

ABOUT OUR CONTINUING EDUCATION



Registrations:

Seating is limited... Please register early!

Registrations are taken in the order in which tuition checks or credit card payments are received. Tuition must accompany the registration form in order to confirm a place in the course or workshop.

You will be e-mailed a letter confirming your registration and as receipt of payment. You should receive confirmation, by email, within 1 week of registering. Please check your trash/spam email folder, and contact us if you do not receive it.

Note: Rehab Connections reserves the right to modify the content and the scheduled speakers when circumstances are beyond our control.

Cancellations: Registration fee, less a \$50 administration fee per session, is refunded if notice of cancellation is received more than 10 days in advance of the course or workshop. Cancellations made less than 10 days in advance of the course or workshop date forfeit the entire tuition fee. Tuition can be transferred to another individual or another course or workshop, one time only. No refund or credit will be given for cancellation 3 days or less before the workshop or course, or when handouts or other course materials are available electronically, including but not limited to emailed or downloadable pdf documents.

Rehab Connections reserves the right to cancel the course or workshop up to one week prior

to the course or workshop. Rehab Connections will not be responsible for any charges incurred by the registrant due to the cancellation of the course or workshop, other than the tuition.

Location: All courses or workshops will be held at our Education and Training Center unless otherwise noted. Our address is:

Education and Training Center
14901 S. Founders Crossing
(West side of Bell Road)
Homer Glen, IL 60491
Phone 708-301-3571

Please see maps on page 14 for a general view of our location.

Hours:

Full-day courses meet from 8:30-4:30. Registration is from 8:00-8:30.

Workshops meet 8:30-12:00. Registration is from 8:00-8:30.

Continuing Education

is open to all licensed rehab professionals, including PTs, PTAs, OTs, COTAs, SLPs, LMTs and ATCs. Please refer to "Intended Audience" listed with each topic to determine the appropriateness to your field based on the objectives of the material and your scope of practice.



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Call to order one for a fee of \$20.

About our Founder...



Sheryl Poremba, PT, CCM, is a licensed physical therapist, certified case manager and educator. She has completed advanced training and certification as a Pilates instructor, fitness instructor, master gardener and functional capacity evaluator. Sheryl has taught at numerous clinics, colleges, and universities while also working as a Physical Therapist for 25+ years. Dynamic and down to earth, Sheryl's immediate and fluid teaching style brings concepts and techniques to life. Her enthusiasm and eclectic approach complements her expertise in educating the adult learner. Her professional experience ranges from clinical instructor to clinical specialist to management to private practice. Sheryl has worked in acute care, home health, and outpatient settings.

For additional course information, including objectives, or instructor biographies, please visit our website.

Practical Workshops

Short workshops based on your interests
and caseload! Less time, less expense...more ideas for your patients!

Overall Description:

A variety of topics for therapists in a variety of settings. During these interactive and highly-experiential 3.5 CE contact hour workshops, in our popular small group format, you will have many opportunities to try a variety of concepts, techniques, and exercises that have direct applications in our multiple settings of rehabilitation. Exceptional handouts include illustrations and pictures of numerous therapeutic exercises and functional activities.

Workshop Instructors:

Sheryl Poremba, PT, CCM
Judy Polkow, PT, CFP

Tuition: **\$99** each workshop

Hours: 8:30am-12 Noon

Registration: 8:00am

Overall Objectives:

At the completion of a workshop, you will be able to:

- 1 Incorporate new and different exercise programs into your plans of care.
- 2 Correctly perform therapeutic exercise routines and progressions as presented.
- 3 Improve your observation skills for evaluation and exercise.

Practical Balance Activities

■ Saturday, July 20

History of falls? Recurrent ankle sprains? This workshop allows you to experience basic to advanced balance training activities designed to improve the function of your orthopedic and neurologic patient. Plus, a variety of quick functional balance tests will help you demonstrate and document improvements in balance.

New In 2013

- Key documentation items to support medical necessity of balance training.
- Coding for reimbursement of balance and proprioception activities.

Simply Super Shoulder Exercises

■ Wednesday, June 19

More than just exercises are the basis of this workshop. Facilitation is key! Selected techniques will improve symptom management, expedite increased motion, and enhance strengthening. From pulleys to closed chain, traditional and unique exercises will target rotator cuff strengthening and scapular stabilization while emphasizing correct scapulohumeral movement patterns.

New In 2013

- Overview of sample post-op protocols including biceps tenodesis, total shoulder arthroplasty, and rotator cuff repair.

Introduction to Feldenkrais

■ Wednesday, October 23

This course presents the Feldenkrais Method® as an approach to help rehab professionals refine their clinical skills, create more opportunities for movement, and impact the nervous system to facilitate immediate, powerful results. Sequences of small movements can be applied immediately to patients in all rehab settings to address impairments in ROM, flexibility, balance, and posture.

40+ Exercises Using the Magic Circle

■ Wednesday, August 7

A simple, portable, inexpensive, and versatile tool, the Magic Circle facilitates exercise performance and correct posture and alignment. The Magic Circle has applications ranging from core stabilization to reducing incontinence to scapular stabilization to joint arthroplasty rehabilitation. What more could anyone ask for?

Intended Audience:

PTs, PTAs, OTs
COTAs, ATCs

Level:

Basic to Intermediate

CE Contact Hours:

3.5

for each workshop

ANATOMY

*Palpation plus
Manual Therapy
& Exercise*
AT YOUR FINGERTIPS

- Friday, July 26 (Lower Quadrant)
- Saturday, August 23 (Upper Quadrant)

Description:

How can you evaluate what you can't feel? Would you like to ...

- Improve your palpation sensitivity to enhance your manual therapy skills?
- Increase your confidence, accuracy and efficiency for palpating structures?
- Enjoy a 3-dimensional anatomy review without the cadaver?
- Practice assessing specific bony and soft tissue structures on multiple subjects in a full day lab course?
- Learn selected mobilization techniques to make an immediate physical change in your patient?
- Apply neuromuscular re-education techniques as exercises to maintain improvements?

Presenter:

Lee Everett, PT
Sheryl Poremba, PT, CCM

Objectives:

At the completion of this course you will be able to:

- 1 Locate by palpation selected bony, soft, tissue and neural structures
- 2 Identify restrictions in joint and soft tissue mobility.
- 3 Palpate multiple anatomical structures on multiple body types.
- 4 Discuss the clinical significance of selected anatomical structures as presented.
- 5 Differentiate and asses joint and soft tissue mobility between subjects
- 6 Apply manual therapy techniques and therapeutic exercises as presented.

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs

Level: Basic

Tuition: \$199
CE Contact Hours: 7.0

Core & More

- Friday, August 16

Description:

Remember "proximal stability for distal mobility" from PNF? Therapeutic exercise including neuromuscular re-education is a key intervention of physical therapy and occupational therapy, and core stabilization is a key component that is integral to optimal function. In this new full day course, a variety of core/trunk strengthening techniques are emphasized plus exercises are introduced that target cervical spine and scapular stabilizers and functional stability at the knee.

Presenter:

Sheryl Poremba, PT, CCM

Topics:

- Examination, facilitation, and training of key muscles of postural control and stability
- Functional tests specific to core stabilization
- Creative Isometrics Program following spinal and abdominal surgeries
- Cervical stabilization exercises
- Co-contraction for extremity joint stability progressing to functional joint stabilization activities
- Progressions ranging from manual approximation and positioning to weight bearing to facilitate deep, proximal musculature of shoulder and hip joints
- Verbal and tactile cues to demonstrate medically necessary, skilled intervention

Intended Audience: PTs, PTAs, OTs, COTAs

***Includes a Magic Circle,
a superior facilitator for
muscle recruitment**

Level: Various

Tuition: \$239*
CE Contact Hours: 7.0

Better Breathing

- Friday, November 15 – ONE DATE ONLY!

Description:

These skills will be invaluable to the practitioner in any setting working with patients with reduced aerobic capacity and endurance, ranging from patients after spine surgery to athletes with asthma to patients with reduced tone on one side of their trunk following a stroke. Learning to unlock the immobility in the rib cage of many patients can decrease overuse of the cervical and lumbar spine also.

Presenter:

Lee Everett, PT

Topics:

- Restrictions to efficient breathing, such as rib cage dysfunction, pregnancy, scar tissue, gastrointestinal problems, cigarette smoking, etc.
- Important muscles to stretch regularly to improve breathing pattern
- Factors regulating breathing during exercise
- Examination
 - Identification of overuse of accessory muscles and muscles that contribute to poor or inefficient breathing patterns
 - Assessing rate, depth, and regularity of pattern of breathing
 - Practical measurements and clinical observations to support medical necessity in your documentation
- Specific populations and diagnoses
 - Effective rescue strategies for pulmonary patients when they get into trouble with their breathing
 - Breathing pattern changes to reduce complications from asthma during exercise
 - Breathing issues in pre- and post-natal patients
 - Ways to teach breathing strategies for vigorous exercise
 - Treatment of neck and low back pain and dysfunction with breathing interventions

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs, LMTs

Level: Basic

Tuition: \$199
CE Contact Hours: 7.0

JOINT MOBILIZATION OF THE EXTREMITIES

Clear and to-the-point with extensive lab time

- Saturday, August 3 – ONE DATE ONLY!

Description:

This one day basic course presents a variety of manual techniques based on joint mobility assessment tools.

Presenter:

Brian Tremby, PT, DPT, OCS, MTC

Objectives:

At the completion of this course you will be able to:

- 1 Apply basic concepts of effective joint mobilization for the extremities.
- 2 Palpate key bony landmarks during examination.
- 3 Assess the degree of joint mobility being tested.
- 4 Perform traditional, functional, and weight bearing joint mobilization techniques as presented.
- 5 Perform appropriate techniques with consideration of patient comfort, body mechanics, hand position, direction, and amount of force.

Topics:

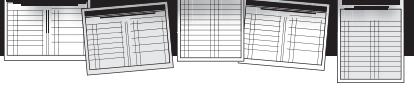
- Fundamentals of manual therapy
- Anatomy review
- Biomechanics and arthrokinematics
- Concave vs. convex rules
- Importance of distraction and loose pack positions
- Grades of joint mobilization
- Most effective techniques for increasing ROM
- Capsular patterns of restriction
- Evidence-based practice

Intended Audience: PTs, PTAs, OTs, COTAs

Level: Basic

Tuition: \$199
CE Contact Hours: 7.0

Documentation



■ Saturday, September 21

Description:

Do your notes demonstrate skilled intervention? ...justify reimbursement? ...utilize terminology consistent with CPT codes and The Guide to Physical Therapist Practice? This course is designed to help therapists and assistants doing daily SOAP notes in both PT and OT to critique, streamline, and improve the quality of their documentation.

Presenter:

Sheryl Poremba, PT, CCM

Objectives:

At the completion of this course you will be able to:

- 1 Demonstrate strategies to improve the content of daily documentation.
- 2 Describe observable and measurable improvement in functional limitations.
- 3 Differentiate functional assessment from standard tests and measures.
- 4 Identify key information to include in daily SOAP notes to justify PT/OT intervention and reimbursement.
- 5 Discuss medically necessary, skilled therapy services.

Topics:

- Streamlining comprehensive SOAP notes
- Definitions of medical necessity, skilled intervention, maximum medical improvement and maximum therapeutic benefit
- General documentation recommendations
- Functional assessment utilizing patient self-reporting tools and functional tests
- Measurements and descriptors that reflect skill
- Payor and/or review agency requirements and expectations
- APTA Defensible Documentation
- Overview of coding

Intended Audience: PTs, PTAs, OTs, COTAs

Level: Basic to Intermediate

Tuition: **\$199** **CE Contact Hours:** **7.0**

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708-301-3571 ■ www.rehabconnections.com

Highlights of MEDICARE REIMBURSEMENT

■ Friday, July 19

Description:

This popular one-day course has been updated to address new reporting requirements, in addition to selected policies, procedures, and coding topics. A variety of key resources that are easily accessible on-line will be viewed then provided as links for you to add to your bookmarks, tabs, and/or desktop or tablet home screen.

This course is a unique opportunity for clinicians to clarify how Medicare policies impact our daily documentation and share experiences with other rehab providers. Although much of this course relates to outpatient settings billing Medicare Part B, discussions related to documentation supporting medical necessity and demonstrating skilled intervention and progress are critical to therapy professionals in all settings.

Presenter:

Sheryl Poremba, PT, CCM

Topics:

Key topics for clinicians

- Skilled, therapeutic intervention and medical necessity
- Therapy Cap, the exception process, and manual medical review
- Treatment time and direct (one-on-one) contact time
- Connections between documentation and coding
- How to show progress especially when gains are slow yet incremental
- Part B billing scenarios for PTs and OTs
- Reporting functional limitations and goals, G codes and severity/complexity modifiers

Overview of Medicare documentation requirements

- Plan of Care certification and re-certification
- Progress Reports
- Daily Notes
- 8 Minute Rule
- Measurement tools to determine functional limitations
- Basis for selecting the severity modifier in functional reporting

ICD-9 codes that support medical necessity and those that do not

Skilled Maintenance Services

- New Medicare policies may provide coverage for critical, skilled therapy services for chronic conditions that are not expected to improve.

On-line resources and published reference materials

Intended Audience: PTs, PTAs, OTs, OTAs

Level: Basic to Intermediate

Tuition: **\$199** **CE Contact Hours:** **7.0**

20

708-301-3571 ■ www.rehabconnections.com

Yes, You Can INTEGRATE YOGA ... Into Your Patient's Therapy!

Tuition
includes book,
yoga mat, strap
& block

■ Wednesday, September 11

Description:

Timeless arts to enhance rehab

Positioning of extremities and joints for safe and beneficial yoga practice is also key for therapeutic exercises in rehabilitation. Yoga will help therapists utilize optimal cues to facilitate movement, strength, posture, and balance. You know the anatomy so this course will enable you to apply more of it to maximize your outcomes. Remember, it's our verbal cues, modifications, manual contacts, and use of props that produce optimal results and demonstrate skilled intervention!

This active, lab-based course will be both challenging and relaxing, simple and complex. It is appropriate for therapists in any setting and content is applicable to patients of all ages, diagnosis groups, and impairments.

Presenters:

Marcia Bogolub, PT, RYT

Self Study 3.0 CE Hours

To maximize your learning experience in this one day course, we are incorporating pre-work to allow us to emphasize the practical, lab-based exercises. This will enable everyone to be familiar with selected material and terminology as we perform and modify yoga-based interventions. You will receive a book and guided outline with additional resources 3-4 weeks prior to the course date.

- Styles and types of yoga
- 25 poses
- Alternate English names of poses
- Contraindications and precautions
- Gentle variations
- Physical and mental benefits
- Anatomy review and anatomical focus
- 10 abstracts related to yoga from Hooked on Evidence

Topics:

- Yoga objectives, therapeutic goals, safety issues, and modifications for:
 - Hip openers
 - Hamstring warmers and stretches
 - Inversions
 - Shoulder openers
 - Twists
 - Balance poses
 - Breathing techniques
- Top 20 key posture and alignment cues for safe and effective positions and poses
- Using chairs, blocks and straps to facilitate posture, poses, ROM, alignment, lengthening, and balance
- Simple positions and restorative poses that promote relaxation
- The yoga approach for 10 common rehab exercises
- Literature review: Is yoga effective? What are the effects of yoga? Are gains retained better? What is yoga therapy?
- Special segment for geriatrics
 - Chair Yoga
 - Repetition of movements, duration of poses
 - Twists and balance poses
- Short sequences of poses for rehab
 - Spinal mobility and stability
 - Lower extremity flexibility
 - Balance
- Pearls for appropriate and reimbursable documentation, coding and billing including manual contacts, verbal cues, and modifications for specific impairments that will demonstrate skilled intervention

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs, LMTs, CRTSs, RYTs, SLPs

REGISTER
EARLY!

Level:
Basic to Intermediate

Tuition:
\$289*

CE Contact Hours:
7.0 + 3.0 Self Study Hours

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708-301-3571 ■ www.rehabconnections.com

FOCUS ON SI & Pelvis

Thursday, June 27
Friday, November 22

Description:

Maximize your success in evaluating and treating sacroiliac and selective pelvic disorders. Learn new techniques or refresh your skills with effective and practical treatment techniques as well as a systematic approach to examination during this interactive one-day course.

Presenter:

Brian Trembly, PT, DPT, OCS, MTC

Topics:

Review of lumbo-pelvic-hip anatomy
Common pelvic/sacroiliac disorders

Systematic examination and palpation to assist in differentiating between low back and SI/pelvic disorders.

Management strategies and specific interventions including:

- Myofascial mobilization
- Joint mobilization
- Muscle energy techniques
- Self mobilization
- Lumbopelvic stabilization
- Patient education
- Pelvic bracing

Literature review of evidence-based interventions for SI dysfunction

Intended Audience: PTs, PTAs

Level: Various

Tuition: **\$199**
CE Contact Hours: **7.0**

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708-301-3571 ■ www.rehabconnections.com

SOLUTIONS IN 6 VISITS

NECK PAIN

To Be Announced



KNEE OA

■ Friday, September 27

Description:

These new topics introduce our cutting edge, innovative Solutions series of full day courses starting in 2013. In each course, we will highlight a common non-surgical, orthopaedic diagnosis. Initial examination and treatment approaches as they relate to practice guidelines from multiple sources will be presented. Relevant goals for functional limitations and home programs including self-care for pain and exercise progressions will be emphasized. The format of these courses will balance lecture and lab for an engaging, fast-moving day with plenty of resources and experiential learning.

In the "Neck Pain" course, treatment strategies will emphasize posture, mobility and stability with multiple key functional tests and approaches to maximize patient compliance. The practical, hands-on approach will simplify treatment of the craniocervical complex including first rib dysfunction, neck stiffness, and TMJ involvement, by focusing on specific structures and effective techniques and exercises. Our "Sensational 7" manual therapy techniques will be a tool you can add to your tool box immediately!

In the "Knee OA" course, therapeutic exercises will be the focus to improve function and decrease pain. Lab sessions will include manual therapy to maximize joint mobility and ROM which will enhance selected stretching progressions as presented. Individualized interventions will be based on realistic goals determined from a targeted initial examination, including how to recognize when degenerative changes in the joint may be a limiting factor to full restoration of function. Discussion will include open vs. closed kinetic chain exercises and strategies to decrease joint compression forces.

We know 6 visits may not be sufficient for all patients, however for many who are motivated and compliant, a streamlined approach can provide optimal functional outcomes with high patient satisfaction. With these courses you will feel confident that your approach will provide quality patient care, even in challenging utilization management situations!

Topics:

- What is the basis for "6 visits"? See why it is not a random number in authorizations!
- Clinical practice guidelines from unexpected yet valid sources.
- Key information to target during the initial examination.
- Determining AND documenting medical necessity
 - Therapeutic interventions that can't be replicated with a home program.
 - 3 key functional goal templates.
 - Demonstrating improvement every session.
- Samples of 6 visit plans of care that can be applied to similar diagnosis categories.
- Lab sessions:
 - Fine-tune your manual therapy techniques.
 - Develop focused, efficient home program progressions.
 - Experience a variety of self-care items for pain relief.

Presenter:

Sheryl Poremba, PT, CCM

Future topics: hamstring strain, shoulder impingement, plantar fasciitis, tennis elbow and more!

Intended Audience: PTs, PTAs

Level:
Various

Tuition: **\$199 Each Course**

CE Contact Hours: **7.0**

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Be sure to
see our
Workshops
on Page 23

Functional Exercise Progressions

- Friday, October 25
- Friday, July 12

Description:

Inquiring minds want to know...

What functional activities or movements are most often challenging for your patients? How do you identify and document measurable, functional changes as a result of therapeutic exercise? Do you have a logical sequence to progress or downgrade exercises? How many ways can you advance bridging exercises or use sit ↔ stand as a functional, therapeutic activity?

In this active, energetic course, our focus is on practical therapeutic exercises that are patient-friendly and demonstrate skilled intervention by licensed rehabilitation professionals in all settings.

Presenter:

Sheryl Poremba, PT, CCM

Objectives:

At the completion of this course you will be able to:

- 1 Describe a logical sequence and rationale for modifying therapeutic exercises.
- 2 Improve your observation skills for evaluation and exercise performance.
- 3 Apply exercise routines and progressions to specific diagnoses and impairments.
- 4 Streamline your documentation with exercise progressions that are sequenced and graded.
- 5 Maximize home exercise program compliance.

Topics:

- Favorite Five Functional Tests for posture, muscle length, lower extremity strength, transfers, and bed/mat mobility
- Basic Exercise Progression (BEP)
- Magic Minute routines ■ Bridging 20+
- Essential Series and Progressions (ESP)
- Squat and Step Progressions
- Sit ↔ Stand Progression

Intended Audience: PTs, PTAs, OTs, COTAs

Level: Basic to Intermediate

Tuition: **\$199** **CE Contact Hours:** **7.0**

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708-301-3571 ■ www.rehabconnections.com

FUNCTIONAL TESTS

Measurable, practical and fun

- Saturday, August 17

Description:

Need some assessment tools that are fun, functional, and fast? Need to show immediate change in your patient's abilities or demonstrate the effectiveness of a technique or exercise you've shown them? This course provides experiential learning of functional tests that address muscle length, muscle recruitment, body mechanics, and more. These tests will enhance your confidence, your patient's compliance, and your ability to document objective improvements.

Presenter:

Sheryl Poremba, PT, CCM

Objectives:

At the completion of this course you will be able to:

- 1 Document measurable functional changes throughout treatment.
- 2 Help patients recognize gains and maximize home program compliance.
- 3 Correlate subjective improvement with functional gains.

Topics:

- Definition and grading of functional tests
- Functional assessment tools including questionnaires and rating scales
- Functional ROMs compared to "normal" ROMs
- Utilizing functional testing to support medical necessity of skilled intervention
- Diagnosis and impairment based test protocols
- Correlating functional tests and measures with subjective assessment tools
- Specific functional test categories
 - flexibility - core stabilization
 - posture - gait and balance
 - ADLs - lower extremity function

Intended Audience: PTs, PTAs, OTs, COTAs

Level: Basic to Intermediate

Tuition: **\$199** **CE Contact Hours:** **7.0**

Wii-hab

Returning in 2014!

Description:

Rarely is something new in rehab that truly engages a patient, facilitates optimal function quickly, and is applicable to all settings.

Video game technology as a component of therapeutic exercise/activities can be used in home care, skilled nursing, outpatient adult and pediatric settings, schools, and more. This exciting and innovative course is engaging, creative, interactive, and will allow you to experience and observe this new adjunct approach to rehabilitation.

Presenter:

Sheryl Poremba, PT, CCM

Topics:

- Applications and progression of Wii Sports and Wii Fit and similar software
- Observations, verbal cues, and manual contacts to facilitate optimal functional improvement when using Wii
- Measurements of progress during therapeutic game activities using Wii
- Functional tests and subjective outcomes measures related to gaming technology
- Therapeutic goals and rationale for video game-based exercises
- Literature review supporting the use of Wii and similar video feedback systems
- Documenting gaming technology in rehab as skilled and medically necessary
- Measurable functional tests using the Wii Fit

Intended Audience: PTs, PTAs, OTs, COTAs, ATCS, SLPs, CTRSS

Wii, Wii Fit Plus, Wii Fit, and Wii Sports Resort are all Trademarked by Nintendo

Level: Basic

Tuition: **\$199** **CE Contact Hours:** **7.0**

708-301-3571 ■ www.rehabconnections.com

THE THROWER'S IMBALANCE

Returning in 2014!

Description:

This comprehensive yet introductory 1 day course will equip you with the knowledge and tools to effectively manage patients with common throwing injuries. The emphasis includes identifying risk factors and applying an integrated approach of the upper and lower quadrant systems to the spine. The most common locations of throwing injuries will be discussed and their potential underlying causes will be the focus of the examination and conservative treatment.

Presenter:

Brian Trembly, PT, DPT, OCS, MTC

Objectives:

At the completion of this course you will be able to:

- 1 Discuss the incidence of throwing injuries
- 2 Identify the risk factors, and pathomechanics of the throwing motion.
- 3 Discuss common injuries to throwers and identify possible underlying causes.
- 4 Perform a highlighted examination with an integrated approach of the upper and lower extremities to the spine.
- 5 Develop an effective treatment plan using a variety of techniques and conservative approaches.

Topics:

- Epidemiology of throwing injuries
- Risk factors for throwers
- Mechanical and Pathomechanical principles of the throwing motion
- Common injuries related to throwers
- Highlighted examination using cervicothoracic and upper extremity integrated concept
- Highlighted examination using lumbopelvic and hip integrated concept
- Rehabilitation of common throwing injuries using variety of techniques, including manual therapy, with the goals of reducing risk factors, improving the transference of energy, gaining efficiency of sequencing and timing therapy

Intended Audience: PTs, PTAs, ATCS

Level: Basic

Tuition: **\$199** **CE Contact Hours:** **7.0**

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MUSCLE ENERGY TECHNIQUES

Lower Quadrant:
(Lumbar, Pelvis & Lower Extremity)
Returning in 2014

Upper Quadrant:
(Cervical, Thoracic & Upper Extremity)
■ Saturday, September 7

Description:

This course offers an in-depth look at the theories and techniques of the manual art of muscle energy. You will learn how to effectively use muscle energy to improve joint position, mobility, and function. Lecture, demonstration, and lab practice in muscle energy techniques will allow the rehab professional another tool to effectively treat your patients.

Presenter:

Brian Trembly, PT, DPT, OCS, MTC

Objectives:

At the completion of this course you will be able to:

- 1 Describe the history of muscle energy.
 - 2 Discuss basic principles of effective muscle energy.
 - 3 Incorporate mechanical principles to spinal, upper, and lower extremity treatment.
 - 4 Assess the degree of joint mobility and appropriately apply muscle energy techniques.
 - 5 Perform techniques with consideration for patient comfort, body mechanics, hand position, direction, and amount of force.
- Biomechanical basis for muscle energy
 - Muscular influence on arthrokinematics
 - Indications for using muscle energy
 - Muscle energy techniques for therapist use
 - Muscle energy techniques for home exercise programs
 - Case studies for integrating thought process and techniques

Intended Audience: PTs, PTAs, OTs, OTAs

Level: Basic

Tuition: **\$199** each course
CE Contact Hours: **7.0**



FOAM ROLL EXERCISES

- Friday, March 29
- Friday, September 20

Description:

Would you like to...

- make an immediate physical change in your patient or client?
- supplement your current exercise repertoire?
- have specific series of exercises to address posture, muscle length/flexibility, and core stabilization?
- have a therapeutic tool patients enjoy using in the clinic and at home?
- learn exercises that can be applied to all your patients tomorrow?

Presenter:

Sheryl Poremba, PT, CCM

Objectives:

At the completion of this course you will be able to:

- 1 Utilize the foam roll for
 - strengthening
 - core stabilization
 - balance
 - posture
- 2 Utilize the foam roll in manual therapy for soft tissue mobilization and joint mobilization.
- 3 Identify applications for
 - acute care
 - outpatient
 - home care
 - women's health
 - sports medicine
 - chronic pain
 - geriatrics
 - post-surgical cases
 - orthopedic and neurologic injuries.
- 4 Determine appropriate modifications for the full spectrum of patient needs.
- 5 Describe precautions and contraindications associated with using a foam roll.
- 6 Increase patients' home exercise program compliance.

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs

***Tuition includes a new 3' x 6" SILVER foam roll**

Level: Various

Tuition: **\$239***
CE Contact Hours: **7.0**



SEEKING CLINICAL SITES

Fox College's Physical Therapist Assistant in Tinley Park, Illinois is seeking clinical sites for PTA students to complete their clinical affiliations. The Fox College PTA students complete 3 clinical affiliations, two 4-week affiliations and one 8-week terminal affiliation. The PTA student may be supervised by a PT or PTA with at least one year of clinical experience.

Clinical instructors may use hours of student supervision towards Illinois state CEU licensure requirements. A clinical instructor may use up to 5 CEUs to meet the state requirement (1 CE per 120 student hours).

If your facility is interested in serving as a clinical site for a Fox College PTA student or you would like more information please contact the Academic Coordinator of Clinical Education, Monique Flemings, PT, at mflemings@foxcollege.edu or 708-444-4551.

Fox College is a small, private associate degree college located in Illinois and is regionally accredited by the Higher Learning Commission of NCA. Effective April 19, 2011, the Physical Therapist Assistant Program at Fox College is accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE), 1111 North Fairfax Street, Alexandria, VA 22314; Telephone: 703:706-3245; email: accreditation@apta.org; website: <http://www.capteonline.org/>.

95% of Fox College PTA graduates have accepted PTA positions at sites where students have completed clinical affiliations!

Therapy Dogs

■ Saturday, August 10 – ONE DATE ONLY!

Description:

This unique, interactive one-day course will enlighten you on the various uses of Therapy Dogs in multiple settings. Learn benefits of involving Therapy Dogs in physical and occupational therapy, and have some doggone fun at the same time!

This course will combine lecture, demonstration and active participation to allow course attendees to handle Therapy Dogs and incorporate them into their treatment techniques. Learn the differences between Therapy Dogs and other service dogs, where and how Therapy Dogs are commonly used, examples of training Therapy Dogs for patient interaction, and much more!

Presenters:

Sheryl Poremba, PT, CCM
Cruise & Quest & Trek

Topics:

- Benefits and opportunities of Therapy Dog involvement in rehabilitation
- Choosing the most appropriate population and/or setting for a Therapy Dog
- On-site versus visiting services
- Characteristics of Therapy Dogs: personality, demeanor, obedience, maturity, tolerance, and temperament
- Therapeutic applications: assistance, resistance, balance, cognition, posture, responsiveness, distraction, reading, AROM, breath control, etc.
- Goal setting for Therapy Dog interventions
- Training and maintaining a Therapy Dog: obedience, balancing calmness and friendliness, exposure to different situations, grooming and immunization requirements, and canine massage
- Testing, registration, certifications and other qualifications

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs, LMTs, SLPs, CTRSS

Level: Basic

Tuition: **\$199**
CE Contact Hours: **7.0**

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708-301-3571 ■ www.rehabconnections.com

ECLECTIC REHAB

using Pilates, Yoga,
Thai Yoga Massage & Tai Chi

■ Wednesday, June 26 ■ Wednesday, November 6

Description:

This new, active course will offer an eclectic, hands-on approach to improve balance, core strength, and flexibility in all patients, pediatric to geriatric.

You will learn to help your patient become an active participant in their rehab using the principles and specific exercises from Pilates, Yoga and Tai Chi. You will also learn to use your whole body to implement Thai Yoga Massage techniques to achieve a very different type of stretch and soft tissue treatment approach.

Presenter:

Diane Fidler, PT



Objectives:

At the completion of this course you will be able to:

- 1 Explain the basic principles of Pilates, Yoga, Tai Chi and Thai Yoga Massage for immediate clinical application.
- 2 Perform five basic exercises from each of the above methods that are appropriate in a variety of rehabilitation settings.
- 3 Describe the similarities and differences of Pilates, Yoga, Tai Chi and Thai Yoga Massage.

Topics:

- Benefits and basic principles of Pilates, Yoga, Tai-Chi, and Thai Yoga Massage
- Movements, positions, and exercises to address function, postural alignment, balance, strength, relaxation, flexibility, and pain control
- Series of basic Yoga postures that are safe and effective therapeutic activities
- Key concepts in the Pilates Method that maximize core strength
- Application of the meditative martial art techniques of Tai-Chi to rehabilitation
- Safe and rhythmic therapeutic stretching and other hands-on techniques of Thai Yoga Massage
- Brief literature review to supplement your evidence-based practice

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs, LMTs

Level: Basic

Tuition: **\$219***
CE Contact Hours: **7.0**

Super Combo for GERIATRICS

Functional exercises in sitting
AND manual therapy

■ Saturday, November 2

Description:

Provide that special touch for your patients with a variety of skilled interventions that are especially effective in sitting positions. Whether your patient is non-ambulatory, debilitated, or recovering from surgery or injury; treated in the home, an inpatient or outpatient facility, this course will enable you to add practical exercises, manual techniques, and low tech, portable props to your "rehab tool box" for improving sitting balance, sit↔stand transfers, posture, endurance, symptoms of dysfunction, and functional mobility.

Presenter:

Sheryl Poremba, PT, CCM



Topics:

- Age-related physiological changes and common pathologies
- Functional examination checklist
- Sitting stretches facilitated with light manual contacts and breathing cues
- Gentle soft tissue techniques and joint mobilization
- Sitting exercise routines and progressions with and without small props
- Exercises and movement patterns to facilitate sit↔stand transfers
- Introduction to the Wii Fit™ for therapeutic activities in sitting
- Documentation of skilled intervention to support medical necessity

Intended Audience: PTs, PTAs, OTs, COTAs

Level: Various

Tuition: **\$239***
CE Contact Hours: **7.0**

708-301-3571 ■ www.rehabconnections.com

PILATES PLUS

■ Wednesday, July 17 – ONE DATE ONLY!

Description:

Enjoy an interactive one-day course experiencing guided exercise practice, multiple patient video examples, and a short mat class!

Whether you are new to Pilates or practice the exercises regularly, this is your chance to learn or review selected concepts and modifications to apply the Pilates Method to rehabilitation.

Presenter:

Diane Fidler, PT

Objectives:

At the completion of this course you will be able to:

- 1 Expand your repertoire of therapeutic exercises for patients.
- 2 Facilitate and challenge patients' performance utilizing a variety of exercise and props.
- 3 Incorporate principles of the Pilates Method into exercise prescription.
- 4 Identify modifications and variations to address physical impairments.

Topics:

- Overview of the principles of the Pilates Method, applied anatomy, and general modification principles
- Breathing, alignment, and Pilates stance
- Top 10 Pilates mat exercises using each prop individually: Swiss balls, foam rolls, Magic Circle, and resistance bands
- Variations of selected Pilates mat exercises using a combination of props
- Pilates Method applied to ADLs, such as driving, office work, and lifting
- Pilates mat exercises plus props for various diagnoses or surgical procedures including total hip replacement, hemiplegia, incontinence, spondylolisthesis, shoulder impingement, and more

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs

Level: Various

Tuition: **\$199**
CE Contact Hours: **7.0**

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Tackling Your CHALLENGES in 2013

■ Saturday, June 22 ETC ■ Friday, August 2 ETC ■ Saturday, October 19 ETC

NEW!

Act now!

Registration will be **limited to 20 attendees** for optimal discussion and networking.

Don't miss this new course with timely, relevant, and important information for therapists and assistants in a variety of settings.

Description:

The managed care pendulum is swinging again and every therapist and assistant can be better prepared to meet the challenge. Fortunately we have past experience because history repeats itself, plus we now have the ability to access a plethora of information. Your quality of patient care need not suffer, in fact, this is an opportunity to expand and hone your skills. This new course will enlighten you and provide you with the tools, strategies and resources to not only survive, but THRIVE!

- Is documentation one of your challenges?
- Do you need clarification of medical necessity for your services?
- Are your patients being "denied treatment"?
- Are you concerned about utilization management such as OrthoNet, ACN, Telligen (formerly ENCOMPASS), and other groups?
- Have the new Medicare codes confused you?
- Need a "cheat sheet" for PLOF, EOB, LEFS, etc.?
- Do your daily notes reflect skilled intervention?
- Do you know the true definition of function?
- There is one constant in our profession, it is change; so why not prepare for it today?

Topics:

- What's New, What's Really Not and What's Coming
- Is Your Treatment Medically Necessary?
- Maximizing Authorized Number of Visits
- Templates for Faster Documentation
- Doing More With Less
- 7 Habits of Highly Effective...Therapists
- How to Streamline Initial Evaluations

- What's the Best Use of Your Time?
- Pitfalls to Avoid
- Samples of Skilled Intervention in Daily Notes
- Measure MORE!
- What is Functional?
- Efficiencies for Patient Care
- Practical and Fast Functional Measurements
- Understanding EOBs and Responding to Denials
- Your Audit or Theirs
- Managing the Numbers: 80% vs. 100%, 97112 vs. 97110, 9 points, 6 visits, etc.

Approximately half of the course material will be related to billing, coding, and insurance/payor expectations. The other portion will address evaluation and treatment strategies.

Documentation will be woven throughout the entire course!

Presenter:

Sheryl Poremba, PT, CCM

Sheryl Poremba, PT, CCM has the unique experience as a certified case manager having worked with insurance companies to determine medical necessity of therapy and manage designated, limited funds for providers. She also is contending with the same clinical challenges as you are because she is currently a full-time treating therapist and private practice owner. Sheryl's personal goal of this course is to remove the "fear factor" and help therapists and assistants to not feel frustrated or threatened. She will share her synthesis of information, practical tools and strategies, experience, and perspectives to enable you to continue providing your best care for your patients!

Intended Audience: PTs, PTAs, OTs, OTAs

You won't find this compilation of strategies and resources anywhere else except Rehab Connections!

Level: Various	Tuition: \$249	CE Contact Hours: 8.0
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708-301-3571 ■ www.rehabconnections.com

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Eclectic Taping

■ Saturday, August 24 ■ Saturday, Nov. 9

Description:

Ever wish a little bit of you could go home with your patients so that he or she could maintain better ROM, decreased pain, improved muscle facilitation, decreased tone and so on?

Now you can achieve better session-to-session carryover by utilizing a variety of taping techniques using rigid, high-strength adhesive tapes, and flexible tapes. This eclectic approach introduces and merges a variety of clinical taping approaches for joint realignment and muscle retraining based on the work of McConnell, Mulligan, and the Kinesio Taping® Method.

Presenter:

Lynn Schmitt, PT

Objectives:

At the completion of this course you will be able to:

- 1 Discuss characteristics of various tapes used within the course.
- 2 Determine which type of tape to use to achieve your desired results.
- 3 Effectively apply tapes to achieve therapeutic goals.

Topics:

- Types of tapes and their characteristics
- Theory of tape applications and how it achieves its intended purpose
- Applications for the hand/wrist, shoulder, scapula, spine, hip, knee, and foot/ankle
- Therapeutic taping techniques to:
 - stabilize a joint
 - decrease tone
 - facilitate muscle activity
 - decrease edema
 - improve myofascial mobility
 - achieve better posture and alignment

Intended Audience: PTs, PTAs, OTs, COTAs, ATCs

***Tuition includes Kinesiotape, Cover Roll and Leukotape for use in each course.**

Level: Various

Tuition: \$239*	CE Contact Hours: 7.0
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708-301-3571 ■ www.rehabconnections.com



■ Wednesday, August 14 – **ONE DATE ONLY!**

Description:

This course will provide you with knowledge and tools to help identify risk, and prevent and treat common running injuries. Emphasis will be on therapeutic interventions addressing functional goals. Course content will also include principles of training to assist patients/clients to complete and recover from running events, ranging from a 5K to a marathon. In addition, implications for special populations will be highlighted.

Presenter:

Diane Fidler, PT

Tuition includes tape for use in lab*

Topics:

- Basic biomechanics of running
- Comprehensive examination of the running athlete
- Identifying risk for common injuries and common training errors
- Essential prevention techniques
- Effective treatment techniques
 - "Fast flexibility"
 - Lengthening and strengthening to correct muscle imbalances
 - Taping for patellofemoral dysfunction, ITB syndrome, and foot pain
- Principles of marathon training
- Pilates for runners
- Choosing the right running shoe
- Effects of running on different surfaces
- Special considerations for special populations:
 - Female runners
 - Growing adolescent runners
 - Runners with disabilities or long term orthopedic problems
 - The aging runner
- Common misconceptions about running

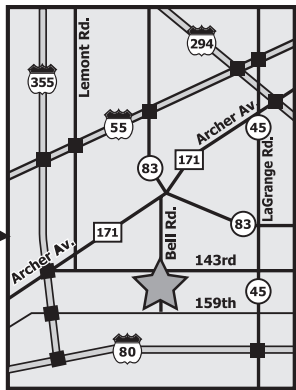
Intended Audience: PTs, PTAs, ATCs

Level: Basic

Tuition: \$219*	CE Contact Hours: 7.0
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Our Location
 Conveniently located,
 easily accessible from many
 major expressways, and
 only 5 minutes away from I-355



(LOCAL MAP NOT TO SCALE)



Approximate Driving Times to our facility from:

- Schaumburg 30 min.
- Naperville 25 min.
- O'Hare..... 35 min.
- Chicago Loop 35 min.
- Indiana 40 min.
- Rockford 80 min.
- Joliet..... 20 min.
- Kankakee..... 40 min.
- Oak Brook 20 min.

Rehab Connections

Education and Training Center
 14901 S. Founders Crossing
 (West Side of Bell Road)
 Homer Glen, IL 60491
 Phone 708-301-3571
 Fax 708-301-4450

2013 Course Schedule

JULY				AUGUST				SEPTEMBER			
WED	THR	FRI	SAT	WED	THR	FRI	SAT	WED	THR	FRI	SAT
3	4	5	6		1	2 TYC	3 JME	4	5	6	7 MET-UQ
10	11	12 FEP	13	7 MC	8	9	10 DOGS	11 YOGA	12	13	14 HKR
17 PLUS	18	19 MEDI	20 BALANCE	14 RUN	15	16 CORE	17 FT	18	19	20 FR	21 DOC
24	25	26 AP-LQ	27	21	22	23 AP-UQ	24 TAPING	25	26	27 6 Knee	28
31				28	29	30					

OCTOBER				NOVEMBER				DECEMBER			
WED	THR	FRI	SAT	WED	THR	FRI	SAT	WED	THR	FRI	SAT
2	3	4	5			1	2 COMBO	4	5	6	7
9	10	11	12	6 ER	7	8	9 TAPING	11	12	13	14 HKR
16	17	18	19 TYC	13	14	15 BREATHE	16	18	19	20	21
23 FELD	24	25 FEP	26 CLIN ED	20	21	22 SI	23	25	26	27	28
30	31			27	28	29	30				



Please send completed registration form and check to:

Rehab Connections

14901 S. Founders Crossing, Homer Glen, IL 60491
Phone: 708-301-3571 ■ Fax: 708-301-4450

You will be sent an e-mail confirming your registration and as receipt of payment.

NAME PT PTA OTR COTA ATC LMT

ADDRESS _____

Check enclosed in the amount of \$ _____.

CITY _____ STATE _____ ZIP _____

Registrations also accepted by phone or fax if paid by credit card.

Credit card: Visa MasterCard

PHONE _____ FAX _____

CARD NUMBER _____ EXPIRATION DATE _____

E-MAIL _____ SIGNATURE _____ 3-DIGIT CODE OR SECURITY CODE _____

Please indicate topic(s) and date(s) you are requesting:

OFFICE USE ONLY: G B W E C

Pg.	COURSES:	Price	Pg.	WORKSHOPS:	Price
3	Comprehensive Rehab following Hip & Knee Replacement <input type="checkbox"/> September 14 <input type="checkbox"/> December 14	\$199	23	Practical Balance Activities <input type="checkbox"/> July 20	\$99
3	iPhone, iPad, iPractice <i>To Be Announced</i>	\$99	23	Introduction to Feldenkrais <input type="checkbox"/> October 23	\$99
4	Anatomy at Your Fingertips: Palpation plus Manual Therapy & Exercise <input type="checkbox"/> July 26 (LQ) <input type="checkbox"/> August 23 (UQ)	\$199	23	Simply Super Shoulder Exercises <input type="checkbox"/> June 19	\$99
4	Core & More <input type="checkbox"/> August 16	\$239	23	40+ Exercises Using the Magic Circle <input type="checkbox"/> August 7	\$99
5	Integrate Yoga <i>(Includes Self Study)</i> <input type="checkbox"/> September 11 (ETC)	\$289			
6	Focus on SI & Pelvis <input type="checkbox"/> June 27 <input type="checkbox"/> November 22	\$199			
7	Wii™, hab <i>Returning in 2014</i>	\$199			
7	The Thrower's Imbalance <i>Returning in 2014</i>	\$199			
8	Muscle Energy Techniques <input type="checkbox"/> September 7 (UQ)	\$199			
8	Foam Roll Exercises for Physical Therapy and Fitness <input type="checkbox"/> September 20	\$239			
9	Super Combo for Geriatrics <input type="checkbox"/> November 2	\$239			
9	Pilates Plus <input type="checkbox"/> July 17 – ONE DATE ONLY	\$199			
10	Tackling Your Challenges in 2013 <input type="checkbox"/> June 22 <input type="checkbox"/> August 2 <input type="checkbox"/> October 19	\$249			
15	Eclectic Taping <input type="checkbox"/> August 24 <input type="checkbox"/> November 9	\$239			
15	Runner Rx <input type="checkbox"/> August 14	\$219			
16	Therapy Dogs <input type="checkbox"/> August 10 – ONE DATE ONLY	\$199			
16	Eclectic Rehab <input type="checkbox"/> June 26 <input type="checkbox"/> November 6	\$219			
18	Functional Exercise Progressions <input type="checkbox"/> July 12 <input type="checkbox"/> October 25	\$199			
18	Functional Tests <input type="checkbox"/> August 17	\$199			
19	Solutions in 6 Visits: Neck Pain <i>To Be Announced</i>	\$199			
19	Solutions in 6 Visits: Knee OA <input type="checkbox"/> September 27	\$199			
20	Documentation <input type="checkbox"/> September 21	\$199			
20	Highlights of Medicare Reimbursement <input type="checkbox"/> July 19	\$199			
21	Better Breathing <input type="checkbox"/> November 15 – ONE DATE ONLY	\$199			
21	Joint Mobilization of Extremities <input type="checkbox"/> August 3 – ONE DATE ONLY	\$199			

Total number of courses: _____

Total number of workshops: _____

Total tuition enclosed: \$ _____

See page 2 for additional registration information.

Rehab Connections



On-line registration now available on our website

Subscribe to our email list for VALUABLE DISCOUNTS!

Rehab Connections

Education and Training Center
14901 S. Founders Crossing
Homer Glen, IL 60491

Additional Locations:
Oakbrook
Deerfield
Tinley Park

Rehab Connections

CE GUIDE

Vol. 8, No. 2

2013

Continuing Education for Rehab Professionals

Education and Training Center (ETC):

- **the most topics**
- **the most continuing education (CE) available locally**
- **the most one-day courses**
- **the only morning workshops**

On-line registration now available on our website

Rehab Connections is an approved continuing education sponsor through the State of Illinois; PT License No: 216-000101; OT License No: 224-000048; AT License No: 186-000107; BOC Provider No. P3418.



Topics for every therapist, in every setting