



GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training

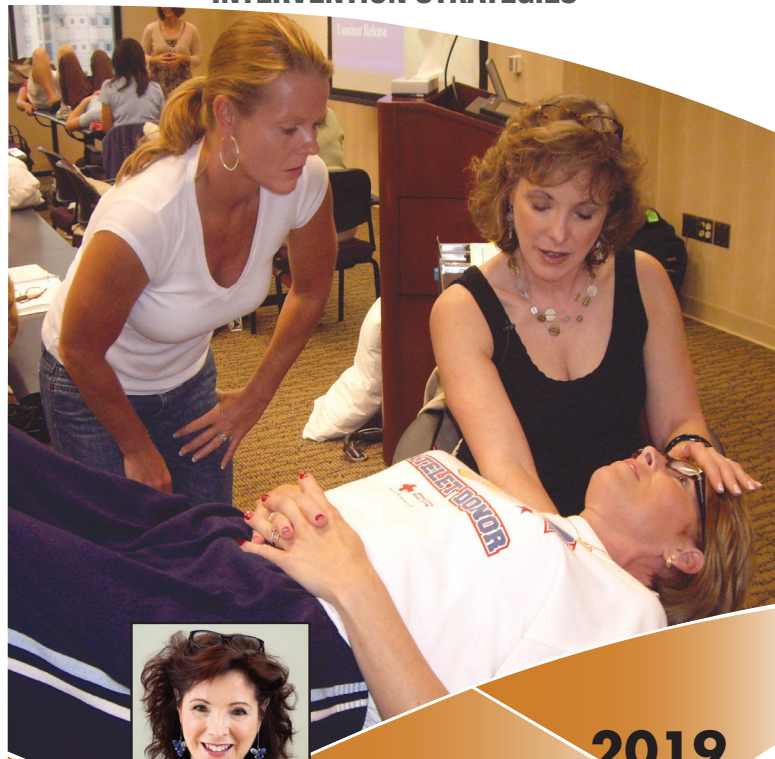
2639 Revere Drive  
Akron, Ohio 44333-2311

PRESORT  
STANDARD  
U.S. POSTAGE PAID  
AKRON, OH  
PERMIT NO. 752

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.

# CLINICAL GERIATRIC ORTHOPEDICS

EFFECTIVE EXAMINATION AND INTERVENTION STRATEGIES



**Dr. Carole B. Lewis** PT, DPT, GTC,  
GCS, MSG, MPA, PhD, FSOAE, FAPTA

## 20 Contact Hour Hands-On Course

with a great instructor to student ratio. Lots of *individualized attention* so you really learn the *manual techniques*.

**2019**

**Fremont, CA**  
(San Jose, CA Area)  
March 23-24

**Cherry Hill, NJ**  
April 6-7

**Atlanta, GA**  
May 4-5

**Richmond, VA**  
October 12-13

 **GSB**  
GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training

## Faculty

Dr. Lewis is well known as 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 a full 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; Aging: Health Care's Challenge: Interdisciplinary Assessment and Treatment of the Geriatric Patient, 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; the 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 over 48 states. Her international lectures include Australia, New Zealand, Japan, Finland, Canada, China, Turkey, Egypt and Israel.

## Description

The Silver Tsunami is here. 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 have 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.

## 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.

## Feedback From Past Course Participants

*"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!"*

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

*"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."*

**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.

**Washington West** (across from Washington Hospital)  
Fremont, CA (17 miles north of San Jose, off I-880)  
March 23-24, 2019

**Host:** FOX Rehabilitation  
**Location:** FOX Rehabilitation Edu Center  
Cherry Hill, NJ  
April 6-7, 2019

**Host:** Piedmont Atlanta Hospital  
Rehabilitation Services  
**Location:** Piedmont Atlanta Hospital,  
77 Building  
Atlanta, GA  
May 4-5, 2019

Parham Doctors' Hospital  
Medical Office Building III  
Richmond, VA  
October 12-13, 2019

# Program Outline

## DAY 1

7:30	Registration and Continental Breakfast
8:00	Developing the Optimal Mindset for Working with the Older Patient (Using statistics and concepts of aging to improve your outcomes. A special feature on deconditioning.)
9:30	Break
9:45	Musculoskeletal Changes of Age - Evidence Based Examination and Interventions for Flexibility, Strength, OA, RA objectively assessing posture of older persons and of ourselves, (Reading X-Rays & Posture Lab) Practice Bautmans's Evidence Based Protocol for Hyperkyphosis.
12:00	Working Lunch (on your own): Independent Study from Handout – 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.
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): Independent Study from Handout- Osteoporosis- Everything you need to know for Examination and Intervention
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



# Great Books

QTY TOTAL

<b>The Functional Toolbox: Clinical Measures of Functional Outcomes</b> . . . \$89		
<small>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.</small>		
<b>The Functional Toolbox II</b> . . . . . \$89		
<small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. <b>Functional Toolbox I and II special: \$159.00</b></small>		
<b>Geriatric Clinical Strategies</b> . . . . . \$89		
<small>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.</small>		
<b>Age-Defying Fitness</b> . . . . . \$20		
<small>Lewis/Moffat <b>NEW!</b> Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>		
<b>Documenting Quality Care</b> <b>UPDATED</b> . . . . . \$39		
<small>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.</small>		
<b>Health Promotion and Exercise for Older Adults</b> . . . . \$48		
<small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>		
<b>Improving Mobility In Older Persons</b> <b>UPDATED</b> . . . . \$48		
<small>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.</small>		
<b>Prevention and Wellness Toolkit</b> . . . . . \$69		
<small>Lewis/Ledbetter <b>NEW!</b> 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.</small>		
<b>Hand-Held Dynamometry</b> . . . . . \$25		
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>		
<b>1 Repetition Maximum Progression Pad</b> . . . . . \$12		
<small>This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</small>		
<b>Pocket Card 1 Repetition Maximum</b> . . . . . \$6		
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
<b>Pocket Card Bed Mobility</b> . . . . . \$6		
<small>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.</small>		
<b>Pocket Card Sit to Stand Transfer</b> . . . . . \$6		
<small>This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, &amp; 100% of rise</small>		
<b>Osteoporosis Exercise Booklet</b> . . . . . \$6		
<b>Self Balance Hints for Older Persons Booklet</b> . . . . \$6		
<b>Pilates for Seniors DVD</b> <small>The Osteoporosis Workout, Instructor Sherri Betz</small> . . . \$20		

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total \_\_\_\_\_  
 We do not accept Purchase Orders. MD residents add 5% sales tax. \_\_\_\_\_  
 Books are only available for preview at GREAT courses. TOTAL \_\_\_\_\_

877-794-7328 • Fax 330-865-6941 • www.GreatSeminarsAndBooks.com

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Make checks payable and mail to: GREAT Seminars and Books, Inc. **All sales final.**  
 2639 Revere Drive, Akron, Ohio 44333-2311

Credit card: (circle one) MC Visa American Express Discover Card

Card # \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_ Security Code \_\_\_\_\_

# 2019 Registration - Clinical Geriatric Orthopedics

**YES! Please register me for**  Fremont, CA - March 23-24  Cherry Hill, NJ - April 6-7  Atlanta, GA - May 4-5  
 Richmond, VA - October 12-13  PT • PTA • OT • COTA • Other

Name \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Address \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_  
 Organization \_\_\_\_\_ Email \_\_\_\_\_  
 Registration Fee: \$595.00 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 \_\_\_\_\_

2639 Revere Drive, Akron, Ohio 44333-2311



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 these CEUs for \$595 NOT \$1000!** Plus if you register early - **\$545! 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.

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

- Fremont, CA** - \$595. If postmarked before 2/27/19
- Cherry Hill, NJ** - \$595. If postmarked before 3/13/19
- Atlanta, GA** - \$595. If postmarked before 4/10/19
- Richmond, VA** - \$595. If postmarked before 9/18/19

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

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

- Fremont, CA** - February 6, 2019
- Cherry Hill, NJ** - March 6, 2019
- Atlanta, GA** - March 20, 2019
- Richmond, VA** - August 28, 2019

**DISCOUNT PROGRAM:** Receive \$25 off your class registration for each **GREAT Seminars & Books, Inc. 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.

**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 CA, AR, MS, TN, NM, NJ, WI, and MD for 20 Clinical Contact Hours. Have applied for approval in OK. 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](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-Thursday 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 this seminar.