

## Outline

### DEGENERATIVE SPINE CONDITIONS

Stenosis  
Spondylosis  
Spondylolisthesis  
Osteoporosis  
Implement measurable evaluation techniques and outcome measures  
Newest surgical and non-surgical options  
Preventative treatments – lab practice... prevention remains the goal!  
Post-surgical treatments – lab practice with evidence-based exercise protocols incorporated  
Aging spine with history of disc surgery

### OSTEOPOROSIS

Bracing – lab practice with prevention exercise  
A creative exercise program  
Pain control

### EXERCISE GUIDELINES

Realistic goals for the aging adult - and expected outcomes  
Prioritizing types of exercises for the aging adult  
Modifications for exercises to meet individual needs

### POSTURAL RE-EDUCATION EXERCISE

Assessment tools – lab component to practice assessment techniques to increase your understanding of the patients needs  
Priority of extension exercises  
Modifications

### TRUNK AND CORE EXERCISES (ATTENTION TO THE ABDOMEN AND SPINE)

Assessments  
Neutral spine  
Core stability exercises – lab practice of exercise technique and patient specific options

### GAIT, BALANCE AND FALL PREVENTION

Preventing falls  
Evidence –based assessments of balance and fall risk - lab practice of new assessment strategies  
Flexibility requirements for function and mobility  
Strength and endurance  
Agility and balance  
“I’ve fallen, now what?”  
Cognitive issues and compliance challenges

“Excellent course, immediately applicable, great use of humor and emphasis to clarify points. Very useful material, even for a veteran PT with lots of education and experience.”  
- Patricia

## Who Should Attend

- ◆ Physical Therapists
- ◆ Occupational Therapists
- ◆ Physical Therapist Assistants
- ◆ Occupational Therapy Assistants
- ◆ Certified Strength and Conditioning Specialists
- ◆ Exercise Physiologists

## Live Seminar & Webcast Schedule (Times listed in Central)

**7:30:** Registration/Morning Coffee & Tea  
**8:00:** Program begins  
**1 hour** Lunch (on your own)  
**3:30:** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



## What to Bring/Wear

- ◆ Plan to bring an exercise mat and wear comfortable clothing for lab sessions.

### Questions?

Call customer service at  
**800-844-8260**

Don't Miss!

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# Solve Age Related Degenerative Challenges

## A Hands-on Course

Improve Posture

Strengthen Core

Promote Balance

Prevent Falls

**Jackson, MS**  
Wednesday, January 23, 2019

**Baton Rouge, LA**  
Thursday, January 24, 2019

**Live Video Webcast**  
Wednesday, January 23, 2019

**New Orleans, LA**  
Friday, January 25, 2019

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# Solve Age Related Degenerative Challenges

## A Hands-on Course

Improve Posture

Strengthen Core

Promote Balance

Prevent Falls

- Master your own practice: Incorporate the very latest evidence
- Clinically profile clients to establish impairment-based interventions
- Challenge older adult patients – without risking injury
- Learn new exercise modifications with compliance and safety in mind
- **BONUS MATERIAL** will include a comprehensive and creative fall prevention and balance training program

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# Solve Age Related Degenerative Challenges

## A Hands-on Course

You feel helpless and frustrated as you watch the older patients who come to see you suffering from a loss of muscle mass and subsequent weakness. If you don't find opportunities to challenge their strength through exercise, the risk for injury and overall loss of vitality is just around the corner. Jamie Miner, PT, DPT, GCS, understands the predicament all too well. As an expert who has focused her clinical practice treating older adults, she has collected the practice tips you need to re-invigorate the ways in which you challenge patients to achieve the functional goals that they, too, are after.

The frequency, intensity and duration of exercise needs to match the individual's abilities and goals. Are you confident that you are using the best exercise to address each patient's unique and individual needs? Are you offering enough challenge to the older patients you see? Maybe you have just become a little complacent...relying on the exercises that have become all too familiar, rather than thinking outside the box.

In this hands-on course, you will practice new techniques to ultimately design safe, effective and individualized strength programs. You will leave with a multitude of new clinical pearls to help patients actually achieve the desired goals, despite the challenges that the variety of spine, gait, postural and trunk related changes may be creating. Let's not forget that your time is tight...Jamie will provide analysis of the key evidence-based findings to guide your future treatment decisions. Increase your confidence and skills before you see the next patient!



### Speaker

**JAMIE MINER, PT, DPT, GCS,** has over 25 years of experience treating geriatric patients in the hospital, rehab center, home health, SNF, and outpatient settings. Jamie maintains a busy clinical practice at Galloway Ridge Physical Therapy Clinic, providing care to older adults on an outpatient basis and sees patients within a continuing care retirement community.

Dr. Miner earned her certification as a geriatric specialist through the APTA. Her expertise has been sought across the country to provide continuing education opportunities to experienced professionals on a variety of geriatric orthopedic conditions. Additionally, she is an adjunct professor at Shenandoah University's DPT program and serves as a clinical instructor to many doctoral physical therapy students.

**Speaker Disclosure:**  
Financial: Jamie Miner has an employment relationship with Rehabcare, Galloway Ridge Facility. She is an Adjunct Associate Professor at Shenandoah University. Ms. Miner receives a speaking honorarium from PESI, Inc.  
Non-financial: Jamie Miner has no relevant non-financial relationship to disclose.

### Objectives

- ◆ Evaluate the effects of degenerative spinal conditions associated with aging.
- ◆ Develop a treatment plan to prevent or treat osteoporosis.
- ◆ Maximize strength training for clients with spinal and postural degeneration.
- ◆ Predict reasons for fall risk to support rationale for the exercise program.
- ◆ Individualize modifications to ensure compliance and optimal benefits.
- ◆ Recommend home safety modifications to prevent falls.

**Videos VERY helpful. Lab section demos were excellent, beneficial to actually perform the exercises. Excellent course! Best continuing education course I've been to!**

- Kelly, PT




PESI, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

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**By Andrea Brandt, PhD, MFT**

The acclaimed Mindful Aging is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity. Through research, inspiring stories of real people, and Dr. Brandt's psychological insight, you'll be able to claim the immense joy and love that are yours to have, the deep wisdom that is yours to share, and the exciting self-discoveries and contributions that are uniquely yours to make.

### Live Webcast Details and Live Webcast Continuing Education Credit Information

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Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/67646](http://www.pesi.com/webcast/67646)

### Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*


*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

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**LOUISIANA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** This course as been submitted to the Louisiana Physical Therapy Board for review.

**MISSISSIPPI PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Professional Licensure Branch of the Mississippi State Department of Health. Credit is pending.

#### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



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## How to Register

SOLVE AGE RELATED DEGENERATIVE CHALLENGES: A HANDS-ON COURSE  
**Questions?** Visit [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs), or call 800-844-8260

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#### 2 Check location:

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#### 3 Check tuition:

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