

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

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

Speaker: Trent Brown, MOT, OTR/L, ATP, CFPS, CGCP, BCG

### Course 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 and productivity have taken priority over quality and individuality. Regardless of clinical setting, clinicians are asked to magically improve quality of life with reduced funding, reduced time, and increased documentation standards.

How can I improve quality of life and participation in meaningful activity while meeting the demands of physicians, employers, and patients? How can I effectively evaluate and provide treatment strategies addressing stability, mobility, falls, confidence, gait, and mobility with my clients in their specific environment?

If these questions are difficult for you to answer, then this innovative, evidence-based course is for you. You'll learn new perspectives, at least a dozen assessment tools that provide objective data, and over 50 treatment strategies. And...you'll be engaged and energized.

Trent Brown is known for making learning fun. His course is based on solid evidence, but that doesn't mean it isn't engaging. He is crazy creative! To make sure that you leave with practices that can be used safely tomorrow, he devotes 6-7 hours of this course to lab work. You will learn, practice, get feedback, and then practice again until you have mastered the skills.

Trent's course manual is referred to as a picture book because it includes pictures of deficits, pictures of research results that address the problem (actual pictures, not just words), and then pictures of a therapist using assessments and interventions while working with a patient. Participants LOVE the picture book, and many have told Trent that they attend his course because they've seen their colleagues' picture book.

This course is based on an evolutionary pattern approach in which clinicians are trained to adjust or evolve treatment plans depending on how each individual is responding that day and that minute. You can't treat all patients, or even all patients dealing with the same deficits, the same way. You must be engaged, contain the skillset, and willing to change your approach depending on what you see in your patient moment to moment.

*This course addresses three major areas:*

#### •Re-defining the core using principles of stability and mobility

Through evidence-based approaches and labs, participants will master movements for stability in all functional planes while re-defining the core in a way that emphasizes individual patient performance. These strategies can be modified for all functional levels. The course will also address dysfunctional posture and contracture development commonly seen with older adults, and participants will learn specific strategies to reduce, remove, or delay these patterns.

#### •Fall reduction strategies

Attention will be given to stability and mobility principles as well as external factors, medication management, depression, Hypovitaminosis, vision, and psychological factors often neglected in everyday practice. In addition, we will review what works and what doesn't work in fall reduction based on the latest evidence.

#### •The "Determinants of Gait" and how they impact function, mobility, and quality of life.

This course will 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 and reducing energy expenditure using the latest evidence and how to address the 6 determinants increasing function and mobility beyond "gait".

Trent Brown's background is unique, which is why he looks at the human body and activities in a different way than most therapists. He was a gymnast, a diver, and an acrobat. These experiences have helped him learn to take a complicated task and break it down for a 9-year-old or a 90 year-old. If you're looking for fresh ideas and innovative thinking, this course is for you.

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And while we're at it, why not learn how to bill and document the specific strategies learned in the course in a way that meets the requirement of all payor types. Trent will walk you through specific examples of how to document the interventions in a way that turns documentation into a benefit, not a hindrance.

### Course Objectives

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

- Analyze the dysfunctional posture, gait, and functional mobility that can occur with contracture, weakness, and disuse of core anatomy.
- Explain functional movement patterns in all anatomical planes based on patient posture, positioning, and aging.
- Develop comprehensive, evidence-based treatment plans to improve stability and mobility in all planes through labs.
- Review core-based activities based on research and current evidence to promote independence with sit-stand, transfers, ADL's, and dynamic standing tasks.

- Demonstrate stability and dynamic based core treatment strategies during labs to develop an evolutionary plan of care and to promote functional outcome.
- 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.
- Design exercises, assessments, fall reduction programs, and educational evidence-based resources appropriate for clinical application to reduce falls.
- Compare and contrast the 6 Determinants of gait, how they impact the phases of gait, and how they reduce energy expenditure during gait.
- Master exercises, activities, and manual treatment strategies to improve each of the 6 determinants of gait in lecture and labs.
- Administer standardized gait and mobility assessments and utilize the strategies learned in this course.

## Program Agenda

### DAY 1

- 7:30am – Registration and Continental Breakfast  
 8:00am – **“CORE” TRENDS AND RESEARCH**
- The impact of aging, lifestyle/bedrest & lack of core emphasis
  - Pyramid (order) of Core Contraction and Spinal Stability
  - Where is all the evidence and where does it miss the mark?
- 8:45am – **DEFINITION(S) OF THE CORE**
- Superior/Central/Inferior core (re-defining the core)
  - Core disassociation and dissemination
  - Stabilizers vs. Mobilizers (which is more important)
- 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 degrees)
  - Half-stand Stabilizers (HANDS-ON LAB/PRACTICE)
  - Knee/Ankle/Foot Interactions
  - Insoles, Re-visit Gastroclock/Soleustretch
- 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

### Faculty Bio

Trent Brown, MOT, OTR/L, ATP, CFPS, CGCP, BCG, is a practicing therapist in Utah and is 1 of 75 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 and Human Services to develop, implement, and operate health care quality improvement programs for the state of Utah. Trent has 18 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.

**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.**

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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.

**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:** \$595. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**EARLY BIRD REGISTRATION:** \$545 (Please see website for Earlybird Dates)

#### COURSE INFORMATION LINK:

<https://www.greatseminarsandbooks.com/maximizing-mobility-balance-gait-and-fall-reduction-strategies-to-improve-functional-outcomes-in-older-adults/>

### 3 Easy Ways to Register

Register Online at this link:

<https://www.greatseminarsandbooks.com/maximizing-mobility-balance-gait-and-fall-reduction-strategies-to-improve-functional-outcomes-in-older-adults/>

Access our registration form for email or mailing on our web site at:

<https://www.greatseminarsandbooks.com/wp-content/uploads/2023/01/GSB-form.pdf>

- **E-MAIL** your registration to: [greatseminars@aol.com](mailto:greatseminars@aol.com)
- **MAIL** your registration form with payment to: GREAT Seminars and Books, Inc., 2639 Revere Drive, Akron, OH 44333-2311

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### 2024 Course Locations

#### Green Bay, WI – May 18-19, 2024

Bellin Health Bellevue  
3263 Eaton Rd.  
Green Bay, WI 54311

#### Greenville, SC – June 22-23, 2024

Host: Prisma Health - Roger C. Peace Rehabilitation Hospital  
Location: Greenville Memorial Medical Campus  
Room Name: Robert E Toomey Conference Center  
701 Grove Road  
Greenville, SC 29605

#### San Antonio, TX – November 2-3, 2024

Methodist Hospital & Methodist Children's Hospital  
John Hornbeak Building  
4450 Medical Drive  
San Antonio, TX 78229