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2639 Revere Drive  
Akron, Ohio 44333-2311

# Rehabilitation of Persons with Common Medical Pathologies

*Providing Optimum Care for Patients with MI/CHF,  
COPD, Diabetes, Renal failure, Obesity, Peripheral  
Arterial Disease and Deep Venous Thrombosis*

## 2017

**Jacksonville, FL**  
March 25-26

**Las Vegas, NV**  
April 29-30

**Washington DC**  
July 22-23

**Greenville, SC**  
August 12-13

**Lafayette, LA**  
September 16-17

**Chesterfield, MO**  
(St. Louis, MO Area)  
October 21-22

*This 20 contact hour high tech  
presentation includes:*

- A 150+ page handout
- Over 200 current medical references
- Ready to use
  - reliable and valid examination and outcome measures
  - evidence based treatment techniques
  - thorough review of these pathologies and current medical treatment options



**Dr. Steven H. Tepper**  
PhD, PT, FAPTA



## Faculty

Dr. Tepper directs the transitional DPT program at University of Montana. He is an adjunct professor with the University of Delaware, University of Maryland, George Washington University, The Ohio State University and other programs. He is also the President of Rehab Essentials, Inc. Dr. Tepper received his BS in Physical Therapy and a PhD in Experimental Pathology from the University of Maryland. He taught at the University of Maryland for 12 years and then spent 13 years at Shenandoah University where he was a professor and Director of the entry-level and transitional DPT programs. His fields of experience include an interest in endurance testing, differential diagnosis of endurance impairments, and the effects that exercise training have on disease or the prevention of disease. He has authored several chapters and peer reviewed journal articles on various topics. His professional highlights include President of the Cardiovascular and Pulmonary Section of the APTA, Task Force Member on Clinical Practice Guidelines III for the APTA, recipient of the Cardiopulmonary Sections Linda Crane Merit Award, University of Maryland Alumnus of the Year 2003, and Robert C. Bartlett Award for Innovation in Fundraising from the Foundation for Physical Therapy, 2005. In 2016 Dr. Tepper was named a Catherine Worthingham Fellow of the APTA and received the Charles M. Magistro Distinguished Service Award from the Foundation for PT. Dr. Tepper has a passion for teaching and has delicious friends.

## Description

This evidenced based course will describe the medical disorders, cover reliable and valid examination tools for understanding the level of impairment/functional limitation and give currently accepted treatment options. A combination of lecture, continual participant interaction, laboratory of clinical examination and case study approach will be utilized. Utilizing clinical signs/symptoms for progressive rehabilitation interventions and their potential outcomes will be covered. Prevention of these common pathologies will be covered as well.

## Locations

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

St. Vincent's Medical Center  
Riverside Campus  
Jacksonville, FL  
**March 25-26, 2017**

**Host:** Roger C. Peace  
Rehabilitation Hospital  
**Location:** Greenville Memorial  
Medical Campus - Robert E.  
Toomey Conference Center  
Greenville, SC  
**August 12-13, 2017**

Carrington College  
Las Vegas, NV  
**April 29-30, 2017**

**Host:** The Therapy Center  
**Location:** University of Louisiana  
at Lafayette  
Lafayette, LA  
**September 16-17, 2017**

MedStar National  
Rehabilitation  
Hospital  
Washington DC  
**July 22-23, 2017**

**Host:** St. Luke's Hospital  
Therapy Services  
**Location:** St. Luke's Hospital  
Institute for Health Education  
Chesterfield, MO  
**October 21-22, 2017**

## Objectives

*Upon Completion of this Seminar, Participants will be able to:*

- Explain in lay terms and to other health professionals the common medical pathologies of myocardial infarction, congestive heart failure, chronic obstructive pulmonary disease, diabetes, renal failure, obesity, peripheral arterial disease and deep venous thrombosis.
- Perform clinical examination to assess level of impairment in patients with these medical disorders. Included in this assessment will be signs/symptoms of cardiac compromise, heart rate and blood pressure alteration, basic pulmonary function testing, O<sub>2</sub> saturation, body mass index for determination of level of obesity, ankle brachial index and utilization of clinical scales for assessment of probability of deep venous thrombosis.
- Based on examination/evaluation and literature evidence propose best possible treatment options for the cases given.
- Justify the significance of contraindications for activity/exercise and signs/symptoms of activity/exercise intolerance. Determine when referral to another health professional is warranted.

## Feedback From Past Course Participants

*"Great presenter!!! Thank you!!! I will I will be a better PT."*

*"Can't wait to put all this new information into action."*

*"This was a wonderful course and Dr. Tepper is a great teacher - fun, entertaining and so informative."*

*"Dr. Tepper has a real gift for imparting an amazing amount of info in a very down to earth way. He respects the professionalism, knowledge and experience of his audience. He answers questions and repeats info in a way that helps people really "get" it. He instills confidence that we can do this and really make a difference."*

*"This was an EXCELLENT COURSE! Very informative and entertaining. This will be highly recommended to all PT's/OT's that I know!!!"*

*"I want to thank Dr. Tepper for waking me up to my own health issues and I will follow through! Not even my doctor came close to giving me the knowledge I needed to open my eyes."*

*"By far the best seminar I've attended. Dr. Tepper is great."*

*"Wonderful course! Excellent teaching, relevant to clinicians in various areas of care. Will apply course material to my patients tomorrow."*

*"I have been doing physical therapy for 38 years and I don't know when I've enjoyed and got more out important information from a course. Thank you."*

*"This was my first CEU course and I will be looking into taking more from GREAT next year! Thank you for a "GREAT" experience!"*

*"Thank you for pushing our profession, pushing to the level for the best interest of the clients. Thanks for adding passion back into the profession and to my meaning of being a therapist."*

*Very engaging....funny but gets his point across. Got a lot of info that I can put to use on Monday."*

*"Excellent AV. Dynamic speaker - entertaining, interactive, very interesting, easy to understand, loved to hear about current research and useful websites."*

*"First time I remember presenter fully supporting each decision/event with peer reviewed literature"*

*I believe that this is the best course I've ever taken. Dr. Tepper has a broad knowledge and is great at explaining ideas in a clear manner. Many of the concepts had a practical side.*

*"Dr. Tepper is AWESOME! I think I want to follow all of his classes as though he were Mick Jagger & me a Rolling Stones fan."*

# Program Outline

## DAY 1

### Pathologies Examination and Interventions

7:30	Registration and Continental Breakfast
8:00	Introduction and Basic Underpinnings of Course
9:00	Examinations and Interventions for Myocardial Infarction
10:00	Break
10:15	Examinations and Interventions for Congestive Heart Failure and Chronic Pulmonary Disease
12:30	Lunch (working lunch - on your own) Case Studies, Group Discussion
1:30	Examinations and Interventions for Diabetes and Renal Failure
3:15	Break
3:30	Examinations and Interventions for Obesity and Peripheral Arterial Disease and Deep Vein Thrombosis
6:00	Questions and Answers
6:30	Adjourn

## DAY 2

### Monitoring and Progressing Rehabilitation Programs

7:30	Continental Breakfast
8:00	Contraindications to activity and exercise; Signs/symptoms of activity and exercise intolerance
10:00	Break
10:15	Common endurance tests
12:30	Lunch (working lunch - on your own) Case Studies, Group Discussion
1:30	Case Studies
3:15	Break
3:30	Case Studies continued
5:30	Questions, Concerns, Conclusions
6:30	Adjourn

# Great Books



QTY TOTAL

<b>The Functional Toolbox: Clinical Measures of Functional Outcomes</b> . \$89 <small>Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.</small>		
<b>The Functional Toolbox II</b> . . . . . \$89 <small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. <b>Functional Toolbox I and II special: \$159.00</b></small>		
<b>Geriatric Clinical Strategies</b> . . . . . \$89 <small>Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.</small>		
<b>Age-Defying Fitness</b> . . . . . \$20 <small>Lewis/Moffat <b>NEW!</b> Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>		
<b>Documenting Quality Care</b> <b>UPDATED</b> . . . . . \$39 <small>Lewis. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.</small>		
<b>Health Promotion and Exercise for Older Adults</b> . . . \$48 <small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>		
<b>Improving Mobility In Older Persons</b> <b>UPDATED</b> . . . . \$48 <small>Lewis. The perfect handbook for therapists in most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.</small>		
<b>Prevention and Wellness Toolkit</b> . . . . . \$69 <small>Lewis/Ledbetter <b>NEW!</b> This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</small>		
<b>Orthopedic Outcomes Toolbox</b> . . . . . \$69 <small>Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.</small>		
<b>Hand-Held Dynamometry</b> . . . . . \$25 <small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>		
<b>1 Repetition Maximum Progression Pad</b> . . . . . \$12 <small>This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</small>		
<b>Slide Algometer</b> . . . . . \$6 <small>An easy-to-use, reliable and valid measurement tool for assessing pain.</small>		
<b>Pocket Card 1 Repetition Maximum</b> . . . . . \$6 <small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
<b>Pocket Card Bed Mobility</b> . . . . . \$6 <small>This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.</small>		
<b>Pocket Card Sit to Stand Transfer</b> . . . . . \$6 <small>This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, &amp; 100% of rise</small>		
<b>Osteoporosis Exercise Booklet</b> . . . . . \$6		
<b>Self Balance Hints for Older Persons Booklet</b> . . . . \$6		
<b>Pilates for Seniors DVD</b> <small>The Osteoporosis Workout, Instructor Sherri Betz</small> . . \$20		

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total \_\_\_\_\_  
 We do not accept Purchase Orders. MD residents add 5% sales tax. \_\_\_\_\_  
 Books are only available for preview at GREAT courses. TOTAL \_\_\_\_\_

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# 2017 Rehabilitation of Persons with Common Medical Pathologies

## YES! Please register me for:

- Greenville, SC - August 12-13   
  Jacksonville, FL - March 25-26   
  Las Vegas, NV - April 29-30   
  Washington DC - July 22-23  
 Lafayette, LA - September 16-17   
  St. Louis, MO - October 21-22   
 PT • PTA • OT • COTA • Other

Name \_\_\_\_\_ Work Telephone (\_\_\_\_\_) \_\_\_\_\_ Home Telephone (\_\_\_\_\_) \_\_\_\_\_  
 Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Fax (\_\_\_\_\_) \_\_\_\_\_  
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## Registration

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience - Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**FREE:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**Jacksonville, FL** - \$495. If postmarked before 3/1/17  
**Las Vegas, NV** - \$495. If postmarked before 4/5/17  
**Washington DC** - \$495. If postmarked before 6/28/17  
**Greenville, SC** - \$495. If postmarked before 7/19/17  
**Lafayette, LA** - \$495. If postmarked before 8/23/17  
**St. Louis, MO** - \$495. If postmarked before 9/27/17

**LATE REGISTRATION:** Postmarked after the above date requires an additional \$25 late fee.

**EARLY BIRD:** \$470 - If completed registration and payment are **received** by

**Jacksonville, FL** - January 11, 2017  
**Las Vegas, NV** - March 1, 2017  
**Washington DC** - May 24, 2017  
**Greenville, SC** - June 14, 2017  
**Lafayette, LA** - July 19, 2017  
**St. Louis, MO** - August 23, 2017

**DISCOUNT PROGRAM:** Receive \$25 off your class registration for each **GREAT Seminars & Books on-site course** attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

**CONFIRMATION:** A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

**CANCELLATION/REFUND POLICY:** Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

**COURSE CANCELLATION:** GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

**EDUCATIONAL CREDIT:** A certificate of attendance for 20 contact hours of educational activity (**20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state**) will be awarded to registrants upon completion of the seminar. **GREAT Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, NC and TX. Approved in MD, NJ, WY, OK, CA, MS, UT, WI, GA, ID and AR for 20 Clinical Contact Hours. This course is approved by the Florida PT Association for 24 continuing education hours. This course has been approved by the Nevada State Board of Physical Therapy for 1.5 units of continuing education. Our courses also meet the guidelines for approval in AL, IN, VA, AZ, DE, NH, OR, RI, UT and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, IA, and ND. If you do not see your state listed, please give our office a call. All of our courses have Board of Certification Approval (NATA) and AOTA approval. Your tuition is tax deductible.** All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Couglin vs. Commissioner, 203 F2d 307.

**COLORADO PHYSICAL THERAPISTS:** The Colorado PT Board/Continuing Competency Program does not "approve" continuing education courses. A licensed PT will be responsible for achieving 30 points from the Professional Development Activities List (20 of these points must be Category I activities). Please visit the Colorado PT Board website at [www.dora.colorado.gov/professions/physicaltherapistssc](http://www.dora.colorado.gov/professions/physicaltherapistssc). Once on that page, click on "Program Manual and Other Resources" on the left tab. The Program Manual will explain the program in detail. The manual also provides criteria for acceptable activities.

**LOST CERTIFICATES:** Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

## 5 Easy Ways to Register

**WEBSITE** Online Registration at: [www.greatseminarsandbooks.com](http://www.greatseminarsandbooks.com)

**CALL** Monday-Thursday 10-5 EST, Friday 10-1 EST  
 Toll Free 877-79-GREAT (877-794-7328)

**MAIL** your registration form with payment to GREAT Seminars and Books, Inc.  
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**FAX** your completed registration form with credit card information to 330-865-6941, 24 hours a day.

**EMAIL** your registration via the internet to [greatseminars@aol.com](mailto:greatseminars@aol.com)

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\*AOTA does not endorse specific course content, products, or clinical procedures. \*A certificate of attendance for 20 contact hours or 2 CEUs of educational activity (2.0 or 20 CEU's depending on how your Practice Act determines CEU's in your state) will be awarded to registrant upon completion of the seminar.

