



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training

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



2 0 2 0

Washington, DC

Host: Movement Corps Physical Therapy & Wellness

Location: Iona Senior Center
4125 Albemarle St., NW • Washington, DC 20016

March 7-8

York, PA

Host: WellSpan Rehabilitation Services

Location: York Hospital
Medical Education Pavilion, Classroom 10 A/B
1001 S. George Street • York, PA 17403

August 8-9

Birmingham, AL

Host: Brookwood Baptist Medical Center

Location: Brookwood Baptist Health
Women's Classroom 1st Floor
2006 Brookwood Medical Center Drive
Birmingham, AL 35209

August 15-16

Atlantic City, NJ

Host: Bacharach Institute for Rehabilitation

Location: Stockton University
Atlantic City Academic Center
Fannie Lou Hamer Events Room
3711 Atlantic Avenue
Atlantic City, NJ 08401

December 5-6

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, core strengthening, documentation, aging, legislation, and fall reduction. Trent Brown has also been a keynote speaker at multiple events throughout the country.

DESCRIPTION

Despite advances in medicine, increased access to healthcare, and improved surgical strategies, quality of life for adult and geriatric populations has been reduced as quantity of life has taken priority. Regardless of clinical setting, clinicians are asked to magically improve quality of life with reduced funding, reduced time, and increased documentation demands. How can I improve quality of life and participation in meaningful activity while meeting the demands of the industry? How can I effectively evaluate and provide treatment strategies addressing stability, mobility, falls, confidence, gait, and mobility with my clients in their specific context? How do I return my practice to an emphasis on quality treatment with a focus on the client developing strategies specific to increase quality and participation in life?

This innovative, evidence-based course presents the latest best practices for assessing degenerative changes due to functional decline and creating a practical treatment plan that focuses holistically on addressing all client areas. You will learn new and effective strategies designed for promoting mobility and stability to delay common age-related physical impairment. Emphasis will be placed not just on increasing strength, but the appropriate functional movement pattern while implementing simultaneous visual and psychological strategies in various environments.

This course will take an evolutionary pattern to return the clinician to functional emphasis in three major areas:

- Re-defining the core using principles of stability and mobility. Through evidence-based approaches and labs, the attendee will master movements for stability in all functional planes learning strategies which can be modified for all functional levels. The course will also address dysfunctional posture and contracture development commonly seen with the adult and geriatric population and specific strategies to reduce and delay these patterns.
- Fall reduction strategies utilizing the stability and mobility patterns learned in the first section. In addition, attention will be given to external factors, medication management, depression, and psychological factors often neglected in everyday practice.
- The "Determinants of Gait" and how they impact function, mobility, and quality of life. This course will take a dive into the history of mobility and what is often neglected when we focus solely on physical "phases of gait". The instructor will provide in depth analysis on the 6 determinants of gait using the latest evidence and how to address the 6 determinants increasing function and mobility beyond gait.

OBJECTIVES

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

1. Analyze the dysfunctional posture, gait, and functional mobility that can occur with contracture, weakness, and disuse of core anatomy.
2. Explain functional movement patterns in all anatomical planes based on patient posture, positioning, and aging.
3. Develop comprehensive, evidence-based treatment plans to improve stability and mobility in all planes through labs.
4. Review core-based activities based on research and current evidence to promote independence with sit-stand, transfers, ADL's, and dynamic standing tasks.
5. Demonstrate stability and dynamic based core treatment strategies during labs to develop an evolutionary plan of care and to promote functional outcome.
6. Identify the major contributors to falls, the most common environments where falls occur, the importance of core stability, and the role of clinicians in fall reduction for the adult and geriatric population.
7. Design exercises, assessments, fall reduction programs, and educational evidence-based resources appropriate for clinical application to reduce falls.
8. Compare and Contrast the 6 Determinants of gait, how they impact the phases of gait, and how they reduce energy expenditure during gait.
9. Master exercises, activities, and manual treatment strategies to improve each of the 6 determinants of gait in lecture and labs.
10. Administer standardized gait and mobility assessments and which utilize the strategies learned in this course.

PROGRAM OUTLINE

Day 1

7:30am Registration and Continental Breakfast

8:00am "CORE" TRENDS AND RESEARCH

- The impact of aging, lifestyle/bedrest & lack of core emphasis

8:45am DEFINITION(S) OF THE CORE

- Superior/Central/Inferior core (re-defining the core)
- Core disassociation and dissemination
- Stabilizers vs. Mobilizers (which is better)

9:30am EVIDENCE-BASED CORE/EXERCISE PRINCIPLES

- CRAC theory, Exercise Dosage, Motor Unit Recruitment, Reciprocal Innervation, Fiber Type

10:00am BREAK

10:15am SUPINE STABILITY

- Imprinting/Abdominal Ball Press (sagittal plane) (HANDS-ON LAB/PRACTICE)
- Trochanter Tension (frontal Plane) (HANDS-ON LAB/PRACTICE)
- Supine Toby Twister and Isometric Log Roll (transverse plane)

11:15am SEATED STABILITY

- Dolphin (dissemination modified side plank)
- Seated Toby Twister
- Stable Reaction Ball Drop (single-multi-planer) (HANDS-ON LAB/PRACTICE)

12:00pm WORKING LUNCH (on your own) Case Study

1:00pm STANDING STABILITY

- Modified Standing Plank (core dissemination)
- Modified Codman Plank (pre-gait)
- Standing Toby Twister
- Stable Reaction Ball Drop (single multi-planer) (HANDS-ON LAB/PRACTICE)

1:45pm SUPINE MOBILITY

- ASIS/PSIS Press (manual single-planer joint mob)
- Superior Scapular Elevation (HANDS-ON LAB/PRACTICE)

2:30pm SEATED MOBILITY

- Quad sit-up (closed chain/WB emphasis) (HANDS-ON LAB/PRACTICE)
- Lateral Reach
- Toby Twister
- Mobile Reaction Ball Drop (single multi-planer) (HANDS-ON LAB/PRACTICE)

3:00pm STANDING MOBILITY

- Flex/Ext with Pelvic Resistance
- Dynamic Lateral Side Bend
- PNF Pattern Transport
- Mobile Reaction Ball Drop (single multi-planer) (HANDS-ON LAB/PRACTICE)

3:45pm BREAK

4:00pm FUNCTIONAL IMPLICATION (APPLIED PRACTICE)

4:15pm CASE STUDY, QUESTIONS & DOCUMENTATION

4:30pm DEMOGRAPHICS, STATS, AND COST

- The Where and Why

5:15pm COMMON FALL ASSOCIATION AND UNCOMMON TREATMENT

- Fall Preventatives
- Fear and Stiffening Strategy
 - ▶ Soleuostretch (HANDS-ON LAB/PRACTICE)
- Eye Movement Behaviors
 - ▶ Visual Stance and Glance (HANDS-ON LAB/PRACTICE)

6:30pm ADJOURN

Day 2

7:30am Registration and Continental Breakfast

8:00am COMMON FALL ASSOCIATION ... cont.

- Plantar Flexion and Mobility
 - ▶ Gastroclock (HANDS-ON LAB/PRACTICE)
- Visual Impairment, Medication and Mechanism, Depression and SSRI's
- Hip Flexor Contraction - Male vs. Female Falling
 - ▶ Functional Iliopsoas Lengthening and Mobility (HANDS-ON LAB/PRACTICE)

- Vitamin D Deficiency (the increasing correlation)

9:30am THE CLINICIANS ROLE IN FALL PREVENTION

- Education: Sleep, Adaptive Equipment (training and set-up)
- Fall Reduction Programs: What Works (OTAGO)

10:00am BREAK

10:15am BEST PRACTICE

- Fall Risk Assessment/Evaluation (FRT, 4-Test, CDC Algorithm)
- Static vs. Dynamic PNF Chops
- NDT Single Leg WB (HANDS-ON LAB/PRACTICE)

11:15am CLIENT ACTIVE PARTICIPATION

11:30am CASE STUDY, QUESTIONS & DOCUMENTATION

12:00pm WORKING LUNCH (on your own) Review/Discuss Standardized Gait Assessments

1:00pm WHY WE WALK THE WAY WE DO

- Saunders vs. Rancho Los Amigos
 - ▶ Metabolic landscape – Curtate Cycloid – Energy Expenditure and COM

1:30pm WHERE "PHASES OF GAIT" MISS THE MARK

- Pedunculopontine Nucleus and Mobility
- Parameters for clinical examination of mobility

1:45pm 6 DETERMINANTS OF GAIT (INCLUDING CURRENT RESEARCH FOR EACH)

- Sit-Stand (anterior/posterior pelvic tilt)
 - ▶ Pelvic Teeter Totter (HANDS-ON LAB/PRACTICE)
- Lateral Pelvic Tilt (7 degrees)
 - ▶ Glut Med Response Activity (most effective)
 - ▶ Seated Walking
- Knee Flexion at Midstance (8*)
 - ▶ Half-stand Stabilizers (HANDS-ON LAB/PRACTICE)
- Knee/Ankle/Foot Interactions
 - ▶ Insoles, Re-visit Gastroclock/Soleuostretch

3:15pm BREAK

3:30pm 6 DETERMINANTS OF GAIT (Continued)

- Pelvic Rotation with Hip Flexion
 - ▶ Dynamic Rotation (seated/half-stand)
 - ▶ AAROM Hip Flexion (seated walking) (HANDS-ON LAB/PRACTICE)
- Reciprocal Arm Swing
 - ▶ Seated/Standing UE Swing (with/without resistance) (HANDS-ON LAB/PRACTICE)

5:15pm STANDARDIZED EVALUATIONS/ASSESSMENTS (WHAT WORKS?)

- 10 Meter, FGA
- 6:00pm CASE STUDY, QUESTIONS & DOCUMENTATION
- 6:30pm ADJOURN

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.

WASHINGTON, DC - \$545. If postmarked before 2/12/20

YORK, PA - \$545. If postmarked before 7/14/20

BIRMINGHAM, AL - \$545. If postmarked before 7/21/20

ATLANTIC CITY, NJ - \$545. If postmarked before 11/11/20

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

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

WASHINGTON, DC - January 15, 2020

YORK, PA - June 10, 2020

BIRMINGHAM, AL - June 17, 2020

ATLANTIC CITY, NJ - October 7, 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. It will include directions, accommodation options, and other information about the course. 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 a 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 a course cancellation only the tuition fee will be refunded. 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 MD for 20 Clinical Contact Hours.** Have applied for approval for PTs/PTAs in NJ and PA. **GREAT Seminars is an American Occupational Therapy Association (AOTA) 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 also meet the guidelines for approval in PA, SD, MI, AL, VA, MO, IN, AZ, DE, GA, NH, OR, RI, UT, VT, WY 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. Your tuition is tax deductible. Any reference to or mention of state rules or regulations concerning continuing education requirements are true and accurate to the best of our knowledge at the time of print. If you have questions, please contact your board or regulating body

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)



*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 the seminar.

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 to 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

3.26.20

Looking for GREAT Seminars Books?

You can order a variety of books and instructional materials on our website.

Go to: GreatSeminarsAndBooks.com and Click on BOOKSTORE

2020 Registration - Maximizing Mobility, Balance, Gait, ... in Older Adults

YES! Please register me for Washington, DC - March 7-8 York, PA - August 8-9 Birmingham, AL - August 15-16

Atlantic City, NJ - December 5-6

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

PLEASE PRINT

Name _____ Cell Phone (____) _____

Address _____ Home Phone (____) _____

City _____ State _____ Zip _____ Work Phone (____) _____

Organization _____ Email _____

Registration Fee: \$545.00 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 _____

GREAT Courses *for* GREAT Outcomes

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

[\$545 Value]

Early Registration – **\$495.00**

Register Today

Get 20 Contact Hours in 1 Weekend at a GREAT Price!

Compared to other on-site courses, GREAT Seminars courses are the best value in the business. Most live courses are only 6 hours and cost \$229-\$295 which is \$40-\$50 per credit. A 20-hour course like this would cost \$800-\$1000! Get 20 CEUs for \$545 not \$1000! Plus if you register early, it's just \$495!



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

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



Trent Brown
MOT, OTR/L, ATP, BCG

"I was blown away by Trent Brown's presentation. I was sure I would hate it because he was an OT talking on Gait. However, he had incredible grasp, interpretation and clinical application of the latest research AND he gave tons of innovative ideas for mobility and gait. For years this area of rehabilitation has needed a boost and Trent Brown has given it that. This course is not to be missed!"

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

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