



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

bellinhealth
Continuing Education Series
 Sponsored By Bellin Health

FALL 2009:

“Evidence -Based Treatment for Low Back Pain”

Anthony Delitto, PT, PhD, FAPTA
 September 26, 2009.....8 Contact Hours

“Evaluation and Treatment of the Thoracic Spine and Rib Cage”

Mark Bookhout, PT
 October 3-4, 2009.....15 Contact Hours

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

Marc Sherry, PT, LAT, CSCS, PES
 Dan Enz, PT, LAT
 November 7-8, 2009.....16 Contact Hours

The Gray Institute: “Functional Client Programming”

Lenny Parracino, CMT, FAFS
 November 14, 2009.....8 Contact Hours

SAVE THE DATE - UPCOMING IN 2010:

“Best Practice Approaches to Pitching Mechanics & Rehab ”

The Marshfield ClinicJanuary 23, 2010

“Everyday Ethical Marketing for the PT Profession”

Lynn Steffes, PT, speaking on ethical marketingJanuary 27, 2010

“Home Health Rehabilitation”

Carol Schunk, PT, PsyA..... April 24-25, 2010

“Foot & Ankle Workshop”

Tom McPoil, PhD, PT, ATC, FAPTA July 31-August 1, 2010

“Evidence -Based Treatment for Low Back Pain”

Anthony Delitto, PT, PhD, FAPTA

Bellin Hospital, Kresge Center

Saturday, September 26, 2009, 8 a.m.-5 p.m.....8 Contact Hours

Course Description

(This course is recommended for PTs, but also open to other professionals in health care.)

This course will cover an evidence-based approach to management of low back pain in physical therapy environments. The magnitude of low back pain will be reviewed and a case will be made for a more aggressive approach to acute and recurrent low back pain using early physical therapy that is evidence-based. The evidence for physical and biobehavioral evaluation and treatment of low back pain will be reviewed with an emphasis on optimizing the outcome of the patient. Finally, a quality-improvement approach to reviewing clinical performance will be offered whereby each individual therapist can critique their own clinical performance characteristics related to the material covered including patient outcome and adherence to best practice guidelines.

Other information

Please bring material that you typically use during a low back pain evaluation, including any forms for evaluation, documentation, and patient.

Course Objectives

- Articulate the societal and industrial costs of low back pain will be reviewed with an emphasis on where costs are typically encountered and the “value” (or lack thereof) of the resources used to manage the problem.
- Understand present guidelines for low back pain management with an emphasis on the evidence on which these guidelines are based as it relates to common interventions provided by physical therapists.
- Offer the basis to other health care providers of an alternative to present guidelines that will be used on early, aggressive, and evidence-based physical therapy intervention.
- Understand the concept of clinical performance as it relates to evidence-based practice including the relationship between performance, competence, motivation, and barriers (both internal and external).
- Translate an evidence-based conceptual approach to everyday clinical practice by appreciating the importance of measuring clinical performance and assessing it as it relates to patient outcome and adherence to treatment guidelines.
- Create links to performance deficits and professional development activities to better utilize resources.

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

Course Price \$199

Registration Form

Please check program(s) registering for.

- | | |
|---|---|
| <input type="checkbox"/> “Evidence-Based Treatment of Low Back Pain”
September 26, 2009..... \$199 | <input type="checkbox"/> “Developing and Building the Athlete: Sports Rehabilitation to Sports Performance”
November 7-8, 2009 \$350 |
| <input type="checkbox"/> “Evaluation and Treatment of Thoracic Spine and Rib Cage”
October 3-4, 2009 \$395 | <input type="checkbox"/> The Gray Institute: “Functional Client Programming”
November 14, 2009 \$225 |

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 _____

~ Please make check payable to **Bellin Health Systems, Inc** . and return registration form and fees to: Heidi Krautkramer, PT, Bellin Health Sports Medicine, 1630 Commanche Avenue, Green Bay, WI 54304, or register online at bellin.org, click on “Appointments & Registration,” then on “Therapy & Sports Medicine Continuing Education Series.”

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. A full refund is also available for cancellations up to 28 days prior to the course. After this time a refund will be available only if your seat can be filled. In case of inclement weather, a refund will be provided if the course is cancelled and not rescheduled.

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.

“Evaluation and Treatment of the Thoracic Spine and Rib Cage”

Mark Bookhout, PT, MS, FAAOMPT

Bellin Health Family Medical Center Ashwaubenon

Saturday & Sunday, October 3-4, 2009, 8 a.m.-5 p.m.

(Registration at 7:30 a.m.).....15 Contact Hours

Course Description

(This course is open only to PTs.)

This two-day course will cover the functional anatomy and biomechanics of the thoracic spine and rib cage. Emphasis will be placed upon making a positional diagnosis for thoracic spinal dysfunction and treatment will utilize an eclectic approach with the primary emphasis on muscle energy technique. Evaluation and treatment of structural rib dysfunctions will be included. Evaluation and treatment of the thoracic spine and rib cage to influence shoulder function will also be presented.

Course Objectives

- Review the anatomy and biomechanics of the thoracic spine and rib cage.
- Become familiar with the palpatory anatomy of the thoracic spine and rib cage.
- Be able to make a positional diagnosis of thoracic spinal dysfunction, identifying neutral and non-neutral dysfunctions.
- Be able to treat thoracic spinal dysfunctions utilizing muscle energy and direct joint mobilization techniques.
- Understand how to evaluate and treat structural rib dysfunctions.
- Understand the influence of the thoracic spine and rib cage on shoulder function.
- Be able to design an exercise program for patients with thoracic spine and rib cage dysfunction.

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

Course Price \$395

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

Marc Sherry, PT, LAT, CSCS, PES

Dan Enz, PT, LAT

Bellin Health Family Medical Center Ashwaubenon

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

(Registration at 7:30 a.m.).....8 Contact Hours

Course Description

(This course is open to PTs, PTAs, LATs, and strength 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. The 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, what, when, and why) 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 athletes 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