

Would you like to take a fabulous course to enhance your clinical skills?

Orthopedic Examination and Intervention for the Older Adult

Dr. Carole B. Lewis, PT, DPT, MSG, MPA, PhD, GCS, GTCCS, TRC/CTR, FSOAE, FAPTA

Course Description

Keeping up with new research can feel like a full-time job. But it doesn't have to be. In this course, Dr. Carole Lewis breaks the latest research down into the most clinically relevant options for effective treatment programs for older adult patients dealing with orthopedic problems.

This quote says it all...

"I came to this course with my wife, thinking it would be a review and it definitely was not. I have my OCS and I learned many new innovative and research-based techniques that I plan to use with my patients."

Each of Dr. Lewis' lectures present current evidence regarding orthopedic problems and are followed by laboratory sessions with hands-on instruction in examination and intervention techniques. You don't just learn ABOUT the latest research; you practice the tools and protocols until you're skilled in their use and comfortable enough to implement them in your practice right away.

A plethora of specific examination tools for common orthopedic problems affecting older adults will be demonstrated and practiced. Evidence-based intervention strategies and progressions will be presented, and hands-on sessions make sure participants are not only familiar with the new techniques but can implement them with ease. Intervention techniques and approaches include advanced modified joint mobilizations, stretching and therapeutic exercise techniques specific for older persons.

Case studies will be presented and reviewed to facilitate effective intervention planning. Examination forms, musculoskeletal norms, and outcome measures for every joint will be discussed, and their important relationship to reimbursement for services will be addressed.

Participants will be able to reinforce clinical intervention with exercise programs based on the best evidence targeted to relevant impairments. All techniques presented have been selected from high quality published research, some of which the presenter has contributed to, and continues to use in her current clinical research and practice.

The extensive course handout, which is over 500 pages and includes more than 5,000 medical references, will provide detailed examination forms, outcome measures, suggested protocols, sample home exercises and progressions. The material provides a thorough approach to therapeutic strategies and goals, thereby preparing therapists to design and implement highly skilled rehabilitation programs for older persons in any intervention setting.

Treating older adults generally requires complex thinking. Therapists need to integrate effective strategies that meet their needs without jeopardizing any other limitation they may have, all while trying to keep their interest to ensure the home exercises are being done as prescribed. By the end of this seminar, you will have added the following knowledge and skills to your toolbox.

- The I-Stronger multifaceted functional training program
- A great active-assistive stretch program for older adults
- A full body resistance program using bands and a Borg Card
- Posture measures and treatments
- Bennell's protocol for vertebral compression fractures
- Reliable and valid tools for testing the core in older adults
- The Start, BPFS or Sock test for back and hip pain
- SI treatments for older adults
- The deep neck flexor endurance test

- Progression of the Brugger postural exercise
- The Proprioceptive Neck exercise program
- Fishman's Piriformis protocol
- High velocity resistance training for hip OA
- Best exercises to strengthen the gluteals?
- Latest protocols and exercises for hip fracture and total hips and knees
- GLAD protocol for knee OA
- High dose tele rehab program for shoulder problems
- Functional Arm and Shoulder Test
- Upper Limb Physiological Performance Test
- Hand Strength Focused Exercise Program
- Numerous taping techniques for OA

To get the best results with older adults, therapists need to add new evidence-based interventions to their toolboxes. If you're looking for the most effective and efficient way to integrate the latest research into your orthopedic care for older adults, this is the course for you.

Faculty Bio

Dr. Lewis, PT, DPT, MSG, MPA, PhD, GCS, GTCCS, TRC/CTR, FSOAE, FAPTA, has worked in home health, long-term care, acute hospitals, rehabilitation departments and outpatient clinics. She started a private practice in Washington, D.C. in 1981 and continues to work as a clinician. Dr. Lewis received her two master's degrees in Health Care Management and Gerontology from the University of Southern California, and her PhD from the University of Maryland in Health Education. She received her DPT from Massachusetts General Hospital Institute for Health Professions in 2007. She currently serves on the Medical Faculty at George Washington University as an adjunct professor in the Department of Geriatrics.

Dr. Lewis has extensive publications in the field of aging. She has been the editor of the journal Topics in Geriatric Rehabilitation for over 30 years and has written over 20 books on aging. She is also the co-editor of the first exclusive e-book in rehabilitation – Physical Therapy for the Older Adult: Examination and Intervention: An Evidence Based Approach.

Her awards include the APTA's Lucy Blair Service Award; being chosen as a Fulbright Scholar, the Joan Mills Award, the Clinical Excellence Award, and she is a Catherine Worthingham Fellow for the APTA. She is the 2014 recipient of the Gerontological Society of America's Excellence in Rehabilitation of Aging Persons Award and the 2016 Mary McMillan lecturer, the highest honor in the APTA. In 2019 the Academy of Geriatric Physical Therapy of the APTA created the Carole B Lewis Lecture which will be given annually at the Combined Sections Meeting in perpetuity to honor Dr. Lewis' lifetime achievements in geriatrics.

Dr. Lewis has lectured extensively. She has spoken in 49 states. Her international lectures include Australia, New Zealand, Japan, Finland, Canada, Israel, China, Egypt, The Netherlands, and Turkey.

Course Objectives

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

1. Choose specific intervention techniques for dysfunctions of the neck, back, shoulders, elbows, wrists, hands, hips, knees, and feet of older persons including therapeutic exercises, therapeutic activities, mobilization and numerous evidence-based protocols.
2. Select evidence-based interventions and outcome measures for a comprehensive rehabilitation approach for a myriad of orthopedic problems affecting older persons.

3. Recommend intervention modifications to existing rehabilitation and note simple ways to incorporate manual techniques learned and practiced in the course into programs for a specific orthopedic problem.
4. Comprehensively exam orthopedic dysfunctions in the neck, back, shoulders, elbows, wrists, hands, hips, knees, and feet of older persons.
5. Appraise individualized rehabilitation programs for specific orthopedic problems such as rotator cuff tears, osteoarthritis, total hip and knee procedures, fractures, osteoporosis, lumbar stenosis and other pathologies seen in older patients.
6. Create the optimum environment for working with older persons.
7. Demonstrate competence in over 10 different manual techniques for use with older persons.
8. Defend and explain how to use over 20 different specific orthopedic functional outcome tools.
9. Compare, contrast and use innovative therapeutic exercises for numerous orthopedic conditions based on the latest evidence.
10. Evaluate and develop intervention protocols for common orthopedic diagnoses.
11. Use the immense handout in daily practice as a user-friendly reference for norms, evidence-based tests and evidence based intervention techniques.

Program Agenda

DAY 1

- 7:30 – Registration and Continental Breakfast
- 8:00 – What are the essential tests and measures for working with older adults and what are the keys to being an effective clinician? From quickly examining the most frequent chronic conditions: heart conditions, balance, and visual impairment to implementing interventions to ameliorate these in our treatment programs, this talk will also emphasize areas and training to really connect with the older adult to achieve success.
- 9:30 – Break
- 9:45 – Learn the latest evidence-based examinations and interventions for the most common musculoskeletal issues as we age: Strength, Flexibility and Posture, as well as arthritis. Easy to administer exam tools and quick and effective manual and therapeutic exercise techniques will be demonstrated and practiced in this session. Practice Bautmans Evidence Based Protocol for Hyperkyphosis and many more.
- 12:00 – Working Lunch (on your own): Evidence Based Examination and Interventions for Foot Problems of the Older Person – what is in the literature for treating plantar fasciitis, Achilles tendon, posterior tibial tendonitis, and a special section on good shoes. You can bring a bag lunch and listen to the interactive pre-recorded presentation or go out to lunch and review the slides on your own.
- 1:00 – Examination and Interventions for Back Problems Commonly Seen in Older Persons – Lumbar Stenosis, Vertebral Compression Fracture, SI, Sprains/Strains
- 3:00 – Break
- 3:15 – Treating the Back (Lab) Innovative Exercises and Manual Techniques (Practice specific muscle energy techniques and comprehensive stabilization and SI protocols as well as Dr. Lewis' often cited evidence-based exercise protocol for lumbar stenosis.)
- 4:30 – Neck Pain – Evidence based Examination and Interventions for – Cervical Spondylosis, Fibromyalgia and Myofascial Pain – Learn and practice – Modified Travell and Myofascial techniques for older persons.
- 6:00 – Conclusions, Questions and Answers
- 6:30 Adjourn

DAY 2

- 7:30 – Continental Breakfast
- 8:00 – Help for Aging Hips – Evidence Based Examination and Interventions for Hip Fractures, Replacements and Osteoarthritis (Lab – become proficient in mobilization with movement and specific manual techniques for older persons)
- 10:15 – Break
- 10:30 – Total Knee Replacements and Osteoarthritis of the Knee – Using evidence and creativity to get results (Lab – Practice Deyo's evidence-based manual and exercise protocol, the famous GLAD program, plus a myriad of other techniques as well as Dr. Lewis' proven exercise protocol)

- 12:30 – Working Lunch (on your own): Bring a bag lunch and listen and learn with interactive slides on Osteoporosis – Everything you need to know for Examination and Intervention or go out to lunch and review on your own
- 1:30 – Aging Shoulder Problems – Is it Rotator Cuff or Bursitis? – Differential Examination and Interventions for Adhesive Capsulitis, Fractures, Rotator Cuff, and Bursitis (Lab focuses on evidenced based myofascial and mobilization with movement techniques as well as Dr. Lewis' Adhesive Capsulitis protocol)
- 3:30 – Break
- 3:45 – Elbow, Wrist and Hand – Reaching for Results – Fractures, Carpal Tunnel Syndrome, RA, Dupuytren's Contracture (Lab – Perform and apply creative taping and mobilization with movement for the elbow wrist and hand)
- 6:00 – Conclusion – Putting it all together and take-home message
- 6:30 Adjourn

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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.

REGISTRATION FEE: \$645. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

EARLY BIRD REGISTRATION: \$595 (Please see website for Early bird Dates)

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1851 N. George Mason Drive - Garden Level
Arlington, VA 22207

Salt Lake City, UT – April 13-14, 2024

University of Utah Dept. of Physical
Therapy and Athletic Training
520 Wakara Way
Salt Lake City, UT 84108

New York City, NJ – October 19-20, 2024

Hunter College
425 East 25th Street
New York, NY 10010