

GERIATRIC TRAINED & CERTIFIED CLINICAL SPECIALIST

Addendum to Brochure Contents

Please note, in addition to the currently offered Great Seminars courses listed on the GTCCS Brochure, these two current GREAT Seminars courses are also permitted to be used toward the required 120 hours of elective courses.

Effective Manual Therapy to Treat Older Adults: What Works?

Instructor: Dr. Dennis Welling, PT, MTC, DPT, FSOAE

Course Description

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.

Full Spectrum Falls Training for the Older Adult

Speaker: Dr. Deborah Constantine, PT, DPT, GTCCS, GCS, CEEAA

Course Description

Falls in the older adult population continue as a medical, social, and economic crisis. In fact, fall rates over the past decade have been steadily increasing. This, despite our efforts to reduce fall rates using Clinical Practice Guidelines and directing funding toward fall prevention strategies. Patients report they remain fearful of falling. What can we, as clinical practitioners, do to mitigate this upward trend? Perhaps we can initiate full spectrum fall training efforts. Full spectrum fall training involves assessment and treatment of the older adult in 4 phases of falls: Pre-fall, near fall, fall landing and fall recovery. Are clinicians aware of the 4 phases of falls? Can patients feel confident about falling and recovering from a fall? Including all 4 phases of falls may be the missing piece to addressing falls in the older adult. This course is designed for clinicians working with older adults who are falling, at risk of falls or concerned about falling. In it, we will examine all 4 phases of falling and equip the clinician to assess and treat patients in each phase. This hands-on course allows plenty of practice time for new skills development and for refinement of old skills. We will provide feedback to ensure the clinician has confidence with the concepts prior to completing the course.

Threaded throughout will be analysis of evidence-based postural control tools which will allow the attendee to construct an individualized treatment program for effective management of their older adult client who may be at risk for falls. In addition, we will utilize patient scenarios to promote clinical reasoning leading to best treatment practices using the 4 phases of falls. This emerging area of falls preparedness is an exciting compliment to current falls prevention approaches. Ultimately, the goal of the course is to equip the practitioner with tools which may help to reduce falls rates and injuries among the older adult population.