

Outline

HOT TOPICS AND INNOVATIONS IN SPORTS REHABILITATION

- How your patients can benefit from cutting edge research

HANDS-ON LAB UPGRADE YOUR ASSESSMENT AND CLINICAL REASONING SKILLS

Get to the root causes of impairments faster with better evaluation techniques for:

- Pain
- Movement dysfunction
- Fascial and joint restrictions
- Muscle tightness and weakness
- Balance, stability and mobility
- Nerve entrapments

HANDS-ON LAB EXPAND YOUR SPORTS REHAB TOOLBOX

Practice effective techniques you can use immediately to:

- Eliminate pain
- Improve function and athletic performance
- Increase strength, flexibility, power, and endurance
- Improve balance, coordination, stability and mobility
- Enhance movement mechanics
- Loosen tight muscles
- Mobilize soft tissue
- Decompress entrapped nerves

HOW TO EFFECTIVELY COMBINE MULTIPLE MODALITIES FOR BETTER RESULTS

- Sports-specific workouts
- Yoga
- Core stabilization
- Crossfit training
- IASTM
- Joint manipulation
- Dry needling
- Nutritional analysis

HANDS-ON LAB DESIGN ADVANCED, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

Practice developing comprehensive treatment strategies for common impairments, including:

- Running, jumping, and other lower body sports injuries
- Throwing and other upper body sports injuries
- Neck and back pain
- SI joint and pelvic dysfunction
- Postural deviations
- Nerve entrapments

CASE STUDIES PUT KNOWLEDGE TO PRACTICE

- Case study 1: Decrease hip pain with running athletes
- Case study 2: Reduce back pain with functional activities
- Case study 3: Safeguard the shoulder and elbow during sports activities
- Case study 4: Improve athletic performance and power output

Target Audience

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

Live Seminar & Webcast Schedule

(Times listed in Eastern)

7:30 Networking / Coffee / Registration

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.

What to Bring/Wear

- Lab-appropriate clothing
- Exercise mat

Questions?

Call customer service at
800-844-8260

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.

Don't Miss!
LIVE VIDEO WEBCAST
THURSDAY
October 17, 2019
REGISTER ONLINE
pesirehab.com/webcast/73251

Bring any training in-house!
Convenient • Cost-Effective • Customizable
for more information visit
www.pesirehab.com/inhouse

NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI Rehab
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

The Best Sports Rehab Interventions of 2019

Build authentic professional connections!
FREE networking event included

Nanuet, NY • October 15, 2019
Kingston, NY • October 16, 2019
Albany, NY • October 17, 2019
Live Video Webcast • October 17, 2019

REGISTER NOW: pesirehab.com/express/73158



The Best Sports Rehab Interventions of 2019

Revolutionize your sports rehab toolbox with innovative techniques you can use immediately to:

- ✔ Treat common sports injuries
- ✔ Confidently return athletes to play
- ✔ Upgrade movement mechanics
- ✔ Enhance balance and function
- ✔ Boost power and endurance
- ✔ Amplify athletic performance
- ✔ Eliminate pain
- ✔ Improve mobility and stability
- ✔ Increase flexibility
- ✔ Mobilize scar tissue

Nanuet, NY
Tuesday
October 15, 2019

Kingston, NY
Wednesday
October 16, 2019

Albany, NY
Thursday
October 17, 2019

Live Video Webcast
Thursday
October 17, 2019



REGISTER NOW: pesirehab.com/express/73158

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

The Best Sports Rehab Interventions of 2019



Traditional interventions can be counterproductive in sports rehab, activating self-defense mechanisms that freeze muscles, compress nerves, sharpen pain, and diminish performance.

And when these “tried and true” treatments fail, clients can give up on therapy completely – leaving you questioning your effectiveness and worrying that your treatment methods are out of date.

But with the latest techniques for treating sports injuries and biomechanically enhancing athletes, your work can deliver triumph from trauma, helping clients confidently return to play, prevent re-injury, and achieve peak performance – no matter what their sport throws at them.

Join Dr. Shaun Goulbourne as he shares new techniques and tests that will empower you to counteract the unique stressors of today’s sports. Learn how to analyze and improve the full kinetic chain with functional movement screening, guiding athletes to faster recovery and stronger, safer performance. Practice today’s best conditioning strategies to optimize energy transfer and improve impact absorption. Achieve better treatment outcomes by more effectively combining multiple modalities, from exercise to joint manipulation and IASTM. And design advanced, innovative plans of care for a wide variety of common sports injuries.

Sign up now, and whether your next patient is a weekend warrior or a Golden State Warrior, you’ll be ready to confidently guide them toward rapid improvements with the best methods available in sports rehab.

Speaker

SHAUN GOULBOURNE, DHSc, PT, MTC, OCS, SCS, STC, CSCS, NSCA-PT, CDEII, is an expert in sports rehabilitation with over 20 years of experience guiding athletes to peak performance. His practice includes on- and off-site treatment of athletes, and he has extensive history playing and coaching competitive sports. Formerly an international basketball player, he serves as a coach with the Olympic Development Program for the United States Soccer Federation. In his spare time, he competes in marathons and full ironman events.

Dr. Goulbourne earned his Doctorate in health science with emphasis in orthopedics and sports medicine from the University of St. Augustine, and he holds numerous certifications in manual and sports therapy. He is a Sports Certified Specialist and Orthopedic Certified Specialist through the American Board of Physical Therapy, is an osteopractor through the American Spinal Manipulation Institute, and a Certified Strength and Conditioning Coach and Personal Trainer with the NSCA.

Financial: Shaun Goulbourne has an employment relationship with Intrepid USA. He receives a speaking honorarium from PESI, Inc.
Non-financial: Shaun Goulbourne is a member of the National Strength and Conditioning Association.

Objectives

- Discuss the latest advances in sports rehabilitation and their implications for therapy.
- Review strategies for more quickly identifying the root causes of pain and functional limitations.
- Integrate effective interventions can be used immediately to eliminate pain, restore function, and improve athletic performance.
- Combine multiple modalities effectively for better results, including dry needling, manual therapy, IASTM, yoga, core stabilization, Crossfit training, and sports-specific workouts.
- Design robust, innovative plans of care for a wide range of sports injuries.
- Apply the assessments and interventions discussed in this seminar to a series of interactive case scenarios.



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.*

RELATED PRODUCTS [Save by including with your seminar registration]



ROCKBLADES^{2.0} by ROCKTAPE

- The Mallet [a stainless-steel, 9-in-1 in-clinic multi-tool]
- The Mullet [a stainless-steel, 10-in-1 travel multi-tool]
- Sturdy travel case • RockRub emollient cream • Sanitizing skin-prep wipes

EXCLUSIVE PRICE
\$350



ROCKBLADES^{Mohawk} by ROCKTAPE

- Mohawk stainless steel tool 3 tools in one!
- Silicone sleeve attachment [patent pending]
- ABS/Polycarbonate comb attachment [patent pending]
- RockRub emollient • QuickStart guide • Travel-friendly EVA carrying case

EXCLUSIVE PRICE
\$175

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on October 17, 2019, for this live, interactive webcast! 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 \$49.99 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.pesirehab.com/webcast/73251

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 Networker.

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.

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.

Seminar on DVD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

PERSONAL TRAINERS: This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

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.

NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the New Jersey State Board of Physical Therapy for review.

NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: PESI, Inc. is recognized by the New York State Education Department, State Board of Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.6 Contact Hours.

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.



How to Register

THE BEST SPORTS REHAB INTERVENTIONS OF 2019
Questions? Call 800-844-8260 or e-mail us at info@pesirehab.com.

ONLINE
pesirehab.com/express/73158

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI Rehab
PO BOX 1000
Eau Claire, WI
54702-1000

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

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

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

2 Check location: *(make copy of locations)*

NANUET, NY
October 15, 2019 [73158NAN]
DoubleTree by Hilton Hotel Nanuet
425 East Route 59 • 10954
(845) 623-6000

KINGSTON, NY
October 16, 2019 [73158KNG]
Best Western Plus Kingston Hotel and
Conference Center
503 Washington Ave • 12401
(845) 338-0400

ALBANY, NY
October 17, 2019 [73158ABY]
Hilton Garden Inn Albany/SUNY Area
1389 Washington Ave • 12206
(518) 453-1300

LIVE VIDEO WEBCAST
October 17, 2019 [PLW73158]
Broadcast LIVE to your computer!

Register now!
pesirehab.com/express/73158

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/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

3 Check tuition:

ON-SITE 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

\$229.99 standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$350* RockBlades 2.0: Complete Soft Tissue IASTM System**
- \$175* RockBlades Mohawk**

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

WEBCAST with downloadable seminar manual

\$199.99 registration (+ tax in HI, MN, NM, PA, WI)

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR? See below for individual product orders

The Best Sports Rehab Interventions

___ **\$219.99*** Seminar on DVD (RNV063770)

___ **\$350* RockBlades 2.0: Complete Soft Tissue IASTM System** (OEQ085640)

___ **\$175* RockBlades Mohawk** (OEQ085660)

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
*Shipping is \$6.95 first item + \$2.00 each add'l item.	**Shipping _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	Subtotal _____
	**Tax _____
	TOTAL _____