

Outline

ETIOLOGY OF ARTHRITIS, HISTORY OF JOINT ARTHROPLASTY, & COST OF CARE ACROSS THE HEALTHCARE SPECTRUM

- Anatomy review: capsular changes, cartilage wear, and joint breakdown
- Origins of joint arthroplasty, surgical approaches and components used
- Manual therapy and taping options for pain reduction and neuromuscular facilitation
- Payment changes for facilities, surgeons, and rehabilitation
- Impact of "prehabilitation" and how you can be involved
- Methods to reduce overall cost to your system with the rise in volume of surgeries

TOTAL KNEE ARTHROPLASTY

- Component options, surgical approach, and rehab implications
- Revision surgeries
- Same-day surgery options, simultaneous bilateral surgery, and implications
- Impact of decline in sub-acute rehabilitation stays for patients
- Staging of rehabilitation: what to work on, when, and why
- NMES, CPM, manual therapy, and the latest research
- Hands-on lab/video using manual therapy and the right exercises at the right time

TOTAL HIP ARTHROPLASTY

- Component options, surgical approach and rehabilitation implications, and the latest research
- "Total Hip Precautions" for today
- Staging of rehabilitation: what to work on, when, and why
- Why these patients may need less rehabilitation
- Hands-on lab/video using manual therapy and the right exercises at the right time
- Gait stability and training
- Simultaneous bilateral and revision surgeries

TOTAL SHOULDER ARTHROPLASTY

- Standard or reverse: what, why, and what does it mean to you
- Surgical approach, tissue affected, rehabilitation implications, and the latest research
- Staging of rehabilitation: what to work on, when, and why
- Patient function expectations: what the prosthesis can and cannot do
- Hands-on lab/video using manual therapy and the right exercises at the right time

TOTAL ANKLE ARTHROPLASTY & FIRST MTP ARTHROPLASTY

- Overview of surgery today and tomorrow
- Rehabilitation implications
- Challenges and advances in prosthesis design
- Optimizing gait
- Patient function expectations: what the prosthesis can and cannot do

CASE STUDY, LAB DEMONSTRATION, EXERCISES, VIDEO, DISCUSSION

- Walk through real patient cases across each stage of rehab
- Video, demonstration, and practice of exercises based on stage of rehab and EMG muscle study
- Q&A about the patients you see

“ Jason is a thorough and knowledgeable teacher. Marta, PTA ”

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Rehabilitation Managers
- Personal Trainers

What to Bring/Wear

- Specific patient examples for interactive group discussion
- Athletic attire

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August 22, 2019

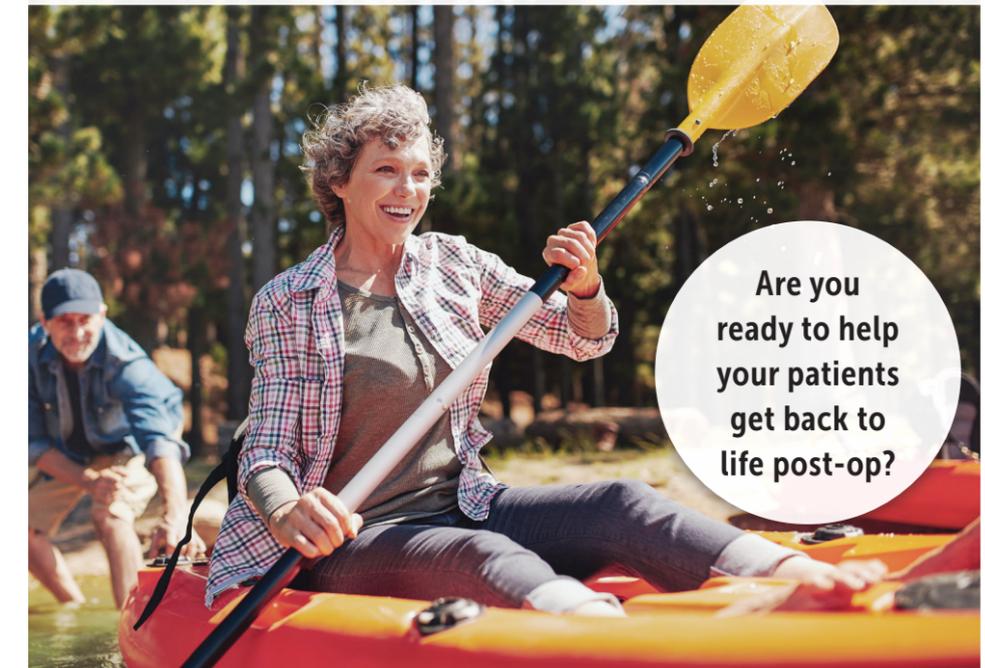
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August 23, 2019

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- Improve your treatment through manual therapy and efficient exercises in hands-on lab demonstration
- Properly stage and progress the plan of care from acute setting through outpatient, to high level independent function
- Defend your method of care with the most up-to-date, evidence-based practices
- What do the next 10-20 years hold for joint replacement rehabilitation?

Fairfax, VA
Thursday
August 22, 2019

Silver Spring, MD
Friday
August 23, 2019



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Joint Replacement Rehab for Today & Tomorrow

Are you ready to face the mounting number of “baby boomers” who want to return to an active lifestyle after joint replacement surgery? Advanced surgical techniques, shorter hospital stays, minimal inpatient rehab, and lessening home health visits make efficiently treating this emerging population a necessity for all therapists and rehab professionals. Help your patients get back to life with speaker Jason Handschumacher, DPT, as he relates 16 years of practical, evidence-based interventions he uses with this exact population every day. He will give the tools today that you need for tomorrow, such as:

- Practical exercises patients should do early and at home
- Applying exercise and tissue healing science in your everyday practice
- Accessing and understanding the latest research to defend your practice and improve reimbursement
- A roadmap for what the future holds for joint replacement rehab

Speaker



JASON HANDSCHUMACHER, PT, DPT, OCS, is a licensed physical therapist with more than 16 years of clinical practice across all spectrums of rehabilitation and in some of the top facilities in the country. Dr. Handschumacher has experience in acute, sub-acute, inpatient rehab, home health, outpatient, and fitness practice settings. Currently, he is in practice with a hospital in the Charlotte metropolitan area, working in acute, sub-acute, and outpatient settings. Dr. Handschumacher also works daily in a clinic within the fitness center of an active adult community. He has been an invited lecturer for a variety of physical therapist educational programs, local organizations, and

professional societies during his career. He has presented research findings related to non-operative management of the rotator cuff, injury prevention, and the uses of therapeutic taping for state Physical Therapy Associations, and nationally at the APTA Combined Sections Meeting. Dr. Handschumacher earned his bachelor's degree in exercise science from Miami University, and a Master of Physical Therapy degree and a Doctor of Physical Therapy from Shenandoah University. In addition, he has been a Board Certified Orthopaedic Clinical Specialist since 2006.

Speaker Disclosures:

Financial: Jason Handschumacher has an employment relationship with Springs Memorial Hospital. He receives a speaking honorarium from PESI, Inc.

Non-financial: Jason Handschumacher has no relevant non-financial relationship to disclose.

Objectives

- Examine the arthritis progression and determine where and how therapists can have the most impact.
- How to apply tissue healing science and exercise physiology every day for your patients.
- Discuss the history of joint arthroplasty and what therapists can expect in the next 10-20 years.
- Define current concepts in total knee arthroplasty and the correct interventions based on stage of healing and recovery.
- Examine advances in total hip arthroplasty and why therapists see these patients less and less in rehabilitation today.
- List the variety of options in replacing or resurfacing the shoulder and how to tailor your rehabilitation to the individual.
- Ascertain how and why the ankle and 1st MTP can be replaced.

Questions?

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Knowledgeable and practical with exercises/treatment that can be easily implemented and easy for patients to do at home.

Donna, OTR/L

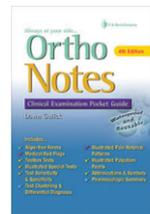
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This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

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

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.

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