



TO: Managers and Clinicians
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP
DATE: 6/22/2010
RE: **EDUCATION PROGRAM ANNOUNCEMENT**
Current Concepts and Practical Clinical Applications

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

COURSE: Evidence Based Exercise Prescription

DATES: September 11-12, 2010

SCHEDULED INSTRUCTOR: Andreas Mueller, PT
Austin, TX

LOCATION: Select Physical Therapy @ One Panorama Center Bldg.
7701 Las Colinas Ridge, Ste. 110
Irving, TX 75063
Host Center Manager/Contact: Marina McDonald

DIRECTIONS: From airport/west: Travel east on I-635 to MacArthur. Exit MacArthur and cross over MacArthur on access road. The facility will be on the SE corner of MacArthur and I-635 behind Applebee's, inside One Panorama Ctr. Bldg. From the east: take I-635 west to MacArthur and follow directions above. Parking is available in the surrounding lot. DFW Int'l Airport is approximately 15 minutes.

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 13 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4-6 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

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.

Evidence Based Exercise Prescription **September 11-12, 2010 – Irving, TX**

Course Description:

Evidence Based Exercise Prescription is an intermediate-level, evidence-based workshop designed to improve the clinical reasoning, exercise prescription and rehabilitation prescriptive skills of professional therapists via a scientific and systematic approach. The primary goal of this course is to promote clinical effectiveness by improving the prescription of specific exercises for a multitude of common musculoskeletal injuries. Emphasis is on the provision of scientific information and current evidence regarding tissue healing, exercise dosing, and rehabilitation outcomes. The course is designed to improve clinical decision making and problem solving skills via immediate lab application of the information provided. The course is approximately 50% lecture, 40% active lab training and 10% case studies. It emphasizes the prescription of resistive, proprioceptive, stabilization, and balance training activities using inexpensive equipment, including elastic resistance, exercise balls, and balance tools.

Target Audience: PT, PTA, OT, COTA , ATC

Instructional Level: Intermediate

Course Objectives

EDUCATIONAL OBJECTIVES:

1. Implement evidence-based patient management to improve clinical decision making
2. Provide the scientific rationale for exercise prescription and progression based on tissue healing, biomechanics, and neuromuscular considerations
3. Implement specific neuromuscular re-education interventions, including stabilization and balance training, reactive neuromuscular training, and plyometrics
4. Identify specific tissues for a variety of common musculoskeletal injuries and understand their response to healing
5. Specifically dose exercise to optimally facilitate healing and retraining
6. Incorporate the use of resistance bands, free weights, exercise balls and stability trainers into treatment for upper body, lower body, and spine rehabilitation
7. Provide current functional stabilization and flexibility training exercise techniques.
8. Understand exercise progression towards functional task training

CLINICAL OBJECTIVES:

1. Incorporate evidence-based practice and provide scientific rationale for interventions
2. Become more effective with patient management and education
3. Improve patient outcomes
4. Provide cost-efficient and clinically proven interventions
5. Provide a continuum of care for patients from injury to fitness
6. Appropriately dose and progress therapeutic exercise
7. Improve home exercise prescription and compliance
8. Understand appropriate coding of exercises
9. Integrate functional assessment and progressions for a variety of patients
10. Improve problem-solving strategies and clinical decision-making

Course Agenda

Saturday

- 8:00-8:30 Introduction/ Review of Objectives
Evidence Based Practice Overview
- 8:30- 10:00 Understanding Target Tissue
Pain and Inflammation Review
- 10:00 – 10:15 Break
- 10:15 – 11:00 Lab: Case studies -Identify Target Tissues
- 11:00 –12:30 Exercise Dosing for Tissue Healing
- 12:30-1:30 Lunch
- 1:30 – 3:30 Upper Quarter Exercise Training (Lab)
- 3:30- 4:30 Upper Quarter Treatment Planning (Lecture)
- 4:30 – 5:30 Upper Quarter Treatment Planning: Case Studies Lab

Day 2

- 8:00– 9:00 Spinal Stabilization (Lecture)
- 9:00 – 10:30 Spinal Exercise Training (Lab)
- 10:30 – 11:15 Lower Quarter Treatment Planning (Lecture)
- 11:15–11:30 Break
- 11:30-12:30 Lower Quarter Exercise Training (Lab)
- 12:30- 1:30 Stabilization & Lower Quarter Treatment Planning: Case Studies Lab
- 1:30 Questions/Course Summary

Instructor Biography:

Andreas Mueller, MPT: Andreas attended Concordia University Wisconsin and received his bachelor's degree in Sports Medicine in January 1999 and a Master's in Physical Therapy in May 2001. Andreas has been practicing as a staff Orthopedic Physical Therapist with Select Physical Therapy since July of 2001. He treats a variety of orthopedic injuries but specializes in spine rehabilitation and is recognized as a Level II Spine Specialist through Select Medical. In April of 2006 Andreas became a Certified Functional Manual Therapist (CFMT) through the Institute of Physical Art (IPA). Andreas has been an instructor for Select Medical's Education Department since 2003. He has instructed a variety of courses including Therapeutic Exercise, Shoulder, Spine, Hip and Sacroiliac and PNF. Andreas also performs numerous in-services in his local market, leads a national Journal Club to maintain current on research and has been a Panel Member on the "Ask the Expert" Conference calls.

Instructor(s) Disclosure Statement: The presenters have declared that they do not have any financial interest or other relationship with the manufacturers or providers of services that may be discussed in the course.

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 13 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.

Texas 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.