



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

# Therapeutic Exercise for the Older Adult



**2022**

**Shreveport, LA**  
March 19-20

**Gainesville, FL**  
June 25-26

**Hagerstown, MD**  
November 5-6

Older patients have multiple diagnoses, take multiple medications and are frequently de-conditioned and possibly have never exercised. Therefore, exercising geriatric patients presents a unique challenge to therapists. Participants will learn different exercise techniques and innovative interventions for all the body's major joints as well as for the most common diagnoses seen in the older person (i.e. stroke, Parkinson's, gait and balance disorders, etc.). These exercise techniques will be supported by evidenced based studies which are absolutely vital in justifying rehabilitative services in this day of Medicare changes and managed care. Participants will learn how to use functional tools to establish and guide exercise programs, thus improving functional test scores, balance, treatment outcomes and safe mobility.

Working with older patients and developing exercise programs can be challenging and sometimes difficult. But it can also be fun and rewarding and using evidence based treatment strategies will ensure you are providing the best care possible. There has never been a better time to start using evidence based exercise. The research is out there and the library of evidence is growing bigger every day. This course will make the research applicable to the clinical setting and provide therapists the opportunity to broaden their horizons for exercising with this unique and deserving patient clientele.

# FACULTY

**Mark Traffas, PT, GTCSS, FSOAE** graduated in 1992 from St. Louis University. Immediately after graduating Mr. Traffas began working as an outpatient therapist in San Jose, CA. In 1993, he began working full time as a traveling therapist. Through his travels he has worked in the acute, sub-acute, acute rehabilitation, outpatient, home health and skilled nursing settings. These unique opportunities have allowed him to work with and develop exercise programs for clients of all ages in all phases of recovery. Since 1999, he has worked primarily in the skilled nursing setting.

In 1997, Mr. Traffas began as a volunteer physical therapist in the Peace Corps. Mr. Traffas was assigned to the country of Malawi which is in south east Africa. While in Malawi, he had to rely primarily on therapeutic exercises and improvisation, as few modalities, such as electrical stimulation and ultrasound were available.

In 2001, Mr. Traffas was in the first group of physical therapists to become a Geriatric Trained & Certified Clinical Specialist offered by the Geriatric Rehabilitation Education and Training Institute, and now works as the Director of Rehabilitation at Plum Tree Care Center in Los Gatos, CA. Mr. Traffas has been presenting for GREAT Seminars, since 2001. In 2010, Mark wrote and developed an online course with GREAT Seminars Online, "Withabilitation; You Never Knew Skilled PT (and OT) could be this fun!" This accredited course is currently available at [www.greatseminarsonline.com](http://www.greatseminarsonline.com). In 2012, Mr. Traffas was awarded the Most Outstanding Lecturer Award, presented by Great Seminars and Books and in 2013, was recognized at a Clinical Instructor of Excellence by the The Northern California Clinical Education Consortium.

Mr. Traffas actively promotes exercises for persons of all ages as the best cure for most conditions and believes the sharing of ideas will only add to our profession and, more importantly, to the quality of care provided by both physical and occupational therapy. In addition to lecturing and mentoring rehabilitation students, his articles have appeared in several different publications, including: PT Bulletin, Advance for PTs and PTAs, Advance for Directors of Rehabilitation, Gerinotes and Topics in Geriatric Rehabilitation.

# OBJECTIVES

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

- Demonstrate multiple evidence based exercises for every major joint in the body.
- Use evidence based references to strengthen the following muscle and muscle groups:
  - \* Scapular and rotator cuff
  - \* Core stability
  - \* Lateral stabilizers of the hip
  - \* Vastus Medialis
- Support geriatric exercise programs through medical literature.
- Discuss basic exercise principles, which will enhance clinical therapeutic exercise programs.
- List barriers for use of evidence based practice in the clinical setting.
- Learn strategies to assess the quality of a study.
- List the levels of evidence used to assess a study.
- Guide a patient through a strengthening program using the principles of 1 repetition maximum.
- Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.
- Create an evidenced based exercise program to improve the balance of an older adult.
- Guide a patient with Parkinson's Disease through an appropriate exercise program addressing related functional deficits.
- Progress a patient with a CVA through all phases of neuromuscular re-education.
- Be able to use the site of infarct in a CVA patient to guide exercise treatments.
- Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.
- List 10 contraindications/precautions to exercise in the elderly.
- Understand the differences of stretching techniques for the older vs. younger population.
- Guide a patient with osteoporosis through an efficacious and efficient exercise program.

# PROGRAM OUTLINE

## DAY 1

- 7:30 Registration and Continental Breakfast
- 8:00 Introduction to Geriatric Therapeutic Exercise
- 8:15 **Exercise Principles**  
Developing a foundation of exercise principles which will be used throughout the lecture. Literature will be used to explain and support these concepts: Levels of Evidence, Contraindications, Precautions, Definitions of Terminology, Stretching and Warm Up.
- 10:00 **Break**
- 10:15 **Exercise Principles (continued)**  
One repetition maximum will be discussed and with the use of the literature be applied to the geriatric population.
- 11:30 **Orthopedics: Upper Body – Neck and Shoulder**  
Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.
- 12:30 **Working Lunch (on your own)** An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Berg Balance, Sit to Stand Test, 400 Meter Walk & 6 Minute Walk Test
- 1:30 **Shoulder and Hand**  
Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.
- 2:30 **Back/Core Exercises**  
The literature will be used to give exercise ideas to the specific diagnosis of stenosis, spondylolisthesis, compression fractures and osteoporosis as well as the core muscles of the lumbar spine and abdominal area.
- 3:30 **Break**
- 3:45 **Back/Core Exercises (continued)**
- 4:45 **Lower Body - Hip** Using evidence based literature to develop skilled treatment techniques for the lower body, including the hip, the knee and the ankle. The literature will be discussed and applied to the clinical setting.
- 6:15 **Questions and Discussion**
- 6:30 **Adjourn**

## DAY 2

- 7:30 Registration and Continental Breakfast
- 8:00 **Lower Body - Knee and Ankle**
- 10:00 **Break**
- 10:15 **Neurology - Stroke and Parkinson's**  
Evidence based exercises will be presented to help guide the practitioner create skilled and effective treatments for the most common neuro diagnosis in the elderly, Parkinson's, and the most common neuro rehab diagnosis, stroke.
- 12:30 **Working Lunch (on your own)** An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Dynamic Gait Index, Four Square Step Test, Functional Reach, Physical Performance Test Protocol
- 1:30 **Unique Neuro Treatments**  
These concepts include muscle re-education techniques, weight bearing and weight shifting techniques. Literature will be given to support these treatment ideas
- 3:30 **Break**
- 3:45 **Gait**  
The evidence based exercises of the previous sections applied to the muscles needed in different parts of the gait cycle.
- 4:15 **Balance and Proprioception**  
Using evidence based literature to develop skilled treatment techniques to improve balance and decrease fall risk in the elderly. Included in this section are specific balance exercise programs that have been proven efficacious as well as a Tai Chi lab.
- 5:15 **Functional Tools - Berg and Tinetti**  
The evidence based exercises of the previous sections applied to the muscles needed to improve scores and decrease fall risk.
- 6:00 **Odds and Ends**  
Tips to improve day to day delivery of care to our residents ending with innovative exercise programs
- 6:15 **Final Questions and Close**
- 6:30 **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.**

**Host:** Ochsner LSU Health Shreveport

**Location:** Ochsner LSU Health –  
St. Mary Medical Center  
Community Center  
915 Margaret Place  
Shreveport, LA 71101  
**March 19-20, 2022**

**HCA Florida North Florida Hospital**

6500 W Newberry Road  
Gainesville, FL 32605  
**June 25-26, 2022**

**Host:** Meritus Health - Total Rehab Care

**Location:** Robinwood Professional Center  
11110 Medical Campus Road  
Hagerstown, MD 21742  
**November 5-6, 2022**



# 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

**Shreveport, LA** - \$545. If postmarked before 3/9/22

**Gainesville, FL** - \$545. If postmarked before 6/15/22

**Hagerstown, MD** - \$545. If postmarked before 10/26/22

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

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

**Shreveport, LA** - February 23, 2022

**Gainesville, FL** - June 1, 2022

**Hagerstown, MD** - October 12, 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.

**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 in LA, ID, MD, AR, CA, NJ, OH, TN and SC for 20 Clinical Contact Hours. Have also applied for approval in OK. Our courses also meet the guidelines for approval in PA, VT, AL, IN, WI, VA, AZ, DE, NH, OR, RI, UT, GA, WY, ND and MO. Courses are accepted for CEUs in NE, ID, MT, WA, CT, and IA.** 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 the Board of Certification. 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.

**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](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 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)

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"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.

### Looking for GREAT Seminars Books?

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

Go to: [GreatSeminarsAndBooks.com](http://GreatSeminarsAndBooks.com) and  
Click on **BOOKSTORE**

## 2022 Registration - Therapeutic Exercise for the Older Adult

**YES! Please register me for:**  Shreveport, LA - March 19-20  Gainesville, FL - June 25-26  Hagerstown, MD - November 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

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# Therapeutic Exercise for the Older Adult



**Mark Traffas**  
PT, GTCES, FSOAE

[\$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!



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# GREAT Courses *for* GREAT Outcomes

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

Mark Traffas has embraced evidenced-based practice in his daily treatment of patients. He encourages and provides all of his course participants a myriad of resources and clinically useful protocols and examples that are easily implemented into everyday practice. His energetic presentation of information and wealth of resources helps his course participants to stay current with the literature and be willing to try new ideas proven through research for practice today and in the future.

## Here's what our course attendees say:

*"Exceeded my expectations...Brilliant!" - Kansas City, MO*

*"If you are looking for a course to teach how to use research in the clinic, this is it." - Kansas City, MO*

*"I don't know how but you made a long day short and learning contagious." - Hawthorne, NJ*

*"Very updated info, an excellent value for the money." - Venice, FL*

*"Should be a "must" course for every practicing therapist!" - Dallas, TX*

*"Mark's commitment and dedication to his profession and patients comes through in his seminar." - Chicago, IL*

*"Mark has truly found his calling both as a treating therapist and a speaker." - Honolulu, HI*

*"Mark is Great! This is, by far, the best continuing education course I've been to in 13 years of being a PT. It contains the most practical and useful information for use in the clinical setting." - Seattle, WA*