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.

Participant Comments

"Very applicable techniques...useful in any rehab setting." - Bradcliff, NC

"This was an excellent course! Great instructor with wonderful knowledge and skills. Dr. Gose raises the bar for quality workshops-thank you." - Spokand, 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 seminars! 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 demonstration...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 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 took away so much new information that I am already using clinically and loving the results." - Dr. Carole Lewis PT, DPT, OCS, OCS%CEOE, MPA, MSG, PhD, FSOAE, FAPTA
Facult
Dr. James Gose, PT, DPT, OCS, Cert. MDFT, CMT, 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 a 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 chairs. This is the perfect course to relate to symptoms and diagnoses. This is the perfect course to apply manual therapy techniques on the older population. 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.

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.

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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

"Extremely applicable techniques… useful in any rehab setting." - Raleigh, NC
"This was an excellent course! Great instructor with wonderful knowledge and skills. Dr. Gose raises the bar for quality workshops, thank you." - Spokandy, WA
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- Dr. Carole Lewis, PT, DPT, OCS, OCS, COMT, CMDT, CMT, MSG, PhD, FACSM, FAPTA

October 12-13, 2019
Savannah, GA
October 12-13
Dubuque, IA
November 9-10

Manual Therapy for the Geriatric Patient

Maitland, Mulligan and McKenzie Techniques for the Older Patient

2019

Birmingham, AL
February 23-24
Lawrenceville, NJ
August 10-11
Savannah, GA
October 12-13
Dubuque, IA
November 9-10

Faculty

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Registration


Note: This course is suitable for the intermediate level.

Fee: The registration fee includes all course sessions, breaks, continental breakfasts, and course handouts.
- Blowingham, AL: $595. If postmarked before 1/30/19
- Lawrenceville, NJ: $595 If postmarked before 7/17/19
- Savannah, GA: $595 If postmarked before 9/18/18
- Dubuque, IA: $595 If postmarked before 9/29/18

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

Early Bird: $545 - completed registration and payment are received by Blowingham, AL, January 10, 2019.

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)
- 1:00PM Evaluations 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 Thoracic 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 Case Studies, Group Discussion
- 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)
- 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 of Questions/Answers for Extremity Techniques
- 6:15PM Conclusions for Manual Therapy for the Older Patient
- 6:30PM Adjourn

**preceding text is not part of the output**

**Difference Between Clinical Measures and Clinical Outcomes:**

Clinical Measures of Functional Outcomes

- Pain
- Function
- Balance
- Mobility
- Activities of Daily Living
- Quality of Life

Clinical Outcomes include measures of the patient's improvement in the above areas as a result of receiving care. Clinical outcomes are typically measured using standardized tools such as scales, questionnaires, and rating systems.

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**The Functional Toolbook II - Clinical Outcomes**

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**Pilates Bed Mobility**

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