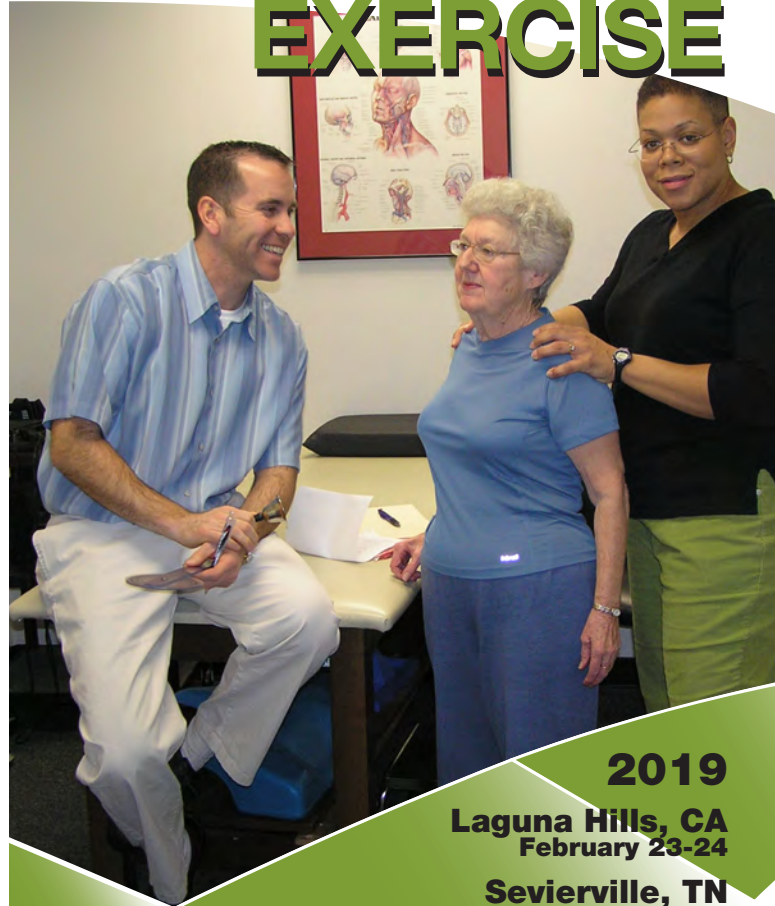


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GERIATRIC THERAPEUTIC EXERCISE



2019

Laguna Hills, CA
February 23-24

Sevierville, TN
March 9-10

Missoula, MT
April 6-7

Kalamazoo, MI
May 18-19

Greenville, SC
September 14-15

If **EVIDENCE** is your buzz word... this is your course! This **20 contact hour course** is ready made for the clinician that is committed to using **evidence-based exercises** and treatments in the clinic tomorrow. This course contains years of research with over **1000 references with hundreds of exercises ready to be used.** The evidence of today for treatment tomorrow!



Mark Traffas
PT, GTC



Faculty

Mark Traffas graduated, in 1992, from St. Louis University. Immediately after graduating Mr. Traffas began working as an outpatient therapist in San Jose, CA. In 1993, he began working full time as a traveling therapist. Through his travels he has worked in the acute, sub-acute, acute rehabilitation, outpatient, home health and skilled nursing settings. These unique opportunities have allowed him to work with and develop exercise programs for clients of all ages in all phases of recovery. Since 1999, he has worked primarily in the skilled nursing setting.

In 1997, Mr. Traffas began as a volunteer physical therapist in the Peace Corps. Mr. Traffas was assigned to the country of Malawi which is in south east Africa. While in Malawi, he had to rely primarily on therapeutic exercises and improvisation, as few modalities, such as electrical stimulation and ultrasound were available.

In 2001, Mr. Traffas was in the first group of physical therapists to take and pass the Geriatric Training Certification offered by GREAT Seminars and Books, Inc., and now works as the Director of Rehabilitation at Plum Tree Care Center in Los Gatos, CA. Mr. Traffas has been presenting for GREAT Seminars, since 2001. In 2010, Mark wrote and developed an online course with GREAT Seminars Online, "Wiihabilitation; You Never Knew Skilled PT (and OT) could be this fun!" This accredited course is currently available at www.greatseminarsonline.com. In 2012, Mr. Traffas was awarded the Most Outstanding Lecturer Award, presented by Great Seminars and Books and in 2013, was recognized at a Clinical Instructor of Excellence by the The Northern California Clinical Education Consortium.

Mr. Traffas actively promotes exercises for persons of all ages as the best cure for most conditions and believes the sharing of ideas will only add to our profession and, more importantly, to the quality of care provided by both physical and occupational therapy. In addition to lecturing and mentoring rehabilitation students, his articles have appeared in several different publications, including: *PT Bulletin*, *Advance for PT's and PTA's*, *Advance for Directors of Rehabilitation*, *Gerinotes and Topics in Geriatric Rehabilitation*.

Mark Traffas has embraced evidenced based practice in his daily treatment of patients. He encourages and provides all of his course participants a myriad of resources and clinically useful protocols and examples that are easily implemented into everyday practice. His energetic presentation of information and wealth of resources helps his course participants to stay current with the literature and be willing to try new ideas proven through research for practice today and in the future.

Description

Older patients have multiple diagnoses, take multiple medications and are frequently de-conditioned and possibly have never exercised. Therefore, exercising geriatric patients presents a unique challenge to therapists.

Participants will learn different exercise techniques and innovative interventions for all the body's major joints as well as for the most common diagnoses seen in the older person (i.e. stroke, Parkinson's, gait and balance disorders, etc.). These exercise techniques will be supported by evidenced based studies which are absolutely vital in justifying rehabilitative services in this day of Medicare changes and managed care. Participants will learn how to use functional tools to establish and guide exercise programs, thus improving functional test scores, balance, treatment outcomes and safe mobility.

Working with older patients and developing exercise programs can be challenging and sometimes difficult. But it can also be fun and rewarding and using evidence based treatment strategies will ensure you are providing the best care possible.

There has never been a better time to start using evidence based exercise. The research is out there and the library of evidence is growing bigger every day. This course will make the research applicable to the clinical setting and provide therapists the opportunity to broaden their horizons for exercising with this unique and deserving patient clientele.

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.

MemorialCare Saddleback
Medical Center
Laguna Hills, CA
February 23-24, 2019

Host: Pro Therapy Services
Location: Sevierville Civic Center
Sevierville, TN
March 9-10, 2019

Community Medical Center
Missoula, MT
April 6-7, 2019

Host: Bronson at Home
Location: Gilmore Center at
Bronson Methodist Hospital
Kalamazoo, MI
May 18-19, 2019

Host: Roger C. Peace
Rehabilitation Hospital
Location: Greenville Memorial
Medical Campus - Robert E.
Toomey Conference Center
Greenville, SC
September 14-15, 2019

Objectives

Upon completion of this seminar, participants will be able to:

- Demonstrate multiple evidence based exercises for every major joint in the body.
- Use evidence based references to strengthen the following muscle and muscle groups:
 - * Scapular and rotator cuff
 - * Core stability
 - * Lateral stabilizers of the hip
 - * Vastus Medialis
- Support geriatric exercise programs through medical literature.
- Discuss basic exercise principles, which will enhance clinical therapeutic exercise programs.
- List barriers for use of evidence based practice in the clinical setting.
- Learn strategies to assess the quality of a study.
- List the levels of evidence used to assess a study.
- Guide a patient through a strengthening program using the principles of 1 repetition maximum.
- Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.
- Create an evidenced based exercise program to improve the balance of an older adult.
- Guide a patient with Parkinson's Disease through an appropriate exercise program addressing related functional deficits.
- Progress a patient with a CVA through all phases of neuromuscular re-education.
- Be able to use the site of infarct in a CVA patient to guide exercise treatments.
- Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.
- List 10 contraindications/precautions to exercise in the elderly.
- Understand the differences of stretching techniques for the older vs. younger population.
- Guide a patient with osteoporosis through an efficacious and efficient exercise program.

Feedback From Past Course Participants

"Exceeded my expectations....Brilliant!" - Kansas City, MO

"If you are looking for a course to teach how to use research in the clinic, this is it." - Kansas City, MO

"I don't know how but you made a long day short and learning contagious." - Hawthorne, NJ

"Very applicable to all clinical settings." - Hawthorne, NJ

"Very updated info, an excellent value for the money." - Venice, FL

"Should be a "must" course for every practicing therapist!" - Dallas, TX

"The most comprehensive compilation of research articles I have ever seen. Very impressive!" - Los Angeles, CA

"This was the most practical course for application in the clinic compared to any other course that I have taken in 15 years. - Lakewood, CO

"Mark's commitment and dedication to his profession and patients comes through in his seminar." - Chicago, IL

"Mark has truly found his calling both as a treating therapist and a speaker." - Honolulu, HI

"Mark is Great! This is, by far, the best continuing education course I've been to in 13 years of being a PT. It contains the most practical and useful information for use in the clinical setting." - Seattle, WA

Program Outline

Day 1

7:30 - 8:00	Registration and Continental Breakfast
8:00 - 8:15	Introduction to Geriatric Therapeutic Exercise
8:15 - 10:00	<p>Exercise Principles Developing a foundation of exercise principles which will be used throughout the lecture. Literature will be used to explain and support these concepts: Levels of Evidence, Contraindications, Precautions, Definitions of Terminology, Stretching and Warm Up.</p>
10:00 - 10:15	Break
10:15 - 11:30	<p>Exercise Principles (continued) One repetition maximum will be discussed and with the use of the literature be applied to the geriatric population.</p>
11:30 - 12:30	<p>Orthopedics: Upper Body – Neck and Shoulder Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.</p>
12:30 - 1:30	<p>Working Lunch (on your own) An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Berg Balance, Sit to Stand Test, 400 Meter Walk & 6 Minute Walk Test</p>
1:30 - 2:30	<p>Shoulder and Hand Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.</p>
2:30 - 3:30	<p>Back/Core Exercises The literature will be used to give exercise ideas to the specific diagnosis of stenosis, spondylolisthesis, compression fractures and osteoporosis as well as the core muscles of the lumbar spine and abdominal area.</p>
3:30 - 3:45	Break
3:45 - 4:45	<p>Back/Core Exercises (continued) Lower Body - Hip Using evidence based literature to develop skilled treatment techniques for the lower body, including the hip, the knee and the ankle. The literature will be discussed and applied to the clinical setting.</p>
4:45 - 6:15	Questions and Discussion

Day 2

7:30 - 8:00	Continental Breakfast
8:00 - 10:00	Lower Body - Knee and Ankle
10:00 - 10:15	Break
10:15-12:30	<p>Neurology - Stroke and Parkinson's Evidence based exercises will be presented to help guide the practitioner create skilled and effective treatments for the most common neuro diagnosis in the elderly, Parkinson's, and the most common neuro rehab diagnosis, stroke.</p>
12:30-1:30	<p>Working Lunch (on your own) An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Dynamic Gait Index, Four Square Step Test, Functional Reach, Physical Performance Test Protocol</p>
1:30-3:30	<p>Unique Neuro Treatments These concepts include muscle re-education techniques, weight bearing and weight shifting techniques. Literature will be given to support these treatment ideas</p>
3:30-3:45	Break
3:45-4:15	Gait
4:15-5:15	<p>The evidence based exercises of the previous sections applied to the muscles needed in different parts of the gait cycle.</p> <p>Balance and Proprioception Using evidence based literature to develop skilled treatment techniques to improve balance and decrease fall risk in the elderly. Included in this section are specific balance exercise programs that have been proven efficacious as well as a Tai Chi lab.</p>
5:15-6:00	<p>Functional Tools - Berg and Tinetti The evidence based exercises of the previous sections applied to the muscles needed to improve scores and decrease fall risk.</p>
6:00-6:15	<p>Odds and Ends Tips to improve day to day delivery of care to our residents ending with innovative exercise programs</p>
6:15-6:30	Final Questions and Close



Great Books

QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$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>	
The Functional Toolbox II . . . \$89	
<small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. Functional Toolbox I and II special: \$159.00</small>	
Geriatric Clinical Strategies . . . \$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>	
Age-Defying Fitness . . . \$20	
<small>Lewis/Moffat NEW! Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>	
Documenting Quality Care UPDATED . . . \$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>	
Health Promotion and Exercise for Older Adults . . . \$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>	
Improving Mobility in Older Persons UPDATED . . . \$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>	
Prevention and Wellness Toolkit . . . \$69	
<small>Lewis/Ledbetter NEW! This kit is three books in one: The Prevention and Wellness Toolkit, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</small>	
Hand-Held Dynamometry . . . \$25	
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>	
1 Repetition Maximum Progression Pad . . . \$12	
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</small>	
Pocket Card 1 Repetition Maximum . . . \$6	
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>	
Pocket Card Bed Mobility . . . \$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>	
Pocket Card Sit to Stand Transfer . . . \$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%, & 100% of rise</small>	
Osteoporosis Exercise Booklet . . . \$6	
Self Balance Hints for Older Persons Booklet . . . \$6	
Pilates for Seniors DVD <small>The Osteoporosis Workout, Instructor Sherri Betz</small> . . . \$20	

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2019 Registration - Geriatric Therapeutic Exercise

YES! Please register me for Laguna Hills, CA - February 23-24 Sevierville, TN - March 9-10 Missoula, MT - April 6-7
 Kalamazoo, MI - May 18-19 Greenville, SC - September 14-15 PT • PTA • OT • COTA • Other

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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.

FE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout

- Laguna Hills, CA - \$545. If postmarked before 1/16/19
- Sevierville, TN - \$545. If postmarked before 2/13/19
- Missoula, MT- \$545. If postmarked before 3/13/19
- Kalamazoo, MI - \$545. If postmarked before 4/24/19
- Greenville, SC - \$545. If postmarked before 8/21/19

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

EARLY BIRD: \$495 - If completed registration and payment are received by

- Laguna Hills, CA - January 30, 2019
- Sevierville, TN - January 23, 2019
- Missoula, MT - March 6, 2019
- Kalamazoo, MI - April 3, 2019
- Greenville, SC - July 31, 2019

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5 Easy Ways to Register

WEBSITE: Online Registration at: www.greatseminarsandbooks.com

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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

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