

2019 LOWER EXTREMITY UPDATE

EVALUATION, TREATMENT AND REHABILITATION

November 22-23, 2019

Hilton Philadelphia at 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

Guest Faculty:
Daniel S. Lorenz, DPT, PT, ATC/L, CSCS

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners
Alexis Tingan, MD
Penn Rehabilitation Medicine
Christopher Wickel, PT, DPT, OCS, Cert. MDT
Good Shepherd Penn Partners
Karen Havlicsek, PTA
Good Shepherd Penn Partners
Mil Zgonis, MD
Penn Sportsmedicine
John D. Kelly, IV, MD
Penn Sportsmedicine
Mathew Lewulis, DO
Penn Sportsmedicine
Robert Maschi, PT, DPT, OCS, CSCS
Drexel University
Kathryn O'Connor, MD, MSPT
Penn Orthopedics
Michael Roberto, PT, DPT, OCS
Good Shepherd Penn Partners
Molly Dang, PT, DPT, OCS
Good Shepherd Penn Partners

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

COURSE FACULTY:
Daniel S. Lorenz, DPT, PT, ATC/L, CSCS
Director of Sports Medicine
Ortho Kansas
James Carey, MD
Penn Sportsmedicine
Cheryl Cocca, PT, DPT, OCS
Good Shepherd Penn Partners
Brian G. Leggin, PT, DPT, OCS
Penn Orthopedics
Good Shepherd Penn Partners
Martin J. Kelley, PT, DPT, OCS
Penn Sportsmedicine
Penn Orthopedics
Good Shepherd Penn Partners
David Ebaugh, PhD, PT
University of Delaware
Kevin Gard, PT, DPT, OCS
Drexel University
Good Shepherd Penn Partners
Karen Havlicsek, PTA
Good Shepherd Penn Partners
Alexis Tingan, MD
Penn Rehabilitation Medicine
Christopher Wickel, PT, DPT, OCS, Cert. MDT
Good Shepherd Penn Partners
Mil Zgonis, MD
Penn Sportsmedicine

COURSE CHAIRMEN:

LOWER EXTREMITY UPDATE 2019

November 22-23, 2019 PHILADELPHIA, PA

SPONSORED BY: The Philadelphia Orthopaedic and Sports Rehab Foundation
2520 Audubon Village Drive, Audubon, PA 19403

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

Lower Extremity Update 2019 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 November 1 will receive a discount.* Registration includes downloadable course materials and breakfast each day. Handout books are available through pre-order only.

Lower Extremity Update 2019 will be held at the Hilton Philadelphia at Penn's Landing (formerly Hyatt), 201 South Columbus Boulevard, Philadelphia, PA 19106. A block of rooms have been reserved at a special room rate until November 7. Please reserve rooms early as there are other events in Philadelphia that weekend.

For hotel information contact the Hilton at 215-521-6500 or go to www.hilton.com/philadelphia. Mention Philadelphia Orthopedic and Sports Rehab Foundation for special room rate.

COURSE DESCRIPTION: Lower Extremity Update 2019 is a two-day conference for PT's, PTA's, athletic trainers, and physicians interested in learning the latest evidence-based concepts and research related to evaluation treatment and rehabilitation of lower extremity disorders. This innovative and comprehensive program features an integrated format of lectures, panel discussions, case study presentations and workshops.

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 lower extremity, as well as document treatment outcomes.
- Understand and utilize the most current evidence in understanding the pathogenesis, diagnosis, and management of 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, and therapist 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 patients. Members of this faculty have lectured on these topics locally, nationally, and internationally.

DISCOUNTED EARLY REGISTRATION DEADLINE: NOVEMBER 1

Day 1 Friday, November 22

TIME	TOPIC/SPEAKER
7:00 am	Registration/Continental Breakfast
7:55 am	Welcome/Introductions
8:00 am	Injury mechanism, natural history, and reconstruction of anterior cruciate ligament injuries <i>Brian Sennett, MD</i>
8:45 am	Rehabilitation following ACL reconstruction, return to activity techniques and criteria <i>Daniel S. Lorenz, DPT, PT, ATC/L, CSCS</i>
9:30 am	Athletic Pubalgia, and Core Muscle Injury <i>Alexis Tingan, MD</i>
9:50 am	Break
10:15 am	Functional anatomy of the lower extremity as it relates to common running injuries: Cadaver dissection <i>David Ebaugh, PT, PhD</i>
10:40 am	Biomechanics of running injuries <i>Kevin Gard, PT, DPT, OCS</i>
11:05 am	Interventions to modify running mechanics and address injuries <i>Robert Maschi, PT, DPT, OCS, CSCS</i>
11:30 am	Case Studies/Panel Discussion/Questions
11:50 am	Panel Discussion/Questions
12:00 pm	Lunch (on your own)
1:00 pm	Blood flow restriction therapy: science, theory, and application <i>Daniel S. Lorenz, DPT, PT, ATC/L, CSCS</i>
1:25 pm	Ankle instability and surgical reconstruction <i>Kathryn O'Connor, MD</i>
1:50 pm	Surgical management of the most common foot and ankle fractures <i>Kathryn O'Connor, MD</i>
2:15 pm	Functional testing and rehabilitation algorithm following foot and ankle injuries <i>Daniel S. Lorenz, DPT, PT, ATC/L, CSCS</i>
2:40 pm	Panel Discussion/Questions
3:00 pm	Break

3:30 - 5:00 CONCURRENT WORKSHOPS **choose one**

- Workshop 1:** Clinical examination of the foot and ankle
Cheryl Cocca • Michael Robeto • Kathryn O'Connor • Brian Eckenrode • Michael Steimling
- Workshop 2:** Mobilization and soft tissue techniques to improve lower extremity mobility
James Arnone • Michele Little • Karen Havlicsek • Christopher Wickel
- Workshop 3:** Functional exercise progression and evaluation for return to activity
Daniel S. Lorenz
- 5:00 pm Adjourn

Day 2 Saturday, November 23

7:00 am	Continental Breakfast
8:00 am	Current concepts in the surgical Management of meniscus lesions <i>Brian J. Sennett, MD</i>
8:25 am	Rehabilitation of meniscus lesions: Is therapy better than surgery? <i>Brian Leggin, PT, DPT, OCS</i>
8:50 am	Evaluation and surgical management of articular cartilage defects of the knee <i>James Carey, MD</i>
9:15 am	Rehabilitation following articular cartilage procedures <i>Brian Eckenrode, PT, DPT, OCS</i>
9:40 am	Panel Discussion/Questions
10:00 am	Break
10:20 am	Pathogenesis and arthroscopic management of hip injuries <i>John Kelly, MD</i>
10:45 am	Post-op rehab following hip arthroscopy <i>Daniel S. Lorenz, DPT, PT, ATC/L, CSCS</i>
11:05 am	Hamstring injuries: prevention and rehabilitation <i>Martin Kelley, PT, DPT, OCS</i>
11:30 am	Case Studies, Questions, Discussion
12:00 noon	Lunch (on your own)

1:00 pm	Patellofemoral Pain: The influence of lower extremity biomechanics and nonop rehabilitation <i>Daniel S. Lorenz, DPT, PT, ATC/L, CSCS</i>
1:25 pm	Surgical Management of patellofemoral pain: What do you need to know for rehabilitation? <i>Milt Zgonis, MD</i>
1:45 pm	Evaluation and management of achilles tendon injuries <i>Milt Zgonis, MD</i>
2:05 pm	Rehabilitation for achilles tendonitis vs. tendinosis <i>Brian Eckenrode, PT, DPT, OCS</i>
2:25 pm	Panel Discussion/Questions
2:45 pm	Break

3:15-4:45 CONCURRENT WORKSHOPS **choose one**

- Workshop 1:** Clinical examination of the knee and hip
Martin Kelley • Michael Roberto • Michael Steimling • John Kelly • Milt Zgonis • Matthew Lewullis • Molly Dang
- Workshop 2:** Instrument assisted soft tissue mobilization for the lower extremity
James Arnone • Michele Little • Karen Havlicsek
- Workshop 3:** Motor control and rehab considerations for return to activity
Christopher Wickel

• ALL HANDOUTS WILL BE AVAILABLE FOR DOWNLOAD 3 DAYS BEFORE THE COURSE. YOU WILL BE EMAILED A LINK WITH A PASSWORD

• YOU CAN PRE-ORDER A HANDOUT BOOK FOR \$25.00.

• EXTRA HANDOUTS WILL NOT BE AVAILABLE ONSITE.

ACCREDITATION INFORMATION

All participants will receive a certificate for 15 contact hours or 1.5 continuing education units (CEU's) as approved by governing bodies. Please check the website for accreditation approvals.
www.eliterehabolutions.com

Registration Form

Name: _____

Home Address: _____

City/State/Zip: _____

Daytime Telephone: _____

Fax: _____

Email: _____

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

Medical Specialty: PT PTA ATC PA Nurse
 Physician
 Other: _____

Years of experience: 0-5 years 6-10 years
 11- 15 years 16- 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.

	1st Choice	2nd Choice	3rd Choice
Day 1			
Day 2			

Please check appropriate registration box:

- Registration for Lower Extremity Update 2019 (checks payable to **Philadelphia Orthopedic and Sports Rehab Foundation**)
 Please order me a handout book for an additional \$25.00

Total Enclosed: _____

REGISTER ONLINE AT: www.eliterehabolutions.com

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

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

For more information all correspondence will be through email:
posrf@yahoo.com

REGISTRATION FEE:

Postmarked/received on or before November 1st: **\$425**
Postmarked/received after November 1st: **\$475**

Registration fees will be refunded in full if written cancellation notice is received prior to **November 1, 2019**. A \$35 handling fee will be assessed for cancellations postmarked between November 1st and November 15th. No refunds will be awarded after November 15th.