

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 •
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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, 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.

DISCOUNTED REGISTRATION DEADLINE: OCTOBER 23!

COURSE FACULTY:

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

Tiffany Prince, PT, DPT, OCS
Good Shepherd Penn Partners

Marisa Pontillo, DPT, SCS
Good Shepherd Penn Partners

Gina Serago, DPT
Good Shepherd Penn Partners

David Ebaugh, PhD, PT
Drexel University

Kate Temme, MD
Penn Physical Medicine and
Rehabilitation

Brian Eckenrode, MSP, OCS
Good Shepherd Penn Partners

Ted Ganley, MD
Children's Hospital of Philadelphia

Allison Greene, DPT
Good Shepherd Penn Partners

Milt Zgonis, MD
Penn Sportsmedicine

Holly Jo Harvey, PT, DPT
Good Shepherd Penn Partners

John D. Kelly, IV, MD
Penn Sportsmedicine

COURSE CHAIRMEN:

Brian J. Sennett, MD
Penn Sportsmedicine

Martin J. Kelley, PT, DPT, OCS
Good Shepherd Penn Partners

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

GUEST FACULTY

John Dewitt, PT, ATC, SCS
Ohio State University

Lynn Snyder-Mackler,
PT, ATC, SCS, SCD
University of Delaware

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 "copers" and "noncopers" Lynn Snyder-Mackler, PT, ATC, SCS, ScD
10:25 am	Surgical management of ACL injuries Brian J. Sennett, MD
10:50 am	Special considerations of adolescent ACL reconstruction Ted Ganley, MD
11:10 am	Rehabilitation following ACL reconstruction and return to activity criteria Lynn Snyder-Mackler, PT, ATC, SCS, ScD
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

TIME	TOPIC/SPEAKER
2:40 pm	Rehabilitation following articular cartilage procedures Brian Eckenrode, PT, DPT, OCS
3:00 pm	Break
3:20 pm	Anatomy and biomechanics of the foot/ankle complex Cheryl Cocca, PT, DPT, OCS
3:45 pm	Evaluation and management of achilles tendon injuries Milt Zgonis, MD
4:10 pm	Rehabilitation of achilles tendonitis vs. tendinosis Brian Eckenrode, PT, DPT, OCS
4:35 pm	Pathogenesis and rehabilitation of ankle instability Marisa Pontillo, DPT, SCS
5:00 pm	Panel Discussion/Questions

Day 2 Saturday, November 23

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 Vasudevan, 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

1:00 - 2:45/3:15-5:00
CONCURRENT WORKSHOPS

choose two

Workshop 1: Clinical examination of the hip and knee
John Kelly, MD
James Carey, MD
Molly Dang, PT, DPT, OCS
Holly Jo Harvey, PT, DPT
Tiffany Prince, PT, DPT, OCS

Workshop 2: Clinical Examination of the foot and ankle
John Vasudevan, MD
Kate Temme, MD
Cheryl Cocca, PT, DPT, OCS
Marisa Pontillo, DPT, SCS

Workshop 3: Manual techniques for the hip & pelvis
John Dewitt, PT, ATC, SCS

Workshop 4: Functional exercise progression for return to activity
Jeffrey O'Neill, PT, DPT, OCS
Allison Greene, DPT
Gina Serago, DPT

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

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 you 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- 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
Session1			
Session 2			

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

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 \$35 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 (CEU's) as approved by governing bodies. Please check the website for accreditation approvals. We are a BOC approved provider (#p3272). www.eliterehabsolutions.com