **lab sessions and demonstrations featuring spinal and ileo-sacral muscle energy treatment, strain-counter strain trigger point release, soft tissue mobilization with contract/relax and some myofascial restriction release techniques.** Assessment approaches for tissue flexibility and posture will be presented and practiced. Video and slide case presentations, as well as class member examples will be utilized for specific clinical problem solving. **The personal mechanical health of the therapist will be addressed throughout the course.** Patient case studies will assist the therapist in developing an overall comprehensive treatment approach by appropriately combining tissue and postural assessment, manual therapy techniques, and exercise. **Follow-up exercise for maintenance of therapeutic change will be presented in lab and ready for clinic hand-outs.** This course has been designed for the therapist to immediately apply to orthopedically restricted geriatric and other fragile patients. This is a clinically comprehensive "hands-on" workshop.

Objectives

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

- Apply the sequencing concept for evaluation and treatment of mechanical impairments focusing on muscle imbalance, spinal and peripheral malalignments, and gait dysfunction.
- Utilize the flexible curve for accurate measurement of kypholordosis
- Treat spinal alignment dysfunction utilizing passive physiological intervertebral mobilization
- Apply muscle energy techniques for treatment of cervical, thoracic, lumbar, rib, and ISJ torsion facilitated segment dysfunctions
- Use joint or soft tissue mobilization together with contract-relax to treat patients with kyphosis/forward head, protracted shoulders, limited gleno-humeral capsule mobility, and ankle motion due to limited tissue mobility
- Apply strain/counter strain release techniques for patients with loss of mobility due to trigger point pain
- Gently and effectively mobilize tissue restricted by myofascial binding
- Prescribe appropriate exercise for maintenance of manual therapy treatment gains

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.

Griffin Hospital
Derby, CT

October 14-15, 2017

Feedback From Past Course Participants

"My body feels so much better after this weekend and I am very grateful. If we lived closer you'd be seeing me a lot."

"Very useful and practical information for immediate application in a clinical setting."

"Carleen had great energy and clinical experience."

"Techniques are effective, practical and can be applied immediately."

"Seminar covered enormous amounts of material/techniques."

Program Outline

Day 1

7:30-8:00	Registration and Continental Breakfast
8:00-10:00	Tissue mobility and posture examination <ul style="list-style-type: none"> • Tissue changes associated with aging and injury • Selected orthopedic dysfunction testing, relative muscle length tests • Posture principles, postural dysfunction <ul style="list-style-type: none"> - Static stance, gait - Kypholordosis, forward head, protracted shoulders - Spinal stenosis, spondylolisthesis - Practical abdominal and paraspinal testing/exercise
10:00-10:15	BREAK – change into LAB CLOTHES
10:15-12:00	Flexible curve kypholordosis measurement <ul style="list-style-type: none"> • Usual /corrected posture • Impaired posture – case examples
12:00-12:30	Questions and answers - Relating dysfunction testing, posture principles and flexible curve findings to treatment planning
12:30-1:30	Working LUNCH – discuss what you've learned and apply to your patients
1:30-2:30	Assess/treat the area of greatest restriction <ul style="list-style-type: none"> • Postural spring test • Passive physiologic intervertebral movement (PPIVM) as treatment
2:30-3:30	Releasing Myofascial Restrictions
3:30-3:45	BREAK
3:45-5:00	Joint Mobilization with Contract/Relax <ul style="list-style-type: none"> • Joint mobility grading • Forward head, Kyphosis due to - flexed C7-T9 - Shortened shoulder adductors • Protracted shoulder due to <ul style="list-style-type: none"> - Gleno-humeral capsular restrictions - Shortened rotator cuff muscles • Humeral head inferior glide capsular restrictions • Ankle dorsiflexion limitations
5:00-6:15	Indirect tender point release (strain/counterstrain) technique for persistent muscle spasm pain <ul style="list-style-type: none"> • Paraspinal muscles • Lower extremity • Upper extremity • Ribs
6:15-6:30	Application to your patients: Questions/Answers

DAY 2

7:30-8:00	Continental Breakfast
8:00-10:00	PNF Contract/relax with soft tissue mobilization - resistance for fibrotic muscles or tendons at end-ROM combined with tissue strumming or oscillation <ul style="list-style-type: none"> • Lower extremity <ul style="list-style-type: none"> - Hamstrings, 2-joint hip flexors, hip adductors, ITB, heel cord, plantar fascia • Upper extremity <ul style="list-style-type: none"> - Pectorals, latissimus dorsi, triceps, rotator cuff, biceps - Wrist extensors, flexors - Sternocleidomastoid • Self-massage with contract-relax - hams, ITB, wrist extensors, flexors
10:00-10:15	BREAK
10:15-12:30	Osteopathic Muscle Energy Techniques (Introduction, C7-T12 Techniques) <ul style="list-style-type: none"> • Introduction and description • Movement evaluation based on area of greatest restriction • Patient case study examples - Treating kyphosis, forward head, protracted shoulder girdle, and "lost lordosis," scoliosis • Flexed cervical/thoracic and mid-thoracic lesions <ul style="list-style-type: none"> - Sitting - Supine • Kyphoscoliosis • Reverse kyphosis (extended segment within kyphosis) • Rib dysfunctions
12:30-1:30	Working LUNCH - discuss what you've learned and apply to your patients
1:30-3:30	Osteopathic Muscle Energy Techniques (Ileo-sacral, Lumbar Techniques) <ul style="list-style-type: none"> • Ileo-sacral joint dysfunctions • Lumbar lesions <ul style="list-style-type: none"> - Flexed - Extended lumbar - Neutral (re: flexion/extension) lumbar lesions with sidebending and rotation opposite directions
3:30-3:45	BREAK
3:45-5:00	Osteopathic Muscle Energy Techniques (Cervical Techniques) <ul style="list-style-type: none"> • Cervical lesions <ul style="list-style-type: none"> - Special tests - Atlanto-occipital - Mid-cervical
5:00-6:00	Conclusion –Considerations for sustained success <ul style="list-style-type: none"> • External supports, taping • ADL mechanics as exercise • Self mobilization exercise practice
6:00-6:30	Application to your patients; Questions/Answers

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. <i>Functional Toolbox I and II Special: \$159.00</i>		
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		

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2017 Powerful Treatment for Fragile Patients: Muscle Energy & Soft Tissue Releases

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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.

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

Derby, CT - \$595. If postmarked before 9/20/17

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

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

Derby, CT - August 16, 2017

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