

## Would you like to take a fabulous course to enhance your clinical skills? **Therapeutic Exercise for the Older Adult**

Speaker: Mark Traffas, PT, GTCCS, FSOAE

### Course Description

Exercising geriatric patients presents a unique challenge to therapists. Most patients have multiple diagnoses, take multiple medications and are frequently deconditioned and possibly have never previously exercised.

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 older persons (i.e., stroke, Parkinson's disease, gait, and balance deficits, etc.). Participants will also learn how to use functional tools to establish and guide exercise programs, thus improving functional test scores, outcomes, and safe mobility. Evidence-based research will be used to support the efficacy of the geriatric exercises presented and both indications and contraindications will be discussed.

Our older patients also present challenges in learning new exercises and being motivated to perform. This course will also present multiple ideas to improve communication, learning and motivation that will only serve to enhance the overall exercise program and functional outcome.

Developing geriatric exercise programs is challenging and sometimes difficult but can also be fun and rewarding. This course will provide therapists with the opportunity to broaden their horizons.

### Faculty Bio

Mark Traffas, PT, GTCCS, FSOAE, has practiced clinically as a physical therapist in acute, subacute, skilled nursing, acute rehabilitation, outpatient, and home health care. These unique opportunities have allowed him to work with and develop exercise programs for geriatric clients in all phases of recovery. He has exclusively worked in the geriatric setting for 20+ years.

In addition, he has worked as a physical therapist in the Peace Corps in Malawi, Africa. While in Africa, he had to rely primarily on therapeutic exercises and improvisation for treatment interventions, as few modalities, such as electrical stimulation or ultrasound were available. Since his return he has focused his career on the geriatric population in both the outpatient, skilled nursing, and acute rehab settings.

He actively promotes exercise for older persons 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 life of our aged population.

He has published numerous articles in a variety of journals, developed multiple online courses and webinars and has been lecturing for GREAT Seminars and Books, Inc. since 2001. He was in the first group of physical therapists to take and pass the Geriatric Trained and Certified Clinical Specialty and now works as the Program Director for the Acute Rehabilitation Center of El Camino Hospital in Los Gatos, California.

### Course Objectives

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

1. List barriers for the use of evidence-based practice in the clinical setting.
2. Demonstrate multiple evidence-based exercises for every major joint in the body.

3. Use evidence-based references to strength the following muscle and muscle groups: \* Scapular and rotator cuff \* Core stability \* Lateral stabilizer of the hip \* Vastus Medialis
4. Guide a patient through a strengthening program using the principles of 1 repetition maximum.
5. Understand the differences of stretching techniques for the older vs. younger population.
6. Guide patients with Parkinson's Disease and/or CVA through an appropriate exercise program addressing related functional deficits.
7. Be able to use the site of infarct in a CVA patient to guide exercise treatments.
8. Create an evidenced based exercise program to improve the balance of an older adult.
9. Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.
10. Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.

### Program Agenda

#### 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 and compression fractures 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, Tinetti, TUG and DGI

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

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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/geriatric-therapeutic-exercise/>

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### 2024 Course Locations

**Cherry Hill, NJ – September 21-22, 2024**

Host: Fox Rehabilitation

Location: Fox Rehabilitation Headquarters – Edu Center  
7 Carnegie Plaza  
Cherry Hill, NJ 08003