

HDR Educational  
Services

**Two Live Course  
Offerings Coming to  
Your Area!**

## Fundamentals for Shoulder Rehabilitation for PTs and OTs



## Fall Risk Management A Clinical Approach



**Friday and Saturday  
October 9 & 10, 2009  
Courtyard Denver Tech Center  
Greenwood Village, CO**

## Fundamentals for Shoulder Rehabilitation for PTs and OTs

This one day basic level course is designed to provide an update to physical therapists and help the occupational therapist develop understanding of the anatomy, biomechanics, evaluation, and treatment intervention approaches to common shoulder problems.

Emphasis is on basic evaluation and exercise progressions that lead to improved ROM, strength, and functional abilities in adults.

Evidence based protocols for rotator cuff injuries, adhesive capsulitis, shoulder-hand syndrome, neurologically related subluxation, and the geriatric shoulder are included. Information for electrotherapy protocols and taping approaches will be included but emphasis will be on exercise techniques. PTAs and COTAs are welcome. Participants should wear clothing that allows access to the scapular and shoulder area during labs.

### Objectives:

*At the conclusion of this workshop, participants will be able to:*

- Relate anatomy and biomechanics of the shoulder to clinical evaluation and exercise interventions
- Identify common clinical presentations for shoulder problems

- Perform basic exercise for ROM, strengthening, and functional activities
- Assess exercise program content in shoulder protocols and identify protocols supported by research

### Date/Location

Friday, October 9, 2009  
Courtyard Denver Tech Center  
(Room rates have been secured at  
\$89.00. Hotel phone: 303-721-0300)  
Greenwood Village, CO

### Workshop Hours

7:45 a.m. - Registration  
Workshop begins at 8:00 a.m. and  
concludes at 5:30 p.m.

### Presenter

Jerline Carey, MA, PT

### CEU's

8

### Designed for

PT/PTA/OT/COTA

### Workshop Cost

**Early Rate: \$168**

*35 days or more prior to workshop*

**Standard Rate: \$198**

*10 to 34 days prior to workshop*

**Last Chance Rate: \$228**

*Less than 10 days prior to workshop*

For more information please see our website at: [www.hdrtherapy.com](http://www.hdrtherapy.com) and click on "Continuing Ed"

## Fall Risk Management—A Clinical Approach

Occupational and Physical Therapists working with the elderly and chronically disabled in hospital, outpatient, home care, and nursing home settings have an opportunity to impact quality of life through fall risk management programs. This seminar provides the therapist and assistant with the necessary tools for evaluation, outcome assessment, and intervention planning for management of fall and fall risk problems. Learn the most recent recommendations from the literature from a physical therapist who is working regularly with turning evidence based information into clinical reality. This workshop allows the therapist and assistant to develop skills with practical evaluation tools, intervention programs, billing information, and documentation needs.

### Objectives:

At the conclusion of this workshop, participants will be able to:

- Perform evaluation of balance problems and identify intervention needs
- Identify and carry out intervention programs

- Identify appropriate outcome measures for the patient and the fall risk management programs in various settings
- Review fall risk management programs for various health care settings
- Identify documentation and billing needs

### Date/Location

Saturday, October 10, 2009  
Courtyard Denver Tech Center  
(Room rates have been secured at \$89.00. Hotel phone: 303-721-0300)  
Greenwood Village, CO

### Workshop Hours

7:45 a.m. - Registration  
Workshop begins at 8:00 a.m. and concludes at 5:00 p.m.

### Presenter

Jerline Carey, MA, PT

### CEU's

7.5

### Designed for

PT/PTA/OT/COTA

### Workshop Cost

**Early Rate: \$168**  
35 days or more prior to workshop  
**Standard Rate: \$198**  
10 to 34 days prior to workshop  
**Last Chance Rate: \$228**  
Less than 10 days prior to workshop

## About the Presenter:

Jerline Carey, MA, PT is currently practicing PT in Washington state, works regularly with fall risk management and has worked in multiple settings throughout her 35 years as a physical therapist. She was faculty at Minnesota's College of St. Scholastica's physical therapy program for 22 years with gait and balance her topic of student directed research. She was visiting professor at Washington's University of Puget Sound for one year. She has run specialty balance clinics and has helped to organize fall risk management approaches in multiple facilities in many areas of the country. She has provided continuing education in balance and gait for the last 15 years as well as other topics including shoulder rehab, physical agents, and effective pediatric practice in the school setting. She has taught anatomy, basic evaluation and exercise, physical agents, pediatrics and geriatrics rehabilitation courses, neurological rehabilitation, motor learning, and directed special research projects during her years of teaching.

### Continuing Education

Certificate of Attendance listing appropriate information will be handed out at the conclusion of the workshop. This will enable you to register your credit with the appropriate licensing board or association.

### Registration Procedure

Preregistration is required for all workshops. Please complete the **Registration Form** and mail with the registration fee made payable to **HDR Educational Services**. Credit card registrations may be faxed to **763.689.5558** or phone to **1.800.243.5383** or **763.689.5385** (Minneapolis area metro number), or you may register online at [www.hdrtherapy.com](http://www.hdrtherapy.com) and click on [continuing ed workshops](#).

### Confirmation Letters

Confirmation letters will be sent **two weeks** prior to the workshop you are attending. If you want to know if your registration and payment have been received prior to that time, please call.

**You are considered registered when HDR has received your payment.** Workshops will be filled on a first-paid, first-registered basis. A phone call and/or message does not constitute a guaranteed spot in a workshop. If a workshop is filled we will notify you and place you on a waiting list and you will be contacted if space becomes available.

### Cancellations

If HDR Educational Services must cancel the workshop, you will be contacted and your registration fee will be refunded in full. Cancelled registration requests must be received in writing before the date of your workshop. You will receive a refund of your paid tuition less a \$20 administration fee. Refund requests will not be accepted after the date of your workshop. HDR is not responsible for any nonrefundable travel plans you made.

### Receipts

Receipts will be available at the workshop you're attending. Contact our office if you need a receipt prior to the workshop and we will mail one to you.

## REGISTRATION

Duplicate form as needed.

One registration form per participant.

Name (Please print or type your name as you wish it to appear on name tag/certificate.)

Home Address (To send confirmation letter.) Apt. #

City

State Zip

( ) Business Phone Ext. #

( ) Home Phone

Title/Position

Company/Organization

Register me for:

- Fundamentals for Shoulder Rehabilitation for PTs and OTs**  
Friday, October 9, 2009  
Courtyard Denver Tech Center, Greenwood Village, CO
- Fall Risk Management—A Clinical Approach**  
Saturday, October 10, 2009  
Courtyard Denver Tech Center, Greenwood Village, CO

Method of Payment:

- Check is enclosed for: \$ \_\_\_\_\_
- Please charge to my **Visa/Master Card**
  - Personal Card  Company Card

Print Cardholder's Name

Cardholder's Signature

Card Number Exp. Date

Billing Address for Credit Card (if different from registration address)

Mail, Phone or Fax it in.

Mail registration form and check made payable to:

**HDR Educational Services**  
1994 East Rum River Drive South  
Cambridge, MN 55008-2663

Phone: 763.689.5385 or 800.243.5383

Fax: 763.689.5558