Course Description
Orthopedic Surgical Update for the Shoulder and Knee is an intermediate-level, evidence based work-shop designed to review common surgeries for the shoulder and knee and outline best demonstrated practice post-operative management. This program is designed to provide specific information regarding surgical indications, surgical candidates and surgical procedures. Post-operative care including patient education and recognizing post-operative complications will be reviewed. Particular emphasis will also be placed on developing post-operative rehabilitation programs utilizing core understanding of histology and biomechanics as current research evidence.

Course Objectives
At the conclusion of this course, the participant will be able to:
• Describe the biomechanical, physiological and psychological considerations for rehab across all orthopedic surgical procedures.
• Provide a review of the pathophysiology behind specific conditions that commonly present for post-surgical rehab.
• Describe the symptomatology and diagnostics of said conditions.
• Discuss considerations behind the selection of candidates for surgery and surgery type.
• Describe current surgical management for common shoulder and knee pathologies.
• Discuss the efficacy of various surgeries based upon outcome data.
• Define current best demonstrated practice and integrate it in to post-operative management programs.
• Identify common post-surgical complications and demonstrate effective screening techniques for their presence.
• Define parameters that dictate the progression or modification of a post-operative management program.

Day 1
8:00   Introduction
9:15   Histology review
9:30   Shoulder Biomechanics
10:00  Break
10:15  Shoulder Assessment Lab
11:00  Post-Operative Review
11:30  Lunch
12:30  Shoulder Surgeries: Tendon Procedures
1:30   Shoulder Surgeries: Capsule/ligament Procedures
2:30   Break
2:45   Shoulder manual and exercise lab
3:45   Shoulder Surgeries: Bone Procedures: SAD, Mumford, Humeral ORIF
4:30   Shoulder Surgeries: Cartilage Procedures
5:00   Case study

Day 2
8:00   Biomechanics
8:30   Ligament Procedures
9:30   Assessment Lab
10:15  Break
10:30  Tendon Procedures
11:30  Cartilage Procedures
12:30  Lunch
1:00   Manual and Exercise Lab
2:00   Case Studies and Wrap up
3:00   End

Due to the manual techniques that will be practiced during the course, each participant will need to complete a release and waiver of liability form which will be forwarded with course confirmation.

QUESTIONS:
If you have questions, please contact course Coordinator, Aimee Siegel:
apsiegel@selectmedical.com or 804-290-0179.

Registration Fee: $425.00

Payment Options:
1. Fax completed registration/payment info to 717.635.3897
   Check payable to: Select Medical
2. Credit Card: □ Visa  □ Mastercard  □ Check
   Credit Card number:________________________________________
   Expiration Date:______ CCV Code:_____________________________
   Signature:____________________________________________________

3. Mail Registration and Check to:
   Select Medical  Attn: Aimee Siegel
   1794 N. Parham Road, Richmond, VA  23229
   Fax: 717.635.3897
   Email: apsiegel@selectmedical.com

Cancellation Policy: Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

Enrollment for SELECT MEDICAL EMPLOYEES only
http://smportal/Departments/OutpatientDivision/outpatientEducation/SelectLiveProbrams/CourseCalendar/tabid/643/Default.aspx or contact apsiegel@selectmedical.com for an application form.
John Kellerstrass, PT, ATC, M.ED

John graduated from Wright State University with a Bachelor’s degree in Health & Physical Education and Minors in Social Psychology & Athletic Training in 1989. He then went on to get a Master’s in Education in Health Promotions at the University of Cincinnati. He performed duties as a Graduate Assistant Athletic Trainer while attending The University of Cincinnati and successfully defended his Master’s Thesis in 1994. He continued his career as an Athletic Trainer working in a clinical and high school setting. While working as an Athletic Trainer, he was a member of the medical staff for the United States Olympic Diving Team. In 1999, John graduated with a Bachelors of Science in Physical Therapy form the University of Cincinnati. As a Physical Therapist and Athletic Trainer, John was a member of the Medical Staff and served as a Rehabilitation Consultant for the Cincinnati Mighty Ducks Professional Hockey Team for four years. Currently John is a member of the National Education Committee for NovaCare Rehabilitation. He also serves as the National and Local Market Liaison for the Locally Driven Continuing Education Committee for NovaCare Rehabilitation. John functions as a Manager of Clinical Operations for NovaCare Rehabilitation where his duties include clinical patient care, Functional Capacity Evaluations and management of five offices. His duties also include speaking and educating as a member of the National Education Committee for NovaCare Rehabilitation.

Non-Discrimination Statement:
Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Program Accreditation:
Select Medical is an approved provider with the National Athletic Board of Certification #P570 and American Occupational Therapy Association #4018. This course is 13.75 CEUs.

TARGET AUDIENCE: PT, OT, PTA, COTA, ATC
LEVEL: Intermediate - Advanced
CONTACT HOURS: 13.75 pending approval

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