

Advances in Cervical and Lumbar: Evaluation, Management and Rehabilitation

December 4-5, 2010

Course Location:
Homewood Suites Valley Forge
681 Shannondell Boulevard
Audubon, PA 19403

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COURSE FACULTY

Nadar Hebel, 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 _____

Course Title—Check

Advances in Cervical and Lumbar Rehabilitation

December 4-5, 2010

Medical Specialty: PT OT ATC

Other (list): _____

Experience: 0-2 years 3-5 years

5-10 years 11-20 years > 20 years

Registration Fee:

\$400 on or before 11/12/2010

\$450 on or after 11/13/2010 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

www.eliterehabsolutions.com

Advances in Cervical and Lumbar Rehabilitation:

This 2 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.

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.

COURSE AGENDA- Spinal Disorders

Day 1:

- 7:30 am** Registration, Pre test, Continental Breakfast
- 8:00 am** Anatomy & Biomechanics Lumbar Spine
- 8:30 am** Mechanism of Disorders of Lumbar Spine
- 8:45 am** Classification Based Treatment
- 9:00 am** Stabilization Category
- 9:30 am** Centralization Category
- 9:45 am** Thrust/ manipulation Category
- 10:15am** Questions/Discussion/ Break
- 10:30am** Examination Lumbar Spine
 - Lecture
 - Lab
- 11:30am** Manual Skills Lumbar Spine- lab
- 12:30pm** Questions & Discussion
- 12:45pm** Lunch (on your own)
- 1:30 pm** Anatomy & Biomechanics Cervical Spine
- 2:00pm** Medical and Non operative management of cervical/lumbar spine
- 4:00pm** Questions
- 4:15pm** Examination and Treatment algorithm of lumbar spine
- 5:15 pm** Adjourn

Day 2:

- 7:30 am** Registration & Continental Breakfast
- 8:00 am** Mechanism of cervical spine disorders
- 8:15 am** Differential Diagnosis- neck and upper quadrant pain
- 9:00 am** Clinical Examination cervical spine and upper quarter
 - Lecture
 - Lab
- 10:15 am** Questions/ Discussion/ Break
- 10:30 am** Diagnostic Imaging Lecture
 - Cervical
 - Lumbar
- 11:30 am** Operative Management
 - Cervical
 - Lumbar
- 12:30 pm** Questions/ Discussion
- 12:45 pm** Lunch (on your own)
- 1:30 pm** Neck Pain- Treatment & Guidelines
- 2:30pm** Manual Therapy—Cervical
 - Lab
- 3:30 pm** Post operative management
 - Cervical
 - Lumbar
- 4:00 pm** Outcome Scales
- 4:15 pm** Examination and Treatment algorithm of cervical spine
- 5:00 pm** Case Studies Questions/Discussion/ Post test
- 5:15 pm** Adjourn

ACCREDITATION INFORMATION:

PA -15.5 contact hours- 10 hours applicable for direct access- pending approval

NJ—15.5 contact hours -pending approval

Course Location :
Homewood Suites
Valley Forge
681 Shannondell Blvd
Audubon, PA 19403

Rooms reserved at conference rate until 3 weeks prior to each course:
Studio \$109
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 in writing 14 days prior to course. No refunds can be granted after that date.

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