

Outline

Hot topics and innovations in upper extremity rehab

- Give your patients the benefit of cutting edge research and treatments

HANDS-ON LAB

Upgrade your assessment and clinical reasoning skills

- Get to the root causes of impairments faster with the best evaluations for:
 - Pain
 - Paresthesia
 - Muscle weakness
 - Burning sensation
 - Edema
 - Locking and snapping fingers
 - Decreased AROM

HANDS-ON LAB


Revolutionize your rehab toolbox

- Practice effective techniques you can use immediately to:
 - Resolve pain and paresthesia
 - Reduce edema
 - Improve tissue extensibility
 - Strengthen and condition muscles without increasing inflammation
 - Enhance endurance
 - Modify tasks and workstations to prevent recurrence
 - Improve self-management skills

How to combine techniques more effectively for better outcomes

- Provocative testing
- Myofascial assessment
- Myofascial release
- Joint mobilization
- Thermal modalities
- Ultrasound
- Occupational profiling
- Task modifications
- Workstation and equipment modifications
- Patient education
- Self-care techniques
- Strengthening approaches

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Orion Tarpley at otarpley@pesi.com or 715-855-5262.

HANDS-ON LAB

Design advanced, innovative plans of care for your patients

- Practice developing comprehensive treatment strategies for common impairments, including:
 - Epicondylitis
 - Tendonitis
 - De Quervain's syndrome
 - Trigger finger
 - Carpal tunnel syndrome
 - Cubital tunnel syndrome
 - Pronator syndrome
 - Intersection syndrome
 - Myofascial pain
 - PIP joint sprain/strain

CASE STUDIES

Put knowledge to practice

- Case study 1: Correctly identify the root cause of impairment
- Case study 2: Problem solve a complex hand injury and develop an effective treatment plan
- Case study 3: Develop an advanced plan of care for a patient with severe carpal tunnel syndrome
- Case study 4: Overcome barriers to effective strategy implementation

Don't leave money on the table!

- Coding and billing updates for upper extremity diagnoses
- Justify therapy with the right progress measures
- Avoid denials and audits with these tips

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Innovative Treatments for Tendinopathy and Nerve Compression

Stop the Pain before It Leads to Surgery - and Keep It from Coming Back!

FAIRFAX, VA • Wednesday, November 6, 2019

FREDERICK, MD • Thursday, November 7, 2019

BALTIMORE, MD • Friday, November 8, 2019

REGISTER NOW! pesirehab.com/express/73571

Innovative Treatments for Tendinopathy and Nerve Compression

Stop the Pain before It Leads to Surgery - and Keep It from Coming Back!

- **Get faster results** with proven solutions from a certified hand therapist
- **Improve outcomes** for carpal tunnel syndrome, trigger finger, De Quervain's syndrome, myofascial pain, and all manner of sprains and strains
- **Become the go-to resource** in your facility for this tricky patient population

FAIRFAX, VA • Wednesday, November 6, 2019

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BALTIMORE, MD • Friday, November 8, 2019

 **REGISTER NOW!** pesirehab.com/express/73571

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Innovative Treatments for Tendinopathy and Nerve Compression

Stop the Pain before It Leads to Surgery - and Keep It from Coming Back!

You work hard to help your upper extremity patients avoid unnecessary surgeries, but sometimes it can feel like an uphill battle.

Localizing the problem can be a daunting task, and without a clear target, you might be tempted to lean on standard therapy protocols. But unless you're dealing with a textbook case, this can quickly worsen the pain and inflammation, leaving your patients frustrated, pained by activities that give them purpose, and resigned to surgical options.

Getting your patients on the road to recovery doesn't have to be difficult.

Join your colleagues at this hands-on seminar, and learn a proven framework that has helped countless patients -- from athletes with tendonitis to nurses with carpal tunnel syndrome -- regain lost function and reexperience life without the pain.

Get to the root cause of impairment quickly with a comprehensive assessment that combines the best evaluations currently available. Revolutionize your therapy toolbox with innovative interventions you can use immediately to accelerate progress. And design advanced plans of care for a variety of common upper extremity diagnoses, fluently combining techniques for optimal outcomes.

Sign up today, become the go-to resource for resolving frustrating upper extremity injuries in your facility, and feel the satisfaction of returning your patients to the activities they value.

Speaker

NANCY KROLIKOWSKI, OTD, OTR/L, CHT, is an expert in hand therapy, with over 40 years of experience helping countless patients recover lost function and return to the activities they value. Over the years, she has owned two hand therapy practices and managed the hand therapy department of a major national upper extremity trauma center.

Dr. Krolikowski travels internationally to present seminars on hand and upper extremity management and is known for her engaging approach to teaching. A graduate of South University West Palm Beach's doctoral program, she continues her clinical work at Sentara Health Care, and she serves as program director for the OTA program at her alma mater's Virginia Beach location.

Objectives

1. Discuss the latest advances in upper extremity rehabilitation and their implications for your patients.
2. Demonstrate a comprehensive assessment, identifying and differentiating root causes of pain and impairment.
3. Integrate the most effective interventions available for restoring function and reducing pain, edema, weakness, and fatigue caused by tendinopathy and nerve compression.
4. Combine multiple approaches for better outcomes, including strengthening and conditioning exercises, myofascial release, joint mobilization, therapeutic modalities, occupational profiling and task modification.
5. Design effective, innovative plans of care for a wide range of upper extremity diagnoses.
6. Apply the assessments and interventions discussed in this seminar to a series of interactive case scenarios.

TARGET AUDIENCE

Physical Therapists
Physical Therapist Assistants
Occupational Therapists
Occupational Therapy Assistants
Athletic Trainers

Strength and Conditioning
Specialists
Exercise Physiologists
Nurses
Nurse Practitioners

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Neuro Notes: Clinical Pocket Guide

By Claudia Fenderson, PT, ED.D., PCS and Wen Ling, PT, Ph.D.

Whatever the practice setting-acute care, rehabilitation, outpatient, extended care, or in a school-turn to this handy pocket guide to the neurological examination. Small in size, but not in content, it covers all of the common neuromuscular conditions, disorders, and diseases you might encounter in patients throughout their lifespans. A spiral binding, thumb tabs and nearly 240 illustrations insure you can find just what you're looking for. Waterproof, reusable pages let you record clinical data and then wipe the pages clean with alcohol.

Ortho Notes: Clinical Examination Pocket Guide, 4th Edition

By Dawn Gulick, Ph.D., PT, ATC, CSCS

A Davis's Notes title!

Perfect wherever you are...in class, in clinical, and in practice! Put the information you need in class, clinical, and practice at your fingertips with this handy, easy-to-use guide. Each joint tab includes the most effective special tests (rated by sensitivity and specificity), medical screening, imaging, mechanism of injury, ROM, strength and functional deficits.

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Live Seminar Schedule

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. *Limited seats available; advance online registration required.*

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" on this brochure 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 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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Network.

Athletic Trainers: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.25 hours of Category A continuing education.

Exercise Physiologists: ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Occupational Therapists & Occupational Therapy Assistants:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Physical Therapists & Physical Therapist Assistants:

This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Maryland Physical Therapists & Physical Therapist Assistants:

This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

Virginia Physical Therapists & Physical Therapist Assistants:

This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

West Virginia Physical Therapists & Physical Therapist Assistants:

This course has been submitted to the West Virginia Board of Physical Therapy for review. Credit is pending. "Approval of this course does not necessarily imply that the WV Board of Physical Therapy supports the views of the presenter or sponsor."

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



PLEASE RETURN ENTIRE REGISTRATION FORM

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2 Check location: (make copy of locations)

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November 6, 2019

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☐ **FREDERICK, MD**

November 7, 2019

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☐ **BALTIMORE, MD**

November 8, 2019

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73571BAL

Register now!

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** 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. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/faqs or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

How to Register

INNOVATIVE TREATMENTS FOR TENDINOPATHY AND NERVE COMPRESSION
Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

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See mail code box on address panel on reverse side

Name _____ Profession _____

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***Registrant's e-mail is required to receive your certificate of completion and registration confirmation.**

3 Check tuition:

TUITION with seminar manual _____

\$199.99 – choose one of the options below:

☐ per person for 2 or more preregistering together —OR—

☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$219.99** standard

Add-On Products

Distributed at seminar—FREE SHIPPING!

☐ **\$37.95*** *Neuro Notes: Clinical Pocket Guide* book

☐ **\$39.95*** *Ortho Notes: Clinical Examination Pocket Guide, 4th Edition* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.

Purchase orders welcome (attach copy).

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CAN'T ATTEND THE SEMINAR?

See below for individual product orders

— **\$37.95*** *Neuro Notes: Clinical Pocket Guide* book
(SAM083215)

— **\$39.95*** *Ortho Notes: Clinical Examination Pocket Guide, 4th Edition* book (SAM082290)

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