



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education And Training
Great Courses for Great Outcomes

Put Some Muscle into Ther Ex



2022

LIVE Webinar
February 26-27

Charlotte, NC
September 17-18

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.

LIVE Webinar
February 26-27, 2022

Novant Health Matthews Medical Center
1450 Matthews Township Parkway
Matthews, NC 28105
September 17-18

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.

LIVE Webinar - \$495. If postmarked before 2/25/22
Charlotte, NC - \$545. If postmarked before 9/7/22

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

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

Charlotte, NC - August 24, 2022

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, TX and NC. Approved for PTs and PTAs in AR, CA, TN, and MD for 20 Clinical Contact Hours. Have applied for approval in OH, FL, NJ, and OK. Our courses also meet the guidelines

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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.

COVID POLICY: We will follow social distancing guidelines and masks will be required as current circumstances dictate. We realize there is a lot of uncertainty around COVID-19 and traveling. If you are concerned about registering, please rest assured that if the event is cancelled or you are unable to attend due to COVID-19, we will promptly refund your registration fees.

5 Easy Ways to Register

WEBSITE Online Registration at:
www.greatseminarsandbooks.com)

MAIL your registration form with payment to
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24 hours a day.

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"AOTA does not endorse specific course content, products, or clinical procedures."
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2022 REGISTRATION - PUT SOME MUSCLE INTO THEIR EX

YES! Please register me for: LIVE Webinar - February 26-27 Charlotte, NC - September 17-18

Circle One: 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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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!



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GREAT Courses for GREAT Outcomes

“where therapists learn and excel in the care of the older adult population”

Here's what our course attendees say:

“Thank you so much for such a great class! This course was exactly what I have been looking for for years. An objective and evidence based way to prescribe and measure strength that is usable in a small outpatient clinic.”

“Best course I have ever taken.”

“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 tune-up that will strengthen your outcomes and change the way you perform Ther Ex on Monday morning!