



GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training

2639 Revere Drive  
Akron, Ohio 44333-2311

*Join us for an intensive, fun 2 day  
tune-up that will strengthen your  
outcomes and change the way you  
perform Ther Ex on Monday morning!*

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# Put Some MUSCLE Into Ther Ex



**20 CONTACT HOURS**

- Extensive Handout
- Function Driven Ideas
- Hands On Lab



**Dr. Wendy K. Anemaet**  
PT, PhD, GCS, CWS, GTC, COS-C, CWT

**2018**

**Maplewood, MN**  
(St. Paul, MN Area)

**May 19-20**

**West Orange, NJ**

**September 15-16**



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## Faculty

WENDY K. ANEMAET, PT, PhD, GCS, CWS, GTC, COS-C, CWT received her PhD in Aging Studies from the University of South Florida and her Master's degree in physical therapy from the University of Southern California. She has worked in a variety of settings and is also an assistant Professor at Regis University.

Wendy K. Anemaet is a geriatric specialist, certified weight trainer with extensive experience in resistance training program development, implementation, and modification. She is also certified for utilization review in Florida and lectures nationally on the topic of resistance training and geriatric rehabilitation. She has served as an issue editor for *Topics in Geriatric Rehabilitation* and as a monthly columnist for *ADVANCE for Physical Therapists*. She has authored several books including a practice-oriented text titled *The User Friendly Home Care Handbook* and the portable *Home Rehabilitation: Guide to Clinical Practice*. Combining her advanced theoretical knowledge base with practical field experience, she provides participants with optimal learning experiences.

## Description

Resistance training is an integral component of therapeutic exercise. *Put Some Muscle Into Ther Ex* provides therapists with clinically challenging information on this often under utilized intervention for the geriatric population. Through dynamic lectures, audiovisuals, demonstrations, case applications, and a comprehensive handout, participants gain an updated understanding of the theory underlying resistance exercise, design and progression of training programs, and special considerations for resistance training in older patients. Interactive sessions offer the opportunity to learn and practice specific evaluation techniques including hand-held dynamometry and 1 RM strength testing for immediate implementation in the practice setting. Forums on specific resistance exercises allow therapists to perform, share and take home practical exercises for training the upper extremity, lower extremity, and trunk with a range of resistive exercise equipment. A synthesis of the precautions, contraindications, and program components provides participants with specific research based protocols for a myriad of diagnoses and functional limitations. *Put Some Muscle Into Ther Ex* provides a one-step update on resistance training that will jump start your patient outcomes.

## 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:** Fairview Rehabilitation Services

**Location:** St. John's Hospital  
Maplewood, MN

**May 19-20, 2018**

Kessler Institute for Rehabilitation  
West Orange Campus  
West Orange, NJ

**September 15-16, 2018**

## Objectives

**Upon completion of this seminar, participants will be able to:**

- Identify common myths about geriatric resistance training
- List at least five benefits of resistance exercise for the older population
- Describe correct terminology for muscle physiology and the age-related changes impacting muscle function
- Be familiar with muscle assessment via the use of manual muscle testing, one repetition maximum, functional tests, and other objective measures
- Design, implement, evaluate, and modify effective resistance exercise programs to increase strength, power and muscle endurance confidently for the older population
- Determine when and how to advance resistance exercise programs
- Share creative resistance exercises for the upper extremity, lower extremity, and trunk
- Adapt evidence-based Ther Ex programs that utilize resistance training for patients with a variety of diagnoses and functional limitations

## A&T Rehabilitation Books

### The User Friendly Home Care Handbook

Provides home care therapists with the necessary information and tools to function effectively and efficiently in the home. It's user friendly format allows quick access to relevant materials such as home assessments, DME resource lists and functional tools. In addition, it includes patient education materials for a variety of topics ranging from precautions and DME education to tip sheets for various disorders and home exercises. Available at the course for \$99 or add \$10 shipping and handling.

### DME Tool Kit

Stumped on just how you're supposed to educate patients in the use, care, maintenance and transport of DME like JCAHO requests? This reproducible book contains 2-sided instruction sheets for commonly-used DME. So you can teach, train and satisfy JCAHO in one easy step!

### Tip Sheets

Looking for education materials about diseases, disorders, and diagnoses seen commonly in rehabilitation? This reproducible book contains 2-sided education tip sheets on musculoskeletal, neurological, and general conditions for patient use.

### Handy Handouts

Need a resource that provides a variety of patient handouts about specific precautions, compensatory techniques, and instructions used frequently in rehabilitation? From gait precautions and laminectomy precautions to energy conservation and scar massage, these handouts make patient teaching a breeze!

## Pads with Pizzazz

This collection of rehabilitation 50 page pads streamlines your work!

**The Schedule Pad** - Give yourself a break with patient scheduling and at tax time with this organizational tool. \$5.00

**The TKR Report Card** - Patients love this double sided motivational tool with real life drawings demonstrating range of motion gains and other important milestones. \$10.00

**The Standard Walker Instruction Sheet** - Look no further for an easy way to satisfy JCAHO when it comes to DME patient instruction. This double sided pad does it all. \$10.00

**The One Repetition Maximum Pad** - You know it is the best way to strengthen patients, but you hate the math. This pad does it for you and keeps track of exercises and patient progress. Give it a try. \$5.00

**The SAFE AT HOME** - Home assessments are a breeze with this comprehensive double-sided home evaluation form. Check box format makes it quick and allows ample room for narrative comment. \$10.00

For purchase of books and pads by mail, send check or money order to:  
**A&T Rehabilitation Solutions, 2850 Bullard Drive, Clearwater, FL 33762**

## Feedback from Past Course Participants

"Thank you so much for such a great class! This course was exactly what I have been looking for for years. An objective and evidence based way to prescribe and measure strength that is usable in a small outpatient clinic."

# Program Outline

## DAY 1

- 7:30AM **Registration and Continental Breakfast**
- 8:00AM **Introduction**  
**The Role of Mother Nature and Father Time**  
 Current concepts in muscle physiology
- 10:30AM **Break**
- 10:45AM **Taking Stock: Muscle Strength, Power, and Endurance**  
 Age-related changes impacting muscle performance
- What muscle function do you lose over time and why? Find out here!
  - Measuring Up: Evaluating muscle performance
  - Did you know MMT is not very reliable? Come learn why and what to do about it.
  - Target Practice: Function oriented goals for muscle performance
  - Ever set a goal to increase muscle power? You will on Monday!
- 12:30PM **Lunch** (Working Lunch (on your own) - Case Studies/Group Discussion)
- 1:30PM **Taking Stock: Muscle Power**  
**Taking Stock: Muscle Endurance**  
**Getting Beyond "Take 10 Quad Sets and Call Me in the Morning."**  
 Resistance Exercise Prescriptions  
 ACSM Principles, Parameters, and Modes
- How long of a piece of yellow resistance band do you use for weak internal rotators? Did you know there's only one answer?
- 3:45PM **Break**
- 4:00PM **Getting Beyond "Take 10 Quad Sets and Call Me in the Morning."** (cont'd)
- 6:00PM **Questions and Answers**
- 6:30PM **Adjourn**

## DAY 2

- 7:00AM **Continental Breakfast**
- 7:30AM **Change is Good: Advancing the Resistance Training Program**  
 Putting ACSM guidelines to work in practice
- How do you put muscle into Ther Ex? Follow our plan.
- What's Up?! Creative Resistance Exercises**  
 Diverse exercises for improving upper extremity, lower extremity, and trunk muscle performance
- Wonder what muscles need to get strong to improve bed rise? We cover that!
- 10:30AM **Break**
- 10:45AM **Get in Gear: Diagnosis Driven Resistance Training**  
 Considerations and research based practices for resistance training for a variety of medical diagnoses
- Have you avoided resistance training with CVA patients because it may worsen tone? Learn the truth about this and other protocols for rehabilitation.
- 12:30PM **Lunch** (Working Lunch (on your own) - Case Studies/Group Discussion)
- 1:30PM **Get in Gear: Function Driven Resistance Training**  
 Considerations and research based practice for resistance training for specific functional limitations and therapy diagnoses
- Is poor leg power and strength keeping your patient in the chair? Train them to stand up fast with our plan!
- 3:45PM **Break**
- 4:00PM **Get in Gear: Function Driven Resistance Training** (cont'd)
- 5:30PM **Questions, Answers and Conclusions**
- 6:00PM **Adjourn**

# 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. **Functional Toolbox I and II special: \$159.00**

## 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 1RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression

## 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

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. \_\_\_\_\_

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## 2018 Registration - Put Some Muscle Into Ther Ex

**YES! Please register me for:**  Maplewood, MN - May 19-20  West Orange, NJ - 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

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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.

**Maplewood, MN** - \$495. If postmarked before 4/25/18  
**West Orange, NJ** - \$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:  
**Maplewood, MN** - March 21, 2018  
**West Orange, NJ** - 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 for PTs and PTAs in ID, AR, CA, MN, NM, PA, UT, NJ and MD for 20 Clinical Contact Hours. Have applied for approval in OK. Our courses also meet the guidelines for approval in AL, IN, WI, WY, VA, AZ, DE, GA, NH, OR, RI, UT and MO. Courses are accepted for CEUs 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. 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

**WEBSITE** Online Registration at:  
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**CALL** Monday-Thursday 10-5 EST, Friday 10-1 EST  
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**MAIL** your registration form with payment to  
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**330-865-6941**, 24 hours a day.

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