



**Select Medical Outpatient Division
Clinical Education Department**
1217 Ira E. Woods Avenue, Grapevine TX 76051
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TO: Managers and Clinicians
 FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP
 DATE: 5/20/2010
 RE: **EDUCATION PROGRAM ANNOUNCEMENT
 Current Concepts and Practical Clinical Applications**

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

**COURSE: Evaluation & Treatment of Degenerative Conditions of the Neuromusculoskeletal System
 (An Evidence Based Approach)**

DATES: July 31-August 1, 2010

SCHEDULED INSTRUCTORS: David Hoyle, PT, MA, OCS, MTC and John Knecht, MA, PT, ATC
 Storrs, CT

LOCATION: NovaCare
 1135 Thornrun Extension
 Moon Township, PA 15108
 Host Center Manager: Shannon Smith
 Host Contact: Matt Shedlock

DIRECTIONS: Take route 60 towards Pittsburgh, then take the route 60 business exit. Follow to the Thornrun Exit. At end of exit, turn left at stop sign. Follow around right hand curve past Coraopolis post office and turn left into Thornrun Plaza. Clinic is ahead in the plaza. Parking is available in the lot at the clinic. Pittsburgh Int'l Airport is approximately 5 miles.

There is no tuition charge to Select Medical Corporation outpatient clinicians for this course. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. The deadline for preferential registration is *35 days prior to the course date*. Course participants will be given a certificate for 13.75 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program approximately 3 – 4 weeks prior to the course.

All participants are expected to attend the entire educational program. No partial continuing education credit will be extended. Participants who do not complete the program or cancel or “no-show” for the program will be subject to a lowered preference status for subsequent programs in the area.

Please be advised that the participants will not be reimbursed by the clinical education department for any travel, lodging, or meal costs associated with attendance at the program. These expenses will be the responsibility of the attending participant and/or their facility.

Evaluation & Treatment of Degenerative Conditions of the Neuromusculoskeletal System
(An Evidence Based Approach)
July 31-August 1, 2010 – Moon Township, PA

Course Description:

This course explores the effects of aging and degeneration of the neuromusculoskeletal system. Identification of symptoms through history taking, signs of pathology and impairments through physical examination and the measurement of function through objective testing and subjective questionnaires will be used with currently available evidence from participant experience and the literature to develop a treatment plan for a variety of these conditions.

Target Audience: PTs, PTAs (Sat. & Sun.) OT, COTA (Sat only)

Learning Objectives:

At the completion of this course participants will:

- Have a general knowledge of the effects of aging on the cardiovascular and the musculoskeletal systems.
- Understand how effects of aging can lead to decreased mobility and pathologic states of musculoskeletal tissues resulting in pain and loss of function.
- Be able to differentiate between tendonitis and tendonopathy.
- Be able to develop eccentric loading programs for the
 - Elbow
 - Shoulder
 - Hip
 - Knee
 - Ankle
- Be able to perform mobilization techniques for the
 - Spine
 - Shoulder
 - Hip
 - Knee
- Be able to fabricate temporary orthotics for
 - Knee Medial Compartment Osteoarthritis
 - Posterior Tibialis Insufficiency
 - Plantar fasciitis
- Develop Home Management Programs for a variety of Diagnosis associated with degeneration of the neuromusculoskeletal system.

Agenda:

Saturday

- 7:30-8:00 Registration
8:00-8:30 House Keeping, Introductions, and Course Objectives
8:30-10:00 The effects of Aging on:
- The Cardiovascular System
 - Cardiac Physiology
 - Peripheral Circulation
 - The Musculoskeletal System
 - Osteology
 - Current concepts in Osteoporosis
 - Arthrology
 - Current concepts in Arthritis
 - Myology
 - Current concepts of Tendonitis and Tendonopathy
- 10:00-10:15 Break
10:15-12:00 Evaluation and Treatment Systemic Conditions
- Deconditioning
 - Fibromyalgia
 - Osteoporosis
- 12:00-1:00 Lunch
1:00-3:00 Evaluation and Treatment of Degenerative Conditions by Region
- Upper Quarter Evaluation and Treatment
 - The Hand
 - Osteoarthritis
 - Distal Radial Tenosynovitis
 - The Elbow and Forearm
 - Epicondylgia
- 3:00-3:15 Break
3:15-5:00 Continuation of Evaluation and Treatment of Degenerative Conditions by Region
- The Shoulder
 - Osteoarthritis
 - Rotator Cuff Insufficiency

Sunday

- 8:00-10:30 Continuation of Evaluation and Treatment of Degenerative Conditions by Region
- Spine Evaluation and Treatment
 - Cervical Radiculopathy
 - Trapezius Myalgia
 - Lumbar Spinal Stenosis and Degenerative Disc Disease
- 10:30-10:45 Break
10:45-12:00 Continuation of Evaluation and Treatment of Degenerative Conditions by Region
- Lower Quarter Evaluation and Treatment
 - The Hip
 - Osteoarthritis
 - Lateral Hip Pain Syndrome
- 12:00-1:00 Lunch
1:00-3:30 Continuation of Evaluation and Treatment of Degenerative Conditions by Region
- The Knee
 - Osteoarthritis
 - Infrapatellar Tendonopathy
 - Ankle
 - Posterior Tibialis Insufficiency
 - Plantarfibromatosis

Instructor Biography:

David Hoyle, PT, MA, OCS, MTC

Mr. Hoyle is a 1987 Graduate from the University of Connecticut with a degree in physical therapy. He also received his Master's of Arts in Exercise Sciences from UCONN. Mr. Hoyle has 18 years of experience treating a variety of musculoskeletal dysfunction in a variety of settings. He has been a Board Certified Specialist in Orthopedic Physical Therapy for more than 10 yrs and obtained his Certification in Manual Therapy from the University of St. Augustine more than 10 yrs ago. Mr. Hoyle uses an eclectic approach to treating the lumbar spine and pelvis in his day to day practice.

John Knecht, MA, PT, ATC graduated from Central Michigan University in 1984 with a degree in Education/Athletic Training, from the University of Connecticut in 1991 with a degree in Physical Therapy and the University of North Carolina in 1992 with a Master's degree in Sports Medicine. John is active as an adjunct faculty member at Quinnipiac University. John is experienced in performing isokinetic testing using the Biodex, ACL stability using the KT1000 and also Functional Capacity Evaluations using the BTE/Hanoun System, all of which are available at the Manchester facility. Special interests include sports medicine, biomechanics of throwing, knee and shoulder bracing, back stabilization, functional rehabilitation and elbow pathologies. John lives in Storrs with his wife and three sons and is active in youth sports.

Instructor Disclosure Statement:

The instructor has declared he does not have any financial interest or other relationship with the manufacturers or providers that may be discussed in this 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. This program has been submitted to the Pennsylvania State Board of Physical Therapy for 9.75 general and 4.0 direct access 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.

Pennsylvania State Board of Physical Therapy and Ohio Physical Therapy Association



ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for any 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.