

Special Invitation

PROeducation Series. Improve Your Skills.

Medical Exercise Therapy Course Upper Extremity

Provided by:



Location:

ProEx Physical Therapy
475 High Street
Somersworth, NH 038781

Course Dates/Times:

Saturday, Nov 13th, 8 am - 6 pm
Sunday, Nov 14th, 8 am - 12 pm

Instructor

Tom Torstensen, B.Sc PT., Advanced M.S

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

PROeducation Series

2011 Calendar Coming Soon !

Course Focus

- Theoretical basis of Medical Exercise Therapy (MET)
- Testing out exercise programs for patients with various shoulder, elbow, & wrist 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

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 shoulder, elbow and wrist pain
 - Open chain vs. closed deloaded chain exercises
 - Dose response effects
 - Exercise as pain treatment

9:30 - 9:45

- Break

9:45 - 11:15

- Practical
 - Testing out an MET program for a patient with shoulder pain (practical)

12:00 - 1:00

- Lunch

1:00 - 2:30

- SHOULDER PAIN continued
 - Specific traumatic shoulder injuries (subacromial pain, multidirectional instability)
 - Exercise Progressions

2:30 - 3:00

- Break

3:00 - 4:30

- Clinical Reasoning in MET
 - Exercise Progressions

4:30 - 5:30

- ELBOW PAIN
 - Specific elbow Injuries (Tendinosis vs Tendinitis)
 - Exercise Progressions

5:30 - 6:00

- Structural changes versus pain and function. Q & A

Sunday

8:00 - 9:30

- Graded exercises for ELBOW Pain
 - Progression exercise (treating lateral epicondylitis)

9:30 - 9:45

- Break

9:45 - 11:00

- WRIST PAIN
 - Graded exercise therapy for hand, wrist and lower arm fractures

11:00- 12:00

- Overview of Scientific Evidence
 - Available evidence for graded exercise therapy treatment of UE dysfunctions
 - Implement MET into current Clinical Practice