2013 LOWER EXTREMITY UPDATE

EVALUATION, TREATMENT AND REHABILITATION

November 22-23, 2013
Hyatt Regency Penn’s Landing
201 South Columbus Boulevard
Philadelphia, Pennsylvania

SPONSORED BY:
Philadelphia Orthopaedic and Sports Rehab Foundation

COURSE CHAIRMEN:
Brian J. Sennett, MD
Martin J. Kelley, PT, DPT, OCS
Brian G. Leggin, PT, DPT, OCS

DISCOUNTED REGISTRATION DEADLINE: OCTOBER 23!

LOWER EXTREMITY UPDATE 2013

November 22-23, 2013 PHILADELPHIA, PA

SPONSORED BY: The Philadelphia Orthopaedic and Sports Rehab Foundation

COURSE CHAIRMEN: Brian J. Sennett, MD • Martin J. Kelley, PT, DPT, OCS • Brian G. Leggin, PT, DPT, OCS

Lower Extremity Update 2013 is a two-day conference for physical therapists, physical therapist assistants, athletic trainers, nurses, physician assistants and physicians interested in learning the latest concepts and research related to evaluation, treatment and rehabilitation of lower extremity disorders.

REGISTRATION & HOTEL INFORMATION:
This course fills up quickly so early registration is strongly encouraged. Registrations received before October 23 will receive a discount. Of special note, registration for Lower Extremity Update 2013 also includes all conference materials on a USB disk and continental breakfast each day.

Lower Extremity Update 2013 will be held at the Hyatt Regency, Penn’s Landing, 201 South Columbus Boulevard, Philadelphia, PA 19106. A block of rooms have been reserved at a special room rate for a limited time. For hotel information contact the Hyatt Regency at 215-928-1234 or go to www.hyatt.com.

COURSE DESCRIPTION:
Lower Extremity Update 2013 is a two-day conference for physical therapists, physical therapist assistants, athletic trainers, nurses, physician assistants and physicians interested in learning the latest concepts and research related to evaluation, treatment and rehabilitation of lower extremity disorders.

COURSE OBJECTIVES:
Upon completion of this course, participants will have gained the ability to provide a differential diagnosis evaluation, prognosis and intervention for various lower extremity disorders.

Participants will be able to:
• Use the latest evidence to conduct a complete evaluation of the hip, knee, foot and ankle, as well as document treatment outcomes.
• Understand and utilize the most current evidence in understanding the pathogenesis, diagnosis, and management of various lower extremity disorders.
• Develop hands-on evaluation and treatment skills.

COURSE INSTRUCTORS:
Course participants will have ample time for discussion and interaction with the orthopaedic surgeons, physicians, therapists, and special guest faculty. Members of the faculty have published numerous peer reviewed articles, books, and book chapters, relating to lower extremity disorders. In addition, they are currently involved in research aimed at advancing the management of lower extremity disorders. Members of this faculty have lectured on these topics locally, nationally, and internationally.

DISCOUNTED REGISTRATION DEADLINE: OCTOBER 23!
**Day 1 Friday, November 22**

**TIME**  | **TOPIC/SPEAKER**
---|---
7:00 am | Registration/Continental Breakfast
8:00 am | Welcome/Introductions
Brian J. Sennett, MD
Brian G. Leggin, PT, DPT, OCS
8:10 am | Functional anatomy and biomechanics of the knee
David Ebaugh, PhD, PT
8:30 am | Natural history and pathogenesis of ACL injuries
Brian J. Sennett, MD
8:55 am | Contemporary management of ACL injuries: Are we being realistic about expectations with our patients?
Lynn Snyder-Mackler, PT, ATC, SCS, ScD
9:15 am | Current concepts in the prevention of ACL injuries
Brian J. Eckenrode, PT, DPT, OCS
9:40 am | Break
10:00 am | Restoring neuromuscular control in the ACL deficient Knee: Identifying “capers” and “noncapers”
Lynn Snyder-Mackler, PT, ATC, SCS, ScD
10:25 am | Special considerations of adolescent ACL reconstruction
Ted Ganley, MD
10:50 am | Rehabilitation following ACL reconstruction and return to activity criteria
Lynn Snyder-Mackler, PT, ATC, SCS, ScD
11:10 am | Rehabilitation following ACL reconstruction
Brian J. Sennett, MD
11:40 am | Panel Discussion/Questions
12:15 pm | Lunch
1:15 pm | Patellofemoral pain: The influence of lower extremity biomechanics and nonop rehabilitation
John Dewitt, PT, ATC, SCS
2:00 pm | Surgical management of patellofemoral pain: What do you need to know for rehabilitation?
Milt Zgonis, MD
2:15 pm | Evaluation and surgical management of meniscal and articular cartilage defects of the knee
James Carey, MD

**Day 2 Saturday, November 23**

**TIME**  | **TOPIC/SPEAKER**
---|---
8:00 am | Practical applications of lower extremity outcome measures
Brian G. Leggin, PT, DPT, OCS
8:25 am | Evaluation and management of running injuries
John Vusdevan, MD
8:55 am | Hamstring injuries: prevention and rehabilitation
Martin J. Kelley, PT, DPT, OCS
9:20 am | Differential diagnosis and rehabilitation of athletic pubalgia (sports hernia)
John Dewitt, PT, ATC, SCS
9:40 am | Break
10:00 am | Pathogenesis and arthroscopic management of hip injuries
John Kelly, MD
10:30 am | Post-op rehab guidelines and management of chronic hip pain following hip arthroscopy
John Dewitt, PT, ATC, SCS
11:10 am | The female athlete triad and implications for lower extremity injuries
Kate Temme, MD
11:30 am | Panel Discussion/Questions
12:00 noon | Lunch

**REGISTRATION FEE:**

Postmarked/received on or before October 23rd: $399
Postmarked/received on or after October 24th: $450

Registration fees will be refunded in full if written cancellation notice is received prior to October 23, 2013. A $50 handling fee will be assessed for cancellations postmarked between October 24th and November 13th. No refunds will be awarded after November 14th.

**ACCREDITATION INFORMATION**

All participants will receive a certificate for contact hours or continuing education units (CEUs) as approved by governing bodies. Please check the website for accreditation approvals. We are a BOC approved provider (10p3277). www.eliterehabsolutions.com

**Registration Form**

Name: _________________________________
Home Address: _________________________
City/State/Zip: _________________________
Employer: ______________________________
Work Address: _________________________
City/State/Zip: _________________________
Daytime Telephone: _____________________
Fax: ________________________________
Email: _______________________________

Confirmation will be sent by email only. Please set your inbox to accept email from eliterehabsolutions.com

Medical Specialty: [ ] PT/PTA [ ] ATC [ ] PA [ ] Nurse [ ] Physician [ ] Other:

Years of experience: [ ] 0-5 years [ ] 6-10 years [ ] 11-20 years [ ] >20 years

Please check your primary employment setting:
[ ] Acute care hospital [ ] Inpatient rehab/SNF [ ] Health system or hospital based outpatient [ ] Private outpatient or group practice [ ] Home Care [ ] Other (List):

Workshops:
Please indicate your first, second, and third choices in order of preference each day. Space is limited and will be assigned in order of receipt of paid registration only.

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**REGISTER ONLINE AT:** www.eliterehabsolutions.com

**OR MAIL CHECK PAYABLE TO:** Philadelphia Orthopedic and Sports Rehab Foundation.

Elite Rehabilitation Solutions
2820 Audubon Village Drive, #330
Audubon, PA 19403

For more information call (484) 685-3123 or email info@eliterehabsolutions.com

***IN ORDER TO SAVE PAPER, ALL HANDOUTS WILL BE ISSUED ON A USB DISK. PLEASE BRING AN APPROPRIATE ELECTRONIC DEVICE TO VIEW THE HANDOUTS***