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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!*

# Put Some MUSCLE Into Ther Ex



**GET 20 CONTACT HOURS IN 1 WEEKEND AT A GREAT PRICE!**

**2019**

**Shreveport, LA**  
March 9-10

**Charleston, SC**  
April 6-7

**Altoona, PA**  
October 12-13

**Bakersfield, CA**  
November 9-10

- 20 CONTACT HOURS
- Extensive Handout
- Function Driven Ideas
- Hands On Lab



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



## 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.

Ochsner LSU Health Shreveport  
Shreveport, LA

**March 9-10, 2019**

MUSC Medical Center  
Charleston, SC

**April 6-7, 2019**

**Host:** UPMC Centers for  
Rehab Services

**Location:** UPMC Altoona  
Magee Lecture Hall  
620 Howard Avenue  
Altoona, PA 16601

**October 12-13, 2019**

Around the Clock Home Care  
Bakersfield, CA

**November 9-10, 2019**

## 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."



## 2019 Registration - Put Some Muscle Into Ther Ex

**YES! Please register me for**  Shreveport, LA - March 9-10  Charleston, SC - April 6-7  Altoona, PA - October 12-13  
 Bakersfield, CA - November 9-10  PT • PTA • OT • COTA • Other \_\_\_\_\_

Name \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Address \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_  
 Organization \_\_\_\_\_ Email \_\_\_\_\_  
 Registration Fee: \$545.00 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 \_\_\_\_\_



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Please detach and return with your check.

Compared to other onsite courses, **GREAT Seminars courses are the best value in the business.** Most live courses are 6 hours and cost \$229-\$295 which would be \$40-\$50 per credit. A 20-hour course like this would cost \$800-\$1000! **Get 20 Contact Hours for \$545 NOT \$1000!** Plus if you register early - \$495! **TAKE ADVANTAGE OF THESE GREAT PRICES!**

## 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.

**FEES:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

- Shreveport, LA** - \$545. If postmarked before 2/13/19
- Charleston, SC** - \$545. If postmarked before 3/13/19
- Altoona, PA** - \$545. If postmarked before 9/18/19
- Bakersfield, CA** - \$545. If postmarked before 10/16/19

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

**EARLY BIRD:** \$495 - If completed registration and payment are **received** by:  
**Shreveport, LA** - January 23, 2019  
**Charleston, SC** - March 6, 2019  
**Altoona, PA** - August 28, 2019  
**Bakersfield, CA** - September 25, 2019

**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. Additional discount codes may not be used with the certificate discount program.**

**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 OK, AR, CA, SC, UT, NJ, MS, LA and MD for 20 Clinical Contact Hours. Our courses also meet the guidelines for approval in PA, 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 or Board of Certification (BOC). 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:  
[www.greatseminarsandbooks.com](http://www.greatseminarsandbooks.com)

**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](mailto:greatseminars@aol.com)

**CALL** Monday-Thursdays 10-5 EST, Friday 10-1 EST  
 Toll Free 877-79-GREAT (877-794-7328)

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 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrant upon completion of the seminar.