



Bellin Health Systems, Inc.
744 S. Webster Avenue
PO Box 23400
Green Bay WI 54305-3400

bellinhealth

Continuing Education Series

Sponsored By Bellin Health

WINTER 2009-2010:

“Developing and Building the Athlete: Sports Rehabilitation to Sports Performance”

Dan Enz, PT, LAT

Marc Sherry, PT, LAT, CSCS, PES

November 7-8, 2009 15.5 Contact Hours

“The Gray Institute: Functional Client Programming”

Lenny Parracino, CMT, FAFS

November 14, 2009..... 8 Contact Hours

“Best Practice Approaches to Pitching Mechanics & Rehab”

Tom Katz, PT

January 23, 2009 7.5 Contact Hours

“Everyday Ethical Marketing for the PT Profession”

*This fulfills the PT/PTA Ethic & Juris prudence requirement for Wisconsin Licensure

Lynn Steffes, PT

January 27, 2010 4 Contact Hours

“Home Health Rehab”

Carol Schunk, PT

April 24-25, 2010..... 20 Contact Hours

SAVE THE DATE - UPCOMING IN 2010:

“The Foot: Physical Therapy Evaluation & Management of Common Disorders”

Tom McPoil, PT, PhD, ATC, FAPTA

July 31-August 1, 2010 15 Contact Hours

“IAOM’s: A Systematic Approach to Examination, Diagnosis, and Treatment of the Shoulder”

Ann Porretto-Loehrke, PT, CHT, COMT

October 16-17, 2010 15 Contact Hours

“Wound Care: Basics for Rehab”

Sara Shapiro, MPH, PT

October 2-3, 2010 TBD Contact Hours

Registration Form

Please check program(s) registering for.

- “Developing and Building the Athlete: Sports Rehabilitation to Sports Performance”**
November 7-8, 2010..... \$350
- “Everyday Ethical Marketing for the PT Profession”**
January 27, 2010..... \$150
- “The Gray Institute: Functional Client Programming”**
November 14, 2009 \$225
- “Home Health Rehab”**
April 24-25, 2010
Early Bird Before February 10 \$470
Regular Price February 11-March 31 \$495
.....After March 31 \$545
*Register directly through Great Seminars.
See description for details
- “Best Practice Approaches to Pitching Mechanics & Rehab”**
January 23, 2010..... \$199

Name (please print) _____

Credentials _____

Address _____

City/State/Zip _____

Home Phone Number _____

Work Phone Number _____

E-mail Address _____

Employer _____

Course Fee Enclosed \$ _____

Credit Card Info – Mastercard/Visa Card # _____

Expiration Date _____ Signature _____

Above address is same as billing address? Yes No

If no, billing address ____

“Developing and Building the Athlete: Sports Rehabilitation to Sports Performance”

Marc Sherry, PT, LAT, CSCS, PES

Dan Enz, PT, LAT

Saturday & Sunday, November 7-8, 2009, 8 a.m.-5

p.m.

(Registration begins at 7:30 a.m.) 15.5 Contact Hours

Course Description

(This course is open to PTs, PTAs, LATs, Strengthen and Conditioning Coaches.)

This course is designed to improve the athletic trainer and physical therapists care of athletes through improved understanding of athletic movement, performance testing and training, and selected sport biomechanics. This course will be a blend of current evidence-based practice (research) and clinical experience. This course will teach the participants how to create a plan to develop athletic movement and performance, including an emphasis on the importance of proper sequence. This course will include a significant amount of lab time dedicated to practicing and analyzing athletic and sport specific movement. This course will also include video case studies of athletes to demonstrate concepts.

Course Objectives

- Be able to understand proper implementation (who, when, why, what) and demonstrate multiple functional training drills, including how to utilize multi-planar progressions.
- Be able to understand the biomechanics of the swim stroke, golf swing, and various running gaits and their implications for performance training and rehabilitation.
- Be able to qualitatively evaluate an athlete’s swim stroke, golf swing, tennis stroke, and running gait.
- Be able to quantitatively and qualitatively assess readiness for an athlete’s return to sport after injury.
- Be able to understand special needs and considerations of adolescent athlete and its implications for performance training and rehabilitation.

Speaker’s biography is available at: bellin.org, click on “Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series.”

Course Price \$350

“The Gray Institute: Functional Client Programming”

Lenny Parracino, CMT, FAFS
Bellin Health Family Medical Center Ashwaubenon
Saturday, November 14, 2009, 8 a.m.-5:30 p.m.
(Registration at 7:30 a.m.).....8 Contact Hours

Course Description

(This course is open to PTs, PTAs, LATs, and personal trainers.)
Gray Institute, founded by Gary Gray, PT, is the culmination of over three decades of research, development, and innovation in applied functional movement science. Lenny Parracino, CMT, FAFS (Fellow of Applied Functional Science) will be instructing this great course.

An innovative, one-day seminar, providing participants with essential principles, strategies, and techniques of Applied Functional Science; this seminar encourages direct participation and interaction with the instructor and participants to enhance the ability to assess and address client/patient function. During this course, you will learn a principle-based approach to creating strategies for assessment/testing, prevention, training, and rehabilitation to facilitate improved functional thresholds. This class is designed for all health professionals and applies to all client/patient populations.

Course Objectives

Designing an individualized program is the foundation to a practitioner’s career and the primary principle of Applied Functional Science (AFS), which involves a challenging decision-making process. Strategies are carefully worked out plans. Strategies are derived from the principles and provide the guidance in planning. Planning is the process of establishing objectives and choosing the most suitable means for achieving these objectives prior to taking action. Planning is anticipatory decision-making. It is a process of deciding before action is required. Therefore, for professionals to become successful and achieve consistent success with each of their clients/patients, we must be able to assess, plan, organize, reassess, modify, and progress an individualized conditioning program that is principle-based yet practically logical. The following procedure is designed to assist you in your decision-making process but by no means should a program be considered an absolute. Your program is simply a plan or strategy that eventually lead you in the right direction.

To gain a great understanding of client programming, how all goals, needs, and wants integrate, will share a principle-strategy-application process.

Speaker’s biography is available at: bellin.org, click on “Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series.”

Course Price \$225

Please make check payable to **Bellin Health Systems, Inc.**

Return registration form and fees to:

Heidi Krautkramer, PT
Bellin Health Sports Medicine
1630 Commanche Avenue
Green Bay, WI 54304

Register online at bellin.org, click on “Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series.”

For Office Use Only:			
Date Received:	_____	Processed:	_____
Payment Type:	_____	Amount:	_____
Date:	_____	Initials	_____
		Confirmation letter sent:	_____

General Course Information

Location

Courses will either be held at Bellin Hospital Kresge Center, 3rd Floor, 744 S. Webster Avenue, Green Bay, WI; or Bellin Health Family Medical Center Ashwaubenon, located at 1630 Commanche Avenue, Green Bay, WI.

Cancellation Policy

If an insufficient number of participants register, Bellin Health Sports Medicine reserves the right to cancel a course up to 14 days prior, with full refund. In case of inclement weather, a full refund will be provided if the course is cancelled and not rescheduled. If individuals cancel up to 28 days prior to the course, a refund of the course cost minus a \$50 cancellation fee will be refunded. Any cancellation within 28 days of the course will only receive a refund minus the \$50 cancellation fee if your seat is filled.

Questions

For more information on classes, please visit our web site bellin.org and click on “Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series,” or contact Heidi Krautkramer, PT, at hjkrau@bellin.org, or call (920) 430-4750.



Bellin Health Sports Medicine is recognized by the Board of Certification to offer continuing education for Certified Athletic Trainers.

All courses have been submitted to the Wisconsin Physical Therapy Association for CEU approval.

“Best Practice Approaches to Pitching Mechanics & Rehab”

Tom Katz, PT

Bellin Health Family Medical Center Ashwaubenon

Saturday, January 23, 2010, 8 a.m.-4:30 p.m.

(Registration at 7:30 a.m.).....7.5 Contact Hours

Course Description

(This course is open to PTs, PTAs, and LATs.)

This course provides best practice approaches to the rehab and prehab of baseball pitchers, including and beyond musculoskeletal conditioning. It clarifies the difference between traditional and scientific approaches to pitching mechanics and performance. It encourages participating throughout the course, including live instruction and video analysis of local pitchers using the biomechanical model of the National Pitching Association. Attendees will be armed with evidence-based pitching rehab, prehab, and performance tools to optimize care and development of pitchers in your clinic and community.

Course Objectives

- Understands the differences between traditional and scientific pitching mechanics.
- Understand the timing similarities of critical events during the movement patterns of elite pitchers, hitters, and golfers, and their affect on rehab and teaching skill work.
- Understand the components of a pitcher’s rehab and prehab, including and beyond musculoskeletal conditioning.
- Understand the biomechanical model of pitching from the National Pitching Association.
- Understand real time and video analysis of pitchers as it relates the NPA’s biomechanical model.
- Have experience with evaluating and teaching NPA model pitching mechanics in a regression format.
- Have an improved appreciate for the complexities of treating pitchers and enhancing performance within an environment of strongly held traditional misinformation.
- Be able to have an evidence-based best practice pitching program within your organization and community.

Speaker’s biography is available at: bellin.org, click on “Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series.”

Course Price \$199

“Everyday Ethical Marketing for the PT Profession”

Lynn Steffes, PT

Bellin Hospital

Wednesday, January 27, 2010, 5-9 p.m.

(Registration at 4:30 p.m.)4 Contact Hours

Course Description

(This course is open to PTs and PTAs and fulfills the PT/PTA ethics & jurisprudence requirement for Wisconsin Licensure.)

Marketing rehabilitation services to consumers, physicians, and other health care providers is an essential function of a growing rehabilitation program.

We will define the specific role of therapists in marketing and provide practical ideas for both consumer and referral source marketing that will enhance each therapist’s role as a professional, as well as your entire rehab program.

Course Objectives

After this training, you will be able to:

- Understand the concept of competitor analysis and positioning.
- Develop key relationship strategies that will make a difference to your ongoing success.
- Apply customer service and relationship building strategies that will impact growth.
- Utilize collaterals to enhance consumer and referral source perceptions.
- Activate your entire rehab team in the referral relations process.
- Create a follow-up program and accompanying collaterals for referral relations purposes.

Speaker’s biography is available at: bellin.org, click on

“Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series.”

Course Price \$150

“Home Health Rehabilitation”

Dr. Carol Schunk, PT, Psy D.

Bellin Hospital

Saturday & Sunday, April 24-25, 2010, 8 a.m.-6:30 p.m.

(Registration at 7:30 a.m.).....20 Contact Hours

Course Description

(This course is open to PTs, PTAs, PAs, OTs, and COTAs. Secondary audience: other rehabilitation professionals.)

The purpose of this seminar is to provide clinical information relevant to both those being treated and to the psychological aspects of dealing with families and caregivers. Evaluation tools for balance, function, cognitive ability, and environmental hazards will be covered. Research on a variety of exercise programs in relation to falls, mobility, and function will be presented. Social dynamics will be discussed through case histories and suitable treatment approaches, including motivation and compliance enhancement. Presentation of home modification and adaptive equipment for safety will enhance the therapist ability to positively influence the decision for an individual to remain in their home. Reimbursement and regulatory issues will be included as they relate to equipment and measurement of outcomes through appropriate understanding of the OASIS. The information presented in this seminar will facilitate therapists intervention in this multi-factorial, often complex treatment environment known as home health.

Course Objectives

- Identify the greatest challenges in the home care environment.
- Implement most effective, reliable, and valid measures for evaluation patients in the home.
- Identify fall risks factors and develop intervention techniques.
- Choose from numerous treatment strategies for rehabilitation conditions seen in the home.
- Design and develop a marketing program for Falls Intervention Program.
- Discuss family/caregiver dynamics in relation to therapeutic outcomes.
- Use the concepts of motivation, compliance, and confidence levels to influence patient progress.
- List functional/balance assessment tools suitable for home environment.
- Categorize environmental challenges in the home using home assessment tools.
- Describe home modifications and adaptive equipment to facilitate functional independence in the home.
- Discuss aspects of risk and ethics applicable to home health.
- Develop home exercise programs adaptable for the home for common orthopedic and neurological conditions.

Speaker’s biography is available at: bellin.org, click on

“Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series.”

Course Price early bird by February 10 is \$470, price from February 11-March 31 is \$495, and price after March 31 is \$545.

Register for this course directly through Great Seminars

- Call (877) 79-GREAT
- Go to www.greatseminarsandbooks.com