

Elite Rehabilitation Solutions, LLC
2820 Audubon Village Drive
Suite 330
Audubon, PA 19403

Address Correction Required

SAVE THE DATE!
**Vestibular Rehabilitation:
Evaluation and Treatment
of the Dizzy Patient
September 26-27, 2009**

Disorders of the Knee: Update on Evaluation and Management April 25-26, 2009

Shoulder Disorders: Update on Evaluation and Management May 16-17, 2009

Course Location:

Valley Forge, PA

Sponsored by:



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Phone: 484-685-3123

www.eliterehabsolutions.com

COURSE FACULTY

DISORDERS OF THE KNEE

BRIAN J SENNETT, MD interim chair of orthopedics and chief of sports medicine at **University of Pennsylvania Medical Center**. He has published several peer reviewed articles and chapters and has been honored in "Best Doctors in America" and "Top Doctors in Philadelphia".

MICHAEL A SHAFFER, PT, OCS, ATC is coordinator of sports rehabilitation for **University of Iowa**. He has published in Physical Therapy and JOSPT. He is past president of American Society of Shoulder and Elbow Therapists.

SHOULDER DISORDERS

DAVID L. GLASER, MD is an Assistant Professor of Orthopedic Surgery and Director of the Shoulder and Elbow Service at the Penn Orthopedic Institute and **Penn Presbyterian Medical Center**. He has published several peer-reviewed articles and book chapters and review articles.

BRIAN G. LEGGIN, PT, DPT, OCS is currently an Orthopedic Clinical Specialist for Penn Therapy and Fitness at **Good Shepherd Penn Partners**. He works with the surgeons and physicians of the Shoulder and Elbow Service of the University of Pennsylvania Health System and Rothman Institute. He has published numerous journal articles and book chapters and given numerous professional and scientific presentations at local, national, and international conferences. He is an active member of the American Society of Shoulder and Elbow Therapists and a member of the board of the International Congress of Shoulder and Elbow Therapy.

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Course Title—Check

Disorders of the Knee: Update on Evaluation and Management April 25-26, 2009

Shoulder Disorders: Update on Evaluation and Management May 16-17, 2009

Medical Specialty: PT OT ATC

CHT Other (list): _____

Experience: 0-2 years 3-5 years

5-10 years 11-20 years > 20 years

Registration Fee:

\$375 2 weeks prior to course (4/11 or 5/2)

\$425 Less than 2 weeks prior to course

\$700 Register for both courses before 4/11!

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

Or register online at:
www.eliterehabsolutions.com

Phone: 484-685-3123

Fax: 610-635-0487

E-mail: info@eliterehabsolutions.com

COURSE DESCRIPTIONS:

These 2 day courses are designed to provide participants with the latest evidence for evaluation, surgical management and rehabilitation from a orthopedic surgeon & PT who specialize in treatment of the knee and shoulder. Each program will feature an integrated format of lecture, lab, video, case study, and discussion. Course content is supported by current evidence based research.

COURSE OBJECTIVES:

- Gain working knowledge of functional anatomy and biomechanics of the knee or shoulder and how each relates to pathology.
- Recognize the pathomechanics of various knee or shoulder disorders and rehabilitation prognosis
- Conduct a thorough evaluation of the knee or shoulder, interpret radiology reports/images, & document treatment outcomes
- Design and implement an appropriate rehabilitation program based on latest clinical and scientific information.

Disorders of the Knee Course Agenda

Day 1:

| | |
|----------|---|
| 7:30 am | Registration/ Continental Breakfast/ Pre-test |
| 8:30 am | Functional anatomy and evaluation of the knee |
| 9:30 am | Neuromuscular rehabilitation |
| 10:15 am | Questions/Discussion |
| 10:30 am | Break |
| 10:45 am | Evaluation & rehabilitation of collateral & multi ligamentous knee injuries |
| 11:30 am | Overuse syndromes & runner's injuries |
| 12:00 pm | Questions/ Discussion |
| 12:30 pm | Lunch (on your own) |

Day 1: Continued:

| | |
|---------|--|
| 1:30 pm | Palpation/ Special Test (lab) |
| 2:45 pm | Functional Testing (lab) |
| 3:30 pm | Case Studies: Algorithmic Approach to Knee Rehab |
| 5:00 pm | Adjourn |

Disorders of the Knee Course Agenda

Day 2:

| | |
|----------|---|
| 7:30 am | Continental Breakfast |
| 8:00am | Pathogenesis of ACL injuries |
| 8:30am | Current concepts in prevention of ACL injuries |
| 9:15 am | Surgical management of ACL injury |
| 9:45 am | Conservative management, pre-op instruction and post operative rehabilitation of ACL |
| 10:15 am | Questions/Discussion |
| 10:30 am | Break |
| 10:45 am | Pathogenesis, evaluation & management of meniscal injuries |
| 11:15 am | Rehabilitation of meniscal Injury |
| 11:45 am | Evaluation & management of articular cartilage defects |
| 12:00 | Rehabilitation following articular cartilage procedures |
| 12:30 pm | Lunch (on your own) |
| 1:30 pm | Pathogenesis, evaluation & rehabilitation of patellofemoral pain |
| 2:15 pm | Surgical management of the patellofemoral joint |
| 2:45 pm | Perturbation training & enhancing dynamic and core stability to improve LE function (lab) |
| 4:30 pm | Adjourn |

ACCREDITATION INFORMATION:

Each course has been submitted to PA and NJ for approval of 14 contact hours (1.4 CEU); In PA 10 of which requested for direct access. Check our website for approval status.

www.eliterehabsolutions.com

Can't make it to an onsite course?
Check out our innovative e-learning program.

Shoulder Disorders Course Agenda

Day 1:

| | |
|----------|--|
| 7:30 am | Registration & Continental Breakfast |
| 8:30 am | Functional anatomy & biomechanics of the shoulder |
| 9:15 am | The role of the scapula in shoulder disorders |
| 9:45 am | Using impairment & functional measures for clinical decision making & documenting outcomes |
| 10:15 am | Questions/Discussion |
| 10:30 am | Break |
| 10:45 am | An algorithm for shoulder rehabilitation |
| 11:30am | Pathophysiology & Exam of rotator cuff disease |
| 12:00 | Questions & Discussion |
| 12:30 pm | Lunch (on your own) |
| 1:30 pm | Principles of non-operative rehabilitation of rotator cuff disease |
| 2:00pm | Rotator Cuff and instability special testing (lab) |
| 3:00pm | Manual techniques (lab) |
| 4:00pm | Case Studies w/ Video Rehab |
| 5:00 pm | Adjourn |

Day 2:

| | |
|----------|---|
| 7:30 am | Continental Breakfast |
| 8:00 am | Recent advances in the surgical management of rotator cuff disease |
| 8:30 am | Rehabilitation after rotator cuff surgery (small/medium vs. large tears, approach to complicated rehab patients, & reverse arthroplasty rehab |
| 9:15 am | Pathology, diagnosis, and surgical management of arthritis |
| 9:40 am | Rehabilitation for arthritis and arthroplasty |
| 10:00 am | Questions/Discussion |
| 10:15 am | Break |

Day 2: Continued

| | |
|----------|--|
| 10:30 am | Diagnosis and management of the stiff and painful shoulder |
| 11:00 am | Rehabilitation of the stiff and Painful shoulder |
| 11:25 am | Diagnosis & classification of shoulder instability & SLAP lesions |
| 11:50 am | Non-operative rehabilitation of instability & SLAP lesions |
| 12:10 pm | Questions/ Discussion |
| 12:30 pm | Lunch (on your own) |
| 1:30 pm | Surgical management of instability and SLAP Lesions |
| 2:00 pm | Rehabilitation following shoulder stabilization and SLAP repair |
| 2:30 pm | Proximal humerus fractures: classification and surgical management |
| 3:00 pm | Rehabilitation of proximal humerus fractures |
| 3:30 pm | Case Studies Questions/Discussion/ Post test |
| 4:30 pm | Adjourn |

Course Location (both):

Homewood Suites Valley Forge
681 Shannondell Boulevard
Audubon, PA 19403

Rooms reserved at conference rate until 3 weeks prior to each course:
Studio \$109 or 1 bedroom suite \$139
Hotel Registration: 610-539-7300

Registration Information:

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

Cancellation Policy:

Refunds less \$50 will be given for cancellation requests prior to 14 days before each course. No refunds can be granted after that date.



