

Instructor

Debbie Rico, MPT, CSMT



Debbie Rico is a graduate from Florida International University in 1992 with a BS in Physical Therapy. In the past she has taught at Washburn University as a guest lecturer on wound care.

She continues teaching staff on computerized documenta-tion; has an extensive clinical experience and over

the last 16 years of practice, have accumulated a vast array of continuing education from myofascial release to car-diac care to aquatic rehab. Over the last 5 years she has focused her career on outpatient orthopedics, completed her spinal manual therapy certification through ISPI and have since joined the ISPI teaching faculty. Debbie is now enrolled in the transitional DPT program and KU.

ISPIInstitute.com

ISPI is an independent educational group that is committed to high-quality, affordable, up-to-date, evidence-based and clinically applicable continuing education for physical therapists. Courses provided by ISPI are instantly applicable in clinical settings and offer a variety of treatment options in the current managed care environment from highly skilled hands-on, mobilization, exercise programs, to patient education.



PO Box 232
Story City, IA
50248



Manual Therapy for the Geriatric Patient

March 3 & 4, 2012
Bellevue, NE



Open to Physical Therapists only

Manual Therapy for the Geriatric Patient

This course is approved for 1.5 CEUs by most PT Associations

Course Description

The US Census Bureau reported in 2000, that the 65-year and older population in the US rose by 12% from 1990 to 2000, totaling 35 million Americans. The ever-increasing geriatric population creates a new challenge for today's physical therapist.

Join us for an exciting 2-day, introductory hands-on course offers a comprehensive investigation into the physical dysfunction of spinal joints in the geriatric population. The course is designed to update clinicians in various settings – from outpatient orthopedics, inpatient care, skilled nursing units and extended care facilities on the latest research related to spinal and joint degeneration as well as the decline in muscle mass, bone density and general conditioning. Clinicians will be taught skilled examination strategies – both subjective and objective to diagnose structures at fault with a significant emphasis on screening patients for medical precautions and contraindications, including the use of medical tests and spinal imaging. This course features extensive hands-on sections focusing on safe and skilled delivery of treatment of the geriatric patient. The research is clear – there is incredible evidence showing the benefit of movement and exercise in geriatric patients and the importance of professions such as physical therapy in assisting patients in pain management, increased function, decreased disability and quality of life.

The material covered in this course will be immediately clinically applicable and cover conditions such as spinal stenosis, spinal degeneration, vertebral artery syndrome, osteoporosis, disc degeneration, hip and shoulder joint degeneration and many more. This course also features and extensive section on pain management/epidurals and the latest spinal surgeries such as vertebroplasty, laminectomy, fusion, artificial disc replacement as well as post-surgical protocols.

Course Objectives

Upon completion of this course participants will be able to:

- Understand the clinical anatomy, pathology and normal degenerative processes related to the spinal and peripheral joints
- Able to conduct a thorough subjective evaluation, including medical screening, safety and precautions
- Able to perform a skilled physical examination of the spine and peripheral joints
- Design and implement a thorough treatment plan
- Perform the techniques in a skilled and safe manner.

Course Layout

Day 1

8:00 – 8:15

8:15 - 8:45

8:45 – 10:00

10:00 – 10:15

10:15 – 10:45

10:45 – 11:15

11:15 – 12:00

12:00 – 1:00

1:00 – 2:30

2:30 – 2:45

2:45 – 3:15

3:15 – 3:30

3:30 – 4:15

4:15 – 5:00

Day 2

8:00 – 8:30

8:30 – 9:00

9:00 – 10:00

10:00 – 10:15

10:15 – 11:00

11:00 – 12:00

12:00 – 1:00

1:00 – 1:30

1:30 – 2:30

2:30 – 3:15

3:15 – 3:30

3:30 – 4:00

4:00 – 4:45

4:45 – 5:00

Introduction and welcome
The challenge of the geriatric patient
Clinical Pathology of the Lumbar Spine,
SI Joint and Hip Joint

Break
Subjective Examination
Spinal Imaging and Medical Tests
Physical Examination of the
Lower Quadrant (start)

Lunch
Physical Examination of the
Lower Quadrant (cont)
Treatment planning and principles
Spinal Mobilization
Break
Spinal Mobilization
Exercise, Bone Density and Osteoporosis

Precautions, Contraindications and Safety Issues
Spinal Mobilization
Clinical Pathology of the Cervical Spine,
Shoulder & T-spine

Break
Special questions in the Upper Quadrant and
safety issues
Physical Examination of the Upper Quadrant (start)
Lunch
Physical Examination of the Upper Quadrant (cont)
Spinal Surgery and Rehabilitation
Spinal and Joint Mobilization and Exercise
Break
Spinal and Joint Mobilization and Exercise
Chronic pain
Questions, summary and conclusions

Hotel, Travel and Confirmation

ISPI will mail out official confirmation notices.

Please do not make any travel or accommodation arrangements until you receive your confirmation.

Registration Information

Name: _____

PT License # _____

Address: _____

Phone: _____

Fax: _____

E-mail: _____

Geriatric Patient \$425.00 PT Only
Bellevue, NE March 3 & 4, 2012

Payment: Check #: _____

- VISA
 MASTERCARD
 DISCOVER

Card Number: _____

Expiration: _____ 3 digit security code: _____

Signature: _____

** If the credit card does not correspond to the above address, please provide the billing address

Cancellation policy:

If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course nor for cancellation any time after the course start date.

Institute Cancellation: If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an "act of God" or other unforeseen circumstances, no refunds will be issued. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.

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