#### **Outline**

#### The Full Picture of the Total Joint Patient Why looking in isolation can be disastrous

- How you can miss predisposing factors for DJD with a nonfunctional approach
- Examine the whole LE kinetic chain with functional test observations

### Today's Total Joint Procedure What we can learn by watching surgical videos

- The new reality reducing the amount of rehab care post-op
- Post-op approaches should vary based upon procedure and component used in surgery
- 6 surgical advancements that could affect your plan of care
  - Using muscle sparring approaches Computerized mapping Robotics
  - Peri-operative blood loss
    Pain control measures
- 3D custom designed implants

  Acute Post-op Recovery Interventions

#### How to maintain a robust post-op rehab plan for same-day discharges

 New CMS guidelines for total joint patients: seeing patients right after surgery · Confidently managing:

ioint infection

Pain management, opioid tolerance, and opioid induced constipation (OIC) Active and passive TED strategies Wound care/infection prevention: early identification of wound versus

Blood thinners: various types, early warning signs of high anticoagulant levels, and identifying DVT versus cellulitis or poor edema control

Patient education on positioning, safe transfers and mobility

#### Use Functional Dynamics for Optimal Returns

#### Hands -on Lab

- REMEMBER: Exercising joints in isolation will NOT progress your patients faster, further
- Progress the LE as a functional unit
   Video demonstration of techniques
- Incorporate closed chain kinematics that lead to successful outcomes in reduced time
- Returning normal gait mechanics using proprioceptive, balance, and coordination activities

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#### **Live Seminar Schedule**

**7:30:** Registration/Morning Coffee & Tea **8:00:** Program begins

**Lunch Break:** 1 hour (on your own)

4:00: 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.



#### **Who Should Attend**

Physical Therapists • Physical Therapist Assistants • Nurses • Occupational Therapists
Occupational Therapy Assistants • Athletic Trainers • Exercise Physiologists
Certified Strength and Conditioning Specialists • Rehabilitation Managers • Personal Trainers

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Sign up today and watch your practice with this growing population thrive for years to come.

#### **Speaker**

TERRY L RZEPKOWSKI, DPT, MS, BS, is a licensed doctor of physical therapy with a specialization in orthopedic homecare physical therapy. Throughout his 36-year career, he has specialized in orthopedics, specifically total joint replacement surgery and musculoskeletal outpatient rehab as an independent private owner. Terry has worked on post-operative orthopedic units, serving as an acute care staff therapist, and trauma traction specialist.

Terry currently works as an associate professor of anatomy for OTD and DPT students in the Tampa area and supervises students caring for orthopedic patients in a pro bono clinic with additional responsibilities for instruction in the areas of neuro anatomy, biomechanics, differential diagnosis, kinesiology, test and measures, and therapeutic exercise.

As a sought-after national CEU presenter, Terry enjoys sharing his knowledge with interdisciplinary audiences around the country speaking on shoulder, hip, and knee injuries with advances in operative and non-operative management. He is excited to share his knowledge and years of practice experience for a better understanding in the management of the total joint rehabilitation

Speaker Disclosures

Financial: Terry Rzepkowski is an Assistant Professor for Nova Southeastern University Tampa; and an Assistant Professor for South University Tampa. He receives a speaking honorarium from PESI, Inc.

Non-financial: Terry Rzepkowski is a member of the American Physical Therapy Association (APTA).

#### **Objectives**

- 1. Demonstrate a functional approach to assess the LE as a connected chain.
- 2. Assess altered joint mechanics and muscle imbalance impact of joint function.
- 3. Compare and contrast traditional joint replacement approaches versus newer MIS and MSS surgical approaches.
- 4. Evaluate the advantages of computerized and robotic assisted replacement surgeries.
- 5. Address early signs of adverse events.
- 6. Assess a multi-modal approach to post-operative pain.
- 7. Recognize the accelerated return to activity timeline of today's post-surgical patient.
- 8. Participate in hands-on lab practice sessions that will focus on advanced intervention strategies for the total hip and knee patient.

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By Charles Atkins, MD



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If your profession is not listed, please contact your licensing board to determine vour 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 or 800-844-8260 before the event.

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