

2015 LOWER EXTREMITY UPDATE

EVALUATION, TREATMENT AND REHABILITATION

November 20-21, 2015

Hilton Philadelphia at Penn's Landing
201 South Columbus Boulevard
Philadelphia, Pennsylvania

SPONSORED BY:

Philadelphia Orthopaedic and Sports Rehab Foundation

COURSE CHAIRMEN:

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

Discount for PA approved Law and Ethics online course with registration!!

COURSE CHAIRMEN:	
Eric Hume, MD Penn Orthopaedics	Good Shepherd Penn Partners
Holly Jo Harvey, PT, DPT, OCS	Good Shepherd Penn Partners
Craig Israelite, MD Penn Orthopaedics	Good Shepherd Penn Partners
Brian G. Leggin, PT, DPT, OCS	Good Shepherd Penn Partners
Martin J. Kelley, PT, DPT, OCS	Good Shepherd Penn Partners
Brian J. Sennett, MD Penn Sportsmedicine	Good Shepherd Penn Partners
COURSE FACULTY:	
Brian J. Sennett, MD Penn Sportsmedicine	Good Shepherd Penn Partners
Brian G. Leggin, PT, DPT, OCS	Good Shepherd Penn Partners
Martin J. Kelley, PT, DPT, OCS	Good Shepherd Penn Partners
Molly Dang, PT, DPT, OCS	Good Shepherd Penn Partners
Brian Eckernode, PT, DPT, OCS	Arcadia University
Kevin Gard, PT, DPT, OCS	Drexel University
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LOWER EXTREMITY UPDATE 2015

November 20-21, 2015 PHILADELPHIA, PA

SPONSORED BY: The Philadelphia Orthopaedic and Sports Rehab Foundation

COURSE CHAIRMEN: Brian J. Sennett, MD •
Martin J. Kelley, PT, DPT, OCS • Brian G. Leggin, PT, DPT, OCS

Lower Extremity Update 2015 is a two-day conference for physical therapists, physical therapist assistants, athletic trainers, nurses, physician assistants 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 25 will receive a discount.** Registration includes downloadable course materials and breakfast each day. Handout books are available through pre-order only.

Lower Extremity Update 2015 will be held at the Hilton Philadelphia at Penn's Landing (formerly Hyatt), 201 South Columbus Boulevard, Philadelphia, PA 19106. A block of rooms have been reserved at a special room rate until November 1. Please reserve rooms early as there are other events in Philadelphia that weekend.

For hotel information contact the Hilton at 215-928-1234 or go to www.hilton.com/philadelphia. Mention Philadelphia Orthopedic and Sports Rehab Foundation for special room rate.

COURSE DESCRIPTION: Lower Extremity Update 2015 is a two-day conference for PT's, PTA's, 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 this 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 of the lower extremity, as well as document treatment outcomes.
- Understand and utilize the most current evidence in understanding the pathogenesis, diagnosis, and management of 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, and therapist 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 patients. Members of this faculty have lectured on these topics locally, nationally, and internationally.

DISCOUNTED EARLY REGISTRATION DEADLINE: OCTOBER 25

Day 1 Friday, November 20

TIME	TOPIC/SPEAKER
6:45 am	Registration/Continental Breakfast
7:55 am	Welcome/Introductions
8:00 am	Functional anatomy and biomechanics of the lower extremity Kevin Gard, PT, DPT, OCS
8:30 am	Natural history and injury mechanism of anterior cruciate ligament injuries Brian Sennett, MD
8:55 am	Current concepts in the prevention of ACL injuries Campbell McCormack, PT, MS, SFMA, CK-FMS
9:20 am	Restoring neuromuscular control in the ACL deficient knee: Identifying "copers" and "non copers" David Logerstedt, PT, PhD, MPT, SCS
9:45 am	Break
10:00 am	Current Concepts in ACL Reconstruction Brian Sennett, MD
10:25 am	Rehabilitation following ACL Reconstruction and return to activity criteria David Logerstedt, PT, PhD, MPT, SCS
10:50 am	Patellofemoral Pain: The influence of lower extremity biomechanics and nonop rehabilitation Tiffany Prince, PT, DPT, OCS
11:15 am	Surgical Management of patellofemoral pain: What do you need to know for rehabilitation? Milt Zgonis, MD
11:40 am	Case Studies/Panel Discussion/Questions
12:15 pm	Lunch
1:15 pm	Current Concepts in Surgical Management of Meniscus Lesions Brian Sennett, MD
1:35 pm	Rehabilitation of meniscus lesions: Is therapy better than surgery? Brian Leggin, PT, DPT, OCS
1:55 pm	Evaluation and surgical management of articular cartilage defects of the knee James Carey, MD
2:15 pm	Rehabilitation following articular cartilage procedures Brian Eckenrode, PT, DPT, OCS
2:30 pm	Break

TIME	TOPIC/SPEAKER
2:45 pm	Current concepts in the surgical management of the arthritic knee and how to deal with post-operative complications Craig Israelite, MD
3:10 pm	Rehabilitation following arthroplasty of the knee and returning the patient to activities Martin Kelley, PT, DPT, OCS
3:35 pm	Evaluation and management of achilles tendon injuries Milt Zgonis, MD
4:00 pm	Rehabilitation for achilles tendonitis vs. tendinosis Brian Eckenrode, PT, DPT, OCS
4:25 pm	Pathogenesis and rehabilitation of ankle instability Marisa Pontillo, DPT, SCS
4:45 pm	Case Studies/Questions

Day 2 Saturday, November 21

7:00 am	Continental Breakfast
8:00 am	Practical applications of lower extremity outcome measures Brian Leggin, PT, DPT, OCS
8:25 am	Biomechanics and assessment of runners Robert Maschi, PT, DPT, OCS, CSCS
8:55 am	Hamstring Injuries: Prevention and rehabilitation Martin Kelley, PT, DPT, OCS
9:20 am	Evaluation and management of plantar fasciitis and posterior tibialis tendon injuries John Vasudevan, MD
9:45 am	Break
10:00 am	Pathogenesis and arthroscopic management of hip injuries John Kelly, MD
10:25 am	Post-op rehab following hip arthroscopy Michael Piercey, PT, DPT, OCS, CSCS
10:50 am	Pathogenesis and surgical management of the arthritic hip Eric Hume, MD
11:15 am	Rehabilitation of the arthritic hip Molly Dang, PT, DPT, OCS
11:30 am	Case Studies, Questions

Registration fees will be refunded in full if written cancellation notice is received prior to October 25, 2015. A \$35 handling fee will be assessed for cancellations postmarked between October 26th and November 13th. No refunds will be awarded after November 14th.

12:00 noon Lunch

1:00 - 2:45 and 3:15-5:00
CONCURRENT WORKSHOPS
choose two

Workshop 1: Clinical examination of the knee and hip
Tiffany Prince, PT, DPT, OCS • Holly Jo Harvey, PT, DPT, OCS • Molly Dang, PT, DPT, OCS • Martin Kelley, PT, DPT, OCS • John Kelly, MD

Workshop 2: Clinical examination of the foot and ankle
Marisa Pontillo, PT, DPT, OCS • Cheryl Cocca, PT, DPT, OCS • Robert Maschi, PT, PhD, SCS • Brian Eckenrode, PT, DPT, OCS • John Vasudevan, MD

Workshop 3: Taping techniques for the lower extremity
Jeffrey O'Neill, PT, DPT, OCS
Gina Serago, PT, DPT, OCS
William Moore, PT, DPT, OCS

Workshop 4: Functional exercise progression and evaluation for return to activity
Campbell McCormack, PT, DPT, OCS
Michael Piercey, PT, DPT, OCS
Ninette Wong, PT, DPT, ATC

• IN ORDER TO SAVE PAPER, ALL HANDOUTS WILL BE AVAILABLE FOR DOWNLOAD 3 DAYS BEFORE THE COURSE.

• YOU CAN PRE-ORDER A HANDOUT BOOK FOR \$25.00.

• EXTRA HANDOUTS WILL NOT BE AVAILABLE ONSITE.

• Approved Law and Ethics Course available online at eliterehabsolutions.com - receive a discount with registration for Lower Extremity Update 2015

ACCREDITATION INFORMATION

All participants will receive a certificate for 15 contact hours or 1.5 continuing education units (CEU's) as approved by governing bodies. Please check the website for accreditation approvals. We are a BOC approved provider (#p3272). www.eliterehabsolutions.com

Registration Form

Name: _____

Home 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 PA Nurse
 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
Session 1			
Session 2			

Please check appropriate registration box:

Registration for Lower Extremity Update 2015 (checks payable to Philadelphia Orthopedic and Sports Rehab Foundation)
 Please order me a handout book for an additional \$25.00

Total Enclosed: _____

REGISTER ONLINE AT: www.eliterehabsolutions.com

OR MAKE CHECK PAYABLE TO: *Philadelphia Orthopedic and Sports Rehab Foundation.*

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

For more information call (484) 685-3123 or email posrf@yahoo.com

REGISTRATION FEE:

Postmarked/received on or before October 25th: **\$399**
Postmarked/received on or after October 26th: **\$450**