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2639 Revere Drive
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INTENSIVE ORTHOPEDICS



Dr. Paul Frizelle
PT, DPT, MS, OCS, MTC,
CSCS, PES, CES

2018

BALTIMORE, MD
February 10-11

SYRACUSE, NY
April 21-22

SPRINGFIELD, IL
June 23-24

TOMS RIVER, NJ
July 21-22

DURHAM, NC
November 3-4

This **20 contact hour**
presentation includes:

- Effective management of the post-surgical geriatric patient
- Evidence based exercise interventions
- Evidence based references
- Manual therapy techniques
- Elastic taping techniques for function, edema and pain management

Description

Orthopedics is a branch of rehabilitation that covers an incredible array of diagnosis. From acute to chronic injuries and post-surgical management, today's rehab professional needs to be able to understand the broad range of patients they will see in their professional setting. This course is designed to provide the relevant clinical skills to enable the practitioner to effectively manage the orthopedic rehabilitation patient in a range of clinical settings. This course will increase your clinical knowledge and skills to effectively treat your orthopedic patients. The course instructor has extensive academic and clinical training in orthopedic manual therapy, and has instructed courses in orthopedics nationally. His ability as an instructor to make complex concepts accessible has received positive accolades from course attendees nationwide. You will leave this course with new tools for patient management that you will be able to implement immediately.

Faculty

Dr. Paul Frizelle PT DPT, MS, OCS, MTC, CSCS, PES, CES received his Bachelors of Science in Sports Management from the University of Tampa, Master's Degree in Human Movement from AT Still University, and his doctorate from the University of St. Augustine. His training in orthopedic physical therapy is extensive and includes completing his orthopedic manual therapy residency. Dr. Frizelle has focused his area of practice in orthopedics for national and regionally based outpatient physical therapy companies as well as the rehabilitation hospital setting. He is an adjunct faculty member for AT Still University in their master's degree Kinesiology program. He has instructed courses including Functional Anatomy, Human Movement Dysfunction, and Post Rehabilitation Exercise. Dr. Frizelle is a nationally recognized speaker in orthopedics and has instructed courses in joint arthroplasty, management of the lumbopelvic hip complex, and evaluation and treatment of the lower extremity. His professional interests include exercise programming in the orthopedic management process, and the application of manual therapy in orthopedic rehabilitation.

Objectives

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

- 1) Explain current theories on pain along with review of current evidence on pain management in the post-surgical geriatric patient
- 2) Discuss the evidence for the utilization of exercise, manual therapy, and elastic taping in the post-surgical geriatric patient
- 3) Recognize the physiological effects of the lumbar stenosis and learn evidence based tools to manage these patients
- 4) Explain laminectomy and fusion surgeries, and learn how to utilize exercise, manual therapy and elastic taping to manage the post-surgical patient
- 5) Describe the pathophysiology of hip osteoarthritis along and develop an evidence based approach to patient management
- 6) Describe the primary differences in hip arthroplasty approaches and apply evidence based exercise interventions and manual therapy techniques for managing the post-surgical patient
- 7) Differentiate the types of pelvic fractures and understand risk factors for this injury
- 8) Describe the pathophysiology of knee osteoarthritis and develop an evidence based age appropriate exercise program
- 9) Recognize the differences in total and uni-compartmental knee arthroplasty and how to utilize exercise, manual therapy, and elastic taping techniques in a problem-solving approach
- 10) Describe the differences between total shoulder arthroplasty and reverse total shoulder arthroplasty and implement age appropriate exercise, manual therapy, and elastic taping 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.

Levindale Hebrew Geriatric Center and Hospital
Baltimore, MD
February 10-11, 2018

Host: Community Medical Center
Rehabilitation Services
Location: Community Medical Center
Toms River, NJ
July 21-22, 2018

Host: Crouse Hospital
Location: Marley Education Center
Syracuse, NY
April 21-22, 2018

Duke Regional Hospital
Durham, NC
November 3-4, 2018

Host: HSHS St. John's Hospital
Rehabilitation Department
Location: Dove Conference Center at Prairie Heart Institute
Springfield, IL
June 23-24, 2018

Program Outline

Day 1

- 7:30 - 8:00 Registration and Continental Breakfast
- 8:00 - 9:30 **What is Orthopedic Manual Physical Therapy**
 - Be a Clinician not a Technician, problem solving in Orthopedics
 - Understanding pain and soft tissue healing in Orthopedics
 - Exercise in the orthopedic patient management process
 - Manual Therapy in Orthopedics
 - Theoretical mechanisms of elastic taping and review of current evidence
- 9:30 - 9:45 Break
- 9:45 - 11:00 **Spine Anatomy Overview, Pathology/Review of current evidence**
 - Stenosis, Fusion, Laminectomy, understanding the spine
- 11:00 - 12:15 **Spine manual therapy, exercise and taping techniques**
- 12:15 - 1:15 Working lunch
- 1:15 - 3:30 **Review of hip anatomy, Pathology/Review of current evidence**
 - Hip Osteoarthritis, Pelvic Fractures, Hip Arthroplasty, Hip Resurfacing
- 3:30 - 3:45 Break
- 3:45 - 5:15 **Hip Manual Therapy/Exercise Lab**
- 5:15 - 6:30 **Case Study/Discussion**
- 6:15 - 6:30 **Questions / Adjourn**

Day 2

- 7:30 - 8:00 Continental Breakfast
- 8:00 - 8:45 Review of Day 1
- 8:45 - 10:30 **Knee Anatomy Review, Pathology Discussion/Current Evidence, Knee Osteoarthritis, Total and Uni-Compartmental Knee Arthroplasty**
- 10:30 - 10:45 Break
- 10:45 - 12:15 **Knee Manual Therapy/Exercise/Taping Lab**
- 12:15 - 1:15 Working lunch
- 1:15 - 3:00 **Review of Shoulder Anatomy, Pathology/Current Evidence - Glenohumeral Osteoarthritis, Distal Radioulnar Joint Fracture, Post-Surgical Rotator Cuff, Total Shoulder Arthroplasty, Reverse Total Shoulder Arthroplasty**
- 3:00 - 3:15 Break
- 3:15 - 5:00 **Shoulder Manual Therapy/Exercise/Taping Lab**
- 5:00 - 6:15 **Case Study/Group Discussion**
- 6:15 - 6:30 **Questions / Adjourn**

Great Books

Check the Website for Special Prices!

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 \$89**
Lewis, 450 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.
- 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.
- Documenting Quality Care **UPDATED** \$39**
Lewis. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.
- 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.
- 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.
- Orthopedic Outcomes Toolbox \$69**
Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.
- 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 1RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression
- Pocket Card 1 Repetition Maximum \$6**
This valuable tool has 1RM 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**
- Self Balance Hints for Older Persons Booklet \$6**
- 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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2018 INTENSIVE ORTHOPEDICS

YES! Please register me for:

- Baltimore, MD - February 10-11
 Syracuse, NY - April 21-22
 Springfield, IL - June 23-24
 Toms River, NJ - July 21-22
 Durham, NC - November 3-4
 PT • PTA • OT • COTA • Other

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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.

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

- Baltimore, MD - \$495. If postmarked before 1/17/18
- Syracuse, NY - \$495. If postmarked before 3/28/18
- Springfield, IL - \$495. If postmarked before 5/30/18
- Toms River, NJ - \$495. If postmarked before 6/27/18
- Durham, NC - \$495. If postmarked before 10/10/18

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

EARLY BIRD: \$470 - If completed registration and payment are received by:

- Baltimore, MD - December 13, 2017
- Syracuse, NY - February 21, 2018
- Springfield, IL - April 25, 2018
- Toms River, NJ - June 6, 2018
- Durham, NC - September 5, 2018

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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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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, NC and TX. Approved in MD, CA, NJ and PA for 20 Clinical Contact Hours. Have applied for approval in OK. Our courses also meet the guidelines for approval in IN, WI, WY, VA, AZ, DE, NH, OR, RI, UT and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, IA, and ND. 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. If you do not see your state listed, please give our office a call. 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

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

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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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