



CONTINUING EDUCATION FOR HEALTHCARE PROVIDERS

Management of Geriatric Musculoskeletal Conditions

Course Cost: \$540 USD

Faculty: Dr. Jason Soncrant PT, DPT, SCS, CSCS, FAAOMPT

Course Date/Location:

Check website for current offerings.

Description

This course will provide physical and occupational therapists with knowledge and skills in managing older adults with a variety of musculoskeletal conditions that impact their movement and function. Musculoskeletal pain and dysfunction is a leading cause of disability in older adults. Lower extremity arthritic conditions and aging spine problems such as lumbar spinal stenosis frequently result in decreased fitness levels and increased fall risk. This course will focus on evidence-based treatments to address these problems, including hands-on manual therapy and exercise management strategies, for the older adult.

Course Onsite Schedule:

Day 1

8:00 - Orientation; Introductions; Course Expectations

8:30 - **Cervical, Thoracic, and Shoulder Screening Exam**

10:00 - Break

10:15 - **Selected Manual Therapy Interventions for the Cervical and Thoracic Spine and Shoulder Girdle Region**

12:00 - Lunch Break

1:00 - **Selected Screening and Manual Therapy Interventions for the Elbow, Wrist, and Hand**

2:00 - **Lumbopelvic and Hip Screening Exam**

3:00 - Break

3:15 - **Selected Manual Therapy Interventions for the Lumbopelvic Spine and Hip**

5:00 - End of Day 1

Day 2

8:00 - Wrap-up and Review Day 1 Activities

9:15 - **Selected Screening and Manual Therapy Interventions for the Knee, Ankle, and Foot**

10:00 Break

10:15 - **General Exercise Principles for the Older Adult**

12:00 Lunch

1:00 **Selected Exercises for Cervical, Thoracic, and Lumbar Spine Conditions**

2:30 - Break

2:45 - **Selected Exercises for the Upper Extremities**

3:45 - **Selected Exercises for the Lower Extremities**

5:00 - End of Day 2

Objectives:

Upon completing this course, you'll be able to:

- Analyze the different elements of patient/client management for the older adult with selected musculoskeletal disorders
- Select and apply tests and measures used in the examination of the person with disorders of the musculoskeletal system.
- Demonstrate appropriate manual and manipulative therapy and therapeutic exercise for older adults with selected musculoskeletal disorders
- Discuss appropriate exercise dosing and progression for older adults
- Appraise the role of the physical and occupational therapist in prevention of disorders of the musculoskeletal system.
- Discuss and analyze evidence for the management of persons with musculoskeletal disorders.
- Most importantly - be able to apply this stuff to your clinical practice next week!

Approach and Instructional Method

This course will provide physical and occupational therapists with knowledge and skills in managing older adults with a variety of musculoskeletal conditions that impact their movement and function. Musculoskeletal pain and dysfunction is a leading cause of disability in older adults. Lower extremity arthritic conditions and aging spine problems such as lumbar spinal stenosis frequently result in decreased fitness levels and increased fall risk. This course will focus on evidence-based treatments to address these problems, including hands-on manual therapy and exercise management strategies, for the older adult.

Target Audience: Intermediate level course open to licensed healthcare providers, including occupational therapists and physical therapists.

Credits: 24 contact hours or 3.1 CEUs

AOTA CEU/Contact Hours: 3.1 CEUs or 31 hours

AOTA Classification Code: Category 1: Domain of OT (Client Beliefs, Occupations, ADLs, Performance Patterns, Context and Environment) and Category 2: Occupational Therapy Process (Evaluation, Intervention)

Cancellation Policy for cancellation by the participant or by the provider available:
www.evidenceinmotion.com/ceupolicy

Special Needs Request: To view ISPI's special needs policy and request help, please go to www.evidenceinmotion.com/accommodation-procedures-disabled-participants/. You may also call 888-709-7096 or email courses@eimpt.com

Registration: Available at www.evidenceinmotion.com/educational-offerings/course/management-of-musculoskeletal-problems-in-the-older-adult/



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