Continuing Education Series

2017 Courses

Sponsored by Bellin Health:

The Eclectic Approach to Soft Tissue Manipulation
Erson Religioso III, DPT, MS, MTC, CertMDT, CFC, OSCS, FMS, FMT, FAAOMPT
January 28-29, 2017

Pain Fundamentals:
Reconciling Biomechanics with Pain Science
Greg Lehman, PT, DC
May 20-21, 2017

Co-Sponsored by Bellin Health:

International Academy of Orthopedic Medicine’s UE-Elbow
(Hand & UE Track): Contact International Academy of Orthopedic Medicine at (866) 426-6101 or go to iaom-us.com for more information.

Evidence in Motion Courses: Contact Evidence in Motion at (888) 709-7096 or visit evidenceinmotion.com for more information:
- Management of Lumbopelvic Disorders
- Management of Lower Extremity Disorders
- Management of Cervical and Thoracic Disorders
- Management of Upper Extremity Disorders

General Course Information

Location
Courses will be held at one of the following locations, which will be noted in your letter of confirmation:

- Bellin Hospital
  Kresge Center, 3rd Floor
  744 S. Webster Avenue  •  Green Bay, WI 54301
- Bellin Health Ashwaubenon
  1630 Commanche Avenue  •  Green Bay, WI 54313
- Bellin Health Bellevue
  3263 Eaton Road  •  Green Bay, WI 54311

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. Bellin will not pay for any travel costs incurred by the participant if the class is canceled. In case of inclement weather, a full refund will be provided if the course is canceled and not rescheduled. If individuals cancel 28 days or more prior to the course, a full refund will be given. If individuals cancel less than 28 days prior to the course, a refund will be given minus an administrative fee of $50 if course tuition is less than $250, or $100 if course tuition is more than $250.

Questions
For more information on classes including course schedules and speaker biographies, please visit our website bellin.org and click on “Appointments & Registration,” then “Therapy & Sports Medicine Continuing Education Series,” or contact Heidi Johnson, PT, at Heidi.Johnson@bellin.org or call (920) 430-4750, ext. 4425. All courses have been submitted to the Wisconsin Physical Therapy Association for CEU approval.
The Eclectic Approach to Soft Tissue Manipulation

Date: January 28-29, 2017  Time: 8 a.m.-5 p.m.
Speaker: Erson Religioso III, DPT, MS, MTC, CertMDT, CFC, CCS, FMS, FMT, FAAMPT
Contact Hours: Approximately 13.0  Cost: $525
Open To: PT, PTA, OT, COTA, ATC, DC, MT

Course Description: This course is an introduction to soft tissue manipulation using the EDGE/EDGEility Tools and EDGE Mobility Bands. It is designed to teach the participant an eclectic approach to evaluate and treat the soft tissues of the body. The participant will review the anatomy and physiology of myofascia. Indications and contraindications to treatment will be discussed. The treatments will be divided into three types: instrument-assisted soft tissue manipulation; compression wrapping; and functional release with PNF and movement. Patterns of tissue dysfunction will be taught for assessment and treatment. The course is 30% lecture and 70% lab.

PARTICIPANT LEARNING EXPERIENCE: Presentation will be didactic for anatomy and physiology review, research and movement classification using a Repeated Motion Exam and a Movement Screen. After the lecture, the remainder will be lab breakout sessions. Patient cases will be incorporated into the course to aid in understanding and allow for application of knowledge to a clinical scenario. A variety of audiovisual aids, including slides and video, may be used to augment presentation of material.

ASSESSMENT OF LEARNING: Evaluations will include written examinations and a round-robin evaluation of treatment techniques at the end of the day.

Course Objectives:
Upon successful completion of this course the participant will:

1. Demonstrate an understanding of the soft tissues of the human musculoskeletal system.
2. Be able to evaluate and treat common soft tissue dysfunctions in the upper and lower quadrants of the body.
3. Use traditional soft tissue manipulation, functional release, compression wrapping and instrument-assisted soft tissue manipulation as an adjunct to joint manipulation and other orthopedic manual therapy treatments.
4. Understand the indications and contraindications to soft tissue manipulation.
5. Be able to prescribe basic exercises with mode and patient education.
6. Be able to give the patient informed consent for treatment.
7. Understand clinical practice patterns of the UQ and LQ and apply them to a movement screen and a repeated motions exam for test and re-test of the patient’s function and symptoms.

Pain Fundamentals: Reconciling Biomechanics with Pain Science

Date: May 20-21, 2017  Time: 8 a.m.-5 p.m.
Speaker: Greg Lehman, PT, DC
Contact Hours: 13.0  Cost: $400
Open To: PT, PTA, AT

Course Description: This course will explore the theory and techniques necessary to understand foot articular anatomy and functional anatomy of the foot during locomotion. The latest research evidence concerning the functioning of the foot and ankle during dynamic movement will be presented. Using the most recent concepts and evidence, a physical therapy examination of the foot as it relates to lower extremity dysfunction from overuse will be presented. The functional anatomy, normal mechanics during walking, clinical examination techniques, as well as, assessment and management principles of foot orthotic prescription will be provided, as well as, the evidence to support the use of both prefabricated and custom-foot orthoses. The use of the “treatment direction test” will be presented as a tool to determine if foot orthoses are indicated, as well as, to guide the orthotic prescription. The use of footwear as a physical therapy intervention for foot problems will be discussed. Clinical management techniques will focus on adhesive strapping, footwear fit, and the modification of pre-molded foot orthoses.

Course Objectives:
1. Identify the significant anatomical and articular structure of the foot and ankle.
2. Describe the joint mechanics required in the foot and ankle during walking.
3. Describe the typical pattern of rear foot and mid-foot motion during walking.
4. Discuss factors in foot, ankle, and LE responsible for contributing to abnormal mechanics of the foot.
5. Perform a thorough static and dynamic physical examination of the foot and ankle.
6. Use adhesive strapping as a “treatment direction test” to determine if foot orthoses are indicated.
7. Describe three features that are used to provide motion control in athletic shoes.
8. List and describe the functions of a foot orthoses.
9. Define the role of footwear and foot orthoses as part of a physical therapy intervention.
10. Describe use of pre-molded foot orthoses and the modifications possible when used as part of a physical therapy management program.
11. Describe use of adhesive strapping as a “treatment direction test” to determine if foot orthoses are indicated.
12. Discuss evidence that supports use of foot orthoses in the treatment of overuse musculoskeletal conditions.

Registration Form

To Register Online:
Visit bellin.org and click on “Appointments & Registration,” then scroll to “Therapy & Sports Medicine Continuing Education Series.”

To Register by Mail:

Name (please print) ____________________________
Credentials ____________________________
Address ____________________________
City/State/Zip ____________________________
Home Phone Number ____________________________
Work Phone Number ____________________________
Employer ____________________________
Course Fee Enclosed $ __________
Credit Card Info:
MasterCard/VISA Card # ____________________________
Expiration Date __________
Signature ____________________________
Above address is same as billing address? □ Yes □ No

Please make check payable to Bellin Health Systems, Inc. and return registration form and fees to Heidi Johnson, PT
Bellin Health Sports Medicine
1630 Commanche Avenue, Green Bay, WI 54313

You will be sent a letter of confirmation upon receipt of payment.

Please check program(s) you are registering for. If your program is not listed below, please refer to the course title for registration information.

☐ The Eclectic Approach to Soft Tissue Manipulation
   January 28-29, 2017 [Sat-Sun]  Cost: $525

☐ Pain Fundamentals: Reconciling Biomechanics with Pain Science
   May 20-21, 2017 [Sat-Sun]  Cost: $400