Select Medical Outpatient Division
Clinical Education Department
1217 Ira E. Woods Avenue, Grapevine TX 76051
Phone: 888-913-7300 or 817-488-5159 Fax:817-488-5289

TO: Managers and Clinicians

FROM Alan Evans, PT, MOMT, FAAOMPT, MCSP

DATE: 7/19/2010

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: October 2-3, 2010

SCHEDULED INSTRUCTOR: Staci Cost, MHSc, PT, OCS, MTC
Lakewood, CO

LOCATION: NovaCare
798 Route 539 (798 N. Green St. – local address)
Tuckerton, NJ 08087
Host Center Manager/Contact: Steven Elias

DIRECTIONS: **From North**: Take Garden State Parkway south to Exit 58, take L onto Rt 539 for 2 miles to Sea Oaks Medical Campus on R side **From South**: Take Garden State Parkway north to Exit 58, take R onto Rt 539 for 2 miles to Sea Oaks Medical Campus on R side. **From West:** Take Atlantic City Expressway to Garden State Parkway northbound and take Exit 58, take R onto Rt 539 for 2 miles to Sea Oaks Medical Campus on R side. Parking is available on site. Atlantic City Int'l Airport is 29 miles from the clinic.

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

To register for the course, please fill out the attached registration form if you do not have intranet access. Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 13.5 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4-6 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
October 2-3, 2010 – Tuckerton, NJ

Course Description:

Evidence Based Exercise Prescription is a 13.5-hour, 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. Integrate functional assessment and progressions for a variety of patients
9. Improve problem-solving strategies and clinical decision-making

Course Agenda

Saturday

8:00-8:15	Introduction; Evidence Based Practice Overview
8:15- 9:15	Tissue Histology
9:15 – 9:45	Exercise Specificity Lab
9:45-10:15	Pain Review
10:15-10:30	Break
10:30- 11:30	Exercise Dosing for Tissue Healing
11:30 – 12:30	Impairment Directed Exercise Prescription
12:30-1:30	Lunch
1:30 – 3:00	Upper Quarter Exercise Training: Stations Lab
3:00- 3:45	Upper Quarter Treatment Planning (Lecture)
3:45- 4:00	Break
4:00 – 5:30	Lower Quarter Exercise Training: Stations Lab

Sunday

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

Instructor Biography:

Staci Cost, MHSc, PT, MTC, OCS, is currently a Center Manager at Select Physical Therapy outpatient rehabilitation in Denver, Colorado. She received her Bachelor's degree in Health Science with a certificate in Physical Therapy from California State University, Northridge in 1995 and a Masters in Health Science in 2006 from the University of St. Augustine, Florida. In addition she completed her manual therapy certification (MTC) from the University of St. Augustine, Florida in 2000. She is a Board Certified Clinical Specialist in Orthopedic Physical Therapy by the American Board of Physical Therapy Specialties. Staci is Pilates Certified and is active in golf and women's health programs at HealthSouth. She assists with teaching at the University of Colorado Health Sciences Center and also teaches professional continuing education of Pilates based rehab to healthcare professionals nationally. Staci specializes in spinal disorders and chronic pathologies. Professional membership includes an APTA member since 1993 and she also serves as the Secretary of the Colorado Chapter APTA. On a personal note Staci is a native to Colorado, enjoys soccer in her spare time and spending time with her husband Paul and their daughter Samantha.

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 13.5 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.

New Jersey State Board of Physical Therapy Examiners &
Pennsylvania State Board of Physical Therapy

APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

APPROVED CE BOC PROVIDER

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.