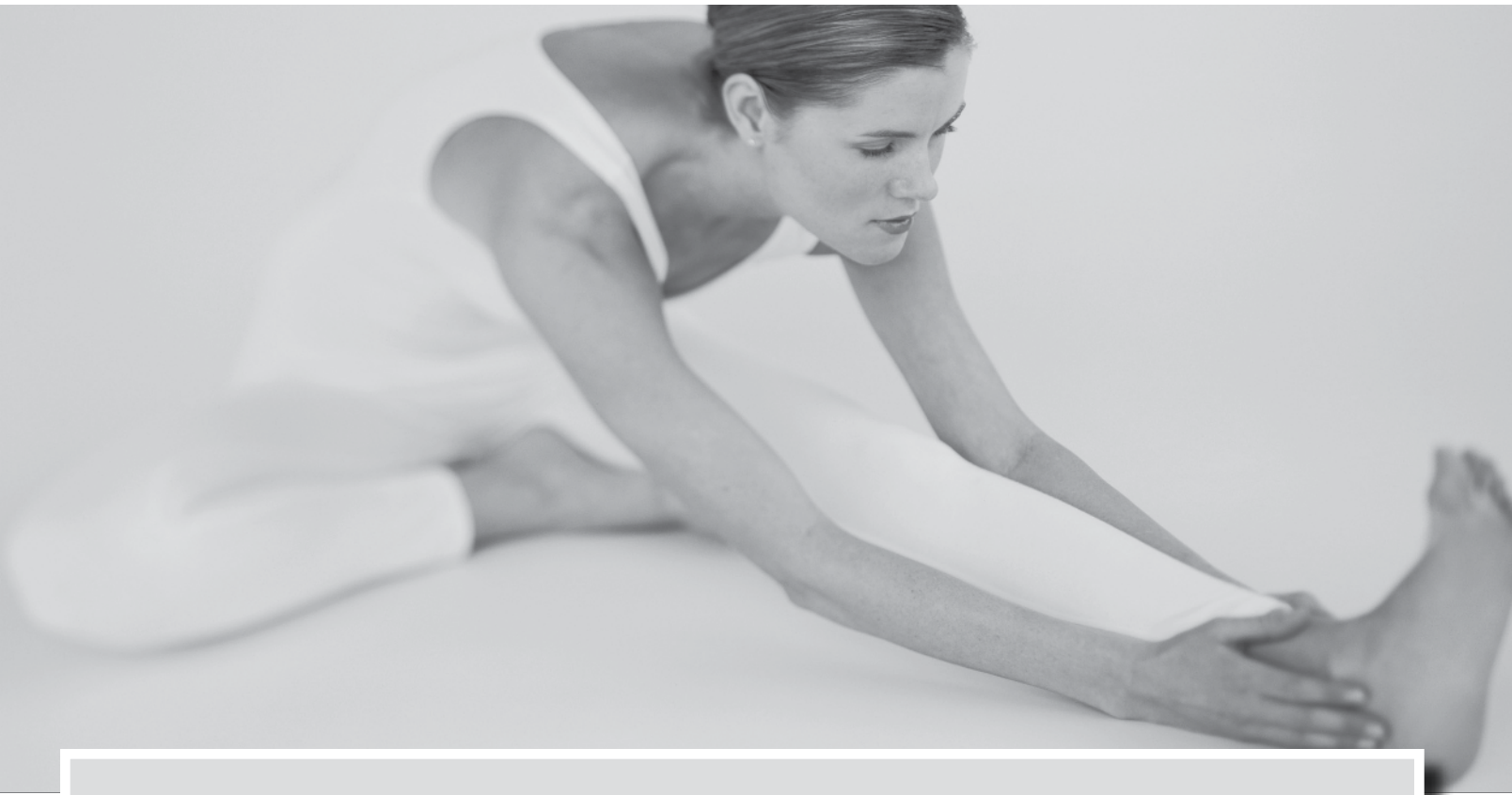


LOWER EXTREMITY UPDATE 2011

November 18-20, 2011
PHILADELPHIA, PA

Sponsored By: The Philadelphia Orthopaedic and Sports Rehab Foundation



COURSE CHAIRMEN:

Brian J. Sennett, MD
Brian G. Leggin, PT, DPT, OCS
Martin J. Kelley, PT, DPT, OCS

FEATURING:

Deborah A. Nawoczenski, PT, PhD
Mark V. Paterno, PT, PhD, MBA, SCS, ATC

LOWER EXTREMITY UPDATE 2011

November 18-20, 2011

Lower Extremity Update 2011 is a two and a half day conference for physical therapists, physical therapist assistants, athletic trainers, and physicians interested in learning the latest concepts and research related to evaluation, treatment, and rehabilitation of lower extremity disorders.

REGISTRATION & HOTEL INFORMATION:

This course fills up quickly, so early registration is strongly encouraged. Registrations received before October 21st will receive a discount. Of special note, registration for Lower Extremity Update 2011 also includes all conference materials including a CD with all workshop handouts and continental breakfast each day.

Lower Extremity Update 2011 will be held at the *Hyatt Regency, Penn's Landing, 201 South Columbus Boulevard, Philadelphia, PA 19106.*

For hotel information contact the Hyatt Regency at 888-421-1442 or go to www.hyatt.com. The Hyatt Regency is offering a special room rate of \$175/night plus tax for a single or double occupancy. This rate is available for a limited time and rooms fill up quickly.

COURSE DESCRIPTION:

Lower Extremity Update is a two-day conference for physical therapists, physical therapist assistants, athletic trainers, and physicians interested in learning the latest evidence-based concepts and research related to evaluation, treatment, and rehabilitation of lower extremity disorders. This innovative and comprehensive program features an integrated format of lectures, panel discussions, case study presentations and workshops.

COURSE OBJECTIVES:

Upon completion of the course, participants will have gained the ability to provide a differential diagnosis, evaluation, prognosis, and intervention for various lower extremity disorders.

PARTICIPANTS WILL BE ABLE TO:

- Use the latest evidence to conduct a complete evaluation and establish a differential diagnosis for the hip, knee, foot and ankle.
- Understand and utilize the most current evidence in understanding the pathogenesis, differential diagnosis, and management of various lower extremity disorders.
- Develop hands-on evaluation and treatment skills.

COURSE INSTRUCTORS:

Course participants will have ample time for discussion and interaction with the orthopaedic surgeons, physicians, therapists, and special guest faculty. Members of the faculty have published numerous peer reviewed articles, books, and book chapters relating to lower extremity disorders. In addition, they are currently involved in research aimed at advancing the management of lower extremity disorders. Members of this faculty have lectured on these topics locally, nationally, and internationally.

REGISTRATION FEE:

Postmarked/received on or before October 21st: \$425
Postmarked/received on or after October 22nd: \$475

ACCREDITATION INFORMATION:

All participants will receive a certificate for contact hours or continuing education units (CEU's) as approved by governing bodies. Please check the website www.eliterehabsolutions.com for accreditation approvals. We are a BOC approved provider (#p3272).

HOW TO REGISTER:

Online at www.eliterehabsolutions.com **OR** Mail check payable to: *Philadelphia Orthopaedic and Sports Rehab Foundation (POSRF)* to:

Elite Rehabilitation Solutions
2820 Audubon Village Drive, #330
Audubon, PA 19403

For more information call **484-685-3123** or email info@eliterehabsolutions.com

DAY 1

Friday, November 18th

TIME	TOPIC & SPEAKER
6:30 AM	Check-in & Continental Breakfast
8:00 AM	Anatomy and biomechanics of the knee <i>James Carey, MD</i>
8:20 AM	Natural history and injury mechanism of anterior cruciate ligament injuries <i>Brian J. Sennett, MD</i>
8:40 AM	Current concepts in the prevention of ACL injuries <i>Mark Paterno, PT, PhD, MBA, SCS, ATC</i>
9:00 AM	ACL Reconstruction <i>Brian J. Sennett, MD</i>
9:30 AM	Rehabilitation following ACL Reconstruction and Return to Activity Criteria <i>Mark Paterno, PT, PhD, MBA, SCS, ATC</i>
10:00 AM	Break
10:20 AM	Evaluation and surgical management of articular cartilage defects of the knee <i>James Carey, MD</i>
10:45 AM	Rehabilitation following articular cartilage procedures <i>Brian Eckenrode, PT, DPT, OCS</i>
11:10 AM	Current concepts in the surgical management of the arthritic knee and how to deal with post-operative complications <i>Craig Israelite, MD</i>
11:35 AM	Rehabilitation following arthroplasty of the knee and returning the patient to activities <i>Martin Kelley, PT, DPT, OCS</i>
12:00 PM	Panel Discussion/Questions

12:30 PM	Lunch
1:30 PM	The influence of lower extremity biomechanics on patellofemoral pain and the current evidence for rehabilitation <i>Mark Paterno, PT, PhD, MBA, SCS, ATC</i>
2:15 PM	Surgical management of patellofemoral pain <i>Brian J. Sennett, MD</i>
2:40 PM	Panel Discussion/Questions
3:00 PM	Break
3:30 PM	Concurrent Workshops
	Workshop 1: Clinical examination of the knee <i>Brian J. Sennett, MD</i> <i>James Carey, MD</i> <i>Craig Israelite, MD</i> <i>Brian Eckenrode, PT, DPT, OCS</i>
	Workshop 2: Functional testing of the knee <i>Justin Shaginaw, MPT, ATC</i> <i>Michele Horowski, DPT</i>
	Workshop 3: Manual therapy techniques for the knee <i>Jeffrey O'Neill, PT, DPT, OCS</i> <i>Marisa Pontillo, DPT, SCS</i> <i>Sara Forsythe, PT, DPT</i>
	Workshop 4: Functional exercise progression in injury prevention and regaining neuromuscular control <i>Mark Paterno, PT, PhD, MBA, SCS, ATC</i>
	Workshop 5: Computer assisted total knee arthroplasty: What is it? <i>Eric Hume, MD</i>
5:00 PM	Adjourn

REGISTRATION FEE:

Postmarked/received on or before October 21st: **\$425**
Postmarked/received on or after October 22nd: **\$475**

Please check the website for our cancellation policy—
www.eliterehabsolutions.com.

DAY 2

Saturday, November 19th

TIME	TOPIC & SPEAKER
7:00 AM	Continental Breakfast
8:00 AM	Anatomy and biomechanics of the foot and ankle <i>Deborah Nawoczenski, PT, PhD</i>
8:30 AM	Evaluation and management of Achilles tendon injuries <i>Andrew Steiner, MD</i>
8:50 AM	Rehabilitation following Achilles tendon repair <i>Marisa Pontillo DPT, SCS</i>
9:10 AM	Plantar fasciitis and posterior tibialis tendon injuries and surgical management <i>Wen Chao, MD</i>
9:40 AM	Rehabilitation of plantar fasciitis and posterior tibialis tendon injuries <i>Deborah Nawoczenski, PT, PhD</i>
10:10 AM	Break
10:30 AM	Evaluation and surgical management of ankle fractures <i>Samir Mehta, MD</i>
11:00 AM	Rehabilitation following ankle fractures <i>Brian Eckenrode, PT, DPT, OCS</i>
11:20 AM	Evaluation and surgical management of hallux valgus and rigidus <i>Andrew Steiner, MD</i>
11:40 AM	Rehabilitation of hallux valgus and rigidis <i>Deborah Nawoczenski, PT, PhD</i>
12:00 PM	Panel Discussion/Questions
12:30 PM	Lunch
1:30 PM	Evaluation and surgical management of osteochondritis

	dessicans of the talar dome <i>Wen Chao, MD</i>
1:55 PM	Rehabilitation following OCD procedures <i>Brian Owens, PT, DPT, CSCS</i>
2:15 PM	Evaluation and management of midfoot arthritis <i>Andrew Steiner, MD</i>
2:40 PM	Rehabilitation of midfoot arthritis <i>Deborah Nawoczenski, PT, PhD</i>
3:00 PM	Panel Discussion/Questions
3:15 PM	Break
3:30 PM	Concurrent Workshops
	Workshop 1: Clinical examination of the hip <i>Justin Shaginaw, MPT, ATC</i> <i>Michele Horowski, DPT</i> <i>Tiffany Prince, PT, DPT, OCS</i>
	Workshop 2: Clinical examination of the foot & ankle <i>Wen Chao, MD</i> <i>Andrew Steiner, MD</i> <i>Marisa Pontillo, DPT, SCS</i>
	Workshop 3: Manual techniques for the hip & pelvis <i>Christopher Wise, PT, DPT, OCS, FAAOMPT, MTC, ATC</i> <i>Lindsey Rolinski, DT, DPT, OTR/L</i>
	Workshop 4: Evaluation and management of running injuries <i>Brian Eckenrode, PT, DPT, OCS</i> <i>Brian Owens, PT, DPT, CSCS</i> <i>Jeffrey O'Neill, PT, DPT, OCS</i>
	Workshop 5: The use of orthotics in the rehabilitation of foot and ankle injuries <i>Deborah Nawoczenski, PT, PhD</i>
5:00 PM	Adjourn

ACCREDITATION INFORMATION:

All participants will receive a certificate for contact hours or continuing education units (CEU's) as approved by governing bodies. Please check the website—www.eliterehabsolutions.com—for accreditation approvals. We are a BOC approved provider (#p3272).

DAY 3

Sunday, November 20th

REGISTRATION FORM

TIME	TOPIC & SPEAKER
8:00 AM	Anatomy and Biomechanics of the hip <i>Gwo-Chin Lee, MD</i>
8:20 AM	Diagnosis and management of athletic pubalgia (sports hernia) <i>William Meyers, MD</i>
8:50 AM	Core stabilization for rehabilitation and to enhance performance <i>Jim McCrossin, ATC, CSCS</i>
9:20 AM	Panel Discussion/Questions
9:40 AM	Break
10:00 AM	Pathogenesis and management of hip labral injuries <i>John Kelly, MD</i>
10:30 AM	Rehabilitation of hip labral injuries <i>Justin Shaginaw, MPT, ATC</i>
11:00 AM	Pathogenesis, diagnosis, and management of the arthritic hip <i>Charles Nelson, MD</i>
11:30 AM	Rehabilitation of the arthritic hip <i>Brian Leggin, PT, DPT, OCS</i>
12:00 PM	Pathogenesis and surgical management of hip fractures <i>Gwo-Chin Lee, MD</i>
12:30 PM	Current evidence in the rehabilitation of hip fractures
1:00 PM	Panel Discussion
1:30 PM	Adjourn

Name: _____

Home Address: _____

City/State/Zip: _____

Employer: _____

Work Address: _____

City/State/Zip: _____

Daytime Telephone: _____

Fax: _____

Email: _____

*Confirmation will be sent by email only. Please set your inbox to accept email from **eliterehabsolutions.com***

Medical Specialty: PT PTA ATC Physician
 Other: _____

Years of experience: 0-5 years 6-10 years
 11-15 years 16-20 years
 > 20 years

Please check your primary employment setting:

- Acute care hospital Inpatient rehab/SNF
 Health system or hospital based outpatient
 Private outpatient or group practice Home Care
 Other (List): _____

Workshops:

Please indicate your first, second, and third choices in order of preference each day. Space is limited and will be assigned in order of receipt of paid registration only.

	1st Choice	2nd Choice	3rd Choice
Day 1			
Day 2			

REGISTRATION INFORMATION:

Online at **www.eliterehabsolutions.com** OR Mail check payable to: *Philadelphia Orthopaedic and Sports Rehab Foundation (POSRF)* to:

Elite Rehabilitation Solutions
2820 Audubon Village Drive, #330
Audubon, PA 19403

For more information call **484-685-3123** or email **info@eliterehabsolutions.com**

2011 LOWER EXTREMITY UPDATE

EVALUATION, TREATMENT & REHABILITATION

November 18-20, 2011

Hyatt Regency Penn's Landing
201 South Columbus Boulevard
Philadelphia, Pennsylvania

SPONSORED BY:

Philadelphia Orthopaedic and
Sports Rehab Foundation

COURSE CHAIRMEN:

Brian J. Sennett, MD
Brian G. Leggin, PT, DPT, OCS
Martin J. Kelley, PT, DPT, OCS

For more information call 484-685-3123
or email info@eliterehabsolutions.com

COURSE CHAIRMEN:

Brian J. Sennett, MD
Penn Sports Medicine Center
Martin J. Kelley, PT, DPT, OCS
Good Shepherd Penn Partners
Brian G. Leggin, PT, DPT, OCS
Good Shepherd Penn Partners

GUEST FACULTY

Deborah A. Nawoczenski, PT, PhD
Ithaca College
Mark V. Paterno, PT, PhD, M BA,
SCS, ATC
*Cincinnati Children's Hospital
Medical Center*

COURSE FACULTY:

Wen Chao, MD
*Pennsylvania Orthopaedic
Foot & Ankle Surgeons*
James Carey, MD
Penn Sports Medicine Center
Brian Eckenrode, PT, DPT, OCS
Good Shepherd Penn Partners
Sara Forsythe, PT, DPT
Good Shepherd Penn Partners
Michele Horowski, DPT
Good Shepherd Penn Partners
Eric Hume, MD
Penn Orthopaedic Institute

Craig Israelite, MD
Penn Orthopaedic Institute
John Kelly, MD
Penn Sports Medicine Center

Gwo-Chin Lee, MD
Penn Orthopaedic Institute

Samir Mehta, MD
Penn Orthopaedic Institute

William Meyers, MD
Hahnemann University Hospital

Jim McCrossin, ATC, CSCS
Philadelphia Flyers

Charles, Nelson, MD
Penn Orthopaedic Institute

Brian Owens, PT, DPT, CSCS
Mountainside Hospital

Jeffrey O'Neill, PT, DPT, OCS, CKTP
Good Shepherd Penn Partners

Marisa Pontillo, DPT, SCS
Good Shepherd Penn Partners

Tiffany Prince, PT, DPT, OCS
Good Shepherd Penn Partners

Lindsey Rolinski, PT, DPT, OTR/L
Good Shepherd Penn Partners

Justin Shaginaw, MPT, ATC
*Good Shepherd Penn Partners
US Soccer*

Andrew Steiner, MD
*Pennsylvania Orthopaedic
Foot & Ankle Surgeons*

Christopher Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC
Widener University