



Select Medical Outpatient Division  
Clinical Education Department  
1217 Ira E. Woods Avenue, Grapevine TX 76051  
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TO: Managers and Clinicians  
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP  
DATE: August 31, 2010  
RE: **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Clinical Applications**

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Please find below information regarding a clinical education course scheduled for your area:

**COURSE:** Evaluation and Treatment of the Hip  
**DATES:** November 13-14, 2010  
**SCHEDULED INSTRUCTOR:** Ryan Perry, PT, DPT, OCS, CSCS, MTC, FAAOMPT  
Chicago, IL  
**LOCATION:** Select Physical Therapy  
6330 East 75<sup>th</sup> Street, Ste. #126  
Indianapolis, IN 46250  
Host Center Manager: Pete Manzelli  
Host Contact: Bill Beck  
**DIRECTIONS:** Will be in the Confirmation Letter

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 11.5 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.com)

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

## **Evaluation and Treatment of the Hip November 13-14, 2010 – Indianapolis, IN**

### **Course Description:**

This two-day course is designed to teach the participant in both evaluation and treatment. Evaluation will focus on learning the specificity and sensitivity of the tests we use, plus learn the latest research on new clinical tests. The treatment component of the course will focus on both basic and advanced joint mobilizations of the hip, but will also include soft tissue techniques and exercise to complement the mobilizations. Hip mobilizations are generally underutilized in physical therapy, however, they can be an effective treatment modality in both providing mechanoreceptor recruitment and decompressing the joint surfaces, which is very beneficial in labral lesions, osteoarthritis, and several other pathologies. The hip mobilizations learned will involve both belting and non-belting techniques, so please bring 1-2 manual therapy belts if available. Special consideration will also be placed on learning the newest evidence in labral pathology, exercise, and differential diagnosis.

**Target Audience:** PT, PTA, ATC, SPT

**Instructional Level:** Intermediate

### **Course Objectives**

#### ***EDUCATIONAL OBJECTIVES:***

1. Understand the anatomy biomechanics of the hip and their implications on manual therapy and exercise.
2. Perform an initial evaluation knowing the sensitivity and specificity of hip special testing.
3. Know the reasoning for performing manual therapy specific to various diagnoses.
4. Perform soft tissue mobilization techniques to the surrounding hip musculature.
5. Learn appropriate joint mobilizations for the hip with & without belting.
6. Develop an applicable evidence-based exercise program for your patients.
7. Be able to practice all techniques on Monday!

**Ryan Perry, PT, DPT, OCS, MTC, CSCS, FAAOMPT** graduated from Bradley University in 2001 with a Bachelor of Science in Physical Therapy. He then attained his Certified Strengthening and Conditioning Specialist (CSCS) in 2002. In 2004 Ryan completed his Manual Therapy Certification (MTC) through the Ola Grimsby Institute. Ryan proceeded to complete an orthopedic residency in 2005 through the Ola Grimsby Institute, which led to his Doctor of Physical Therapy (DPT) in 2006. Ryan completed the Fellowship Program in 2006, also through the Ola Grimsby Institute, which led to him being distinguished as a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT).

Ryan has been very active with continuing education with an emphasis on manual therapy. He has been active in the HealthSouth/ NovaCare national journal club both as a member and moderator. Ryan has been a Site Coordinator / Center Manager since 2004. He also is the head of the Chicagoland Continuing Education Team and serves as a member of the National Clinical Career Ladder Advisory Panel. Finally, he is happily married to his beautiful wife, Stacy.

#### ***Instructor Disclosure Statement:***

The presenter has declared that he does not have any financial interest or relationship with the manufacturers or providers of services that may be discussed in the course.

## **Agenda Day One**

8:00 – 8:15	Registration / Introduction
8:15 – 9:30	Anatomy & Biomechanics
9:30 – 10:00	Evaluation of the Hip / Medical Screening
10:00 – 10:15	Break
10:15 – 12:00	Special Tests Review
12:00 – 1:00	Lunch
1:00 – 1:30	Manual Therapy Principles in Mobilization
1:30 – 3:00	Hip Distraction Mobilization Techniques
3:00 – 3:15	Break
3:15 – 3:45	Soft tissue techniques
3:45 – 5:00	Advanced Hip Mobilization techniques
5:00 – 5:15	Q&A; Adjourn

## **Day Two**

8:00 – 8:15	Select Medical Continuing Education Review
8:15 – 9:00	Pathology: Labral Lesions & Hip OA
9:00 – 10:00	Differential Diagnosis
10:00 – 10:15	Break
10:15 – 11:30	Therapeutic Exercise for the Hip
11:30 – 12:00	Wrap-up, Q&A, Adjourn

### **Program Accreditation:**

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 11.5 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

**Indiana Chapter American Physical Therapy Association  
Kentucky Physical Therapy Association and Ohio Physical Therapy Association**



### **ADA Compliance:**

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.