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GREAT SEMINARS & BOOKS  
Geriatric rehabilitation, education and training

2639 Revere Drive  
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# Manual Therapy for the Geriatric Patient

*Maitland, Mulligan and McKenzie  
Techniques for the Older Patient*



**Dr. James Gose**  
PT, DPT, OCS, Cert.  
MDT, COMT, CMP

**2019**

**Birmingham, AL**  
**February 23-24**

**Lawrenceville, NJ**  
**August 10-11**

**Savannah, GA**  
**October 12-13**

**Dubuque, IA**  
**November 9-10**

This **20 contact hour** seminar provides:

- Instruction in the practical rationale and application of **manual therapy techniques**.
- Techniques appropriate for every setting where geriatric patients are treated such as skilled nursing facilities, home health, and outpatient clinics.
- A **detailed handout** with pictures, indications, and **instruction for each technique** so the participant can easily begin using them upon returning to the clinic.

 **GSB**  
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Geriatric rehabilitation, education and training

## Faculty

Dr. 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 an 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 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 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.

***Please bring an exercise mat and pillow for padding tables and long gait belt or mobilization belt for practicing techniques.***

## 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:** Brookwood Baptist Medical Center

**Location:** Brookwood Baptist Health Women's Classroom 1st Floor Birmingham, AL

**February 23-24, 2019**

St. Lawrence Rehabilitation Center Lawrenceville, NJ

**August 10-11, 2019**

**Host:** St. Joseph's / Candler Health System

**Location:** Candler Hospital Savannah, GA

**October 12-13, 2019**

Mercy Medical Center 250 Mercy Drive Dubuque, IA 52001

**November 9-10, 2019**

## 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." Raleigh, NC*

*"This was a excellent course! Great instructor with wonderful knowledge and skills. Dr. Gose raises the bar for quality workshops-thank you." Spokane, WA*

*"One of the best courses I have ever attended. Great information, no fluff. Excellent presenter. Very pleased." Palm Springs, CA*

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

*"James Gose was a fantastic instructor! Wonderful seminar! I will be immediately putting these techniques to good use!" Bristol, TN*

*"Great course. Awesome instructor. Lots of treatment techniques I can put to use right away." Palm Springs, CA*

*"Excellent speaker with great demonstrations...would highly recommend James Gose to my peers" Bristol, TN*

*"Great course. Really helpful information explained in a way that is easy to understand...takes away the intimidation factor from manual therapy." Memphis, TN*

## Quote from Dr. Carole Lewis

*"Dr. James Gose is one of the best instructors I have ever seen. I am 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 took away so much new information that I am already using clinically and loving the results."*

*- Dr. Carole Lewis PT, DPT, GCS, GTC, CCOEE, MPA, MSG, PhD, FSOAE, FAPTA*

# 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 Mulligan 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 Pelvic 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 Headache 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

# 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 . . . . . \$80

Lewis, 670 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.

### 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.

### 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.

### 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.

### 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.

### Pocket Card - Borg Card . . . . . \$6

This card is laminated so you can take it with you to monitor progress and document your patient's rehabilitation programs easily.

### Pocket Card 1 Repetition Maximum . . . . . \$6

This valuable tool has 1 RM 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

20 page patient home exercise books. Can be bought in bulk.

### Self Balance Hints for Older Persons Booklet . . . . \$6

20 page patient home exercise books. Can be bought in bulk.

### 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.

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# 2019 Registration - Manual Therapy for the Geriatric Patient

**YES! Please register me for**

Birmingham, AL - February 23-24

Lawrenceville, NJ - August 10-11

Savannah, GA - October 12-13

Dubuque, IA - November 9-10

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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.

- Birmingham, AL** - \$595. If postmarked before 1/30/19
- Lawrenceville, NJ** - \$595. If postmarked before 7/17/19
- Savannah, GA** - \$595. If postmarked before 9/18/19
- Dubuque, IA** - \$595. If postmarked before 10/16/19

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

**Early Bird:** \$545 - If completed registration and payment are **received** by

- Birmingham, AL** - January 16, 2019
- Lawrenceville, NJ** - June 26, 2019
- Savannah, GA** - August 28, 2019
- Dubuque, IA** - September 25, 2019

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**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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## 5 Easy Ways to Register

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

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