

SPORTS THERAPY CERTIFICATION

North American Sports Medicine Institute (NASMI) has joined together with the University of St Augustine (USA) to offer a specialty certification in Sports Therapy for practicing clinicians (STC).

OBJECTIVES OF CERTIFICATION

To provide practicing clinicians a means of upgrading their clinical skills in Sports Physical Therapy through quality continuing education and examination. This certification will identify those therapists who have in the view of NASMI/USA faculty attained a safe and effective level of clinical practice in Sports Physical Therapy.

CERTIFICATION PROCESS

Perspective candidates will complete a total of six structured continuing education courses through NASMI and USA. Followed by a review and certification course with each facility. This course offers review sessions followed by the testing process which consists of oral, written and practical exams administered instructors in the program. The exams are a test of retention, comprehension and applications of the teachings in each of the courses.

Required Courses through NASMI:

Foundation / Competencies in Sports Physical Therapy
Orthopaedic Management of Upper Quarter Injuries
Orthopaedic Management of Lower Quarter Injuries
Selective Functional Movement Assessment / Functional Exercise Training
STC Testing with NASMI for NASMI courses only

Required Courses through USA:

E-1 Extremity Evaluation and Treatment
S-1 Introduction to Spinal Evaluation and Manipulation
FCO
STC Testing with USA for USA courses only

Go to www.usa.edu for addition information regarding their courses.

SPORTS THERAPY CERTIFICATION: Review & Testing

PT's Only, Prerequisites Required Tuition: \$497.50
Nashville, Tennessee June 4 (afternoon) - 5, 2008

RED CROSS EMERGENCY RESPONDER CERTIFICATION

The Foundation / Competencies in Sports Physical Therapy includes the Red Cross Emergency Responder Certification valid for 3 years and CPR for the Professional Rescuer valid for 1 year. A current Emergency Responder card and CPR cards are required for the Sports Therapy Certification. Participants are required to purchase the Emergency Responder text and work books for the Foundation / Competencies course. The workbook must be completed prior to the start of the course.

COURSE COMMENTS

"This has been the best money I have ever spent. I have been to a lot of seminars but this one is way above the rest."

~ Selective Functional Movement Assessment - Nashville, TN 2008

"Dynamic speakers with great information."

~ Upper Quarter - Woodbury, MN, 2008

"Lots of hands on information I can use right away."

~ Lower Quarter - Jacksonville, FL, 2008

"First responder training and sports competencies were presented in a practical manner. I feel confident I can use these skills."

~ Foundations / Competencies - Nashville, TN, 2008

GENERAL INFORMATION

Welcome to North American Sports Medicine Institute and Advances in Clinical Education! We have been providing quality post-professional education courses since 1990. Dedicated to lifelong learning, our diverse faculty is nationally recognized and each holds advanced degrees and clinical specialization in their respective areas of expertise. This provides us the unique ability to offer a continuum of courses modeled to meet the needs of practicing clinicians in a changing health care environment. In 1994 through an articulating agreement with the University of St. Augustine, we established a collaborative certification in Sports Physical Therapy (STC).

We continue to develop new courses as it is our belief that the pursuit of professional excellence encompasses a lifetime of continued learning integrated into clinical practice.

AUDIENCE

Physical Therapists, Physical Therapist Assistants, Certified Athletic Trainers, Occupational Therapists, and Certified Occupational Therapist Assistants may attend applicable continuing education courses for continuing education credit. Sports Physical Therapy Certification is limited to active licensed Physical Therapists.

EDUCATIONAL CREDIT FOR COURSES

A certificate of attendance will be awarded to each participant at the completion of the course. When offered in states that require continuing education, an application for provider status will be sent to that state's licensing board.



Advances in Clinical Education is recognised by the NATA Board of Certification, Inc. to offer continuing education for certified athletic trainers.

CANCELLATION OF COURSES

The Institute reserves the right to cancel courses with insufficient attendance two weeks prior to the start of the course. The Institute is not responsible for nonrefundable airline tickets and other commitments. Tuition may be transferred to another course or a full refund can be made if a cancellation does occur.

For additional information call Advances in Clinical Education at 1-503-642-4432.

Visit our web site: www.rehabeducation.com

FACULTY

TAB BLACKBURN PT, MEd, ATC

Tab earned his BS in education and MEd as well as his NATA Certification at the University of Virginia. The Medical College of VA awarded his physical therapy degree. Tab worked almost two decades at the Hughston Sports Medicine Center at the Human Performance and Rehabilitation Center/Rehabilitation Services of Columbus in Columbus GA. Tab has served as past president, treasurer, and secretary of the Sports Section of the APTA. He is a member of the American College of Sports Medicine and the American Orthopaedic Society for Sports Medicine where he serves as a guest review for the American Journal of Sports Medicine. Tab is an editorial board member and reviewer for the Journal of Sports Rehabilitation and guest reviews for the Journal of Athletic Training. Mr. Blackburn is on the editorial board of the Sports Section's North American Journal of Sports Physical Therapy. Tab serves on the Board of Directors of the JOSPT as Vice President. A highlight in Tab's sports medicine career was serving on the sports medicine team at the 1996 Olympics in Atlanta. Tab served 7 1/2 years as Executive Director and Adjunct Professor at the Tulane Institute of Sports Medicine in New Orleans. He is currently Vice President of Corporate Development for Clemson Sports Medicine and Rehabilitation and Clinic Director of SportsPlus Physical Therapy of Manchester GA. He serves as Adjunct Professor at the University of St. Augustine. Tab has lectured nationally and internationally on shoulder, knee, foot and ankle pathology and has constructed orthotics for over 20 years. Tab received SPTS's top award in 1994: the Ron Peyton Award. He has been honored by SPTS for his long time support of the Section with the 'Turner A. Blackburn Lifetime Achievement Award'.

GRAY COOK PT, MSPT, OCS, CSCS

Gray received his graduate physical therapy education at the University of Miami School of Medicine with a research focus on motor learning and functional performance. He then spent 4 years studying manual therapy with the majority of his course work through the North American Institute of Orthopedic Manual Therapy. Gray is a board certified Orthopedic Clinical Specialist (OCS) with the American Physical Therapy Association and a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association. He has presented for both the Sports and Orthopedic Sections of the APTA and the orthopedic section of the Canadian Physiotherapy Association. Gray's unique treatment approach combining manual therapy and the Functional Movement Screen is the subject of numerous lectures, interviews and articles.

JIM STOKER PT, MA, CSCS

Jim Stoker is the Clinical Vice-President and Director of Clemson Sports Medicine and Rehabilitation and a graduate of Furman University and The Medical University of South Carolina. During his 13 years of practice, he has developed special interests in custom foot orthotic fabrication, shoulder and knee rehabilitation and post surgical and conservative spine rehab utilizing an eclectic approach of manual soft tissue and joint mobilization combined with functional, stabilization exercise prescription. Jim's professional commitment extends to the community where he volunteers with the Clemson Free Medical Clinic as well as local High School and Club Sport athletes. He is currently active in the South Carolina Physical Therapy Association (SCAPTA) serving as Vice-President and the Reimbursement Committee Chair. He is currently a member of SCAPTA, APTA, the Orthopaedic, Sport and Private Practice Sections of the APTA and the NSCA.

DANNY D. SMITH PT, DHS_c, SCS, OCS, ATC

Dr. Smith is a native of Tennessee and graduated from the University of Tennessee with a BS in Physical Therapy in 1972. He worked as a staff PT at the VA Hospital in Memphis, TN. He relocated to North Carolina where he served as the director of physical therapy at Grace Hospital in Morganton. He returned to Tennessee and received a masters degree in Education in 1978. He was awarded his DPT from the University of St Augustine in 1996. His area of study was orthopedic trauma and emergency care of the injured athlete.

MICHAEL L. VOIGHT PT, DHS_c, SCS, OCS, ATC

Dr. Michael Voight is currently a Professor in the school of physical therapy at Belmont University in Nashville, TN. In 1987, Dr. Voight became one of the Nations first Board certified clinical specialist in Sports Physical Therapy and in 1994 he received his Board certification of advance clinical competence in Orthopedic physical therapy. This makes him one of only a few clinicians nationwide possessing the same credentials. Dr. Voight is also recognized as a Certified Athletic Trainer and Certified Strength and Conditioning Specialist.

Dr. Voight's vast clinical practice has taken him from the professional and Olympic level of athletic medicine to a community based sportsmedicine and orthopedic clinic. In addition to clinical practice, Dr. Voight has lectured extensively both Nationally and Internationally on various orthopedic and sportsmedicine topics. In 1996 and 2000 he received the distinguished educator award from the Sports Physical Therapy Section. He has served five terms on the executive committee of the SPTS. Dr. Voight is also serving his second term on the Executive Board of the International Federation of Sports Physical Therapy. He actively resides on the editorial boards of several different journals and is a manuscript reviewer for two others. He currently is the Associate Editor of the North American Journal of Sports Physical Therapy. He has authored numerous papers and textbook chapters on various orthopedic topics, and has written 2 textbooks on functional exercise. In 1997, he received the distinguished service award from the SPTS.



ADVANCES IN CLINICAL EDUCATION

17675 SW Farmington Rd # 182
Aloha, OR 97007

Instructors Include:

Tab Blackburn PT MEd ATC

Gray Cook PT MSPT OCS CSCS

Jim Stoker PT, MA, CSCS

Danny Smith PT DHS_c SCS OCS ATC

Michael Voight PT DHS_c SCS OCS ATC

TEACHING NEW INNOVATIVE
TREATMENT STRATEGIES

ORTHOPAEDIC MANAGEMENT OF LOWER QUARTER INJURIES

Evidence Based Approach to Rehab

ORTHOPAEDIC MANAGEMENT OF UPPER QUARTER INJURIES

Evidence Based Approach to Rehab

SELECTIVE FUNCTIONAL MOVEMENT & ASSESSMENT Functional Exercise Training and Rehabilitation

FOUNDATION / COMPETENCIES IN SPORTS PHYSICAL THERAPY

PRESENTED BY



North American Sports Medicine Institute[®]

Together with

*Advances in
Clinical Education*[®]

All of our
courses meet the
APTA Suggested
Guidelines for
Continuing
Education

www.rehabeducation.com

SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT FUNCTIONAL EXERCISE TRAINING & REHABILITATION

COURSE DESCRIPTION

This course is designed for the healthcare professional that routinely treats patients with musculoskeletal conditions across the lifespan. Maintaining or restoring precise movement of specific segments is the key to preventing or correcting musculoskeletal dysfunction. Normal movement is achieved through an adequate balance of mobility and stability to meet the demands of the task at hand. The human system migrates toward predictable patterns of movement in response to injury or in the presence of weakness, tightness, or structural abnormality. An isolated or regional approach to evaluation and treatment will not restore complete function. Functional restoration requires a map of dysfunctional patterns and a working knowledge of functional patterns in order to gain clinical perspective and design effective interventions. This approach is based on the premise that pain and dysfunction occur as a result of impaired patterns of movement. Specific musculoskeletal dysfunction is considered the consequence rather than the cause of faulty movement patterns. Emphasis is placed upon identifying the root cause of the dysfunction rather than source of the symptoms.

The goal of this course to present a standardized system used to identify impaired patterns of functional movement. The examination consists of observing functional movement patterns and testing muscle length and strength in relationship to those movement patterns. The examination process then drives therapeutic intervention selection.

The Selective Functional Movement Assessment (SFMA) will be introduced and participants will learn to utilize key functional movement patterns and describe the critical points during the algorithmic assessment that are used to identify dysfunctional movement. Traditional muscle length, strength, and special tests will be used to help the clinician identify the impairments which are associated with dysfunctional movement. This approach is designed to complement the clinician's existing exam procedures and incorporate fun, fast, and functional exercise interventions into contemporary rehabilitation programs. The SFMA algorithms should also serve as a feedback system for the effectiveness of the therapeutic exercise program.

This course combines lecture, demonstration, and extensive lab experience to introduce and demonstrate a model of movement assessment and subsequent therapeutic exercise choices that target dysfunctional movement patterns. All of the information provided is practical, useful, logical, and can be incorporated into clinical practice immediately.

DAY ONE - FRIDAY

8:00 - 12:00 Principles and concepts of dysfunctional movement impairments
SFMA Introduction: The Base Screen (lecture/lab)
· Reactive Neuromuscular Training - Single Leg Stance Breakout

12:00 – 1:00 Lunch
1:00 – 5:00 Review - Selective Functional Movement Assessment - Base Screening
Isolating dysfunction with the SFMA breakouts
Σ · Multi-Segmental Flexion Assessment Breakout w/ Correction (Lecture/lab)
Σ · Multi-Segmental Extension Assessment Breakout w/ Correction (lect/lab)
Σ · Upper Body, Spine and Lower Body Extension

DAY TWO - SATURDAY

8:00 – 12:00 Isolating dysfunction with the SFMA Breakout tests
Σ Overhead Deep Squatting Pattern with Correction (lecture/lab)
Σ Multi-Segmental Rotation Assessment Breakout with Correction (lecture/lab)
Σ · Spine Rotation · Spine Rolling · Hip Rotation · Tibia Rotation

12:00 – 1:00 Lunch
1:00 – 5:00 Multi-segmented Rotation Breakout Assessment with Corrections (continued)
Σ · Developing a rehab program based on the SFMA
Σ · linking the results to exercise.
Σ · Corrective exercise selection based on the SFMA results
Σ · Case Studies
Question and answer wrap up

TUITION / CREDIT

\$485.00 - 16 contact hours are awarded for this course. - Tuition includes a comprehensive course manual and cd .

ORTHOPAEDIC MANAGEMENT OF UPPER QUARTER INJURIES

COURSE DESCRIPTION

This course is designed to provide both the clinical and scientific rationale for the current trends and new research in the examination, surgery and rehabilitation of common injuries / conditions found in the upper extremity. Participants will learn state of the art information to enhance their understanding and clinical effectiveness in the treatment of shoulder, elbow, wrist and hand disorders. A review of surgical procedures will be provided, as well as information in the area of functional testing. Rehabilitation protocols that incorporate innovative techniques will also be presented, as well as recent research and clinical outcome studies. Though didactic presentations and hands-on sessions, the course participant will have an opportunity to master new and effective treatment techniques.

COURSE OBJECTIVES

- Understand functional anatomy of the upper quarter.
- Recognize and evaluate common upper quarter pathologies.
- Develop scientifically based rehabilitation programs for specific pathologies.
- Integrate functional testing and progression into the overall rehab process.
- Integrate current exercise technology into the overall rehab process.

DAY ONE - FRIDAY

7:30 – 8:00 Course Registration
8:00 – 12:00 MORNING SESSION

- Course Introduction / Overview
- Functional Anatomy & Biomechanics of the Shoulder
- Diagnostic Imaging of the Upper Quarter
- Clinical Examination of the Shoulder
- Functional Rehabilitation of the Shoulder Complex
*Treatment planning for the shoulder
*Scapular Assessment / Training

12:30 – 1:00 LUNCH

12:30 – 6:00 AFTERNOON SESSION

- Reactive Neuromuscular Training
- Management of Rotator Cuff Pathology
- The Acromioclavicular Joint
- Glenoid Labrum Pathology
- Total Shoulder Arthroplasty
- Shoulder Evaluation

DAY TWO - SATURDAY

7:00 – 12:00 MORNING SESSION

- Adhesive Capsulitis
- Shoulder Instability
- Management of Rotator Cuff Pathology
- Rotator Cuff / Shoulder Instability Surgery Review
- Neurovascular Compression Syndromes of the Shoulder

12:00 – 12:30 LUNCH

12:30 – 6:00 AFTERNOON SESSION

- Management of Throwing Injuries
- Management of Elbow Injuries
- Management of Wrist & Hand Injuries
- Course Wrap up and Questions

TUITION / CREDIT

\$485.00 - 20 contact hours are awarded for this course. - Registration fee includes includes a 200+ page comprehensive course & reference manual.

ORTHOPAEDIC MANAGEMENT OF LOWER QUARTER INJURIES

COURSE DESCRIPTION

This course is designed to provide both the clinical and scientific rationale for current trends and new research in the examination, surgery and rehab of common injuries / conditions found in the lower extremity. Participants will learn state of the art information for greater understanding and clinical effectiveness in treatment of hip, knee, ankle and foot disorders. A review of surgical procedures will be provided, as well as information on functional testing and brace selection. Rehab protocols that incorporate innovative techniques will also be presented, as well as, recent research studies and patient clinical outcome studies. Through didactic presentations and hands-on sessions, course participants will have an opportunity to master new and effective treatment techniques.

COURSE OBJECTIVES

- Discuss / demonstrate knowledge of normal locomotor biomechanics and recognize the primary biomechanical abnormalities of the lower quarter.
- Discuss the indications and contraindications for the fabrication and use of orthotics
- Recognize specific pathology & pathomechanics of lower quarter injury as it relates to a healthy active lifestyle
- Perform a differential evaluation and design an appropriate treatment program for microtraumatic and macrotraumatic of the lower quarter
- Understand / discuss goals, principles & surgical techniques used for common lower quarter injuries
- Discuss / perform functional tests & special tests used to determine readiness to return to activity
- Discuss advantages / disadvantages of various prophylactic, postoperative & functional knee & ankle orthoses
- Discuss & demonstrate advanced principals of rehab for injuries involving the lower quarter

DAY ONE - FRIDAY

7:30 - 8:00 Course Registration
8:00 – 12:30 Course Introduction / Overview
Management of Injuries to the Foot and Ankle

- Biomechanical/Physical Exam of the Foot & Ankle
- Sports Shoes and Orthotics Fabrication
- Overuse Injuries of the Lower Extremity

12:30 - 1:00 LUNCH

1:00 – 6:00 Management Injuries to the foot & Ankle (con't)
Management of Knee Ligament Pathology
-MCL
-PCL
-Posterior lateral
-Knee Ligament Evaluation
Reactive Neuromuscular Training

DAY TWO - SATURDAY

7:00 - 12:30 Management of ACL Injuries
-ACL Reconstruction HS vs. Patella Tendon Graft
Prevention of ACL Injuries
Common Problems of the Pelvis, Hip and Thigh
-Hip Arthroscopy
-Hip Evaluation

12:30 – 1:00 LUNCH

1:00 – 6:00 Meniscal Pathology And Evaluation
Articular Cartilage Disorders
Total Joint Arthroplasty
-Complicated Knee
Management of Patello-Femoral Pathology
-Patello-Femoral Evaluation
Course Wrap up and Questions

TUITION

\$485.00 - 20 contact hours are awarded for this course - Registration fee includes includes a 200+ page comprehensive course & reference manual.

FOUNDATION / COMPETENCIES IN SPORTS PT

COURSE DESCRIPTION

This course is designed to provide the participant with an overview of the skills necessary to practice in the sports physical therapy setting. Emphasis will be placed on the recognition and emergency management of injuries and illnesses related to sports. Taping, equipment fitting, and rehabilitation of injuries will be discussed and practiced.

COURSE OBJECTIVES

Discuss and demonstrate knowledge of emergency management of injuries and illnesses related to sports.
Discuss and demonstrate taping, bracing, and proper equipment fitting
Discuss and demonstrate appropriate rehabilitation related to sports injuries as well as the use of pharmaceutical and ergogenic aids
Provide basic guidelines regarding nutrition and dietary guidelines related to sports
Discuss and apply knowledge of basic human physiology in athletic competition
Discuss and demonstrate the preparticipation physical examination

DAY ONE - MONDAY

8:00 – 12:30 Epidemiology of Sports Injuries
Overview of EMS System
Prevention of Disease Transmission
Legal and Ethical Issues / Scope of Care
Initial Assessment
Radiologic Principles
LQ-Ankle Taping (Demonstration / Lab)

12:30 – 1:30 Lunch

1:30 – 5:30 Breathing Emergencies / Oxygen Administration (Lecture & Lab)
Cardiac Emergencies (Lecture, Lab & Testing)

DAY TWO - TUESDAY

8:00 – 12:30 Bleeding and Shock (Lecture & Lab)
General Medical Conditions
Facial & Throat Injuries
Visceral / Chest / Abdominal Injuries
UQ-Hand and Thumb Taping (Demonstration / Lab)

12:30 – 1:30 Lunch

1:30 – 4:30 Musculoskeletal Injuries - Fracture Management (Lecture & Lab)
Head Injuries, Concussions in Sports

DAY THREE - WEDNESDAY

8:00 – 12:15 Spinal Injuries & Pre-Hospital Care of the Spine Injured Athlete (Lecture & Lab)
Childbirth
EMS Support and Operations
Environmental Conditions & Fluid Replacement
Dermatologic Concerns in the Athlete

12:30 – 1:30 Lunch

1:30 – 5:00 Emergency Response Test (Written and Practical)

DAY FOUR - THURSDAY

8:00 – 12:00 Bracing, Padding , Arch Taping (Lecture & Lab)
Pre-Season Screening
Nutrition for the athlete
The Aging Athlete
Female Athlete Concerns

12:00 – 1:00 Lunch

1:00 – 4:00 Adolescent Athlete
Course Wrap-up and Questions

TUITION / CREDIT

\$545.00 - 30 contact hours are awarded for this course. Tuition includes includes a comprehensive course & reference manual.

REGISTRATION FORM

Name _____
PRINT CLEARLY

Profession _____

Business _____

Address _____

City _____

State _____ Zip _____

Mailing Address _____

City _____

State _____ Zip _____

Telephone _____

Fax _____

E-Mail _____

Course Title _____

Location _____

Have you taken a course from us in the past? yes no

Tuition includes a \$50.00 non-refundable deposit. Tuition can be transferred to another course or tuition less the \$50.00 non-refundable deposit can be refunded with 2 weeks written notice; notice received after that time is subject to only a 50% transfer or refund less the deposit. If cancellation is received less than 72 hours before the start of the course, no monies will be refunded, but may be transferred to another course of the students choosing. No refunds will be issued after course begins.

METHOD OF PAYMENT

Check Or Money Order Enclosed

Charge My Credit Card VISA MASTERCARD

Card Number _____

Exp. Date _____ Amount to Charge: \$ _____

Signature _____

Make Checks Payable To:
ADVANCES IN CLINICAL EDUCATION
17675 SW Farmington Rd. PMB 182 Aloha, OR 97007
TEL. 1-503-642-4432 FAX 1-503-848-6384
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