Disorders of the Knee: Update on Evaluation and Management

March 22 -23, 2013

Course Location:
WESTARM Physical Therapy
3160 Kipp Avenue
Lower Burrell, PA  15068

COURSE FACULTY

BRIAN ECKENRODE, PT, DPT, MS, OCS is orthopedic Residency Coordinator at Arcadia University—Physical Therapy Program. In this role he coordinates education programming for orthopedic residence as well as clinical mentorship and opportunities. He serves many teaching and lab instruction roles at Arcadia; and continues to provide clinical care to a sports medicine population 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. 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.

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”.

Registration Form

Name _______________________________
Address _____________________________
_____________________________________
City _________________________________
State ________________ Zip ____________
Phone _______________________________
E-mail _______________________________

Course Title—Check
☐ Disorders of the Knee:  Update on Evaluation and Management
March 22-23, 2013

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 3/1/13
$450 Less than 3 weeks prior to course (3/2/13 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

All course confirmation sent via email; Add dhleggin@eliterehabsolutions.com to your address book to ensure delivery
Phone: 484-685-3123
Fax: 610-635-0487
E-mail: info@eliterehabsolutions.com
COURSE OBJECTIVES:
- Gain working knowledge of functional anatomy and biomechanics of the knee as 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, and 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 rehabilitation of the knee.
- Gain working knowledge of knee fractures and rehab principles.

COURSE DESCRIPTIONS:
Portrayed by current evidence based research.

Course content is supported by current evidence based research.

Learning, lecture, lab, video, case study, and discussion. Course content is supported by current evidence based research.

This course is designed with 1.5 day onsite lecture/lab and 3.75 hours of on line learning. On line learning is available 2 weeks prior to course date, and must be completed prior to arrival of course. This course is designed to provide participants with the latest evidence for evaluation, surgical management and rehabilitation from the perspectives of an orthopedic surgeon & physical therapist who specialize in treatment of the knee. Program will feature an integrated format of distance learning, lecture, lab, video, case study, and discussion.

Course content is supported by current evidence based research.

This course is designed with 1.5 day onsite lecture/lab and 3.75 hours of on line learning. On line learning is available 2 weeks prior to course date, and must be completed prior to attendance. Print certificate of completion for each lecture and bring on 3/22/13 registration.

Following lectures will be available 3/8/13. Complete prior to attendance. Print certificate of completion for each lecture and bring on 3/22/13 registration.

- Functional Anatomy of the Knee (.5 hr)
- Pathogenesis, Evaluation and Management of ACL Injuries (.5 hr)
- Surgical Management -ACL Injuries (.5 hr)
- Pathogenesis, Evaluation and Management of Articular Cartilage Defects (.5 hr)
- Pathogenesis, Evaluation and Management of meniscal injuries (.5 hour)
- Surgical Management of Patellofemoral joint (.5 hour)
- Pathogenesis, evaluation and rehabilitation of the patellofemoral joint (.75 hours)

We will not be able to allocate course CEU’s for completion of this course portion until certificate of completion are received. We will modify CEU certificates by 3.75 hours at a $25/certificate fee.

Disorders of the Knee Course Agenda

Day 1:
1:00 pm Registration/ Continental Breakfast/ Pre-test
1:30 pm Questions Functional Anatomy Evaluation of the Knee
2:15 pm Questions -ACL Surgical lectures
2:30 pm Current concepts in prevention of ACL injuries
3:15 pm Conservative management, pre-op instruction and post op rehabilitation of ACL
4:45 pm Questions/Discussion/ break
5:00 pm Palpation/ Special Test (lab)
6:00 pm Questions -Meniscus Lecture

Day 2:
6:15 pm Rehabilitation of meniscal Injury
6:45 pm Adjourn

7:30 am Registration/ Continental Breakfast
7:45 am Questions Patellofemoral and Articular Cartilage lectures
8:00am Rehabilitation following articular cartilage procedures
8:30am Rehabilitation—Fractures of the Knee
9:15am Pathogenesis, evaluation and rehabilitation of collateral and multiligamentous injuries
10:00 am Questions/Discussion/ break
10:15am Neuromuscular Rehabilitation
11:15am Functional Testing (lab)
12:30pm Lunch (on your own)
1:30 pm Differential Diagnosis: Overuse Syndromes & Runner’s Injuries
2:30 pm Perturbation training & enhancing dynamic and core stability to improve LE function (lab)
3:15 pm Questions/Discussion/ break
3:30 pm Case Studies: Algorithmic Approach to Knee Rehab
4:30 pm Case Studies and Post Test
5:00 pm Adjourn

Accreditation Information:

NEW JERSEY NIPTEB—approved for 15 contact hours with 10 applicable for direct access

New Jersey NJPTBE—approved for 15 contact hours—# 227-2012

NATABOC approval number 8360

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