

Manual Physical Therapy for the Geriatric Patient

A Regional Course from the Section on Geriatrics, APTA
Worth 15 Contact Hours

July 10-11, 2010

VNA Home Health & Hospice

Portland, ME

Presented by:

Carleen Lindsey, PT, MScAH, GCS

This two day course is designed to give experienced therapists a practical approach to manual therapy interventions for the geriatric patient. The introductory lecture reviews the aging process highlighting musculoskeletal and soft tissue mechanics. Assessment approaches for tissue flexibility and trunk muscle strength will also be presented. Lab sessions and demonstrations will feature flexible curve kypholordosis measurement, myofascial and tender point releases, PNF with deep tissue mobilization, mobilization with movement, and muscle energy techniques for spinal, rib, and SIJ dysfunctions. Detailed video and slide case presentations, as well as class member examples will be utilized for specific clinical problem solving. The personal mechanical health of the individual participant will be addressed throughout the course. Patient case studies will assist the therapist in developing an overall comprehensive treatment approach by appropriately combining tissue and postural assessment, manual therapy techniques, and exercise programs. This course has been designed for the therapist to immediately apply the information in the clinical setting to geriatric patients with restrictions that can be addressed through a variety of manual therapy interventions. This is a clinically comprehensive “hands-on” workshop featuring osteopathic muscle energy techniques.

UPON COMPLETION OF THIS COURSE, YOU WILL BE ABLE TO:

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

- Describe the aging process as it relates to musculoskeletal and soft tissue mechanics
- Understand the sequencing concept for evaluation and treatment of mechanical impairments focusing on muscle imbalance, spinal and peripheral mal-alignments, and gait dysfunction.
- Utilize the flexible curve for accurate measurement of kypholordosis
- Learn and practice manual therapy soft tissue skills highlighting myofascial and tender point releases and PNF with deep tissue mobilization
- Combine mobilization with movement for kyphosis/forward head, protracted shoulders, scoliosis, and flexed hip correction
- Learn and practice osteopathic thoracic muscle energy techniques for treatment of spinal, rib, and SIJ torsion dysfunctions

WHO SHOULD ATTEND?

Physical Therapists, Physical Therapist Assistants, and PT students who are in their final year of school.

Space in all courses is limited: reserve your spot today!

2010 Section on Geriatrics Regional Course Registration Form

Please register me for the following course:

Course	Dates	Advance Deadline
____ Manual Physical Therapy for the Geriatric Patient	Portland, ME, July 10-11	6/18/10

	Before Advance Deadline	After Advance Deadline
Section on Geriatrics Member	\$280	\$330
APTA Member	\$340	\$390
Non-member	\$400	\$450

My Total: \$ _____

*Note: Section on Geriatrics membership is \$45 for PTs, \$35 for PTAs, and \$15 for Students.

Read more about the benefits of SoG membership at www.geriatricspt.org.

If you would like to join the Section in order to get the member rate, please contact the APTA Membership Department at 800/999-2782, or visit www.apta.org and click "Join."

Name _____ APTA Member # _____

Address _____

Day Phone Number _____ E-mail _____

Method of Payment Check-Payable to Section on Geriatrics Visa MasterCard AmEx

Credit card # _____ Expiration date: _____

Billing address if not same as above _____

Signature: _____

CANCELLATION POLICY: Requests for cancellation must be received in writing three weeks prior to the course. Registration will be refunded in full less a \$50 administrative fee. In the event that the course should be cancelled, registration will be refunded in full. The Section on Geriatrics reserves the right to cancel the course up to two weeks prior to the course. In the event of cancellation due to circumstances beyond our control, the Section on Geriatrics is not responsible for expenses incurred by registrants, including but not limited to the cost of airline tickets, other travel, food, or room.



Send form to
Section on Geriatrics
PO Box 327
Alexandria VA 22313

or fax to **703/706-8575**

