



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

# Effective Manual Therapy to Treat Older Adults: What Works?



**2021**

**Watch our  
website for  
upcoming dates.**

Dr. Dennis Welling, PT, MTC, DPT, FSOAE will provide an extensive review of the literature for issues commonly seen in older adults. This review will cover pathology encompassing the back, neck, shoulder, hip, ankle, foot, upper extremity, and knee. He will explain and demonstrate exercise protocols associated with manual therapy techniques. Dennis Welling, an experienced and dually certified manual therapist, will present an overview with demonstrations of the effects of manual therapy as supported by the most recent research. Additionally, he will present the common mistakes and suggestions for proper execution of this important modality. You will leave feeling competent in adding many different manual techniques to your current rehabilitation program.

## Dr. Dennis Welling, PT, MTC, DPT, FSOAE

has worked in health care since 1987 and received his undergraduate degree in Physical Therapy from Tennessee State University in 1998 and his Doctorate Degree in Manual Physical Therapy from the Ola Grimsby Institute, San Diego, California in 2003. His certifications include Manual Therapy, Vestibular Rehab, Parkinson's Wellness Recovery (PWR), Dry Needling, Custom Fitted Orthotics and evaluations, and Functional Standards Optimal Aging Expert (FSOAE). As a certified manual therapist, with a specialty in Cervical Spine Lumbar SI Pain and Dysfunction, Dr. Welling has practiced over 23 years.

He is the author and educator of Silver Steps Vestibular Balance Program and other orthopedic programs; the developer of RehabStudent.com; and the founder of Wellcor Therapies Consultants. To fulfill his passion for academia, Dr. Welling served as the Orthopedic Associate Professor at Tennessee State University for many years.

Dr. Welling served as the Rehab Director of the South East Region for a home care company. His contributions were as an educator, therapist, and resource for the medical community to enhance understanding of anatomy, physical therapy issues, techniques, injuries, and resolves.

Dr. Welling believes there is no greater reward than to watch a Therapist succeed; knowing that, in some small way, he has been able to contribute to the growth and increased level of expertise of the next exceptional therapist.

## OBJECTIVES

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

- 1) Critique the skills needed to apply manual therapy techniques for the neck, back, hip, knee, foot, ankle, shoulder, and upper extremity by utilizing 50% of the course time to practice your skill set with oversight by your instructor.
- 2) Demonstrate treatment techniques and how they can be modified for the older adult population.
- 3) Describe hand/body placement and manual skills required for the delivery of mobilization/manipulation techniques.
- 4) Explain the contraindications (RED FLAGS) and precautions for mobilization/manipulation for older adults.
- 5) Progress manual therapy techniques for every part of the body.
- 6) Document manual therapy techniques efficiently and effectively.
- 7) Compare and contrast various manual techniques for lumbar stenosis, adhesive capsulitis, hip and knee osteoarthritis, and many more.

## DAY 1

7:30 AM	Registration and Continental Breakfast
8:00 AM	Introduction of Manipulation/Mobilization; Overview of evidence for effectiveness of manipulation/mobilization; Indications and contraindication for Manual Therapy (Red Flags); Posture, Bautman (Journal of Rehab MED 2010) - Decreased Thoracic Kyphosis; Thoracic Extension Mobilization
9:00 AM	Neck - Kinematics of the Cervical Spine (Mosby 2002) Forbush (JOSPT 2011)/Cleland (PTJ 2010) - Soft tissue mobilization of Cervical and Upper Thoracic; Occipital Release; manual Cervical traction; Deep pressure upper thoracic trapezius; Demonstrate Longus Colli muscle strengthening
9:45 AM	Break
10:00 AM	Back - Kinematics of Thoracolumbar Spine (Mosby 2002); Systematic review and meta-analysis Jacobi (2021 APMR); Lumbar Stenosis Whitman (2006 Spine); Effectiveness of Manual Therapy Zaworski (EJPRM 2021); Prone P/A mobilization of the hip; prone P/A thoracic mobs; prone P/A Thoracic Transverse processes PAIVM (two finger technique); sidelying Lumbar rotation manipulation; supine hip inferior glide mobs; iliopsoas/rectus Femoris stretch; prone lumbosacral manual traction; prone lumbar rotation PIVM with rolling the legs; prone lumbar rotation PIVM with raising the pelvis (pillow assist); prone lumbar lateral flexion PIVM; sidelying lumbar spine soft tissue
12:00 PM	Working Lunch (on your own) – Lunch Assignment
1:00 PM	SI Joint - DonTigny (JORTHO 2005); DonTigny SI correction-45-degree Leg Pull; posterior mob—the pelvis direct method; SI self-correction mob; the easy fix
2:00 PM	Hip - Benell (PTJ 2011) Hoeksma (Arth&Rheum 2004) Beselga (Manual Therapy 2016); Hip long axis distraction with thrust; Hip lateral glide distraction with belt; Prone hip internal rotation mob; iliopsoas STM release; piriformis STM; MWM of hip IR and flexion with lateral glide with belt; Open to closed pack mob long axis distraction
3:15 PM	Break
3:30 PM	Knee - Deyle (Ann Int Med 2000, PTJ 2005, BMJ 2015, NEJM 2020); Knee extension with Valgus Small Amplitude (Grade IV) Mobs; Knee extension with Valgus Large Amplitude (Grade III) Mobs; Knee Extension with Varus Small Amplitude (Grade IV) Mobs; Knee Extension with Varus Large Amplitude (Grade III) Mobs; Knee Flexion with Internal Tibiofemoral Rotation (Grade IV); Small Amplitude (Grade IV) Knee Flexion with Wedge; Soft Tissue with Knee in Extension
5:00 PM	Case Studies and Problem Solving: Utilizing subjective and objective information provided for problem solving with an impairment-based evidence-based approach.
6:15 PM	Questions and Answers
6:30 PM	Adjourn

## DAY 2

7:30 AM	Continental Breakfast
8:00 AM	Foot - Shamus (JOSPT 2007) Schuh (PTJ 2009) Cleland (JOSPT 2009); S/P Hallux Valgus Surgery Mobs of First MTP joint; Pronation of forefoot with Stabilized Calcaneus; Plantar Glide of Navicular on Talus/ Plantar Glide of Cuneiform on Navicular/Plantar Glide of First Metatarsal on Cuneiform; Plantar Heel Pain; Plantar Fascia and Flexor Hallucis longus tissue Mobilization; Rearfoot mobilization Lateral Glide; Rearfoot Distraction Manipulation; A/P of Talocrural joint; Distal Tibiofibular AA/P Mobs; Tibialis Posterior Stretch
10:00 AM	Break
10:15 AM	Shoulder - Jewel (PTJ 2009) Duenos (JOSPT 2019); Frozen Shoulder: Lateral GHJ Distraction with belt; Subscapularis STM; MWM in ER/IR with sustained A/P Glides; Inferior Glide Mobilization
	Shoulder Pain - Bron (BMC 2011) Hines (J of Manip & Physiological Therapeutics 2010); Myofascial Trigger Point Release; Supraspinatus, Deltoid, Infraspinatus Muscles and Biceps Tendon
11:45 AM	Elbow - Bisset (BMJ 2006) Vincenzino (MT 2003) Kucuksen (APMR 2013); Lateral Epicondylitis; Sustained Lateral Glide with pain-free grip (SLGWPF) for Elbow; SLGWPF with treatment belt; Sustained Glide with Movement with Elbow Flexion; Sustained P/A Glide with Radiohumeral Joint with Pain-free Grip (SPAGWPF); Muscle Energy Technique Supination/Pronation of Forearm; McConnell Diamond Box Tape
12:45 PM	Working Lunch (on your own) – Group Discussion & Lunch Assignment
1:45 PM	Wrist - De Las Penas (PT 2020, EUR J Pain 2017, JP 2019); Carpal Tunnel Mobs: Longitudinal Stroke over Biceps Muscle; Transversal Stroke over Bicipital Aponeurosis; Dynamic Stroke of Pronator Teres Muscle; Stretching Transverse Carpal Ligament; Manual Compression of Lumbrical Muscles; Stretching of Palmar Aponeurosis; Median and Radial Nerve Glides
2:45 PM	Hand - Villafane (DIS and Rehab 2015, JOS 2013) Fields (J of Bodyworks 2007) OA Hand: Dorsal/Volar Glide with Distraction of First CMC Joint; STM for Upper Extremity for Hand OA
3:45 PM	Break
4:00 PM	Case Studies and Demonstration; Post Test
6:00 PM	Conclusion – Putting It All Together
6:30 PM	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.**

Watch our website for upcoming dates.  
2021



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

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

**EARLY BIRD:** \$545 - If completed registration and payment are received by

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**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.

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**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 ID, MD, AR, CA, UT, NJ, and SC for 20 Clinical Contact Hours. This course is approved by the Florida PT Association for 24 continuing education hours. This 20 contact hour course meets the guidelines for approval by the Pennsylvania State Board of Physical Therapy as this course is approved by other state PT Associations and state PT Boards. Have also applied for approval in PA and 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. **COLORADO PHYSICAL THERAPISTS: This 20 contact hour seminar meets accepted standards for Category 1 continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the re-licensing process.**

**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.

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**WEBSITE:** Online Registration at:  
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**MAIL** your registration form with payment to  
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8.5.21

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## 2021 Registration - Effective Manual Therapy to Treat Older Adults: What Works?

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# Effective Manual Therapy to Treat Older Adults: What Works?



**Dr. Dennis Welling**  
PT, MTC, DPT, FSOAE

[\$595 Value]  
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# GREAT Courses *for* GREAT Outcomes

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

Manual therapy is a crucial component of providing comprehensive rehabilitative care for older adults. This hands-on course will show you not only how to do more than 50 techniques that are effective and appropriate for older adults, but also will give you the chance to practice and get feedback on your performance of these techniques. Dr. Dennis Welling, PT, MTC, DPT, FSOAE will reveal some of the latest evidence on efficacy, frequency, duration, and how to perform properly the myriad of manual techniques that have been proven to be effective in the research literature.