

Put Some Muscle into Ther Ex



2020

Gainesville, FL
August 8-9

Chicago, IL
October 24-25

Austin, TX
November 7-8

Resistance training is an integral component of therapeutic exercise. Put Some Muscle Into Ther Ex provides therapists with clinically challenging information on this often under utilized intervention for the geriatric population. Through dynamic lectures, audiovisuals, demonstrations, case applications, and a comprehensive handout, participants gain an updated understanding of the theory underlying resistance exercise, design and progression of training programs, and special considerations for resistance training in older patients. Interactive sessions offer the opportunity to learn and practice specific evaluation techniques including hand-held dynamometry and 1 RM strength testing for immediate implementation in the practice setting. Forums on specific resistance exercises allow therapists to perform, share and take home practical exercises for training the upper extremity, lower extremity, and trunk with a range of resistive exercise equipment. A synthesis of the precautions, contraindications, and program components provides participants with specific research based protocols for a myriad of diagnoses and functional limitations. Put Some Muscle Into Ther Ex provides a one-step update on resistance training that will jump start your patient outcomes.

FACULTY

WENDY K. ANEMAET, PT, PhD, GCS, CWS, GTCCS, COS-C, CWT received her PhD in Aging Studies from the University of South Florida and her Master's degree in physical therapy from the University of Southern California. She has worked in a variety of settings and is an assistant Professor at Regis University.

Wendy K. Anemaet is a geriatric specialist, certified weight trainer with extensive experience in resistance training program development, implementation, and modification. She is also certified for utilization review in Florida and lectures nationally on the topic of resistance training and geriatric rehabilitation. She has served as an issue editor for *Topics in Geriatric Rehabilitation* and as a monthly columnist for *ADVANCE for Physical Therapists*. She has authored several books including a practice-oriented text titled *The User Friendly Home Care Handbook* and the portable *Home Rehabilitation: Guide to Clinical Practice*. Combining her advanced theoretical knowledge base with practical field experience, she provides participants with optimal learning experiences.

OBJECTIVES

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

- Identify common myths about geriatric resistance training
- List at least five benefits of resistance exercise for the older population
- Describe correct terminology for muscle physiology and the age-related changes impacting muscle function
- Be familiar with muscle assessment via the use of manual muscle testing, one repetition maximum, functional tests, and other objective measures
- Design, implement, evaluate, and modify effective resistance exercise programs to increase strength, power and muscle endurance confidently for the older population
- Determine when and how to advance resistance exercise programs
- Share creative resistance exercises for the upper extremity, lower extremity, and trunk
- Adapt evidence-based Ther Ex programs that utilize resistance training for patients with a variety of diagnoses and functional limitations

PROGRAM OUTLINE

DAY 1

- 7:30AM Registration and Continental Breakfast
- 8:00AM Introduction • The Role of Mother Nature and Father Time • Current concepts in muscle physiology
- 10:30AM Break
- 10:45AM Taking Stock: Muscle Strength, Power, and Endurance
Age-related changes impacting muscle performance
•What muscle function do you lose over time and why? Find out here!
Measuring Up: Evaluating muscle performance
•Did you know MMT is not very reliable? Come learn why and what to do about it.
Target Practice: Function oriented goals for muscle performance
•Ever set a goal to increase muscle power? You will on Monday!
- 12:30PM Lunch (Working Lunch - on your own) Case Studies/Group Discussion
- 1:30PM Taking Stock: Muscle Power
Taking Stock: Muscle Endurance
Getting Beyond "Take 10 Quad Sets and Call Me in the Morning."
Resistance Exercise Prescriptions Parameters, and Modes
•How long of a piece of yellow resistance band do you use for weak internal rotators? Did you know there's only one answer?
- 3:45PM Break
- 4:00PM Getting Beyond "Take 10 Quad Sets and Call Me in the Morning." (cont'd)
- 6:00PM Questions and Answers
- 6:30PM Adjourn

DAY 2

- 7:00AM Continental Breakfast
- 7:30AM Prescription Practice
Putting all this information to work in practice
•How do you put muscle into Ther Ex? Follow our plan.
Change is Good: Advancing the Resistance Training Program
•Wonder what muscles need to get strong to improve bed rise? We cover that!
- 10:30AM Break
- 10:45AM Change is Good: Advancing the Resistance Training Program.
- 12:30PM Lunch (Working Lunch - on your own) Case Studies/Group Discussion
- 1:30PM Get in Gear: Diagnosis Driven Resistance Training
Considerations and research based practices for resistance training for a variety of medical diagnoses
•Have you avoided resistance training with CVA patients because it may worsen tone? Learn the truth about this and other protocols for rehabilitation.
- 3:45PM Break
- 4:00PM Get in Gear: Diagnosis Driven Resistance Training (cont'd)
- 5:30PM Questions and Answers
- 6:00PM 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.

North Florida Regional
Medical Center
6500 W. Newberry Road
Gainesville, FL 32605
August 8-9, 2020

Northwestern University
Feinberg School of Medicine
Dept. of Physical Therapy &
Human Movement Sciences
645 N. Michigan Avenue
Chicago, IL 60611
October 24-25, 2020

Ascension Seton Medical Center Austin
1201 W. 38th Street
Austin, TX 78705
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.

Gainesville, FL - \$545. If postmarked before 7/14/20
Chicago, IL - \$545. If postmarked before 9/30/20
Austin, TX - \$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:

Gainesville, FL - July 1, 2020
Chicago, IL - August 26, 2020
Austin, TX - September 9, 2020

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2020 REGISTRATION - PUT SOME MUSCLE INTO THEIR EX

YES! Please register me for Gainesville, FL - August 8-9 Chicago, IL - October 24-25 Austin, TX - November 7-8
 PT • PTA • OT • COTA • Other _____

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Put Some Muscle into Ther Ex



Dr. Wendy K. Anemaet
PT, PhD, GCS, CWS,
GTCCS, COS-C, CWT

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

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"The lecturer spoiled me for other courses."

"I can't believe all the information packed into a course."

"I never had so much fun learning so much information."

**Join us for an
intensive, fun 2 day
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your outcomes and change
the way you perform
Ther Ex on Monday
morning!**