Please select a date and location:

- □ MADISON - June 2
- □ APPLETON - June 3
- □ MILWAUKEE - June 4
- □ SCHAUMBURG - June 29
- □ BLOOMINGTON - June 30
- □ CHICAGO - July 1

**Total Registration Fee:**

<table>
<thead>
<tr>
<th>Type of Registration</th>
<th>Early*</th>
<th>Regular</th>
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<tbody>
<tr>
<td>Single Registrant</td>
<td>$189</td>
<td>$209</td>
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<tr>
<td>2 to 4**</td>
<td>$179 ea.</td>
<td>$199 ea.</td>
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<tr>
<td>5 or more**</td>
<td>$169 ea.</td>
<td>$189 ea.</td>
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*Registrations received 10 days prior to seminar date.

**Price per person when registering at the same time.

I am registering and would like to order an audio set for $59 plus S&H $8US/$30CAN: □ audiotapes □ CDs

Audio/manual package: $189 plus S&H $8US/$30CAN

No. of copies ___ □ audiotapes □ CDs

Discover effective assessment and intervention tools for poor posture and scoliosis to benefit your clients.

- Learn how to facilitate better body alignment, body awareness and improved function with proper cues and positioning.
- Examine the impact of posture on physical and psychological conditions (and vice versa) and learn how to assist clients who are unable to communicate related pain.
- Identify how to properly screen for and measure scoliosis to develop the best therapeutic treatment plans.
- Discuss the multitude of ways that posture can affect musculoskeletal and sensory systems.
- Examine effective assessment and intervention tools for poor posture and scoliosis to benefit your clients.

Method of Payment:

- □ Check Enclosed
- □ Purchase Order #
  Payable to: Cross Country Education

Credit Card:
- □ Visa / MC
- □ Discover
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E-MAIL ADDRESS (for confirmation)
Posture and Scoliosis—Flexibility and Function

Posture affects how we see the world. Treating musculoskeletal conditions of the extremities is the same as treating musculoskeletal conditions of the spinal column and trunk in that there is a complex functional relationship of the muscles and joints. Many painful conditions of the extremities, balance disorders, poor endurance, decreased eyesight, behavioral disorders, headaches, TMJ and other disorders can be linked to poor posturing. Scoliosis is one deformity of the spine that, if undetected and untreated, can lead to appearance changes; structural abnormalities of the pelvis, extremities and thoracic cage; and even a shortened lifespan.

In this course, participants will identify major components of spinal structure, define terminology related to scoliosis and explain possible factors that can lead to the development of scoliosis and other postural disorders. The course emphasizes the Systems Model of assessment, which allows in-depth examination of a problem’s cause without immediately making an assumption or judgment.

Course Director

MICHELLE LINDSEY, PT, MBA, CPT, a Physical Therapist with over 16 years of experience, owns Rising Star Therapy Specialists, LLC, in Phoenix where she specializes in treating pediatric and adult special needs clients. Throughout her career, Ms. Lindsey has worked as a therapist in various settings, including orthopedics, skilled nursing services, home health, outpatient and acute care. She has been a guest speaker at the National Spinal Cord Injury Association Conference and has delivered numerous in-services to schools, day programs, group homes and state-operated agencies on physical therapy and exercise for persons with disabilities.

Ms. Lindsey is a Certified Personal Trainer and has won national recognition in many areas of fitness. She was a competitive gold medal figure skater, an elite marathon runner on the 1997 United States Maccabiah Open Track and Field Team, a triathlete and a professional speed skater. Additionally, Ms. Lindsey received a special award from the United States Tennis Association in 2001 for coaching and directing a team for the Special Olympics. She received her Bachelor of Science degree in Kinesiology at Indiana University, her Bachelor of Science degree in Physical Therapy at The Finch University of Health Sciences, Chicago Medical School, and her Master of Business Administration in Health Care Management at the University of Phoenix. She views her clients as unique individuals with varied skills and abilities and she inspires them to extend beyond their best efforts by providing a comfortable, compassionate and respectful environment. Her clients thrive in this environment of acceptance and encouragement and consistently develop abilities that contribute to a lifetime of more success and happiness than many thought possible.

What You Will Learn

- Discuss the multitude of ways in which poor posture and scoliosis affect our muscles, range of motion, functional activities and sensory systems
- Identify major components of spinal structure by defining spinal terminology related to scoliosis when writing evaluations
- Discover how to accurately screen for and measure scoliosis
- Develop specific treatment plans for scoliosis that provide the most effective therapies for individual clients based on their screening and measurement results
- Identify how to facilitate better body alignment, body awareness and improved function with proper cues and positioning
- Review, rate and know when to apply the various interventions available for postural concerns and scoliosis
- Understand the principles of biomechanics and kinesiology in relation to each type of athlete and special population you see in your practice

“Ms. Lindsey is a great speaker and her experience with the special needs population is clearly evident. I feel excited and well prepared to implement what I learned today into practice.”

C. Kelso, PT

www.CrossCountryEducation.com
COURSE CONTENT

INTRODUCTION
- Objectives and class participation overview
- How it feels to be out of alignment and/or unable to perform functional activities

POSTURE
- The Systems Model
  - definition and practical meaning
  - how postural habits and sensory systems can cause changes and deformities
    - visual and/or auditory impairments
    - physical problems (heart, coldness, etc.)
    - psychological issues (fear, trauma, anger, etc.)
    - medication and food
  - complex functional relationship of the muscles and joints
  - poor posture linked to various conditions and disorders
    - TMJ and headaches
    - circulatory problems
    - balance disorders
    - pain in extremities
    - poor endurance
    - decreased eyesight
    - behavioral changes
- Impact of posture on performance and well being
- Postural deviations and associated muscle imbalances
  - lordosis
  - flat back
  - sway back
  - others
- Defining biomechanics and kinesiology
  - understand these principles in relation to sports and the clients we see
  - populations
    - pediatrics
    - special needs
    - geriatrics
  - sports
    - running
    - cycling
    - weight training

SCOLIOSIS
- Types of scoliosis
  - structural
  - nonstructural
  - idiopathic
  - congenital
  - neuromuscular
    - ploymielitis
    - cerebral palsy
    - syringomyelia
  - muscular dystrophy
  - amityotonia congenital
  - Frederick’s ataxia
  - neurofibromatosis
  - mesenchymal disorders
    - Marfan’s syndrome
    - rheumatoid arthritis
    - osteogenesis imperfecta
    - some types of dwarfism
    - trauma
    - fractures
    - irradiation
    - surgery
- Spinal structures
  - defining spinal terminology related to scoliosis when writing evaluations
  - brief review of the structures of the spine in relation to scoliosis
- How to screen for and measure scoliosis
  - accuracy leads to development of best possible therapeutic treatment plan
- Understanding degrees of scoliosis and what they mean
  - mild
  - moderate
  - severe

TREATMENTS AND INTERVENTIONS FOR POSTURE AND SCOLIOSIS
- Types of braces on the market
- Spinal surgery techniques
- Identify treatment goals and plan of care
- Posture observation
  - sitting
  - standing
  - gait training
- Interactive lab—mirroring exercise with partner
- Creating the best postural/positioning programs
  - proper cues and positioning to facilitate:
    - better body alignment
    - body awareness
    - improved function
  - keeping these programs running efficiently
  - incorporating positioning into assessment and treatment
- Treatment approaches—stretching/breathing
- Interactive lab—breathing/opening up the diaphragm
- Tools for producing postural relaxation
  - color
  - light
  - sound
  - smell
  - acupressure points

CASE STUDIES
- Various postural concern case examples
- Scoliosis case examples

Who Should Attend
- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Osteopathic Doctors
- Sports Medicine and Orthopedic Physicians
- Physician Assistants
- Nurse Practitioners
- Rehab Nurses
- Exercise Physiologists
- Personal Trainers
- Educators

www.CrossCountryEducation.com

Dates & Locations

MADISON - June 2, 2010
Sheraton Madison Hotel
706 John Nolen Dr., Madison, WI 53713  608-251-2300

APPLETON - June 3, 2010
Holiday Inn Neenah Riverwalk
123 E. Wisconsin Ave., Neenah, WI 54956  920-725-8441

MILWAUKEE - June 4, 2010
Sheraton Milwaukee Brookfield
375 Moorland Rd., Brookfield, WI 53005  262-786-1100

SCHAUMBURG - June 29, 2010
Hilton Garden Inn Schaumburg
1191 Woodfield Rd., Schaumburg, IL 60173  847-524-0455

BLOOMINGTON - June 30, 2010
The Chateau of Bloomington
1601 Jumer Dr., Bloomington, IL 61704  309-662-2020

CHICAGO - July 1, 2010
Millennium Knickerbocker Hotel Chicago
163 E. Walton Place, Chicago, IL 60611  312-751-8100
Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration. Cancellations received at least five working days before the seminar are refundable less a $20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

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Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, nurses, professionals and key personnel through our seminars, conferences and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our one-day seminars or purchase an audio product and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another one-day seminar or audio program. All returned audio products and materials must be received in original condition before a replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

Continuing Education Credit

Nurses: Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #RCEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Nurse Practitioners: Cross Country Education is accredited by the American Academy of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standards. This course is offered for 6.0 contact hours.

Physician Assistants: This program is not yet approved for CME credit. Conference organizers plan to request 6.0 hours of AAPA Category I CME credit from the Physician Assistant Review Panel. Total number of approved credits yet to be determined.

Athletic Trainers: Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.

ExercisePhysiologists: The American College of Sports Medicine’s Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2008-2011). Provider # 650699

Occupational Therapists, Occupational Therapy Assistants: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.

Certified Strength and Conditioning Specialists/Personal Trainers: This program is pending CEU approval by the NSCA Certification for pre-approval of 0.6 CEUs.

Physical Therapists: This program has been submitted to the Illinois Physical Therapy Association for approval of 6 credit hours.

Other professions: This seminar qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day’s attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date so that arrangements can be made.

Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Supply may be limited; call for availability. Please allow 4 to 6 weeks for delivery.

Course Hours

Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Coffee/Hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Las Vegas 2010

July 29 - 31, 2010

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