

Manual Physical Therapy for the Geriatric Patient

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Sponsored by the

APTA Section on Geriatrics

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<i>Page</i>	<i>Time</i>	<u>DAY ONE</u>
1-6	8:00	WELCOME
7-17	8:15	Lecture: Introduction <ul style="list-style-type: none">• Aging process – Multifactorial• Musculoskeletal and soft tissue changes
18-38	8:45	Lecture/Lab: Posture and tissue mobility examination <ul style="list-style-type: none">• Posture principles, postural dysfunction<ul style="list-style-type: none">- Kypholordosis, forward head, protracted shoulders- Abdominal and trunk extensor strength- Static stance and gait problems• Assessing the area of greatest restriction – spine, ribs, extremities<ul style="list-style-type: none">- Joint mobility grading- Shoulder and hip joint mobilization treatment- Relative muscle length and strength- Neural mobility• Spinal pain – red and yellow flags
	10:00	BREAK – LAB CLOTHES!
39-47	10:15	Lab: Flexible curve kypholordosis measurement <ul style="list-style-type: none">• Usual /corrected posture• Relating flexible curve findings to treatment planning
	12:00	LUNCH
48-52	1:00	Lab: Myofascial unbinding techniques <ul style="list-style-type: none">• Treatment for kyphosis, forward head, and “sunken chest”
53-58	2:15	Lab: Indirect tender point release technique for abnormally facilitated gamma loop problems <ul style="list-style-type: none">• Relief for cervical pain and/or spasm• Relief for upper extremity pain and/or spasm• Relief for lower extremity pain and/or spasm• Relief for rib pain and/or spasm
	3:45	BREAK
59-63	4:00	Lab: Mobilization with movement- joint mobilization with repeated movement or contract/relax – Treatments for: <ul style="list-style-type: none">• Protracted shoulders• Kyphosis• Forward head• Flexed hip• Valgus knee
	5:30	CLOSE DAY ONE

DAY TWO

64-68 7:30 **Lab: PNF contract/relax with deep tissue mobilization-** resistance at end-ROM combined with tissue strumming or oscillation

- Treatments for restricted shoulder elevation, hip/knee extension, ankle dorsiflexion

9:00 **BREAK**

69-80 9:15 **Lecture/lab: Osteopathic Muscle Energy Technique**

- Introduction and description
- Movement evaluation based on area of greatest restriction
- Patient case study examples - Treating kyphosis, forward head, protracted shoulder girdle, and “lost lordosis,” scoliosis

72-76 9:45 **Lab: Osteopathic Muscle Energy Techniques for**

- Flexed cervical/thoracic and mid-thoracic lesions
 - Sitting
 - Supine
- Kyphoscoliosis
- Reverse kyphosis (extended segment within kyphosis)
- Rib dysfunctions

12:00 **LUNCH**

76-80 1:00 **Lab: Osteopathic Muscle Energy Techniques for**

- SIJ torsions
- Flexed lumbar lesions
- Extended lumbar lesions
- Neutral (re: flexion/extension) lumbar lesions with sidebending and rotation opposite directions

2:45 **BREAK**

81-125 3:00 **Lecture/lab: Conclusion**

- Resource - Patient exercise hand-out sheets
- Exercise mechanics & ADL training for sustained success
- Impaired posture – case examples
- Safe stretching, external supports, taping

4:00 **CLOSE**

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Useful Web Sites

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Equipment

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References