

# Intensive Orthopedics



**2020**

**Charleston, SC**

**April 25-26**

**Mullica Hill, NJ**

**August 15-16**

**Richmond, VA**

**October 10-11**

**Jackson, MS**

**November 7-8**

Orthopedics is a branch of rehabilitation that covers an incredible array of diagnoses. 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

# PROGRAM OUTLINE

## Day 1

- 7:30 Registration and Continental Breakfast
- 8:00 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 Break
- 9:45 Spine Anatomy Overview, Pathology/ Review of current evidence  
-Stenosis, Fusion, Laminectomy, understanding the spine
- 11:00 Spine manual therapy, exercise and taping techniques
- 12:15 Working lunch
- 1:15 Review of hip anatomy, Pathology/ Review of current evidence  
-Hip Osteoarthritis, Pelvic Fractures, Hip Arthroplasty, Hip Resurfacing
- 3:30 Break
- 3:45 Hip Manual Therapy/Exercise Lab
- 5:15 Case Study/Discussion
- 6:15 Questions
- 6:30 Adjourn

## Day 2

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



## 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.

**Host:** MUSC Medical Center  
Therapeutic Services  
**Location:** MUSC College of  
Health Professions -  
Room CHP-A-201  
151-A Rutledge Avenue  
Charleston, SC 29403  
**April 25-26, 2020**

**Inspira Medical Center**  
Mullica Hill  
700 Mullica Hill Road  
Mullica Hill, NJ 08062  
**August 15-16, 2020**

**HCA Henrico Doctors**  
Hospital - Forest  
1602 Skipwith Road  
Richmond, VA 23229  
**October 10-11, 2020**

**Mississippi Baptist Medical**  
Center - The Belhaven Medical  
Office Building  
1200 N. State Street  
Jackson, MS 39202  
**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.

Charleston, SC - \$545. If postmarked before 4/1/20  
Mullica Hill, NJ - \$545. If postmarked before 7/21/20  
Richmond, VA - \$545. If postmarked before 9/16/20  
Jackson, MS - \$545. If postmarked before 10/14/20

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

**EARLY BIRD:** \$495 - If completed registration and payment are received by:

Charleston, SC - March 11, 2020  
Mullica Hill, NJ - June 17, 2020  
Richmond, VA - August 12, 2020  
Jackson, MS - September 9, 2020

**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.

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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 and SC and for 20 Clinical Contact Hours. Have applied for approval in NJ. Our courses also meet the guidelines for approval in GA, PA, 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.

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## 2020 INTENSIVE ORTHOPEDICS

**YES! Please register me for:**

Charleston, SC - April 25-26     Mullica Hill, NJ - August 15-16     Richmond, VA - October 10-11  
 Jackson, MS - November 7-8    Circle One: PT • PTA • OT • COTA • Other \_\_\_\_\_

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# Intensive Orthopedics



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

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## Here's what our course attendees say:

*"Excellent Speaker."*

*"Good use of research and studies."*

*"Paul was amazing...friendly and informative."*

*"Five Stars."*

*"Very good presenter. I liked the two day course to maximize my time for CEUs."*

*"Paul is extremely knowledgeable, highly experienced, kind, witty, and clear."*

*"Paul was awesome...really liked all the hands-on lab time."*

*"This is the best course I've ever taken."*

*"Paul is a fantastic lecturer, and he utilizes current evidence to support all of his information."*



# GREAT Courses *for* GREAT Outcomes

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