

SATURDAY, OCTOBER 4 - SUNDAY, OCTOBER 5

(14 CONTACT HOURS)

LOWER LIMB TENDINOPATHY

Speaker: Jill Cook, BappSci(P HTY), PhD

COURSE DESCRIPTION

This theoretical and practical course will present the current understanding of tendon pathology and physiology at both a basic science and clinical level; present the assessment of, and aetiological factors for, tendinopathy; and the management of simple and difficult clinical presentations of tendinopathy.

This two-day course will examine all aspects of tendon injury from the underlying pathology to the management of these conditions. At the completion of the workshop the participant will understand why tendon injuries are difficult to treat, what to tell the client with a tendon injury and will be well placed to educate other health professionals about tendinopathy.

Although directed more towards tendinopathy of the lower limb, this course will give the clinician the skills to treat all tendon injuries and will include both theory and practical teaching.

Teaching Process:

The course will involve power point presentations, practical sessions and open discussion.

COURSE OBJECTIVES

After the course, participants will:

1. Understand and be able to explain the current understanding of the anatomy, pathology and physiology of tendinopathy.
2. Have the capacity to assess a client presenting with tendon pain.
3. Understand the principles of treatment for tendinopathy and apply them to all tendons.
4. Recognize and treat difficult tendons and refer them as appropriate to other providers.

ABOUT THE SPEAKER

Jill Cook is a professor in musculoskeletal health in the La Trobe Sport and Exercise Medicine Research Centre at La Trobe University in Melbourne Australia. Jill's research areas include sports medicine and tendon injury. After completing her PhD in 2000, she has investigated tendon pathology, treatment options and risk factors for tendon injury. Jill currently supplements her research by conducting a specialist tendon practice and by lecturing and presenting workshops both in Australia and overseas.



SATURDAY, OCTOBER 4

(7 CONTACT HOURS)

THE BRAIN THAT CHOOSES ITSELF: EXPANDING THE PRIMARY CARE ROLE OF REHABILITATION PROVIDERS

Speaker: Mike Studer PT, DPT, FAPTA, Board-Certified Clinical Specialist in Neurologic Physical Therapy

COURSE DESCRIPTION

Science continues to ask the question about aging, "Is aging due to nature (our genes) or nurture (our lifestyle)?" A related question is now directed at our healthspan – how long can we live without disability or illness? This course, *The Brain That Chooses Itself (TBTCL)*, is based on the bestselling book of the same title, being redirected and focused for healthcare providers aspiring to improve comprehensive health and wellness for their patients, their loved ones, and themselves. This course provides **applications** in healthspan and lifespan that we can *choose* for ourselves, across five categories of life:

physical activity, sleep, nutrition, social connection, and the health benefits of extreme experiences or “outside of your comfort zone”. It is time for rehabilitation providers to truly know, understand, educate-on and deliver the science of health and wellness. The Brain That Chooses Itself elevates practitioners’ capacities with theory, science and applications – all while empowering them with the most valuable tool of all – the element of choice.

COURSE OBJECTIVES

By the end of this course, participants will be able to:

1. Identify physical activities that optimize safety and wellness.
2. Identify nutritional strategies designed for longevity and function.
3. Identify the science of social support and purposefulness.
4. Identify wellness opportunities through a balance of rest and challenge.
5. Identify controlled extreme conditions in the form of temperature, exertion, pressure and novelty in an effort to remain capable, adaptable, and healthy.

ABOUT THE SPEAKER

Dr. Studer has been a PT since 1991, an NCS since 1995. Dr. Studer was the founder and operator of Northwest Rehabilitation Associates in Oregon for 18 years and is now a co-founder and co-owner of Spark Rehabilitation and Wellness in Bend, OR. He is an adjunct professor at Touro University and additional appointment at UNLV. Dr. Studer assists the USC-led national network of neurologic PT residencies (Neuroconsortium) as well. Mike was recognized as the 2011 Clinician of the Year in the Neurologic and (in 2014) the Geriatric Academies of the APTA. He is well-traveled presenting invited lectures in all 50 states and 12 countries across 4 continents. Dr. Studer received the highest honor available in PT in 2020, being distinguished as a Fellow of the APTA in 2020. Dr. Studer has authored over 40 articles, 7 book chapters, and is a consultant to Major League Baseball. Most recently, Mike authored ***The Brain That Chooses Itself***, a practical and applications-based guide to increasing both healthspan and lifespan for laypersons and medical professionals alike.



SUNDAY, OCTOBER 5

(7 CONTACT HOURS)

IMPROVING FUNCTION THROUGH INNOVATIVE INTERVENTIONS FOR COMMON PROBLEMS OF OLDER ADULTS

Speaker: Linda McAllister – PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy

COURSE DESCRIPTION

As therapists, we’re facing heightened demands to work effectively with older adults in increasingly shorter amounts of time. We are constantly being asked to up our game. And while there is a great deal of recently published, clinically – applicable research, sifting through this research can be a difficult and even overwhelming task for busy clinicians.

In this course, Linda McAllister pares down the research to the most clinically applicable nuggets that can produce the best patient results. Incorporating new knowledge, assessments and protocols into our busy practice is difficult. This course puts new examination tools and protocols at your fingertips, so you’re comfortable implementing them right away. Equipped with research findings, Linda interacts with group participants and allows time for practice of the new techniques. This course has many wonderful home programs included that are directly based on the research studies. Lab time focuses on using new evaluation tools and treatment protocols that address 5 major diagnostic conditions commonly encountered in the older population. You will learn how to address these conditions effectively at multiple levels of function:

COURSE OBJECTIVES

1. List trends in demographics of the aging population in the United States.
2. Compare and contrast common pathologic conditions in the older adult population referred to therapy settings.

3. Demonstrate evidence-based exercise protocols for a variety of diagnoses and conditions in the older adult population.
4. Use appropriate functional tools and measures for the older adult population.

ABOUT THE SPEAKER

Linda McAllister, PT, DPT, GCS, GTC, CEEAA, CEAGN, FSOAE has a passion for best practice in treating the older adult population. Dr. McAllister completed a Bachelor of Arts from North Park University, Bachelor of Science in physical therapy in from Northwestern University, and a Doctorate in physical therapy from Arcadia University.



A board-certified geriatric specialist, she has worked exclusively with older adults since 2001. Dr. McAllister has experience in skilled nursing, home health and outpatient in assisted living communities, and currently practices with EvergreenHealth in Kirkland, WA. Prior to 2001, she worked in rehab and acute care and practiced for 2 years in a remote hospital in the Republic of Congo.

Dr. McAllister has lectured nationally on geriatric rehab topics since 2015 including continuing education, national conferences, and transitional doctoral education. She has been the principal investigator in clinical research studying sit to stand testing with upper extremity support with older adults and continues to lead clinical research projects. She is an adjunct faculty member of Arcadia University's transitional doctoral program. She serves as coordinator of the Geriatric Training Certification for GREAT Seminars and is on the editorial board for Topics in Geriatric Rehabilitation.

Linda McAllister is an accomplished therapist who while working clinically has conducted research, consulted, and published articles in geriatrics. In 2018, Dr. McAllister won the Outstanding Faculty Award from The Geriatric Rehabilitation Education Institute. Dr. McAllister is an advocate for evidence-based interventions and is an engaging presenter.