

PRESORT
STANDARD
U.S. POSTAGE PAID
AKRON, OH
PERMIT NO. 752



2639 Revere Drive
Akron, Ohio 44333-2311

GERIATRIC THERAPEUTIC EXERCISE



2018

Dallas, TX
February 10-11

Sun City, AZ
(Phoenix, AZ Area)
June 23-24

Lafayette, LA
September 15-16

If **EVIDENCE** is your buzz word... this is your course! 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 years of research with 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 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.

Medical City Dallas Hospital
Rehabilitation Services
Dallas, TX

February 10-11, 2018

Host: Banner Health

Location: Banner Boswell
Medical Center, Banner Sun
Health Research Institute
Sun City, AZ
June 23-24, 2018

Host: The Therapy Center
Location: University of Louisiana
at Lafayette
Lafayette, LA

September 15-16, 2018

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	<p>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.</p>
10:00 - 10:15	Break
10:15 - 11:30	<p>Exercise Principles (continued) One repetition maximum will be discussed and with the use of the literature be applied to the geriatric population.</p>
11:30 - 12:30	<p>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.</p>
12:30 - 1:30	<p>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</p>
1:30 - 2:30	<p>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.</p>
2:30 - 3:30	<p>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.</p>
3:30 - 3:45	Break
3:45 - 4:45	<p>Back/Core Exercises (continued) 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.</p>
6:15 - 6:30	Questions and Discussion

Day 2

7:30 - 8:00	Continental Breakfast
8:00 - 10:00	<p>Lower Body - Knee and Ankle Break 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.</p>
10:00 - 10:15	Break
10:15-12:30	<p>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</p>
12:30-1:30	<p>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</p>
1:30-3:30	<p>Break Gait The evidence based exercises of the previous sections applied to the muscles needed in different parts of the gait cycle.</p>
3:30-3:45	Break
3:45-4:15	<p>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.</p>
4:15-5:15	<p>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.</p>
5:15-6:00	<p>Odds and Ends Tips to improve day to day delivery of care to our residents ending with innovative exercise programs</p>
6:00-6:15	Final Questions and Close
6:15-6:30	Final Questions and Close

Great Books



QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$89		
<small>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.</small>		
The Functional Toolbox II \$89		
<small>Lewis, 450 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>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.</small>		
Age-Defying Fitness \$20		
<small>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.</small>		
Documenting Quality Care UPDATED \$39		
<small>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.</small>		
Health Promotion and Exercise for Older Adults \$48		
<small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to bed mobility.</small>		
Improving Mobility In Older Persons UPDATED \$48		
<small>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.</small>		
Prevention and Wellness Toolkit \$69		
<small>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.</small>		
Orthopedic Outcomes Toolbox \$69		
<small>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.</small>		
Hand-Held Dynamometry \$25		
<small>Lewis. 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 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</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 The Osteoporosis Workout, Instructor Sherri Betz . . \$20		

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total _____
 We do not accept Purchase Orders. MD residents add 5% sales tax. _____
 Books are only available for preview at GREAT courses. TOTAL _____

877-794-7328 • Fax 330-865-6941 • www.GreatSeminarsAndBooks.com

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Make checks payable and mail to: GREAT Seminars and Books, Inc. **All sales final.**
 2639 Revere Drive, Akron, Ohio 44333-2311

Credit card: (circle one) MC Visa American Express Discover Card

Card # _____ Expiration Date ____/____

Signature _____ Security Code _____

2018 Registration - Geriatric Therapeutic Exercise

YES! Please register me for:

Dallas, TX - February 10-11

Sun City, AZ - June 23-24

Lafayette, LA - September 15-16

PT • PTA • OT • COTA • Other _____

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

Address _____ Cell Phone _____

City _____ State _____ Zip _____ Fax (____) _____

Organization _____ Email _____

Registration Fee: \$495.00 Late Fee \$25.00 Amount Due \$ _____

Payment: Check, Payable to GREAT Seminars and Books, Inc. Charge my: MasterCard Visa Discover AMEX

Card # _____ Expires _____ Security Code _____

Cardholder's Name (print) _____ Cardholder's Signature _____

Cardholder's Billing Address _____

Please detach and return with your check. 2639 Revere Drive, Akron, Ohio 44333-2311



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

Dallas, TX - \$495. If postmarked before 1/17/18
Sun City, AZ - \$495. If postmarked before 5/30/18
Lafayette, LA - \$495. If postmarked before 8/22/18

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

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

Dallas, TX - December 13, 2017
Sun City, AZ - April 25, 2018
Lafayette, LA - July 18, 2018

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.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

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, CA, WI, NM, MS and PA 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, WY, ND and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, and IA.** If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. This course is not approved by ASHA or the Board of Certification. 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)

MAIL your registration form with payment to
GREAT Seminars and Books, Inc., 2639 Revere Drive,
Akron, Ohio 44333-2311

FAX your completed registration form with
credit card information to 330-865-6941,
24 hours a day.

EMAIL your registration via the internet
to greatseminars@aol.com

Federal Tax ID# 52-2193458



*AOTA does not endorse specific course content, products, or clinical procedures.
**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 CEUs in your state) will be awarded to registrant upon completion of the seminar.