

# OBJECTIVES

### Usefulness of Diagnostic Testing

- What to Ask for - and Why?
- Predictive Quality of the Diagnostic Test
- Value of MRI vs. X-ray
- Interrupting Lab Tests to Assist with Exercise Prescription

### Can We Cure Arthritis?

- OA vs. JRA vs. RA vs. Gout
- DMARD and Bio DMARD
- Medication Management
- Inflammation Management
- Prophylaxis
- Remission

### Joint Conservation

- Sliver Sneakers
- Building Your Rehab Team
- Ergonomics for Work and Home
- Form Equals Function
- Positional Awareness

### Techniques to Maintain Mobility

- Motion is Lotion
- Muscle Imbalances
- Joint Stability
- Dietary Supplements
- Super Foods vs. OTC Supplements

### Physical/Occupational Therapy Management

- Cost Analysis
- Home Health vs. Rehab vs. Outpatient Care
- Why Pre-hab?
- Should We Shop for Joint Replacement

### Improve Function in a Single Visit?

- The Impact of Corrected Postures
- Restoration of Joint Mechanics
- Scar Care
- Active and Passive Insufficiency Explained
- Address Muscle Insufficiencies
- Targeted Exercise Selection
- 3-D Gait Analysis (Case Discussions)
- Intervention Pitfalls
- Addressing Power and Functional Strength

### Clinical Measure of Success

- Strength to Body Weight
- Functional Outcome Measures
- Utility
- Predictive Values
- Successful Discharge Criteria
- Exercise Prescription

### Critical Pathways

- Patient Rehab
- Outreach Transitional Program
- Outpatient Care
- Recovery: 1+ year Lower Quarter Total Joint, 2-year Shoulder Recovery
- Activity Guidelines
- Quality of Life
- Advocate for Your Client

### Live Seminar & Webcast Schedule

(Times Listed in Eastern)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*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.



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.



### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI Rehab first. If you are interested in becoming a speaker, or have a new topic idea, please contact Clark Christian at [cchristian@pesi.com](mailto:cchristian@pesi.com) or call (715) 855-5261.

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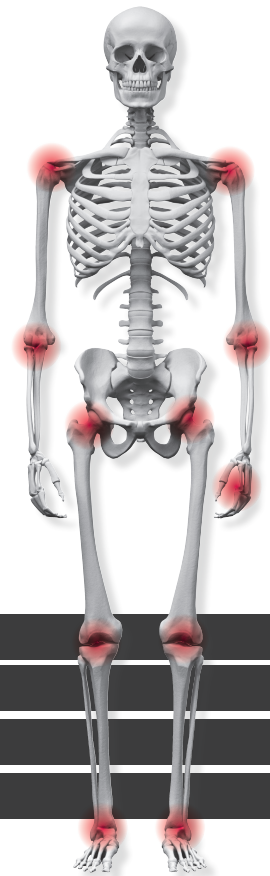
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# Therapeutic Strategies for Degenerative Joint Disease

Overcoming Pain and  
Improving Function

HANDS

SHOULDERS

HIPS

KNEES

**ROANOKE, VA** • March 25, 2019

**RICHMOND, VA** • March 26, 2019

**LIVE VIDEO WEBCAST** • March 26, 2019

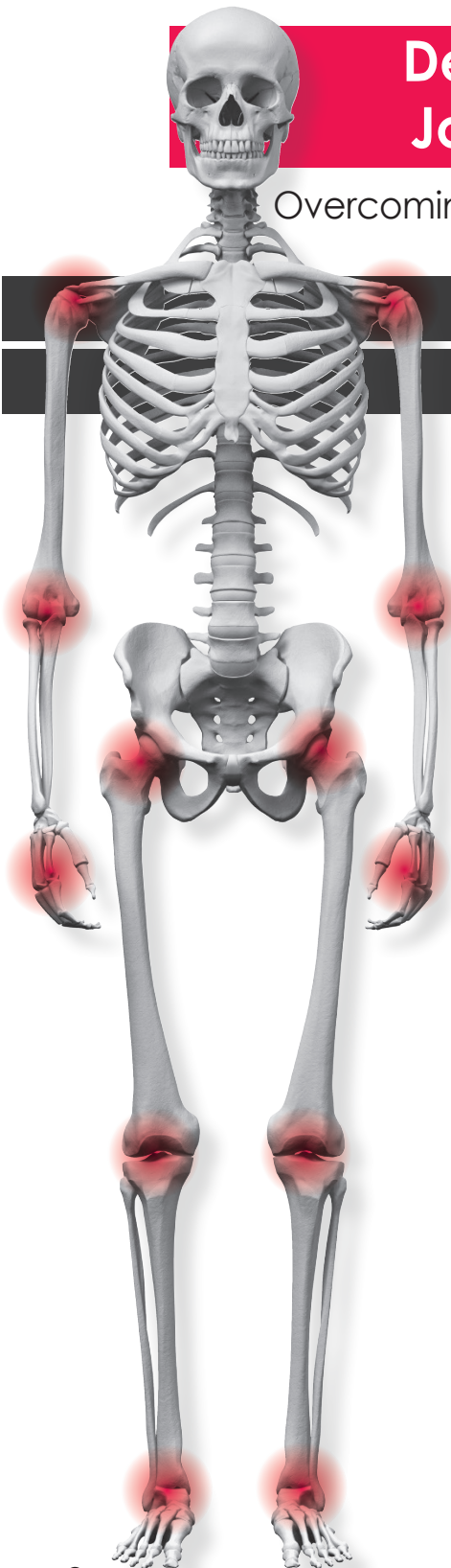
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# Therapeutic Strategies for

## Degenerative Joint Disease

Overcoming Pain and Improving Function



HANDS

SHOULDERS

HIPS

KNEES

- Clinically profile clients to establish impairment-based interventions
- Practice new, impactful interventions for upper and lower quarter conditions
- Use 3-D gait analysis to address challenges and pitfalls in post-operative total joint clients
- Demonstrate mobilizations and differentiation techniques for impairments
- Apply the latest evidence to rehabilitation, natural and dietary treatment options

**ROANOKE, VA**

Monday, March 25, 2019

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Tuesday, March 26, 2019

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979





What is the one thing you hear from every client whose life you touch? The desire to remain independent and enjoy a quality life with family and friends. We see our clients working longer, with industry seeking our assistance to manage an aging work force. We see children experiencing sports related arthritic changes in their teen years, based on MRI results. Our lifestyles have changed – with more convenience foods, a lack of exercise and sedentary work environments. The result is earlier degenerative joint changes, disability and pain. However, evidence shows no predictive factors based on diagnostic test results to distinguish the severity of degenerative joint conditions as they link to quality of life or function.

Grant me your time and learn the keys to effectively managing these clients through targeted exercise intervention, weight management and aerobic capacity. Important information will be highlighted through case studies, demonstrations, mock patient presentations and analysis of the latest coming from research studies that should guide your treatment decisions. I will take you through the assessment process, detailing the key steps of the pathological changes, and evaluation techniques and concepts, specifically including skills to evaluate and treat the degenerative joint. We will delve in to both non-operative and surgical interventions currently used to treat DJD patients, as well as the latest rehabilitation protocols, so that you can return your own clients to active once again!

Chad M. Thompson PT, DPT, OCS

SPEAKER

**Chad M. Thompson PT, DPT, OCS**, is the director for the Kentucky Orthopedic Rehab Team (KORT), Georgetown, Kentucky location. Chad has nearly 30 years of experience working with joint rehabilitation in both acute and outpatient phases. He is APTA Board Certified in orthopedics and contributes to the specialty through the development of written treatment protocols. His expertise has been sought for audiences across the United States of experienced rehab professionals on a variety of degenerative and total joint topics. He consults on legal cases involving physical therapy malpractice and has served as an expert witness as well. In addition, Chad is a clinical instructor for the University of Kentucky, University of Louisville and assists in supervising the Samaritan Free Clinic. This clinic allows students to assess and treat underserved patients under the supervision of a PT.

Speaker Disclosures:

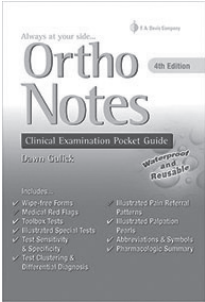
Financial: Chad Thompson is Director of Outpatient Physical Therapy at KORT Physical Therapy Clinic. He has stock holdings with Bristol Meyer Squibb in a 401K retirement plan with Select Medical Corporation. Mr. Thompson receives a speaking honorarium from PESI, Inc.

Non-financial: Chad Thompson has no relevant non-financial relationship to disclose.

OBJECTIVES

1. Summarize the commonly-experienced condition of degenerative joint disease.
2. Explain focused history taking techniques and examination methods to create diagnostic skills for evaluation of upper and lower extremity degenerative joints.
3. Analyze the decision-making processes regarding conservative and surgical treatment options for patients with degenerative joints.
4. Evaluate the methods most effective to educate patients regarding: the arthritic process, treatment options, recovery steps, and long-term expectations.
5. Compare the recovery and rehabilitation stages to best counsel patients.
6. Design a treatment program for acute as well as outpatient clients.

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Target Audience

Physical Therapists • Occupational Therapists • Nurses • Nurse Practitioners • Clinical Nurse Specialists  
Orthopaedic Nurses • Physician Assistants • Occupational Therapy Assistants • Physical Therapist Assistants  
Athletic Trainers • Exercise Physiologists • Personal Trainers

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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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