

Special Invitation

PROeducation Series. Improve Your Skills.

Manual Therapy Course Lower Extremity

Provided by:



Location:

ProEx Physical Therapy
475 High Street
Somersworth, NH 03878

Course Dates/Times:

Saturday, Sept 18th 8am-6pm
Sunday, Sept 19th 8am-12pm

Instructor

Eric Kopp, PT, OMT, OCS, CSCS, FAAOMPT

Please call

877-776-9843
to register!

Tuition: \$400

Includes course materials and lunch
Limited Space Available • Checks/MC/Visa Accepted

CEU'S : 12 Contact Hours

Course Focus

- Biomechanics and Pathology
- Evaluation Skills
- Joint Mobilization
- Soft Tissue Mobilization
- Specific Muscle Stretching
- Medical Exercise Therapy (MET)
- Review of Evidence
- Clinical Reasoning and Patient Management

PROeducation Series Upcoming 2010 MET Courses

October 16th-17th Lower Extremity Conway, NH

November 6th-7th Lumbar Spine Somersworth, NH

November 13th-14th Upper Extremity Somersworth, NH

www.PROexPT.com

Learn to maximize your manual therapy and communication skills to effectively treat the “person” behind the diagnosis.

Saturday

8:00 - 9:00

- *Introduction to Manual Therapy*
- *Review of Biomechanics*
- *Review of common Hip, Knee and Foot/Ankle dysfunction*

9:00 - 10:00

- *Examination techniques*
- *Tests of functioning*
- *Joint mobility testing*

10:00 - 10:15

- *Break*

10:15 - 12:00

- *Examination (cont)*
- *Manual Muscle Testing*
- *Palpation/Soft tissue assessment*
- *Provocation testing*
- *Differential diagnosing (Hip vs. SI vs. Lumbar)*

12:00 - 1:00

- *Lunch*

1:00 - 2:00

- *Introduction to Medical Exercise Therapy (MET) principles*

2:00 - 3:00

- *Joint Mobilization techniques*

3:00 - 3:15

- *Break*

3:15 - 4:30

- *Specific Manual Muscle stretching*
- *Soft tissue techniques*

4:30 - 6:00

- *Clinical Reasoning - Developing a treatment plan*

Sunday

8:00 - 10:00

- *Review of Day 1*
- *Advanced Joint Mobilization techniques*

10:00 - 10:15

- *Break*

10:15 - 12:00

- *Case Studies - Review of Evidence*
- *Q/A*