

Orthopedic Examination and Intervention for the Older Adult



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



2020

Jacksonville, FL

Ascension St. Vincent's Southside
4201 Belfort Road, Jacksonville FL 32216

March 21-22

Dallas, TX

Host: Medical City Dallas Hospital Rehabilitation Services

Location: Medical City Dallas Hospital
7777 Forest Lane, Dallas, TX 75230

April 25-26, 2020

Royal Oak, MI

(Detroit, MI Area)

Beaumont Hospital, Royal Oak Admin Bldg
3711 W. Thirteen Mile Rd., Royal Oak, MI 48073

May 16-17

Altoona, PA

Host: UPMC Centers for Rehab Services

Location: Station Medical Center
1516 9th Avenue, Altoona, PA 16602

October 10-11

Learn new evidence-based examination and creative intervention techniques for a myriad of orthopedic problems of frail to robust older persons. Dr. Lewis' all new handout contains all of the seminar slides and thousands of references. This is the most comprehensive geriatric orthopedic course in the country.

Dr. Carole B. Lewis is a well known leader and innovator in the area of rehabilitation and optimal aging. She has served as the Editor-in Chief of an award winning international journal for over 30 years and has received top honors from the American Physical Therapy Association and The Gerontological Society. She has worked in home health, long-term care, acute hospitals, rehabilitation departments and outpatient clinics. In 1983, she started a private practice in Washington, D.C. and continues to work as a clinician. Dr. Lewis received two Master's degrees, Health Care Management and Gerontology, from the University of Southern California and a PhD in Health Education from the University of Maryland. She currently serves on the Medical Faculty at George Washington University as an adjunct professor in the Department of Geriatrics.

A prolific writer, Dr. Lewis has published in a variety of journals, including Journal of the American Physical Therapy Association, Clinical Management, Geriatrics, Geriatrics, and Senior Patient. She is also editor of the journal Topics in Geriatric Rehabilitation, which won the Association of American Publishers' Award for the Most Outstanding Issue in a Scientific Journal. In addition, Dr. Lewis has authored numerous textbooks on aging: Physical Therapy for the Older Adult Examination and Intervention: An Evidence Based Approach; Aging: The Health Care Challenge, now in its fourth edition; Geriatric Clinical Strategies; Geriatric Physical Therapy; Orthopedic Assessment and Treatment of the Geriatric Patient; The Geriatric Exercise Kit; The Functional Toolbox I & II; The Balance Book; Osteoporosis Exercise Book; Prevention and Wellness Toolbox; Orthopedic Outcome Toolbox; Health Promotion and Exercise for Older Adults; and Improving Mobility in Older Persons. She also co-authored a book for the lay public entitled Age-Defying Fitness published by Peachtree Publishers.

Her professional awards include the APTA's Lucy Blair Service Award, the Section on Geriatrics' Clinical Excellence Award and the Academy of Geriatric Physical Therapy's highest honor, the Joan Mills Award. She is an APTA Catherine Worthington Fellow and in 2016, she received the Mary McMillan Lecture Award from the APTA, their highest honor. In addition, in 2014 she received the Gerontological Society of America's Excellence in Rehabilitation of Aging Persons Award. Dr. Lewis has lectured in 49 states. Her international lectures include Australia, New Zealand, Japan, Finland, Canada, China, Turkey, Egypt and Israel.

Day 1

- 7:30 Registration and Continental Breakfast
- 8:00 What are the essential tests and measures for working with older adults and what are the keys to being an effective clinician? From quickly examining the most frequent chronic conditions: heart conditions, balance and visual impairment to implementing interventions to ameliorate these in our treatment programs, this talk will also emphasize areas and training to really connect with the older adult to achieve success.
- 9:30 Break
- 9:45 Learn the latest evidence-based examinations and interventions for the most common musculoskeletal issues as we age: Strength, Flexibility and Posture, as well as arthritis. Easy to administer exam tools and quick and effective manual and therapeutic exercise techniques will be demonstrated and practiced in this session. Practice Bautman's Evidence Based Protocol for Hyperkyphosis.
- 12:00 Working Lunch (on your own): Evidence Based Examination and Interventions for Foot Problems of the Older Person - what is in the literature for treating plantar fasciitis, Achilles tendon, posterior tibial tendonitis and a special section on good shoes. You can bring a bag lunch and listen to the interactive pre-recorded presentation or go out to lunch and review the slides on your own.
- 1:00 Examination and Interventions for Back Problems Commonly Seen in Older Persons - Lumbar Stenosis, Vertebral Compression Fracture, SI, Sprains/Strains
- 3:00 Break
- 3:15 Treating the Back (Lab) Innovative Exercises and Manual Techniques (Practice specific muscle energy techniques and comprehensive stabilization and SI protocols as well as Dr. Lewis' often cited evidence-based exercise protocol for lumbar stenosis.)
- 4:30 Neck Pain - Evidence based Examination and Interventions for Cervical Spondylosis, Fibromyalgia and Myofascial Pain - Learn and practice - Modified Travell and Myofascial techniques for older persons.
- 6:00 Conclusions, Questions and Answers
- 6:30 Adjourn

Day 2

- 7:30 Continental Breakfast
- 8:00 Help for Aging Hips - Evidence Based Examination and Interventions for Hip Fractures, Replacements and Osteoarthritis (Lab - become proficient in mobilization with movement and specific manual techniques for older persons)
- 10:15 Break
- 10:30 Total Knee Replacements and Osteoarthritis of the Knee - Using evidence and creativity to get results (Lab - Practice Deyo's Evidence Based manual and exercise protocol as well as a myriad of other techniques as well as Dr. Lewis' proven exercise protocol)
- 12:30 Working Lunch (on your own): Bring a bag lunch and listen and learn with interactive slides on Osteoporosis - Everything you need to know for Examination and Intervention or go out to lunch and review on your own
- 1:30 Aging Shoulder Problems - Is it Rotator Cuff or Bursitis? - Differential Examination and Interventions for Adhesive Capsulitis, Fractures, Rotator Cuff and Bursitis (Lab focuses on evidenced based myofascial and mobilization with movement techniques as well as Dr. Lewis' Adhesive Capsulitis protocol)
- 3:30 Break
- 3:45 Elbow, Wrist and Hand - Reaching for Results - Fractures, Carpal Tunnel Syndrome, RA, Dupuytren's Contracture (Lab - Perform and apply creative taping and mobilization with movement for the elbow wrist and hand)
- 6:00 Conclusion - Putting it all together and take-home message
- 6:30 Adjourn



COURSE DESCRIPTION

Older patients are a part of everyone's case load and to get the best results with this population, therapists need new evidence-based intervention approaches. Geriatric Orthopedics is a progressive hands-on course with emphasis on clinical skills to provide participants with the most up to date intervention techniques addressing orthopedically related age changes and pathology affecting older persons. The current evidence regarding orthopedic problems will be presented, followed by laboratory sessions with hands-on instruction in examination and intervention techniques. Specific examination tools for common orthopedic problems affecting older adults will be demonstrated and practiced. Intervention strategies and progressions will be presented, and hands-on sessions will help familiarize therapists with proper implementation of intervention techniques and approach including advanced modified joint mobilizations stretching and therapeutic exercise techniques specific for older persons. Case studies will be presented and reviewed to facilitate effective intervention planning. Examination forms, musculoskeletal norms, and outcomes measures for every joint will be discussed to illustrate the importance of this aspect of patient care regarding reimbursement for services.

Upon completion, participants will be familiar with the body of evidence for geriatric orthopedic rehabilitation and, feel comfortable with an advanced manual examination, and make precise intervention decisions with minimal risk to patients. Participants will be able to reinforce clinical intervention with exercise programs based on best evidence and targeted to relevant impairments identified through the manual examination. All techniques presented have been selected from high quality published research, some of which the presenter has contributed to, and continues to use in her current clinical research and practice. The extensive handout, which is over 300 pages with 5,000 current medical references, will provide detailed examination forms, outcome measures, suggested protocols, sample home exercises and progressions. The material presented provides a thorough approach to therapeutic strategies and goals, thereby preparing therapists to design and implement highly skilled rehabilitation programs for older persons in any intervention setting.

This course is an updated version of Dr. Lewis' *Clinical Geriatric Orthopedics* course.

OBJECTIVES

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

1. Perform specific intervention techniques for dysfunctions of the neck, back, shoulders, elbows, wrists, hands, hips, knees, and feet of older persons including therapeutic exercises, therapeutic activities, mobilization and numerous evidence-based protocols.
2. Select evidence-based interventions and outcome measures for a comprehensive rehabilitation approach for a myriad of orthopedic problems affecting older persons.
3. Discuss intervention modifications to existing rehabilitation and note simple ways to incorporate manual techniques learned and practiced in the course into programs for a specific orthopedic problem.
4. Comprehensively exam orthopedic dysfunctions in the neck, back, shoulders, elbows, wrists, hands, hips, knees, and feet of older persons.
5. Design individualized rehabilitation programs for specific orthopedic problems such as rotator cuff tears, osteoarthritis, total hip and knee procedures, fractures, osteoporosis, lumbar stenosis and other pathologies seen in older patients.
6. Create the optimum environment for working with older persons.
7. Demonstrate competence in over 10 different manual techniques for use with older persons.
8. Compile and explain how to use over 20 different specific orthopedic functional outcome tools.
9. Compare, contrast and use innovative therapeutic exercises for numerous orthopedic conditions based on the latest evidence.
10. Dissect and develop intervention protocols for common orthopedic diagnoses.
11. Use the immense handout in daily practice as a user-friendly reference for norms, evidence-based tests and evidence based intervention techniques.

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.

Jacksonville, FL - \$595. If postmarked before 2-26-20
Dallas, TX - \$595. If postmarked before 4-1-20
Royal Oak, MI - \$595. If postmarked before 4-22-20
Altoona, PA - \$595. If postmarked before 9-16-20

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

EARLY BIRD: \$545 - If completed registration and payment are received by:

Jacksonville, FL - January 29, 2020
Dallas, TX - March 11, 2020
Royal Oak, MI - March 25, 2020
Altoona, PA - August 12, 2020

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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.

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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 GA and MI for 20 Clinical Contact Hours. Have applied for approval in OK and OH. This course is approved

by the Florida PT Association for 24 continuing education hours. This 20 contact hour course meets the guidelines of the Alabama Board of Physical Therapy for an acceptable continuing education activity. Our courses also meet the guidelines for approval in PA, AL, GA, MI, IN, WY, VA, AZ, DE, NH, OR, RI, WI, and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, IA, and ND. 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. 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

MAIL your registration form with payment to:
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2639 Revere Drive, Akron, Ohio 44333-2311

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

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YES! Please register me for: Jacksonville, FL - March 21-22 Dallas, TX - April 25-26 Royal Oak, MI - May 16-17 Altoona, PA - October 10-11

Circle One: PT • PTA • OT • COTA • Other _____

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Orthopedic Examination and Intervention for the Older Adult



Dr. Carole B. Lewis

PT, DPT, GTC, GCS, CCOEE, MSG,
MPA, PhD, FSOAE, FAPTA

[\$595 Value]

Early Registration – \$545.00

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GREAT Courses *for* GREAT Outcomes

This is the only live course that distills the latest orthopedic information and complicated research into usable clinical interventions. This 20 hour course is equivalent to reading thousands of current studies while focusing on the usable clinical information.

Dr. Lewis is a master at this!

Here's what our course attendees say:

"You gave me practical techniques and treatment approaches vs. so many courses lately that just rehash the problems but give nothing to take back to the clinic to improve my skills."

"Dr. Lewis is exceptional... I learned so much from this course. Every therapist in Geriatrics should take this course!"

"This is an excellent course and I had a great time!"

"We are in a crossroads of our profession. If we don't get GREAT outcomes, we will have a hard time surviving. This course, focusing on older adults, will help every clinician achieve those goals. We need to take courses like these so we know we are doing the most effective interventions for our ever growing older adult population."

"This is a course that all therapists working with geriatric patients should be required to take."

"Dr. Lewis is awesome and has a wealth of knowledge."

"Thank you for making me a better physical therapist. "

"I look forward to getting to the clinic and putting all this new information into practice."

"Excellent course. Well paced, very useful material!"



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