Maximizing Mobility, Balance, Gait, and Fall Reduction Strategies to Improve Functional Outcomes in Older Adults

What will this course give me?

• Recent functional decline trends and research
• Specific exercise principles designed for stability and mobility in all functional planes
• Latest evidence behind falls and specific strategies to reduce falls
• The 6 “Determinants of Gait” and how they impact the phases of gait
• Hands-on labs to properly practice the clinical protocols
• Case studies and proper documentation guidelines
• Develop an individualized plan specific to maximize your patient’s functional outcomes

Trent Brown, MOT, OTR/L, ATP, BCG, is a practicing therapist in Utah and is 1 of 36 credentialed holders of a board certification in gerontology (BCG) from the AOTA. Trent also holds a certification as an assistive technology professional (ATP) from RESNA. Currently, he is employed by the Department of Health (DOH) to develop, implement, and operate health care quality improvement programs for the state of Utah. Trent has 15 years of clinical experience in skilled nursing, transitional care, acute, and home health. Recently, he served as the VP for the UOTA where he co-authored SB 131 advancing OT practice in the state of Utah and has received multiple awards for his clinical, academic, and legislative work. Trent is an Adjunct Professor at the University of Utah and has been teaching their department since 2007. He is well traveled having provided courses all over the country to thousands of clinicians on a myriad of topics including joint arthroplasty, care strengthening, documentation, aging, legislation, and fall reduction. Trent Brown has also been a keynote speaker at multiple events throughout the country.
## OBJECTIVES

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

1. Analyze the dysfunctional postures, pain, and functional mobility impairments that occur as a result of osteoporosis, deconditioning, weakness, and disease of core anatomy.

2. Develop comprehensive, evidence-based treatment plans to improve stability and mobility in all planes through advanced stabilization exercises.

3. Review core-based activities focused on research and current evidence to promote independence with sit-to-stand, transfers, reach, return to baseline, and quality of life.

4. Demonstrate stability and dynamic core-based treatment concepts and clinical application.

5. Identify the major contributors to falls, the most common environments where falls occur, and the factors related to falls.

6. Master exercises, activities, and manual treatment strategies to improve the core and postural control.

7. Administer standard graded and mobility assessments and which utilize the strategies learned in this course.

## DESCRIPTION

Despite advances in medicine, increased access to healthcare, and improved surgical strategies, quality of life is still affected and patients who have undergone any procedure or condition are often left with a chronic condition or disability.

## PROGRAM OUTLINE

### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15am</td>
<td>Check, Payable to GREAT Seminars and Books, Inc.</td>
</tr>
<tr>
<td>9:30am</td>
<td>Welcome, Introduction to the Seminar</td>
</tr>
<tr>
<td>10:15am</td>
<td>Principles (Lecture)</td>
</tr>
<tr>
<td>10:30am</td>
<td>Lab 1: Standing Mobility</td>
</tr>
<tr>
<td>11:30am</td>
<td>Lab 2: Seated Stabilizers</td>
</tr>
<tr>
<td>12:15pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Lab 3: Half-stand Stabilizers</td>
</tr>
<tr>
<td>2:45pm</td>
<td>Lab 4: Seated Walking</td>
</tr>
<tr>
<td>3:15pm</td>
<td>Demo 1: Gastroclock</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Demo 2: Seated Walking</td>
</tr>
<tr>
<td>4:15pm</td>
<td>Break</td>
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### Day 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>9:00am</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>9:30am</td>
<td>Case Studies, Questions &amp; Documentation</td>
</tr>
<tr>
<td>10:15am</td>
<td>Lab 5: Unilateral Stabilizers</td>
</tr>
<tr>
<td>11:00am</td>
<td>Lab 6: Bilateral Stabilizers</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Lab 7: Single-leg Stabilizers</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Demo 3: Single-leg Stabilizers</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Lab 8: Assessment of the Core</td>
</tr>
<tr>
<td>3:15pm</td>
<td>Lab 9: Assessment of the Core</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>4:15pm</td>
<td>Demo 4: Full Body Stabilizers</td>
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</tbody>
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## REGISTRATION

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Occupational Therapy Assistants. Secondary Audience: Others

**LEVEL:** This course is at an intermediate level

**FEE:** The registration fee includes all course sessions, break, continental breakfast, and course handout

**Loyalty Discount Program:** For each Great Seminars and Books on-site course you have attended between 2000 and 2019, you are eligible for a loyalty discount of $25 (minimum discount $200) to be applied toward your next course in order to receive this discount, you must submit a copy of each course certificate along with your registration. The loyalty discount must be requested at the time of your registration and will not be applied retrospectively. ADDITIONAL DISCOUNT CODES MAY NOT BE USED WITH THE LOYALTY DISCOUNT PROGRAM.

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**Educational Credit:** A certificate of attendance for 20 contact hours of educational activity, including 18 hours of Category A and 2 hours of Category B will be awarded to registrants upon completion of the seminar. Great Seminars and Books, Inc. is an Approved CE Provider for PTs/PTAs in DC, NY, KY, WI, TX, and NC. Have applied for approval for PTs/PTAs in MN, ND, and PA. Great Seminars is an American Occupational Therapy Association (ACO) Approved Provider of continuing education (Provider #5363). This course is pre-approved by the Maryland Board of Occupational Therapy since this course is provided by an AOTA approved provider. Our courses must be pre-approved and cannot be added after the course begins. If you do not receive notification 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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**FOOD:** Working Lunch

## GREAT BOOKS

<table>
<thead>
<tr>
<th>Title</th>
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<tbody>
<tr>
<td>Improving Mobility In Older Adults</td>
<td>$48</td>
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<tr>
<td>The Functional Toolbox: General Rehabilitation of Function</td>
<td>$39</td>
</tr>
<tr>
<td>The Functional Toolbox II: Orthopedic Rehabilitation</td>
<td>$99</td>
</tr>
<tr>
<td>Geriatric Clinical Strategies</td>
<td>$42</td>
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<tr>
<td>Prevention and Wellness Toolkit</td>
<td>$59</td>
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<tr>
<td>Hand-Held Dynamometry</td>
<td>$25</td>
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<td>1 Repetition Maximum Progression Paid</td>
<td>$12</td>
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<tr>
<td>Pocket Card - Board &amp; Balls</td>
<td>$6</td>
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<tr>
<td>Pocket Card 1 Repetition Maximum</td>
<td>$5</td>
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<tr>
<td>Pocket Card 2 Repetition Maximum</td>
<td>$5</td>
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<tr>
<td>Pocket Card 3 Bed Mobility</td>
<td>$5</td>
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<tr>
<td>Pilates for Seniors DVD</td>
<td>$52</td>
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## 2020 Maximizing Mobility, Balance, Gait, ...in Older Adults

### 5 Easy Ways to Register

**WEBSITE:** Online Registrations at: 
www.greatseminarsandbooks.com

**MAIL:** Your registration form with payment to:
Great Seminars and Books, Inc. 
11435 Corporate Drive 
Alexandria, VA 22313

**Fax:** Your completed registration form with payment to 703-352-7641. Your completed registration form will be faxed to you:
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Alexandria, VA 22313

**Email:** Your registration to:
greatseminarsandbooks.com

**Call:** Monday-Thursday 10-5 EST, Friday 10-1 EST, 877-79-GREAT (877-794-7328)

**Address:** PO Box 5291965, Cleveland, OH 44152

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**Contact Information:**

- Phone: [Your Phone]
- Email: [Your Email]
- Website: [Your Website]

**Additional Contact Information:***

- Phone: [Your Phone]
- Email: [Your Email]
- Website: [Your Website]

**Total:** $530

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**REGISTRATION:**

- **FEE:** Total: $530
- **Payment:** Check, Money Order, Bank Draft
- **Phone:** 877-79-GREAT (877-794-7328)
- **Email:** greatseminarsandbooks.com
- **Website:** www.GreatSeminarsAndBooks.com
OBJECTIVES

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

1. Analyze the dysfunctional postures, gait, and functional mobility in older persons with common conditions, deformities, weakness, and disease of core anatomy.

2. Understand the functional assessment mechanisms in all anatomical planes based on patient posture, positioning, and movement.

3. Develop comprehensive, evidenced-based treatment plans to improve stability and mobility in all planes through functional exercises.

4. Review core-based activities based on research and current evidence to prevent injuries associated with altered postures.

5. Identify the major contributors to falls, the most common environments where falls can occur, and strategies to prevent and promote functional outcomes.

6. Design exercises, assessments, full reduction programs, and educational evidence-based resources appropriate for clinical application to reduce falls.

7. Compare and Contrast the 6 Determinants of gait, how they impact the phases of gait, and how they reduce energy expenditure during gait.

8. Master exercises, activities, and manual treatment strategies to improve each of the 6 determinants of gait in lectures and labs.

9. Administer standardized gait and mobility assessments, and utilize the strategies learned in this course.

10. Design exercises, activities, and manual treatment strategies to improve each of the 6 determinants of gait in lectures and labs.

11. Administer standardized gait and mobility assessments, and utilize the strategies learned in this course.

12. Design exercises, activities, and manual treatment strategies to improve each of the 6 determinants of gait in lectures and labs.

13. Administer standardized gait and mobility assessments, and utilize the strategies learned in this course.

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