

Outline

Hot topics and innovations

- Practical applications of the latest research
 - Getting the neurophysiological benefits of manual therapy
 - How to improve exercise dosing and prescription
 - New guidance on surgical vs non-surgical options
 - Updates in return to activity/sport testing
- Today's top tech
 - SERF strap
 - Handheld dynamometers
 - Textured balance boards
 - Theraband CLX

Confidently identify the root cause of impairment

- Review anatomical structures and hip mechanics
- Master a comprehensive framework for evaluating symptoms, including:
 - Pain
 - Clicking, popping and snapping
 - Reduced strength
 - Balance deficits
 - Impaired work/sports performance
 - Decreased sitting tolerance
 - Impaired stair ascent/descent

Hands-on lab

Upgrade your therapy toolbox

- Innovative interventions you can use immediately to
 - Eliminate pain
 - Improve balance
 - Build muscular strength and performance
 - Increase neuromuscular control
 - Enhance functional mobility
 - Reduce fear of movement or pain
 - Boost ability to self-manage symptoms

Hands-on lab

Combine multiple interventions more effectively for better outcomes

- Synergistic strategies for effectively integrating:
 - Isometric and eccentric resistance training
 - Joint mobilization
 - Mobilization with movement
 - Pain education
 - Balance training
 - External vs. internal focused movement tasks

- High value exercises for
 - Muscle performance
 - Neuromuscular control
 - Self-mobilization
- Hands-on lab

Real-world applications for common diagnoses and conditions

- Hip osteoarthritis
- Femoral acetabular impingement
- Acetabular labral tear
- Adductor strain/tendinopathy
- Osteitis pubis
- Greater trochanteric pain syndrome
- Gluteal tendinopathy
- Iliopsoas strain/tendinopathy
- Trochanteric bursitis
- Proximal hamstring tendinopathy
- Sports hernia

Hands-on lab

Design powerful solutions using your new skills

- **Case scenario:** Correctly identify the root cause of impairment
- **Case scenario:** Problem solve a complex hip impairment and develop an effective treatment plan
- **Case scenario:** Revise a standard plan of care for an older patient
- **Case scenario:** Overcome barriers to effective strategy implementation

Maximize your reimbursement

- Coding and billing updates
- Justify therapy with the right goals and progress measures
- Avoid denials and audits with these tips

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.

Objectives

1. Explain the latest advances in hip, groin, and thigh rehab and their implications for your patients.
2. Demonstrate a comprehensive assessment, identifying and differentiating causes of disability and impairment.
3. Integrate exercise dosing guidelines into therapy plans to improve performance in functional daily life activities.
4. Combine multiple approaches for better outcomes, including exercise dosing, resistance, mobilization, balance training, and other techniques.
5. Evaluate real-world applications for a wide range of hip, groin, and thigh diagnoses.
6. Apply the assessments and interventions discussed in this seminar to a series of interactive case studies.

Target Audience: Physical Therapists • Physical Therapist Assistants • Occupational Therapists
Occupational Therapy Assistants • Athletic Trainers • Rehab Nurses • Nurse Practitioners • Physician Assistants

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THE ULTIMATE GUIDE TO

Treating Hip, Groin, & Thigh Injuries

Restore Function & Performance in Fewer Sessions with Today's Best Practices

CLEVELAND, OH
Thursday, March 12, 2020

COLUMBUS, OH
Friday, March 13, 2020



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THE ULTIMATE GUIDE TO

Treating Hip, Groin, & Thigh Injuries

Restore Function & Performance in Fewer Sessions with Today's Best Practices

Upgrade your skills

with new protocols for exercise dosing, resistance, pain education, mobilization, and balance training

Get better outcomes


with pain, balance, mobility, strength, neuromuscular control and performance

Grow your practice

into the go-to resource for patients with tears, sports hernias, tendinopathies, osteoarthritis and impingements

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THE ULTIMATE GUIDE TO

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Restore Function & Performance in Fewer Sessions with Today's Best Practices

From sports hernias to osteoarthritis, hip, groin, and thigh impairments rob millions of people each year of the activities that once defined them. Your hard work in the clinic can help give them back their identity.

But localizing the problem can be a serious challenge, and an inadequate diagnosis can quickly lead to ineffective treatment protocols that fall far short of expectations, leaving your patients lost, frustrated, and resigned to surgical options.

If you’ve ever sensed that your exam process is somehow incomplete or your intervention plan isn’t quite addressing the “why” of your patient’s issues, this is the course for you.

Learn how to get to the root cause of impairment faster with streamlined examination strategies that allow you to spend more time treating critical patient problems. Upgrade your therapy toolbox with innovative interventions you can use immediately to accelerate functional recovery. And design advanced plans of care for a variety of common diagnoses, fluently combining techniques for outcomes that will earn you referrals.

Join J.C. Andersen, PhD, ATC, PT, SCS, FMSC, as he shares a proven framework for rehabilitation that combines today’s best practices with over 33 years of experience helping patients recover from hip, groin, and thigh impairments in a variety of practice settings.

Speaker

J.C. Andersen, PhD, ATC, PT, SCS, FMSC, is an expert in orthopedic rehabilitation with over 33 years of clinical and teaching experience in athletic training and physical therapy. His work has been published in numerous journals, and he directs the University of Tampa’s Athletic Training program, where he continues to see patients.

Dr. Andersen is an international speaker on pain and musculoskeletal injury, and he is known for his ability to break down cutting-edge research into practical, everyday applications. He earned his doctorate in biomedical sciences from Ohio University, his master’s in physical therapy from Texas Woman’s University, and his bachelor’s in athletic training from Minnesota State Mankato. He is also a Board-Certified Clinical Specialist in Sports Physical Therapy from the ABPTS, a Registered International Sports Physical Therapist, and is Level I certified in Functional Movement Screening.

Speaker Disclosure:
Financial: JC Andersen is the director of the Athletic Training Program at the University of Tampa. He receives a speaking honorarium from PESI, Inc.
Non-financial: JC Andersen is a member of the National Athletic Trainers’ Association; the American Physical Therapy Association; and the International Association for the Study of Pain.

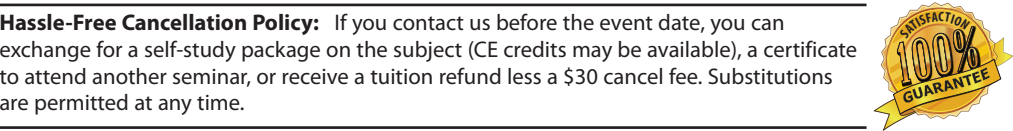
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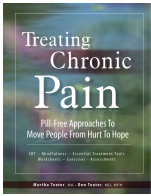
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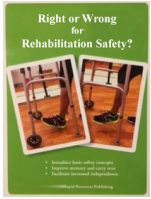


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Pill-Free Approaches to Move People From Hurt To Hope
By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH

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The Ultimate Guide to Treating Hip, Groin, & Thigh Injuries:
Restore Function & Performance in Fewer Sessions with Today’s Best Practices

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

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- \$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, first come, first serve.
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