

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

## Total Joint Arthroplasty

Speaker: Dr. Alisa Curry, PT, DPT, GTCCS, GCS, FSOAE

### Course Description

Total joint arthroplasty, as a treatment strategy for arthritis, has improved the lives of millions of patients. The role of Physical Therapy, however, has adapted to the speed at which patients improve function. The field has evolved due to the advancement of surgical techniques, components, and pain management.

This course helps to educate clinicians on the multidisciplinary role over the entire care continuum. We evaluate, discuss, and develop care strategies for patients living with older joint implants, patients preparing for surgery and postoperative joint arthroplasty in the world of rapid recovery. We will integrate a combination of lectures, case studies, interactive participation, and videos into a comprehensive educational experience.

By examining the procedures of the hip, knee and shoulder, clinicians will explore patient pathologies, understanding the role of pharmacology, the role of education and the rehabilitation role in the interdisciplinary treatment team. Participants will learn a variety of treatment ideas and outcome tools to improve existing protocols.

### Faculty Bio

Alisa Curry, PT, DPT, GTCCS, GCS, FSOAE, is a Physical Therapist, Board Certified Geriatric Clinical Specialist through the American Physical Therapy Association (APTA) and is the Coordinator of Rehab Clinical Programs at Washington Hospital Healthcare System in Fremont CA. She holds three degrees – a BS in Psychology from the University of California San Diego, a BS in Physical Therapy from Langston University in Langston, Oklahoma and a Doctorate of Physical Therapy from A.T. Still University in Mesa AZ. She holds certifications in Geriatric Training and Functional Standards for Optimal Aging from GREAT Seminars and Books Inc. She is the 2024 recipient of the Mary Sinnott Award for Clinical Excellence from the Academy of Acute Care Physical Therapy. She is the founder of the Total Joint Replacement Special Interest Group for the Academy, overseeing a network of Rehab Clinicians treating patients with total joint replacement. Dr. Curry has published and frequently presented on joint arthroplasty. She is a peer reviewer, subject matter expert and key informant in the areas of consulting on projects with the national organizations for Orthopedic Physicians, Orthopedic Nursing and multiple healthcare organization to improve care of the adult and geriatric patient population. She works directly with patients with a variety of orthopedic, neurologic and medical comorbidities at all stages of care. Proactive interventions and problem-solving strategies are key components of Dr. Curry's patient health care philosophy to help people age well.

### Course Objectives

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

1. Examine the volume and impact of joint replacement in the US.
2. Analyze the latest advances and technology in total joint arthroplasty.
3. Analyze the surgical considerations and options available for joint arthroplasty.
4. Discuss recovery and activity advancement.
5. Understand post-operative precautions/restrictions following THA, TKA, TSA.
6. Design treatment approaches and review the rationale for rehabilitation protocols following total joint replacement.
7. Integrate functional evaluation tools.
8. Practice treatment techniques for working with patients who have had a total joint replacement in any treatment setting.

9. Design treatment approaches for the upper and lower extremity status-post fracture with or without repair.

10. Review the financial impact of Medicare and total joint arthroplasty.

### Program Agenda

#### DAY 1

7:30 – Registration and Continental Breakfast

#### 8:00 Total Knee Arthroplasty (TKA)

• Anatomy and Biomechanics • Surgical Approaches • Precautions • Analgesia • Components • Video

10:30 Break

#### 10:45 Total Knee Arthroplasty Rehabilitation

- Goals for Rehabilitation
- Exercise Program
- Tests and Measures
- Acute Care
  - Challenges and Complications
    - Bilateral Total Knee Arthroplasty • Flexion Contractures • Extensor mechanism repair • TKA Resection
  - Discharge Disposition
    - Home • Acute Rehab • Outpatient • Skilled Nursing (SNF)
  - Outcome Measures

12:30 Working Lunch (on your own) Protocol Review

#### 1:30 Total Hip Arthroplasty (THA)

• Anatomy & Biomechanics of the Hip Joint • Surgical Approaches/Options (Hip Resurfacing) • Precautions • Analgesia • Components • THA Surgical Videos

3:30 Break

#### 3:45 Total Hip Arthroplasty Rehabilitation

- Goals for Rehabilitation
- Exercise Program
- Test and Measures
- Acute Care
  - Challenges and Complications
    - Intraop Fracture • Bilateral Hip Arthroplasty • Trochanter Precautions • Hip Resection • Hip Revision
  - Disposition
    - Home • Outpatient • Acute Rehab • Skilled Nursing (SNF)

6:00 Questions and Answers

6:30 Adjourn

#### DAY 2

#### 8:00 Total Shoulder Arthroplasty (TSA)

• Anatomy & Biomechanics of the Shoulder Joint  
 • Surgical Approaches/Options (◦ Total Shoulder ◦ Reverse Total Shoulder)  
 • Precautions  
 • Components  
 • Analgesia  
 • TSA Surgical Videos

10:30 Break

#### 10:45 Total Shoulder Arthroplasty Rehabilitation

- Goals for Rehabilitation
- Tests and Measures
- Exercise Program
- Acute Care

- Challenges and Complications
  - Frozen shoulder dislocation
  - Home
  - Outpatient
- Outcome Measures

12:30 Working Lunch (on your own) Group Discussion

#### 1:30 Medical Management of the Total Joint Patient

- Multidisciplinary Team (○ Rehabilitation – PT and OT
- MD ○ Anesthesia ○ RN ○ Case Management)
- Pharmacology
  - Multimodal Approach (• IV Meds • Opioids • Anti-inflammatories)
  - Lab Values (• H/H • PT/INR • BUN and Creatinine)
  - Medical Co-morbidities – Why is the PMHx so important? (• Diabetes – IDDM and NIDDM • Obesity • Sleep Apnea • Practice Patterns)
  - Discussion of obstacles for difficult patients

2:30 Multidisciplinary Planning Development of a Program – Getting the team to work with you (• Service Lines • Clinical Pathways • Factors influencing Early Discharge • Rapid Recovery / Fast Track Program)

3:30 Break

3:45 Case Studies (• Treatment Strategies • Questions and Answers)

5:30 Financial Impact of Quality of Care

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/total-joint-arthroplasty-online-registration/>

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### 2024 Course Locations

**York, PA – April 20-21, 2023**

Wellspring Health York Hospital  
Education Pavilion  
1001 S George Street  
York, PA 17403

**Shreveport, LA – Nov. 2-3, 2024**

Ochsner LSU Health  
St. Mary Medical Center Community Center  
915 Margaret Place  
Shreveport, LA 71101