

THE ELDERLY ON THE MOVE: RESTORING FUNCTION

Evidence-Based Manual Therapy Treatment with a New Zealand Approach

A comprehensive course designed to provide the participant with effective approaches for the treatment of the common orthopedic conditions present in the elderly who present in the outpatient setting.

The elderly commonly have problems with the spine and extremity joints, specific to their age group. Taking this, and their general health, into consideration, the management of these conditions can be treated effectively using appropriate exercises and manual therapy. The areas addressed in this course include the cervical and lumbar spine, and their interaction with the shoulder, hip, knee and ankle. Evaluation and treatment of conditions such as spinal derangement and stenosis, post-fracture movement restrictions in the shoulder, frozen shoulder, and management of rotator cuff repairs are covered. For the lower extremities, the course includes post-THA weakness, non-surgical hip pain, post-TKA movement restrictions, post-fracture ankle movement restrictions and ankle dysfunctions.

An approach with an eclectic combination of exercise and manual therapy is used. Introduction of the manual therapy concept of *postlation* for treatment of the spine and sling therapy for the extremities is included, in addition to functional adaptation of traditional techniques.

The techniques taught on this course are presented in a down to earth and practical manner and can be used in a clinical setting immediately.

COURSE OBJECTIVES

- Evaluate and treat age specific spinal problems
- Use age specific manual therapy techniques in the peripheral joints, including the hip, knee, ankle and shoulder
- Use quick and effective tests to determine which joints are involved
- Assess the contributing factors of joint dysfunction
- Assess primary and secondary joint dysfunction
- Learn the new manual therapy technique of **postlation**
- Treat post-THA weakness and pelvic girdle
- Treat post-TKA movement restrictions
- Identify contra-indications of treatment
- Advise the patient on home management
- Introduce functional exercises for the home

COURSE SCHEDULE – 1.75 days

DAY ONE

- 7:30 *Sign in*
- 8:00 Introduction to orthopedic manual therapy
- 9:00 Considerations when treating the elderly with exercise and manual therapy
- 9:30 Examination and testing of the cervical spine
- 10:20 *Break*
- 10:30 Manual therapy treatment of the cervical spine
- 12:00 *Lunch*
- 1:00 Examination and testing of the shoulder: joint mobility, impingement syndrome and stability
- 2:00 Treatment of the movement restricted shoulder
- 3:20 *Break*
- 3:30 Treatment of the post-rotator cuff repair shoulder
- 4:00 Treatment of the elderly scapulo-thoracic region
- 5:00 *End of day one*

DAY TWO

- 8:00 Treatment of the wrist and hand
- 09:00 Lumbar spine classification and assessment
- 10:00 Treatment of the lumbar spine, including derangement, stenosis, instability and combination syndrome
- 11:00 Hip Assessment and screening
- 11:30 *Break*
- 12:00 Treatment of the OA hip and post-THR weakness
- 01:00 Examination and treatment of the post-TKA movement restrictions
- 02:15 Examination and treatment of the ankle and foot, including ORIF and foot dysfunctions
- 03:00 *End of course*