

Course Description

This 2-day interactive seminar is clinically oriented for Physical Therapists, Physical Therapist Assistants, and Athletic Trainers involved in the treatment of orthopedic and sports medicine patients.

The seminar will review current lower extremity biomechanical and pathomechanical concepts. Strong emphasis will be placed on the relationships and interactions between the pelvic girdle, hip, knee, ankle and foot during gait. These concepts will be applied during a discussion of the management of common painful syndromes such as HAV deformity, metatarsalgia, plantar fasciitis, tibialis posterior tendonitis, patellofemoral dysfunction, trochanteric bursitis and lumbosacral dysfunction.

Manual therapeutic techniques, stretching exercises and functional training for the entire lower extremity and pelvic girdle will also be covered. Shoe wear and orthotic therapy will be discussed as part of a comprehensive therapeutic program.

Course Outline

Newsome Physical Therapy Center
Crest Hill (815) 836-3403

Please bring shorts, running shoes and orthotics for evaluation.

Friday 3/31/06

1:30 - 2:00 Check-in

2:00 - 3:45 Functional Biomechanics

4:00 - 5:15 Intrinsic & Extrinsic Imbalances

5:30 - 7:00 Lecture/Lab: Biomechanical Examination

Saturday 4/1/06

7:45 - 8:00 Continental Breakfast

8:00 - 11:30 Lecture/Lab: Management of LE Pathomechanics including:

- ◆ Mobilization
- ◆ Taping
- ◆ Functional Training

11:30-12:30 Lunch (on your own)

12:30 - 2:00 Footwear & Orthotic Therapy

2:15 - 4:00 Correlating Common Diagnoses, Pathomechanics & Treatment Strategies

Registration

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Work Phone _____

Profession _____

Treating the Weakest Link \$ 325.00

Seating is limited so please register early.

Please send completed form and check payable to:

Newsome Physical Therapy

2848 Plainfield Rd., Joliet, IL 60435

Phone: **815-436-1444** Fax: **815-436-9814**

You will be sent a letter to confirm registration and receipt of payment.

Registrations are also accepted by phone or fax if paid by credit card. **VISA or Mastercard**
Card # _____

Expiration Date ____/____/____

Signature _____

Cancellations: Registration fee, less a \$50 administrative fee per session, is refunded if notice of cancellation is received more than 10 days in advance of the course. Cancellations made less than 10 days in advance of the course date forfeit their entire tuition fee. Tuition can be transferred to another individual. Newsome Physical Therapy reserves the right to cancel the course up to one week prior to the course. Newsome PT will not be responsible for any charges incurred by the registrant due to the cancellation of the course, other than the course tuition.

