



TO: Managers and Clinicians
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP
DATE: 8/31/2010
RE: **EDUCATION PROGRAM ANNOUNCEMENT**
Current Concepts and Practical Clinical Applications

Please find below information regarding a clinical education course scheduled for your area:

COURSE: Evidence Based Management of the Foot and Ankle

DATES: November 13-14, 2010

SCHEDULED INSTRUCTOR: Eric Quick, PT, OCS, CSCS – Jupiter, FL
Diane Reiley, PT, ATC – Jupiter, FL

LOCATION: NovaCare
2104 Northdale Blvd., Ste. 100
Coon Rapids, MN 55362
Host Center Manager/Contact: Paul Hansen

DIRECTIONS: We are in the Lifetime Fitness Building located near the Highway 10 and Hanson intersection in Coon Rapids. The course will be held in the Education Room of Lifetime Fitness. Please enter the main doors of Lifetime. Parking is available at the clinic.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 12.5 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email linda.gilles@selectmedicalcorp.com

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Evidence Based Management of the Foot and Ankle **November 13-14, 2010 – Coon Rapids, MN**

Course Description:

This two day seminar is designed to bridge the gap between scientific research and clinical practice. The concepts and principles presented will emphasize current approaches to the biomechanical evaluation and treatment of the lower quarter with emphasis on the foot and ankle pathology. Teaching methods will include lecture (50%), workshop demonstration (25%), and lab practice (25%). The focus of the seminar is on immediate clinical application of evidence-based practice in a limited access environment.

Target Audience: PT, PTA, ATCs **Instructional Level:** Intermediate

Course Learning Objectives:

Following completion of the course the participant will be able to:

1. Integrate the functional anatomy of the lower leg, ankle, and foot into their plan of care on behalf of the patient
2. Identify and palpate various anatomical structures
3. Explain basic lower quarter biomechanical principles as they relate to the foot and ankle
4. Explain and identify normal gait patterns
5. Recognize and implement corrective rehabilitation procedures for pathological gait patterns
6. Perform a biomechanical examination with emphasis on the foot and ankle pathology in less than 30 minutes
7. Recognize the common signs and symptoms of common orthopedic lower leg, ankle, and foot pathologies
8. Design and implement therapeutic activities for injuries to the foot and ankle
9. Perform subtalar joint neutral casting techniques
10. Explain the theories, principles, and practice of orthotic prescription
11. Explain the rationale and perform general mobilization and therapeutic exercise techniques for the foot and ankle
12. Explain the theories, principles, and practice of taping, padding, and orthotic fabrication
13. Apply functional evaluation philosophies and techniques

Course Agenda - Saturday

- 7-7:30 Sign in and introduction
- 7:30-8:00 Review of ankle biomechanics and functional anatomy
- 8:00-8:30 Palpation lab; ankle anatomical landmarks; finding Subtalar Joint Neutral
- 8:30-9:30 Gait and Pathomechanics of Gait Lecture
- 9:30-9:45 Break
- 9:45-10:45 Foot and Ankle Evaluation Lecture
- 10:45-12:15 Foot and Ankle Evaluation Lab
- 12:15-1:15 Lunch
- 1:15-2:15 Foot Conditions
- 2:15-3:15 Foot Surgeries
- 3:15-3:30 Break
- 3:30-4:00 Interventions (manual and ther ex)
- 4:00-5:30 Therapeutic Exercises and Manual Lab

Sunday

- 8:00-9:00 Orthotics and Taping Lecture
- 9:00-10:30 Orthotics and Taping Lab
- 10:30-10:45 Break
- 10:45-11:15 Footwear Assessment and Prescription
- 11:15-12:15 Patient Problems and Q&A

Instructor Biography:

Eric Quick, PT, OCS, CSCS grew up in Jupiter, Florida and earned his Bachelors of Health Science in Physical Therapy from the University of Florida in 1998. Eric has been practicing in the field of orthopedics and sports medicine over the past 10 years. He went on to earn his Certified Strength and Conditioning Specialist designation in 2002 and became a Board Certified Orthopedic Clinical Specialist from the American Board of Physical Therapy Specialties in 2003. He is currently enrolled at Arizona Still University working on his Doctor of Physical Therapy degree. Eric has been a lecturer for the clinical education department over the past 5 years and has also presented in the online WebEx lecture forum.

Diane Reiley, PT, ATC is from Michigan originally and attended and received her bachelors degree in Sports Medicine and Athletic Training from Central Michigan University in 1989. Upon completion she relocated to Miami, FL and began work in the field in an outpatient orthopedic sports medicine setting including extensive work with professional sports. In 1996, she attended and received her Physical Therapy degree from Florida International University in Miami, continuing her work in the sports medicine setting in West Palm Beach and Jupiter, FL. Diane has taught on the national level for the last 5 years and has received special training in evidence based practice. She is currently the Center Manager at Select Physical Therapy in Jupiter, FL. Diane comes to the sports medicine field with personal experience in body building, surfing, motocross riding, kayaking, hiking, adventure travel and mixed martial arts.

Instructor Disclosure Statement:

The instructors have declared that they do not have a financial interest or other relationship with the manufacturers or providers of services that may be discussed in the course.

Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 12.5 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

Minnesota Board of Physical Therapy



ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.

