

Advances in Cervical and Lumbar: Evaluation, Management and Rehabilitation

Course Date:
May 9-10, 2014

Course Location:
WestArm Physical Therapy
3160 Kipp Ave
Lower Burrell, PA 15068

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COURSE FACULTY

Nadar Hebela, MD is an Assistant Professor of orthopedic surgery at the Hospital of University of Pennsylvania. He specializes in surgical and medical management of spine disorders. He has specialty certification by AAOS and is a fellow member of North American Spine Society. He has published several peer-reviewed articles and book chapters. He is recognized by *Best Doctors in America 2009-2010*

Chris Plastaras, MD is an Assistant Professor of Physical Medicine and Rehabilitation at the Hospital of University of Pennsylvania and Director of Penn Spine Center. He has received certification in Electrodiagnostic Medicine in 2009. He is recognized by *Best Doctors in America 2009-2010*

TIM BAYRUNS, PT, DPT, OCS, CSCS is Spine Orthopedic Team Leader with Good Shepherd Penn Partners. He has over 26 years of clinical and mentorship experience. He holds in OCS from the APTA; and CSCS from the NCSA. He is adjunct faculty at Thomas Jefferson University specializing in education regarding spine and TMD. He is active in clinical research and published in the APTA-Orthopaedic Physical Therapy Practice Journal.

WON SUNG, PT, DPT is a physical therapist with Good Shepherd Penn Partners. He is adjunct faculty with the Department of Physical Therapy at Arcadia University. He is active in clinical care for patients with spinal dysfunction. His research focus is in muscle function, spinal disorders, and biomechanics. He is a PhD student at Drexel University in Rehabilitation Sciences.

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Medical Specialty: PT/PTA OT/COTA

ATC Other (list): _____

Experience: 0-2 years 3-5 years

5-10 years 11-20 years > 20 years

Registration Fee:

\$399 on or before 4/18/14

\$450 on or after 4/19/14

Make check payable to:

Elite Rehabilitation Solutions

Mail this completed form and payment to:
ELITE REHABILITATION SOLUTIONS
2820 Audubon Village Drive
Suite 330
Audubon, PA 19403

Phone: 484-685-3123

Fax: 610-635-0487

E-mail: info@eliterehabsolutions.com

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Advances in Cervical and Lumbar Rehabilitation:

This 1.5 day course is designed to provide participants with the latest evidence for the evaluation, medical management, and rehabilitation of the cervical and lumbar spine. The content will be presented from an orthopaedic surgeon, physiatrist and physical therapists who specialize in the treatment of spinal disorders. Physician content will include operative and non-operative management of patients with spinal disorders. Rehabilitation content will consist of the latest evidence in categorizing patients with spinal disorders and prescribing a rehabilitation program that reflects the most effective methods for treatment. Program will feature an integrated format of lecture, video, case studies, and open discussion. Course content supported by current evidence based research. This course is applicable for PT, PTA, ATC Instruction level is beginner through intermediate and is applicable for the therapist treating without a referral.

COURSE OBJECTIVES:

- Gain working knowledge of the Anatomy and biomechanics of the cervical and lumbar spine and how each relates to disorders of the spine.
- Recognize the pathomechanics of various spinal disorders and how it relates to differential diagnosis of the cervical and lumbar spine.
- Complete comprehensive evaluation of the spine, design and implement an appropriate spine rehabilitation program based on the latest clinical and scientific information, and document treatment outcomes.
- Gain working knowledge of diagnostic imaging of the cervical and lumbar spine.
- Understand the indications and techniques of operative and non-operative medical interventions to facilitate communication and referrals to other health care professionals as appropriate.

Pre Course Attendance Lectures

Following lectures will be available 2 weeks prior to course date. Complete prior to attendance. Print course completion documents and bring on registration.

- Medical Management and Non operative Management (2 hours)
- Diagnostic Imaging of Cervical and Lumbar Spine (1 hour)
- Operative Management—Cervical and Lumbar Spine (1 hour)
- Post operative management (45 min)
- Use of Clinical Outcome Tools (15 min)

We will not be able to allocate course CEU's for completion of this course portion until forms are received. We will modify CEU certificates by 5 hours at a \$25/certificate fee.

COURSE AGENDA- Spinal Disorders

Day 1:

- 1:30 pm** Registration, Pre test,
- 2:00 pm** Anatomy & Biomechanics Lumbar Spine
- 2:30 pm** Mechanism of Disorders of Lumbar Spine
- 3:00 pm** Classification Based Treatment Centralization /Thrust Category
- 3:30 pm** Stabilization Exercise Prescription
- 4:00 pm** Management of LBP
- 4:15 pm** Q and A/ Break
- 4:30 pm** Examination Lumbar Spine
 - Lecture
 - Lab
- 5:30 pm** Manual Skills Lumbar Spine- lab
- 6:15 pm** Examination and Treatment algorithm of lumbar spine
- 7:00 pm** Adjourn

Day 2:

- 7:30 am** Registration & Continental Breakfast
- 8:00 am** Anatomy & Biomechanics Cervical Spine
- 8:30 am** Mechanism of cervical spine disorders
- 8:45 am** Differential Diagnosis- neck and upper quadrant pain
- 9:30 am** Clinical Examination cervical spine and upper quarter
 - Lecture
 - Lab
 -
- 10:30 am** Questions
- 10:45 am** Neck Pain- Treatment & Guidelines
- 11:45 am** Questions/ Discussion
- 12:00m** Lunch (on your own)
- 1:00 pm** Examination and Treatment algorithm of cervical spine
- 1:45 pm** Manual Therapy—Cervical
 - Lab
 -
- 2:45 pm** Questions/ Discussion
- 3:00 pm** Thoracic Spine
- 3:45 pm** Case Study— clinical application
- 4:15 pm** Post test (complete and review)
- 4:45 pm** Adjourn

ACCREDITATION INFORMATION:

PA -16 contact hours- 12 hours applicable for direct access

NJ—15.5 contact hours to 1/31/14-resubmission 2/1/14

Course Location :

West Arm Physical Therapy
3160 Kipp Ave
Lower Burrell, PA 15068

Lodging:

Clarion Inn, Tarentum (~ 3 miles)
300 Tarentum Bridge Rd
New Kensington, PA 15068
866-539-0036

SpringHill Suites Pittsburgh Mills (~6 mi)
3015 Pittsburg Mills Blvd
Tarentum, PA 15084
724-274-1064/ 888-236-2427

Registration Information:

Registration includes course handouts, and continental breakfast
Lunch is on your own.

Cancellation Policy:

Refunds less \$75 will be given for cancellation requests in writing up to 14 days prior to course. No refunds can be granted after that date.

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