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TO: Managers and Clinicians  
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP  
DATE: February 10, 2010  
RE: **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Clinical Applications**

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

**COURSE:** Whiplash Associated Disorder: Evidence Based Examination & Treatment  
**DATES:** October 2-3, 2010  
**SCHEDULED INSTRUCTOR:** Matt Lee, DPT, OCS, FAAOMPT  
Nicholasville, KY  
**LOCATION:** Select Physical Therapy-Cyfair  
17360 NW Freeway  
Houston, TX 77040  
Host Contact: Craig Perilloux or Dara Murti

**DIRECTIONS:** From the airport: Go South on Vantage Pkwy - Turn Right onto N Sam Houston Pkwy (Beltway 8 feeder road) and merge onto Sam Houston Pkwy W (Beltway8) – exit US 290 W toward Austin – exit Jones Rd – Facility located in strip center just before the light at Jones Rd & behind Los Cucos Mexican Café. From Dallas: US 45 S to Sam Houston Pkwy W (Beltway 8) – exit US 290 W toward Austin – exit Jones RD – Facility located in strip center just before the light at Jones Rd & behind Los Cucos Mexican Café. There is ample parking at the facility. Bush Intercontinental Airport is 17.5 miles.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 25 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 15 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](mailto: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.

## **Whiplash Associated Disorder: Evidence Based Examination & Treatment** **October 2-3, 2010 – Houston, TX**

### **Course Description:**

Whiplash Associated Disorder is a common the physical therapist treats. Yet it is a challenge to understand and difficult to treat due to its varied and complex clinical presentation, potentially involving multiple body systems. This weekend long course will present the physical therapist with the most recent evidence for understanding whiplash associated disorder and applying it to a pragmatic examination and treatment. The course will include in depth understanding and execution of the subjective and objective examinations. Furthermore, based on the examination, the physical therapist will be introduced to appropriate treatments for each particular presentation including manual therapy, exercise and patient education .

**Target Audience:** PTs

**Instructional Level:** Multiple

### **Course Learning Objectives:**

At the completion of the course, the participant will:

1. Be exposed to terms and application of evidence based practice.
2. Understand the characteristics of WAD.
3. Understand the evidence supporting that WAD is a heterogenous presentation.
4. Stratify whiplash patients into treatment categories.
5. Proficiently perform a physical therapy musculoskeletal exam of the head, neck, thoracic spine for the patient that has experienced an whiplash injury.
6. Begin treatment for a patient suffering from a whiplash associated disorder.

### **Agenda**

8:00-8:30 Introduction.

8:30-9:00 Anatomy.

9:00-10:00 EBP and What is whiplash

10:0-10:15 Break

10:15-12:00 What is Whiplash, start exam (lab) based on the current best evidence.

12:00-1:00 lunch

1:00-3:00-Examination (lab).

3:00-3:15 Break

3:15-4:15 Characteristics of WAD vs idiopathic neck pain

4:15-5:00 Case study and begin exam process.

#### **Day 2**

8:00-10:00 Examination with lab

10:00-10:15 Break

10:15-12:00 Examination with lab.

12:00-1:00: lunch

1:00-3:00 Treatment with lab.

3:00-3:15 Break

3:15-5:00 Treatment with lab. Case studies

## **Instructor Biography:**

**Matt Lee**, received his MPT from the University of Evansville and a DPT from Regis University. He was fellowship trained in 2001 from the Kaiser Permanente Fellowship in Advanced Orthopedic Manual Physical Therapy, (Hayward, California) and became a fellow in the American Academy of Orthopedic Manual Physical Therapists in 2003. Matt is involved with graduate and fellowship education through Regis University, the University of KY and Kaiser Permanente. Matt has been practicing at KORT in Nicholasville KY since 2003 and is the clinic director. His clinical interests are in pain science, manual therapy and whiplash associated disorder.

***Instructor(s) Disclosure Statement:*** The presenter has declared that he does not have any 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 15 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.

### **Texas Physical Therapy Association**



## **ADA Compliance:**

The Select Medical Corporation OP 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.

