

# Manual Therapy of the Lower Quarter Lab Intensive



We are pleased to announce a clinical education course scheduled for your area!  
A course description has been attached.

- DATES:** March 31 - April 1, 2012
- INSTRUCTORS:** Joshua Hayes, PT, DPT, OCS
- LOCATION:** Kessler  
3 Progress Street #106  
Edison, NJ 08837
- TARGET AUDIENCE:** PT, OT, PTA, COTA, ATC, SPT, SOT
- INSTRUCTIONAL LEVEL:** Beginner
- TUITION:** \$395 Waived for full time employees of Select Medical's Outpatient Division
- COURSE CAPACITY:** 30
- CONTACT HOURS:** 14
- ACCREDITING BODIES:** Approved provider with NATBOC, AOTA & pending approval with the NJ PT Association & The PA Board of PT Examiners
- ENROLLMENT:** <http://selectedu.selectmedicalcorp.com/registration.aspx> or contact [emelton@selectmedical.com](mailto:emelton@selectmedical.com) for an application form

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email [emelton@selectmedicalcorp.com](mailto:emelton@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 Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Please distribute to all clinicians in your markets that do not have access to email or the intranet.

**Select Medical Department of Outpatient Education**  
1794 N. Parham Road, Richmond, VA 23229  
Phone: (804) 290-0107 Fax: (717) 635-3897

# Manual Therapy of the Lower Quarter Lab Intensive

## Course Description:

This entry level program is designed to expose participants to a broad range of readily applicable manual techniques to address common lower quarter musculoskeletal disorders. It also reviews current evidence for the administration of these techniques, as well as how they are most effectively incorporated in to a treatment regime and contraindications for their use. The course, which focuses upon articular mobilization techniques, is lab intensive and is designed to provide participants with a sound grasp of a wide range of techniques with high clinical utility.

**Target Audience:** PT, OT, PTA, COTA, ATC, SPT, SOT

**Instructional Level:** Beginner

## Learning Objectives:

At the conclusion of this course, the participant will:

Describe the various proposed mechanisms behind the efficacy of manual techniques.

Describe indications and contraindications for articular mobilization in general and specific techniques in particular.

Describe current evidence supporting the use of manual therapy as it relates to disorders of the lower quarter.

Describe the scientific rational behind technique selection and how to optimize patient outcome using a manual therapy / exercise approach to treatment.

5. Demonstrate safe and effective application of manual therapy techniques as they pertain to common musculoskeletal disorders.

## Saturday

7:45 Registration  
8:00 The scientific rational and evidence for manual therapy  
9:30 Break  
9:45 The Thoracic Spine and Thoracolumbar Junction.  
12:00 Lunch  
1:00 The Lumbar Spine  
3:00 Break  
3:15 The Lumbopelvic Girdle.  
5:00 Close

## Sunday

8:00 The Hip  
9:30 Break  
9:45 The Knee  
11:00 The Foot and Ankle  
12:30 Lunch  
1:00 Case Studies  
2:00 Group Presentations  
3:00 Close

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## 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 14 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.

**New Jersey Physical Therapy Association & The PA Board of PT Examiners**



## 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.

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