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GREAT SEMINARS & BOOKS
Geriatric rehabilitation, education and training

2639 Revere Drive
Akron, Ohio 44333-2311

Safe Steps



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

*Measuring Gait &
Balance to Show
Treatment Works*

2017

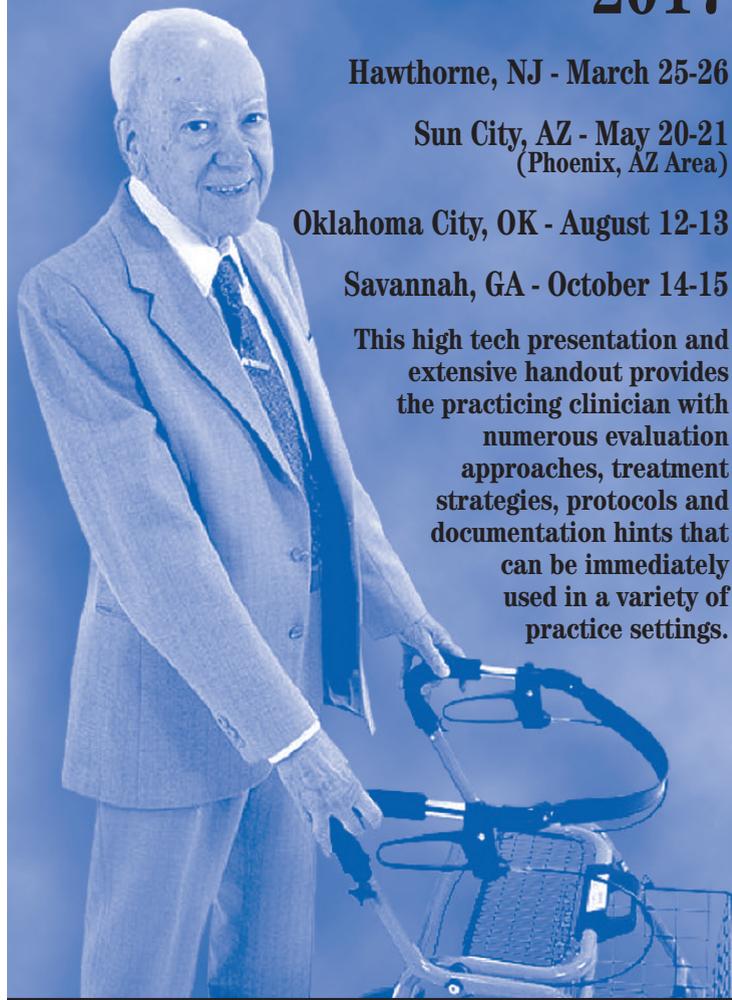
Hawthorne, NJ - March 25-26

Sun City, AZ - May 20-21
(Phoenix, AZ Area)

Oklahoma City, OK - August 12-13

Savannah, GA - October 14-15

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.



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Faculty

Dr. James C. Wall is a Professor Emeritus at the University of South Alabama having retired from his position as a Professor in the Department of Physical Therapy. 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 an electronic 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 measure 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.

In retirement he has continued his efforts to develop software to collect and analyze data from outcome measures used in rehabilitation. Most recently he has started porting these programs to mobile devices and the first of these will be the 4 Meter Walk Test for iPhone.

*"If you cannot measure it,
you cannot improve it."* Lord Kelvin

Description

The purpose of this seminar is to provide participants with the information and tools to measure functional mobility based on activities commonly used to treat the geriatric patient. The course will cover the basics of measurement theory so that participants will be able to evaluate tests for their validity and reliability. The major changes commonly seen in the elderly, which 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 tools to measure gait and balance in patients with a variety of diagnoses. Evidence-based treatment strategies and protocols will be covered along with their advantages and disadvantages.

The extensive handout, which contains current medical references, will provide detailed evaluation forms, outcomes measures and suggested protocols.

Objectives

Upon Completion of this Seminar,

Participants will be able to:

1. Evaluate tests used to measure gait and balance based on an understanding of measurement theory.
2. Distinguish between subjective and objective measurements.
3. Explain changes in functional mobility commonly seen in the elderly.
4. Define gait characteristics and incorporate these into documentation.
5. Use the results of visual inspection and gait analysis to develop a treatment plan and set measurable outcome goals.
6. Investigate the validity and reliability of assessment tools commonly used in clinics to evaluate fall risk in the elderly.
7. Create innovative screening and treatment programs for balance and gait deficits commonly seen in the older person.
8. Evaluate apps available on mobile devices for use in clinical practice.

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

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: Van Dyk Health Care
Location: Van Dyk Park Place
Hawthorne, NJ
March 25-26, 2017

Bone and Joint at St. Anthony
Bone and Joint Education Center
Oklahoma City, OK
August 12-13, 2017

Host: Banner Health
Location: Banner Boswell
Medical Center
Banner Sun Health
Research Institute
Sun City, AZ
May 20-21, 2017

Host: St. Joseph's / Candler
Health System
Location: Candler Hospital
Savannah, GA
October 14-15, 2017

Program Outline

DAY 1

7:30 AM	Registration and Continental Breakfast
8:00 AM	Classification of disease and function Measurement Issues Effects of Aging on Mobility Gait: The basics Gait Changes across the Lifespan Lab Session: Stopwatch essentials Comfortable Walking Speed
10:00 AM	Break
10:15 AM	Clinical Assessment of Gait Lab Session: Range of Walking Speeds Walking Speed and Stride Time
12:00 PM	Working Lunch (on your own) – Case studies – Group Discussion: Common characteristics of hemiplegic gait and their measurement
12:30 PM	Gait cont'd Case Study: Walking Speed and Step Times Temporal 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 Functional tools: BBS, DGI & Tinetti
6:00 PM	Questions/Answer Session
6:30 PM	Adjourn

DAY 2

7:30 AM	Registration and Continental Breakfast
8:00 AM	Principles of stability Performance-based Functional Measures - Balance Lab - Assessment of fall risk using subjective clinical scales
10:00 AM	Break
10:15 AM	Balance and Falls Risk Assessment Clinical Balance Testing Functional Tools Lab Session: Familiarization with objective balance measurement techniques
12:00 PM	Working Lunch (on your own) – Case studies – Group Discussion: Alternative timed functional tasks to identify fall risk in the elderly
12:30 PM	Objective Outcome Measures Expanded Timed Up and Go Test Ascent and Descent of Stairs Lab: Familiarization with advanced balance measurement techniques
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 What can be done? Emerging Technologies & Application to Rehabilitation
6:00 PM	Question/Answer Session
6:30 PM	Adjourn

Great Books



QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$89		
<small>Levis, 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.</small>		
The Functional Toolbox II \$89		
<small>Levis, 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</small>		
Geriatric Clinical Strategies \$89		
<small>Levis, 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.</small>		
Age-Defying Fitness \$20		
<small>Levis/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.</small>		
Documenting Quality Care UPDATED \$39		
<small>Levis. 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.</small>		
Health Promotion and Exercise for Older Adults . . . \$48		
<small>Levis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>		
Improving Mobility In Older Persons UPDATED . . . \$48		
<small>Levis. 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.</small>		
Prevention and Wellness Toolkit \$69		
<small>Levis/Leibetter 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.</small>		
Orthopedic Outcomes Toolbox \$69		
<small>Levis/Witke/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.</small>		
Hand-Held Dynamometry \$25		
<small>Levis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>		
1 Repetition Maximum Progression Pad \$12		
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</small>		
Slide Algometer \$6		
<small>An easy-to-use, reliable and valid measurement tool for assessing pain.</small>		
Pocket Card 1 Repetition Maximum \$6		
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
Pocket Card Bed Mobility \$6		
<small>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.</small>		
Pocket Card Sit to Stand Transfer \$6		
<small>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</small>		
Osteoporosis Exercise Booklet \$6		
Self Balance Hints for Older Persons Booklet \$6		
Pilates for Seniors DVD <small>The Osteoporosis Workout, Instructor Sherri Betz</small> . . \$20		

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2017 Registration - Safe Steps

YES! Please register me for:

Hawthorne, NJ - March 25-26

Sun City, AZ - May 20-21

Oklahoma City, OK - August 12-13

Savannah, GA - October 14-15

PT • PTA • OT • COTA • Other _____

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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.

Hawthorne, NJ - \$495. If postmarked before 3/1/17

Sun City, AZ - \$495. If postmarked before 4/26/17

Oklahoma City, OK - \$495. If postmarked before 7/19/17

Savannah, GA - \$495. If postmarked before 9/20/17

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

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

Hawthorne, NJ - January 11, 2017

Sun City, AZ - March 22, 2017

Oklahoma City, OK - June 14, 2017

Savannah, GA - August 16, 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 ID, AR, MD, CA, NJ, OK, and NM for 20 Clinical Contact Hours. Have applied for approval in PA. Our courses also meet the guidelines for approval in IN, WY, VA, AZ, DE, NH, OR, RI, UT 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.** 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

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*A certificate of attendance for 20 contact hours or 2 CEUs of educational activity (2.0 or 20 CEU's depending on how your Practice Act determines CEU's in your state) will be awarded to registrant upon completion of the seminar.