

2009 LOWER EXTREMITY UPDATE

EVALUATION, TREATMENT AND REHABILITATION

November 20-21, 2009

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

**DISCOUNTED REGISTRATION
DEADLINE: OCTOBER 23!**

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Lower Extremity Update 2009 is a two-day conference for physical therapists, physical therapist assistants, athletic trainers, 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 2009 also includes all conference materials and continental breakfast each day.

Lower Extremity Update 2009 will be held at the Hyatt Regency, Penn's Landing, 201 South Columbus Boulevard, Philadelphia, PA 19106.

For hotel information contact the Hyatt Regency at 215-928-1234 or go to www.hyatt.com. The Hyatt Regency is offering a special room rate of \$189/night plus tax for a single or double occupancy. This rate is available for a limited time and rooms fill up quickly.

COURSE DESCRIPTION:

Lower Extremity Update 2009 is a two-day conference for physical therapists, physical therapist assistants, 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 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.

COURSE CHAIRMEN:

Brian J. Sennett, MD
Penn Sportsmedicine

Fotios Tjounmakaris, MD
Penn Sportsmedicine

Martin J. Kelley, PT, DPT, OCS
Penn Sportsmedicine

Brian G. Leggin, PT, DPT, OCS
Good Shepherd Penn Partners

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GUEST FACULTY

Mark DeCarlo,
PT, DPT, MHA, SCS, ATC

Methodist Sportsmedicine
Indianapolis, IN

Lynn Snyder-Mackler,
PT, ATC, SCS, SCD

University of Delaware

COURSE FACULTY:

Arthur R. Bartolozzi, MD
3B Orthopaedics

Wen Chao, MD
Pennsylvania Orthopaedic Foot &

Ankle Surgeons

Brian Eckenrode, MSPT, OCS
Penn Orthopaedic Institute

Good Shepherd Penn Partners

Jonathan Garino, MD
Penn Orthopaedic Institute

Jeffrey O'Neill, PT, DPT, OCS
Good Shepherd Penn Partners

Diana Hearn, PT, OCS
Good Shepherd Penn Partners

Good Shepherd Penn Partners

Craig Israelite, MD
Penn Rehabilitation Medicine

Rahul Kapur, MD
Penn Sportsmedicine

Christophher Kauffman, MSPT
Good Shepherd Penn Partners

Gwo-Chin Lee, MD
Penn Orthopaedic Institute

Keith Wapner, MD
Pennsylvania Orthopaedic Foot &

Ankle Surgeons

L. Scott Levin, MD
Chairman, Penn Orthopaedics

Sean Loughlin, MSPT, OCS
Good Shepherd Penn Partners

Samir Mehta, MD
Penn Orthopaedic Institute

Charles Nelson, MD
Penn Orthopaedic Institute

Jeffrey O'Neill, PT, DPT, OCS
Good Shepherd Penn Partners

Good Shepherd Penn Partners

Christophher Plastaras, MD
Penn Rehabilitation Medicine

Marisa Pontillo, DPT, SCS
Good Shepherd Penn Partners

Justin Shaginaw, MPT, ATC
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US Soccer

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DISCOUNTED REGISTRATION DEADLINE: OCTOBER 23!

Day 1 Friday, November 20

TIME	TOPIC/SPEAKER
6:30 am	Registration/Continental Breakfast
8:00 am	Welcome/Introductions Brian J. Sennett, MD Brian G. Leggin, PT, DPT, OCS
8:10 am	Anatomy and biomechanics of the knee Gwo-Chin Lee, MD
8:30 am	Natural history and pathogenesis of ACL injuries Brian J. Sennett, MD
8:50 am	Current concepts in the prevention of ACL injuries Lynn Snyder-Mackler, PT, ATC, SCS, ScD
9:10 am	Identifying copers and non-copers following ACL injury Lynn Snyder-Mackler, PT, ATC, SCS, ScD
9:30 am	Surgical management of ACL injuries Arthur R. Bartolozzi, MD
10:00 am	Break
10:20 am	Rehabilitation following ACL reconstruction Mark DeCarlo, PT, DPT, MHA, SCS, ATC
10:50 am	Current evidence in the pathogenesis, evaluation, and rehabilitation of patellofemoral pain Mark DeCarlo, PT, DPT, MHA, SCS, ATC
11:15 am	Surgical management of patellofemoral pain Gwo-Chin Lee, MD
11:30 am	Panel Discussion/Questions
Noon	Lunch
1:00 pm	Evaluation and management of articular cartilage procedures Brian J. Sennett, MD
1:20 pm	Rehabilitation following articular cartilage procedures Mark DeCarlo, PT, DPT, MHA, SCS, ATC
1:40 pm	Current concepts in the surgical management of the arthritic knee Craig Israelite, MD
2:00 pm	Rehabilitation of knee arthritis and arthroplasty Lynn Snyder-Mackler, PT, ATC, SCS, ScD
2:20 pm	Panel Discussion/Questions
2:40 pm	Break

REGISTRATION FEE:

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

\$375
\$425

Registration fees will be refunded in full if written cancellation notice is received prior to October 23, 2009. A \$35 handling fee will be assessed for cancellations postmarked between October 24th and November 13th. No refunds will be awarded after November 14th.

3:00 - 4:30 CONCURRENT WORKSHOPS

Workshop 1:	Clinical Examination of the Knee Brian J. Sennett, MD Craig Israelite, MD Christopher Kauffman, MSPT
Workshop 2:	Functional Testing of the Knee Justin Shaginaw, MPT, ATC Marisa Pontillo, DPT, SCS
Workshop 3:	Manual Therapy Techniques for the Knee Mark DeCarlo, PT, DPT, MHA, SCS, ATC Brian G. Leggin, PT, DPT, OCS Martin Kelley, PT, DPT, OCS
Workshop 4:	Functional Exercise Progression and Perturbation Training Lynn Snyder-Mackler, PT, ATC, SCS, ScD Brian Eckenrode, MSPT, DPT, OCS

Day 2 Saturday, November 21

TIME	TOPIC/SPEAKER
7:00 am	Continental Breakfast/Exhibits
8:00 am	Anatomy and Biomechanics of the Hip Christopher Plataras, MD
8:20 am	Pathogenesis, diagnosis, and management of the arthritic hip Jonathan Garino, MD
8:50 am	Rehabilitation of hip arthritis and arthroplasty Brian Leggin, PT, DPT, OCS
9:10 am	Pathogenesis and management of hip labral injuries Charles Nelson, MD
9:30 am	Rehabilitation of hip labral injuries and surgery Justin Shaginaw, MPT, ATC
9:50 am	Surgical management of traumatic lower limb injuries and considerations for rehabilitation L. Scott Levin, MD
10:10 am	Panel Discussion/Questions
10:30 am	Break
10:50 am	Anatomy and biomechanics of the foot and ankle Keith Wapner, MD

11:10 am	Acute and chronic instability of the ankle Wen Chao, MD
11:30 am	Rehabilitation of ankle instability Marisa Pontillo, DPT, SCS
11:45 am	Panel Discussion/Questions
Noon	Lunch
1:00 pm	Evaluation and management of Achilles tendon injuries Keith Wapner, MD
1:20 pm	Rehabilitation of Achilles tendon repair Marisa Pontillo, DPT, SCS
1:40 pm	Overuse syndromes of the foot and ankle Wen Chao, MD
2:00 pm	Rehabilitation of overuse syndromes of the foot and ankle Brian Eckenrode, MSPT, DPT, OCS
2:20 pm	Fractures of the foot and ankle Samir Mehta, MD
2:40 pm	Rehabilitation following fractures of the foot and ankle Brian Eckenrode, MSPT, DPT, OCS
3:00 pm	Panel Discussion/Questions
3:15 pm	Break

3:30 - 5:00 CONCURRENT WORKSHOPS

Workshop 1:	Clinical examination of the hip Christopher Kauffman, MSPT Fotios Tjoumakaris, MD Rahul Kapur, MD Christopher Plataras, MD
Workshop 2:	Clinical Examination of the foot and ankle Wen Chao, MD Samir Mehta, MD Keith Wapner, MD Marisa Pontillo, DPT, SCS
Workshop 3:	Manual techniques for the hip & pelvis Justin Shaginaw, MPT, ATC Diana Hearn, PT, OCS Sean Loughlin, MSPT, OCS
Workshop 4:	Manual Techniques for the foot and ankle Brian Eckenrode, MSPT, DPT, OCS Martin Kelley, PT, DPT, OCS Jeffrey O'Neill, PT, DPT, OCS

ACCREDITATION INFORMATION

All participants will receive a certificate for contact hours or continuing education units (CEU's) as approved by governing bodies. Please check the website for accreditation approvals. We are a BOC approved provider (#p3272). www.eliterehabolutions.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 unless you would rather have mail confirmation to Home Work

Medical Specialty: PT/PTA OT/COTA CHT
 ATC 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			

REGISTER ONLINE AT: www.eliterehabolutions.com

OR MAIL PAYMENT TO:

Lower Extremity Update 2009
Elite Rehabilitation Solutions
2820 Audubon Village Drive, Suite 330
Audubon, PA 19403

Make checks payable to Philadelphia Orthopedic and Sports Rehab Foundation.

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