

**Disorders of the Knee:
Update on Evaluation
and Management
March 24-25, 2012**

**Course Location:
Advantage Physical Therapy
2821 East Prospect Road
York, PA 17402**

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Phone: 484-685-3123

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COURSE FACULTY

BRIAN J SENNETT, MD interim chair of orthopedics and chief of sports medicine at **University of Pennsylvania Medical Center**. He has published several peer reviewed articles and chapters and has been honored in “Best Doctors in America” and “Top Doctors in Philadelphia”.

BRIAN ECKENRODE, PT, DPT, MS, OCS is the Sports Team Leader for GSPP Penn Therapy and Fitness at the Penn Sports Medicine Center in Philadelphia. Brian's clinical experience includes the treatment of high school, college, Olympic, and professional level athletes. He also serves as a senior lab instructor for the Physical Therapy Department at Arcadia University. In addition to having published several journal articles and book chapters, he has previously lectured on orthopaedic and sports injuries at the local and national level.

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Course Title—Check

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March 24-25, 2012

Medical Specialty: ☐ PT ☐ OT ☐ ATC

☐ CHT ☐ Other (list): _____

Experience: ☐ 0-2 years ☐ 3-5 years

☐ 5-10 years ☐ 11-20 years ☐ > 20 years

Registration Fee:

\$399 3 weeks prior to course (by 3/2/12)

\$450 Less than 3 weeks prior to course
(3/3/12 and after)

Make check payable to:

Elite Rehabilitation Solutions

Mail this completed form and payment to:
ELITE REHABILITATION SOLUTIONS
2820 Audubon Village Drive
Suite 330
Audubon, PA 19403

Or register online at:
www.eliterehabsolutions.com

Phone: 484-685-3123

Fax: 610-635-0487

E-mail: info@eliterehabsolutions.com

COURSE DESCRIPTIONS:

These 2 day courses are designed to provide participants with the latest evidence for evaluation, surgical management and rehabilitation from a orthopedic surgeon & PT who specialize in treatment of the knee. Each program will feature an integrated format of lecture, lab, video, case study, and discussion. Course content is supported by current evidence based re-search.

COURSE OBJECTIVES:

- Gain working knowledge of functional anatomy and biomechanics of the knee and it relates to pathology.
- Recognize the pathomechanics of various knee disorders and rehabilitation prognosis
- Conduct a thorough evaluation of the knee, interpret radiology reports/ images, & document treatment outcomes
- Design and implement an appropriate rehabilitation program based on latest clinical and scientific information.
- Gain understanding of overuse injuries/ syndromes and rehabilitation principles for the runner
- Gain working knowledge of surgical interventions and their affect on rehab principles of the knee
- Gain working knowledge of knee fractures and rehab principles



Disorders of the Knee Course Agenda
Day 1:

- 7:30 am Registration/ Continental Breakfast/ Pre-test
- 8:00 am Functional anatomy and evaluation of the knee
- 9:00 am Neuromuscular rehabilitation
- 10:00 am Questions/Discussion/Break
- 10:15 am Evaluation & rehabilitation of collateral & multi ligamentous knee injuries
- 11:00 am Overuse syndromes & runner’s Injuries
- 12:00 pm Questions/ Discussion
- 12:15 pm Lunch (on your own)
- 1:15 pm Rehabilitation fractures of the knee
- 2:00 pm Palpation/ Special Test (lab)
- 3:15 pm Functional Testing (lab)
- 4:00 pm Case Studies: Algorithmic Approach to Knee Rehab
- 5:30 pm Adjourn

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Disorders of the Knee Course Agenda
Day 2:

- 7:30 am Continental Breakfast
- 8:00am Pathogenesis of ACL injuries
- 8:30am Current concepts in prevention of ACL injuries
- 9:15 am Surgical management of ACL Injury
- 9:45 am Conservative management, pre-op instruction and post op rehabilitation of ACL
- 10:15am Questions/Discussion/ break
- 10:30am Pathogenesis, evaluation & management of meniscal injuries
- 11:00am Rehabilitation of meniscal Injury
- 11:30am Evaluation & management of articular cartilage defects
- 12:00pm Rehabilitation following articular cartilage procedures
- 12:30pm Lunch (on your own)
- 1:30 pm Surgical management of the patellofemoral joint
- 2:00 pm Pathogenesis, evaluation & rehabilitation of patellofemoral pain
- 2:45 pm Perturbation training & enhance ing dynamic and core stability to improve LE function (lab)
- 4:30 pm Case Study & post test
- 5:00 pm Adjourn

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Advantage Physical Therapy
2821 East Prospect Road
York, PA 17402

Lodging:
Heritage Hills Golf Resort & Conference Center (~.25 mile from facility)
2700 Mount Rose Ave
York, PA 717-755-0123
Www.hhgr.com
Hampton Inn (~2.5 miles from facility)
1550 Mount Zion Rd
York, PA 17402
717-840-1500

Registration Information:
Registration includes course handouts, continental breakfast. Lunch is on your own.
Cancellation Policy:
Refunds less \$75 will be given for cancellation requests prior to 14 days before each course. No refunds can be granted after that date.

ACCREDITATION INFORMATION:
Pennsylvania– approved for 15 contact hours with 10 applicable for direct access

New Jersey NJPTBE—approved for 14 contact hours through 1/31/12—re approval submission thereafter

NATABOC approval number 8360

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Currently Available:
Sports PT Section Team Concept
Chondral Injuries of the Knee
Patellofemoral Disorders
Shoulder Anatomy
Medical Screening for Diagnosis
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