

## NHMI 25<sup>th</sup> Fall Symposium – Saturday, September 29, 2018

### LEARNING OBJECTIVES:

Upon completion of this live educational activity, learners should be able to:

### **MEETING OVERALL:**

- Synthesize applicable management concepts into clinicians' practices to enhance patient care based on concepts and skills presented.
- Assess and apply non-surgical treatments and rehabilitation protocols for the management of conditions germane to the practice of musculoskeletal rehabilitation.
- Understand expected outcomes from various approaches to management.
- Discuss key concepts with colleagues.

### **TALKS:**

#### ACL Injury Update: Who Really is at Risk?– Lindsay DiStefano

- Identify neuromuscular factors associated with injury risk.
- Describe latest ACL injury incidence data.
- Explain possible modulators for neuromuscular control risk factors.

#### ACL Injury Update: Is Prevention Possible? - Lindsay DiStefano

- Identify the critical components for a preventive training program.
- Explain strategies to address common barriers with program implementation.
- Describe the evidence regarding the effectiveness of preventive training.

#### ACL Injury Update: Injury Happened, Now What? - Lindsay DiStefano

- Describe the latest evidence about the ability for athletes to cope without an ACL.
- Identify key areas to focus on during rehabilitation after ACL injury.
- Explain long-term outcomes after ACL injury.

#### Surgical Demonstration: ACL Reconstruction Using Quadriceps Tendon – Joseph DeAngelis

- Explain the indications for quadriceps tendon ACL reconstruction.
- Describe the surgical approach for harvesting a quadriceps tendon for ACL reconstruction.
- Identify the risks associated with quad tendon ACL reconstruction.

#### Non-Operative Treatment of Frozen Shoulder - Gregory Soghikian

- Define and describe pathophysiology of frozen shoulder.
- Explain the variety of non-surgical treatment options.
- Describe the indication for injection therapy and the pros and cons of that treatment option.

#### PT Intervention Techniques for Adhesive Capsulitis – Paul Canavan

- Explain the various factors for effective treatment.
- Describe the psychosocial factors to consider.
- Summarize the importance of manual therapy and therapeutic exercise intervention.

#### Surgical Treatment of Frozen Shoulder - Gregory Soghikian

- Identify patients who may require surgical treatment for frozen shoulder.

- Identify the anatomical structures involved in frozen shoulder.
- Describe the technical aspects of surgical release and their impact on post-surgical therapy.

#### Gait Variability as an Objective Marker of Fall Risk in Older Adults – Dain LaRoche

- Define gait timing variability and understand ways to measure it.
- Describe the cross-sectional and prospective relationships between gait variability and fall risk in older adults.
- Explain the underlying neuromuscular factors that increase gait variability with aging.

#### Physiological Metrics of Walking Effort Related to Physical Activity and Sedentary Behavior of Older Adults – Dain LaRoche

- Identify how changing body composition, strength, and aerobic capacity interact to increase walking effort in older adults.
- Describe how older adults' physical activity and sedentary behavior affect health.
- Identify how walking effort relates to daily activity and sedentary patterns, and the mediating effects of age and BMI.

#### Shoe Anatomy and Shoe Selection Considerations – Paul Canavan

- Identify the components of a shoe.
- Describe shoe types for common pathologies.
- Identify the various factors for shoe-surface interaction.

#### Assessment and Treatment Ideas for the Concussed Patient – Brigitte Cook

- Describe the principles of Vestibular Rehabilitation.
- Explain the use of vestibular rehabilitation in the concussion patient with complaints of dizziness.
- Explain the role of targeted aerobic exercise following concussion.

#### Acupuncture for the Treatment of Pain – Stephen Cina

- Explain acupuncture's effects according to biomedical principles.
- Identify when acupuncture should be implemented as part of the rehabilitation process.
- Identify resources for referring to acupuncturists.

#### The Role of Manual Therapy in Pain Management – Ross Childs

- Discuss the process of pain on the human system.
- Identify biomechanical and neurophysiological benefits of manual therapy.
- Explain the role of manual therapy in the management of orthopaedic pain.

#### Integrative Pain Management (IPM) for Orthopedic Injuries – Stephen Cina

- Examine Integrative Pain Management strategies using an evidence informed perspective
- Differentiate IPE approaches based on pathology
- Identify methods for incorporating IPM