

# Manual Therapy for the Older Adult

*Maitland, Mulligan and McKenzie Techniques*



*“where therapists learn and excel  
in the care of the ever-increasing  
older adult population”*



**2020**

**Charlotte, NC  
April 25-26**

**Roseburg, OR  
October 24-25**

**Kansas City, MO  
November 7-8**

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.

# 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.

# 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

## 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.

## LOCATIONS

*Additional course information will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the start of the course.*

**Novant Health Matthews Medical Center**  
1450 Matthews Township Parkway - Suite 150  
Matthews, NC 28105  
**April 25-26, 2020**

**Catholic Health Initiatives**  
Mercy Medical Center  
2700 Stewart Parkway  
Roseburg, OR 97471  
**October 24-25, 2020**

**Host: Outpatient Rehabilitation**  
St. Joseph Medical Center  
**Location: St. Joseph Medical Ctr.**  
1000 Carondelet Drive  
Kansas City, MO 64114  
**November 7-8, 2020**



# 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.

Charlotte, NC - \$595. If postmarked before 4/1/20  
Roseburg, OR - \$595. If postmarked before 9/30/20  
Kansas City, MO - \$595. If postmarked before 10/14/20

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

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

Charlotte, NC - March 11, 2020  
Roseburg, OR - August 26, 2020  
Kansas City, MO - September 9, 2020

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**COLORADO PHYSICAL THERAPISTS:** This 20 contact hour seminar meets accepted standards for Category 1 continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the re-licensing process.

**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.

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## 2020 Registration - Manual Therapy for the Older Adult

**YES! Please register me for:**  Charlotte, NC - April 25-26  Roseburg, OR - October 24-25  Kansas City, MO - November 7-8

Dubuque, IA - November 9-10      Circle One: PT • PTA • OT • COTA • Other \_\_\_\_\_

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# Manual Therapy for the Older Adult

*Maitland, Mulligan and  
McKenzie Techniques*



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

**[\$595 Value]**

**Early Registration – \$545.00**

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# GREAT Courses *for* GREAT Outcomes

This 20 contact hour seminar provides:

-Instruction in the practical rationale and application of manual therapy techniques.

-Techniques appropriate for every setting where older 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.

## Here's what our course attendees say:

*"Very applicable techniques...useful in any rehab setting."*

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

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

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

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

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

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

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

*"Good idea to include three schools of thought."*

*"It was a joy to participate in this seminar"*

## 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, MPA, MSG, PhD, FSOAE, FAPTA*