Dr. Gose raises the bar for quality
Bristol, TN
Spokane, WA
Palm Springs, CA
Exellent presenter.
Memphis, TN
The complete address and location of your
gait belt or mobilization belt for practicing techniques.
Please bring an exercise mat and pillow for padding tables and long
curious about these three manual therapy approaches.
to attend if you see geriatric orthopedic patients or have ever been
they relate to symptoms and diagnoses. This is the perfect course
of manual techniques. A problem solving approach will be presented
instruction with ample time for hands-on practice of a large variety
evaluative, and treatment concepts of each approach will be
philosophical, Maitland, and Brian Mulligan, this course details their manual therapy
patient population. Using the concepts of Robin McKenzie, Geoffrey
how manual therapy can safely and effectively be applied to this
for using manual therapy with geriatric patients and demonstrates
geriatric patients. This course presents the evidence-based rationale
manual therapy to address pain and musculoskeletal disorders.

- Dr. Carole Lewis PT, DPT, OCS, Cert. MDT, COMT, CMP

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 to assist in the clinical application of manual therapy techniques on the older patient by providing the indication for each technique as they relate to symptoms and diagnoses. This is the perfect course to attend if you see geriatric orthopedic patients or have ever been curious about these three manual therapy approaches.

Bear in mind that certain manual therapy techniques may be contraindicated for some populations and conditions. It is important to consider individual patient factors and consult with a licensed professional before implementing these techniques in clinical practice.

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.

The Orthopedic Specialty Hospital
Murray, UT
March 10-11, 2018
Menorah Park
Beachwood, OH
May 19-20, 2018
Broward Health Medical Center
Fort Lauderdale, FL
September 15-16, 2018

Host: St. John’s Lutheran
Ministries
Location: Eills Center
Billings, MT
October 13-14, 2018
Host: Seton Healthcare Family
Location: Seton Medical Center
Austin, TX
November 3-4, 2018

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." Ralphi, NC
"This was an excellent course! Great instructor with wonderful knowledge and skills. Dr. Gose raises the bar for quality workshops. Thanks." Spokane, WA
"One of the best courses I have ever attended. Great information, no fluff. Excellent presenter. Very pleased." Palm Springs, CA
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Quote from Dr. Carole Lewis
* Dr. James Gose is one of the best instructors I have ever seen. I was 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 look forward to more new information that I can already use clinically and learning the techniques.
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Manual Therapy for the Geriatric Patient
Maitland, Mulligan and McKenzie Techniques for the Older Patient

2018
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Salt Lake City, UT Area
March 10-11

Beachwood, OH
Chagrin Falls (Area)
May 19-20

Fort Lauderdale, FL
September 15-16

Billings, MT
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Austin, TX
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James Gose
PT, DPT, OCS, Cert. MDT, COMT, CMP

This 26 contact hour seminar provides instruction in the practical rationale and application of manual therapy techniques. Techniques presented include: evaluation, diagnosis, selection, and instruction for each technique so the participant can easily begin using them upon returning to the clinic. A detailed textbook with photographs, diagnostic and treatment techniques, indications/applicability, and contraindications is included in the seminar resource kit. In addition, you will receive a comprehensive manual therapy resource packet and kit to use in your clinical practice.

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Faculty
James Gose, PT, DPT, OCS, Cert. MDT, COMT, CMP has been a licensed physical therapist for 30 years. He holds a doctorate of physical therapy and is a board certified clinical specialist in orthopedics. Dr. Gose has the rare distinction of being 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. He has written and instructed many orthopedic seminars over the past fifteen years and is an adjunct professor at the University of Tennessee’s Program in Physical Therapy in Chattanooga. Tennessee. James currently directs an outpatient clinic in Chattanooga, Tennessee and teaches manual therapy seminars nationally to therapists all over the country. He was recently awarded Tennessee’s Clinical Instructor of the Year and continues to act as a instructor and mentor for physical therapy students. He is a dedicated advocate for evidence-based practice, providing strong evidence support in his patient care and 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 overlook 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 to assist in the clinical application of manual therapy techniques on the older patient by providing the indication of each technique as they relate to symptoms and diagnoses. This is the perfect course to attend if you see geriatric orthopedic patients or have ever been curious about these three manual therapy approaches.

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Dr. Carole Lewis PT, DPT, OCS, GTU/ST, MSH, IND, ENG, PEG, PFTA

“Dr. Gose is a very informative and engaging speaker. It is apparent that he has a true passion for his work and it shows in his class.”
Palm Springs, CA

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

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

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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, Maitland, and the Mexican 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 Diagnoses
3:00PM Break
3:15PM Manual Therapy Techniques for the Lumbar Spine and Pelvis 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 Acute Manual 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 Break
3:45PM Manual Therapy Techniques for the Shoulder, Elbow, Wrist and Hand (Lab)
5:45PM Review, Practice, Questions/Answers for Extremity Techniques
6:15PM Conclusions for Manual Therapy for the Older Patient
6:30PM Adjourn