Special Invitation

PROeducation Series. Improve Your Skills.

Medical Exercise Therapy Course
Lower Extremity

Provided by:

PROEX
Physical Therapy

Location:
Mountain Center Therapy
37 Main Street
Conway, NH 03818

Course Dates/Times:
Saturday, Oct 16th, 8 am - 6 pm
Sunday, Oct 17th, 8 am - 12 pm

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

- Theoretical basis of Medical Exercise Therapy (MET)
- Testing out exercise programs for patients with various hip, knee and ankle diagnoses
- Grading a progressive exercise program
- Achieving optimal exercise dosage
- Understanding the biomedical and biopsychosocial treatment models
- Review of Evidence
- Clinical Reasoning and Patient Management

PROeducation Series

Upcoming 2010 MET Courses

November 6th-7th Lumbar Spine Somersworth, NH
November 13th-14th Upper Extremity Somersworth, NH

www.PROexPT.com

Learn to maximize your medical exercise therapy and communication skills to effectively treat the "person" behind the diagnosis.

Saturday

8:00 - 8:15	• *Introduction*
8:15 - 9:30	• *Theoretical basis for Medical Exercise Therapy (MET)* *- Grading exercises for hip, knee and ankle pain* *- Open chain and deloaded closed chain exercises* *- Dose response effects* *- Exercise as pain treatment, decreasing swelling and pain*
9:30 - 9:45	• *Break*
9:45 - 11:15	• *Practical* *- Testing an MET program for a patient with knee pain (practical)*
12:00 - 1:00	• *Lunch*
1:00 - 2:30	• *KNEE PAIN continued* *Specific knee injuries (i.e. ACL reconstructions, meniscus tears, patellofemoral pain, knee arthroplasty)* *- Exercise Progressions*
2:30 - 3:00	• *Break*
3:00 - 4:30	• *Home Exercise Programs* *-Exercise Progressions*
4:30 - 5:30	• *HIP PAIN* • *Epidemiology of Hip Pain* *- Specific hip Injuries (i.e. hip arthrosis, s/p fx of femoral neck, s/p hip arthroplasty)* *- Differentiate between back and hip pain* *- Exercise Progressions*
5:30 - 6:00	• *Structural changes versus pain and function. Q & A*

Sunday

8:00 - 9:30	• *Graded exercises for Hip Pain* *- Progressions, rotational exercise for the hip, lying, sitting and standing*
9:30 - 9:45	• *Break*
9:45 - 11:30	• *ANKLE PAIN* • *Graded exercise therapy for Ankle pain (sprained ankle,instability/hypermobility, hypomobility after fracture)*
11:30 - 12:00	• *Overview of Scientific Evidence* *- Available evidence for graded exercise therapy treatment of LE dysfunctions*

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