

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

- Vestibular Rehabilitation
- Cardiopulmonary Rehabilitation
- Pilates Challenges for Core Stability
- Reflex Integration for Infants with Autism and Neuro-Developmental Challenge
- Fundamental Pediatric Kinesio Taping®
- Mind/Body Approaches for Physical and Occupational Therapists
- Stroke Rehabilitation in a TCU: A Functional Team Approach
- Reflex Integration to Address Autism and Neuro-Developmental Challenge in Early Childhood
- An NDT Approach to the Treatment of the Upper Extremity

Area Workshops Designed For:

- OT's
- COTA's
- PT's
- PTA's
- SLP's
- Early Childhood Providers
- Any Interested Participants

Downloadable information on these workshops can be found at:

www.hdrtherapy.com
763.689-5385 or 800.243.5383

Vestibular Rehabilitation

Workshop No.: **F09-05**
Date: Friday, October 2, 2009
Time: 7:30 a.m. – 5:15 p.m.
Location: Radisson Hotel Bloomington by MOA, Bloomington, MN

This course focuses on developing the therapist's understanding of vestibular anatomy, physiology, and pathology, as well as developing evaluative and treatment skills for patients with vestibular dysfunction. This course is appropriate for therapists who are new to the area of vestibular rehab, as well as those with prior experience with vestibular patients. Course format includes lecture, lab, group discussion, and case studies.

Speaker: Becky Olson-Kellogg, PT, DPT, GCS
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 8
Designed for: PT/PTA

Cardiopulmonary Rehabilitation

Workshop No.: **F09-20**
Date: Friday, October 16, 2009
Time: 7:45 a.m. – 4:00 p.m.
Location: Ramada Mall of America, Bloomington, MN

Participants in this dynamic one day seminar will walk away with a comprehensive understanding of the cardiac and pulmonary systems. Lecture will be clinically based with patient examples. Topics include: cardiac and respiratory pathologies with clinical implication, evaluation and treatment, exercise prescriptions, and documentation strategies to optimize reimbursement. Specific diagnosis reviewed include: Pneumonia, COPD, CHF, s/p CABG, ASCVD, MI, Emphysema and more! Special precautions and treatment ideas to safely treat a patient with these diagnoses will be covered.

Speaker: Henry Lozano, PT, DPT
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 6.5
Designed for: PT/PTA/OTR/COTA

Pilates Challenges for Core Stability

Workshop No.: **F09-25**
Date: Friday, October 23, 2009
Time: 8:15 a.m.—4:00 p.m.
Location: Country Inn & Suites at Mall of America, Bloomington, MN

Oprah does it, why not you? Why not your patients? PILATES may seem like a Hollywood trend, however the core challenges that Pilates provides are essential for enhancing the sport of a highly-skilled athlete, or, at the other end of the spectrum, even to relieve pain in the day-one post-operative spine patient. Learn the six Pilates fundamentals and how

Continued, next panel

Pilates Challenges, cont'd

these basics will enhance patients' core stability as well as therapists' clinical expertise in selecting and advancing the clinical and home exercise program. Have fun with more-advanced patients by discovering the burn of the Pilates "stomach series." Learn Pilates mat exercises that can be used for rehabilitation of many diagnoses: osteoporosis; acute-to-chronic spinal pain; post-operative diagnoses; knee, ankle, shoulder pathologies and more!

Speaker: Jillian E. Moriarty, MSPT
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 6
Designed for: PT/PTA/OTR/COTA/Any Int. rehab staff

Reflex Integration for Infants with Autism and Neuro-Developmental Challenge

Workshop No.: **F09-30**
Date: Friday, October 30, 2009
Time: 7:45 a.m.—4:30 p.m.
Location: Country Inn & Suites at Mall of America, Bloomington, MN

Use the power of infant reflexes and developmental movements to address autism spectrum disorder, developmental delay and challenge in a systems approach. Participants will apply reflex principles and therapies to support healthy neurodevelopment in the first year of life. This course introduces therapists to specific reflexes (Moro and TLR) that support development of vestibular and auditory systems. Therapists will be introduced to the interactive nature of reflex integration with system maturation. Course format includes lecture, demonstration, movement and hands-on lab, group discussion and cases. **Participants are asked to bring a mat, pillow and seating (a cushion or backjack) for floor activities.**

Speaker: Catherine Burns, RSMT, CST
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 7
Designed for: SLP/OT/COTA/PT/PTA/Early Childhood Providers/Int. Participants

Fundamental Pediatric Kinesio Taping®

Workshop No.: **F09-35**
Date: Friday, November 6, 2009
Time: 8:00 a.m.—3:45 p.m.
Location: Ramada Mall of America, Bloomington, MN

Learn fundamentals of the therapeutic modality that has captured the attention and imagination of clinicians worldwide. Application of the Kinesio Taping® Method is straightforward, safe and effective for most patient populations, including pediatrics. *Fundamental Pediatric Kinesio Taping®* is a theory and lab-based course covering practical applications that can be immediately incorporated into your pediatric treatments. Add this modality to your clinical toolbox to improve therapeutic and functional outcomes.

Continued, next panel

Fundamental Pediatric Kinesio Taping®, cont'd

Speaker: Michelle Tavera, PT, CKTI
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 6
Designed for: PT/PTA/OT/COTA

Mind/Body Approaches for Physical and Occupational Therapists

Workshop No.: **F09-40**
Date: Friday, November 13, 2009
Time: 8:00 a.m.—5:00 p.m.
Location: Country Inn & Suites at Mall of America, Bloomington, MN

The field of mind/body medicine includes many approaches and techniques which hold great promise for enhancing the effectiveness of conventional PT and OT treatments. This interactive workshop will introduce several evidence-based mind/body approaches and will include discussion of the theoretical basis of mind/body techniques and their application in the clinical setting. **Participants are asked to wear comfortable clothing and bring a Yoga Mat.**

Speaker: Nelson Coffey, PT, DipMDT
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 7.25
Designed for: PT/PTA/OT/COTA

Stroke Rehabilitation in a TCU: A Functional Team Approach

Workshop No.: **F09-55**
Date: Friday, November 20, 2009
Time: 7:45 a.m.—4:00 p.m.
Location: Country Inn & Suites at Mall of America, Bloomington, MN

This workshop is intended as a review of stroke rehabilitation specifically as encountered in the TCU's and long term care facilities. The presenters include nursing, occupational therapy and physical therapy. Together the goal is provide a 360° look at the stroke patient. We'll review from onset to discharge with treatment strategies and prognosis indicators. And finally this course will help you with the transition of the stroke patient to home or alternate living environment. This course will help you maximize your time and durations of treatment within the confines of the Medicare and Managed Care payment system while encompassing a functional team approach.

Speakers: Henry Lozano, PT, DPT
Natalie Lozano RN, CRNN
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 6.5
Designed for: PT/PTA/OT/COTA

For detailed information on each workshop, visit our website at www.hdrtherapy.com; or call or email for a more complete print-out.

Reflex Integration to Address Autism and Neuro-Developmental Challenge in Early Childhood

Workshop No.: **F09-60**
Date: Friday, December 4, 2009
Time: 7:45 a.m.—4:30 p.m.
Location: Country Inn & Suites at Mall of America, Bloomington, MN

Use the power of reflexes to address autism spectrum disorder, behavioral issues, developmental delay and challenge in a systems approach. Participants will apply reflex principles and therapies to support healthy neuro-development for children from 1 to 8 years old. This course introduces therapists to specific reflexes (ANTR and STNR) that support development of vestibular, proprioceptive, tactile, visual and auditory systems. Therapists will be introduced to how immature reflexes affect school function and behavior. Course format includes lecture, demonstration, movement and hands-on lab, group discussion and cases. **Participants are asked bring a mat, pillow and seating (a cushion or backjack) for floor activities.**

Speaker: Catherine Burns, RSMT, CST
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 7
Designed for: SLP/OT/COTA/PT/PTA/Early Childhood Providers/Int. Participants

An NDT Approach to the Treatment of the Upper Body

Workshop No.: **F09-65**
Date: Friday, December 11, 2009
Time: 7:45 a.m.—5:00 p.m.
Location: Country Inn & Suites at Mall of America, Bloomington, MN

This workshop is part lecture and part hands-on lab using neurodevelopmental treatment techniques for the treatment of adults with neurological conditions resulting in hemiplegia. The emphasis is on improving quality of movement and preventing secondary complications. The techniques can be used with patients with either lower level or higher level abilities.

Speaker: Jean Finley, OTR
Workshop Fee: \$168/\$198/\$228 (see reg. form for details)
Contact Hours: 7.5
Designed for: PT/PTA/OT/COTA

Workshop Locations:

- Country Inn & Suites at Mall of America**
2221 Killebrew Drive, Bloomington, MN 55425
Telephone:..... 952-854-5555
- Ramada Mall of America**
2300 East American Blvd., Bloomington, MN 55425
Telephone:..... 952-854-3411
- Radisson Hotel Bloomington by Mall of America**
1700 East American Blvd., Bloomington, MN 55425
Telephone:..... 952-854-8700

Positions Available
★ Physical Therapist ★
Full Time flexible position
with great benefits at our
Assisted Living site in N/W Metro

★ COTA ★
PT-LTC
International Falls

Call Shelly
1-800-243-5383

Continuing Education

You will be given a Certificate of Attendance at the conclusion of the workshop.

Lodging

A block of rooms has been reserved at the hotels where the workshops will be held at discounted rates. Participants are responsible for making/cancelling their own hotel accommodations. Please let the hotel know you are attending an HDR Educational Services workshop when you make your reservation. The block of rooms/discounted rates will be available up to a month prior to the workshop date(s). At some hotels the discounted rate will be held for up to two weeks prior to the workshop; please contact hotel directly.

Registration Procedure

Preregistration is required for all workshops. **Early registration** is recommended as many workshops have limited enrollment. 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 by phone at **1.800.243.5383** or **763.689.5385** (Minneapolis area metro number), or you may register online at 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

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.

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 Cell Phone

Title/Position

Company/Organization

Workshop Title: _____

Workshop No.: _____ Workshop Fee: _____

Workshop Fee:
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)*

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

Or....Register online at www.hdrtherapy.com
Click on **continuing ed. workshops**
You will receive an e-mail acknowledging your registration.