**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. Currently available evidence from the literature and participant experience will be used to develop a treatment plan for a variety of neuromusculoskeletal conditions associated with the aging process.

**Course Objectives**
Upon completion the participant will be able to:
- Understand 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.
- Differentiate between tendonitis and tendinopathy.
- Develop eccentric loading programs for the elbow, shoulder, hip, knee and ankle.
- Perform mobilization techniques for the spine, shoulder, hip and knee.
- Fabricate temporary orthotics or use taping methods for knee Medial Compartment Osteoarthritis, Posterior Tibialis Insufficiency, and Plantar Fasciitis.
- Develop Home Management Programs for a variety of Diagnosis associated with degeneration of the neuromusculoskeletal system.

**Prerequisites: 4 hours**
You are required to review 4 recorded presentations and read 1 article before attending the course and to receive full credit. A link for each will be sent in your confirmation email.

**Agenda**

**Saturday, 9/13/14**
8:00   Registration  
10:00 Break  
10:15 Heel Pain and Post Tib Tendinopathy  
12:00 Lunch  
1:00  Achilles Tendinopathy and Knee OA  
3:00 Break  
3:15  Hip OA: Lateral Hip Pain and Spinal Stenosis  
5:00  Self Report Measures, Impairment Measures, Rotator Cuff Tears, Elbow Tendinopathy and CMC joint arthritis  
6:00   Close

**Enrollment for SELECT MEDICAL EMPLOYEES only**
http://smportal/Departments/OutpatientDivision/outpatientEducation/SelectLiveProbrams/CourseCalendar/tabid/643/Default.aspx

**QUESTIONS:**
If you have questions, please contact course Coordinator, Erin Melton: emelton@selectmedical.com or 804-290-0107.
After graduating from the University of Connecticut with a BS and entering the Physical Therapy profession in 1987, Mr. Hoyle completed a Certification in Manual Therapy in 1994, his Certification as an Orthopaedic Physical Therapy Specialist in 1996, and received a Master’s Degree in Exercise Sciences in 1999. In addition to studying with Stanley Paris, Mr. Hoyle has participated in structured study of the theories and practices of Robin McKenzie and James Cyriax. Mr. Hoyle was fortunate to be mentored both in educational as well as clinical settings by David Tiberio one of the originators of “When the Foot Hits the Ground”. Mr. Hoyle has attended numerous seminars on industrial injury prevention and rehabilitation topics with many of the leaders in the field. In addition to publishing several papers and presenting at professional conferences, Mr. Hoyle has taught at the university level in anatomy, gait, orthotics, prosthetics, exercise prescription, and modality application. Mr. Hoyle has been lecturing to physical therapists and other healthcare professionals around the United States since 2001. In his clinical practice in Storrs, CT as well as when lecturing, Mr. Hoyle attempts to use the most relevant and highest quality literature.

Program Accreditation:
Select Medical is an approved provider with the National Athletic Board of Certification #P570 and American Occupational Therapy Association #4018.