TAI CHI FOR BALANCE, FALL RISK REDUCTION AND REHABILITATION

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St. Louis, MO - August 19

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Please select a date and location:  WICHITA - August 17  KANSAS CITY - August 18  ST. LOUIS - August 19

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Tai Chi for Balance, Fall Risk Reduction and Rehabilitation

Simple Techniques with Outstanding Results—A Day of Therapeutic Movement and Discovery

An essential one-day seminar for Therapists and other Rehabilitation Professionals

Continuing education available for Nurses, Nursing Home Administrators, Physical Therapists, Certified Personal Trainers, Activity Professionals, and Athletic Trainers. Please see inside for details.

Integrate therapeutic Tai Chi into a multidisciplinary care plan

Customize Tai Chi movements and progressions to individual patient needs

Build upper and lower extremity coordination for everyday activities and sport

Use Tai Chi to reduce falls and improve functional performance

Continuing education available for Nurses, Nursing Home Administrators, Physical Therapists, Certified Personal Trainers, Activity Professionals, and Athletic Trainers. Please see inside for details.
Tai Chi for Balance, Fall Risk Reduction and Rehabilitation

Simple Techniques with Outstanding Results—A Day of Therapeutic Movement and Discovery

★ Use Tai Chi to reduce falls and improve functional performance
★ Build upper and lower extremity coordination for everyday activities and sport
★ Customize Tai Chi movements and progressions to individual patient needs
★ Integrate therapeutic Tai Chi into a multidisciplinary care plan and documentation for maximum reimbursement

Tai Chi for Balance, Fall Risk Reduction and Rehabilitation

Balance and co-ordination deficits are a common problem with many patients. Falls lead to millions of injuries, in-patient admissions and accidental deaths each year. JCAHO’s National Patient Safety Goals for 2005 include reducing patient falls and implementing a fall reduction program in certain settings. Chronic pain, loss of independence and decreased quality of life are all problems related to a decrease in balance. It is the challenge of the Rehabilitation Professional to create a program that can address all of these issues quickly and efficiently in our current treatment environment.

Studies show that Tai Chi is the best activity available for balance training. This movement-based seminar will give you all the tools and skills you need to implement a Tai Chi balance and fall reduction program right away. Following ample time to practice the movements and variations, you will be able to customize a Tai Chi treatment plan to meet the needs of each patient on your case load. You will also learn how to use simple tools to enhance the effectiveness and progress the exercises. Finally, you will learn how to appropriately document and code for reimbursement as well as plan treatments for patients in settings from acute to long-term care and outpatient rehabilitation. This course is designed to be interactive and fun, and after implementing this program into your own clinical setting, both patient and clinician will be delighted by the results.

What You Will Learn
- Practice Tai Chi movements and variations specifically used for developing balance and co-ordination
- How to integrate Tai Chi into an overall treatment plan for functional gains
- Use simple tools to enhance the effectiveness of Tai Chi
- Manage Chronic Pain with Tai Chi
- Use visualization and imagery to enhance motor learning and movement

Who Should Attend
- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Athletic Trainers
- Activity Professionals
- Recreation Therapists
- Nurses
- Long-Term Care Administrators
- Restorative Team Members
- Physicians
- Clinical Managers
- Administrators
- Activity Directors
- Physical Education Professionals
- Certified Strength and Conditioning Specialists
- Personal Trainers

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COURSE CONTENT

BRIEF HISTORY OF TAI CHI

HOW TAI CHI CAN HELP
- What the research shows
- Clinical applications

USING TAI CHI TO ACHIEVE THERAPEUTIC GOALS
- Balance and fall reduction
- Co-ordination
- The balance/weight transfer/pain connection and how to treat it
- Functional patterning
- Visualization and motor learning
- Group treatment

HOW TO USE TAI CHI WITH:
- Acute care
- Out-patient
  - orthopaedic
  - neurological
  - pediatrics
- Home care
- Aquatics
- Long-term care
- Adapted physical education
- Athletes
- Wellness population

DOCUMENTATION AND CODING FOR MAXIMUM REIMBURSEMENT

INCORPORATING TAI CHI INTO THE MULTIDISCIPLINARY CARE PLAN
- Treatment sequencing and design
- Holistic approach

BREATH AND POSTURE: GUIDED LAB
- Diaphragmatic breathing
- Alignment of head, shoulders and spine
- Principals of ‘roundness’
- Minimal force

WEIGHT SHIFTING IN STANDING: GUIDED LAB
- Upper extremity movement and the center of gravity
- Center of gravity shift
- Single limb stance and the empty step
- The 70/30 stance

THERAPEUTIC TAI CHI: GUIDED LAB
- Traditional movements
- Therapeutic variations
- Using simple tools to enhance results
- Physical cueing and hands on assist

PUTTING IT ALL TOGETHER...CASE STUDIES AND TREATMENT PLANNING

INTRODUCTION TO A TAI CHI ‘FORM’/COMBINING MOVEMENTS IN A SERIES

CAN’T ATTEND?

You can purchase a learning package for this program. For $189, plus S&H $8US/$30CA (call for international rates), you will receive an audiotaape or CD of the seminar, the workbook and a 1.5 hour DVD of the lab portion of the seminar. You will learn:

- Which types of patients and settings are the most appropriate for treatment with therapeutic Tai Chi
- A large variety of Tai Chi movements and therapeutic variations and how they can be used for excellent results
- Scientific validity of using Tai Chi for balance training, coordination and rehabilitation
- A large variety of Tai Chi movements and therapeutic variations that are appropriate for patient care

Please allow 4 to 6 weeks following the seminar date for delivery. There is no continuing education credit available for audio/video material. There is a “no return” policy on recorded material; however, if you notice a defect in the product, please let us know in writing within seven days of receiving the product and an exchange or credit voucher will be issued. Please order using the registration form on the back of this brochure, or call us at (615) 331-4422 or 1-800-397-0180.

Taping of this seminar by participants is not permitted.

DATES & LOCATIONS

WICHITA - August 17, 2009
Marriott Hotel
9100 Corporate Hills Dr., Wichita, KS 67207  316-651-0333

KANSAS CITY - August 18, 2009
Holiday Inn at the Plaza
1 E. 45th St., Kansas City, MO 64111  816-753-7400

ST. LOUIS - August 19, 2009
Crowne Plaza St. Louis Clayton
7750 Carondelet Ave., Clayton, MO 63105  314-726-5400

COURSE HOURS

Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Lunch is on your own from 11:30 a.m. to 12:30 p.m. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

WHAT YOU SHOULD BRING

Because this is an active learning class, participants are asked to wear comfortable attire.
Course Director

BRIAN TUESCA, PT, is a Licensed Physical Therapist with over eight years of experience treating and motivating the geriatric population in skilled nursing, home health and outpatient settings. He earned his bachelor’s degree in Physical Therapy from Tennessee State University and is certified by The American Council on Exercise in cooperation with The Arthritis Foundation as a Tai Chi for Arthritis instructor. Currently, he is employed with a home health company in Franklin, Tennessee, where he uses Tai Chi to improve function and mobility in his patients. Previously, Mr. Tuesca worked as a staff physical therapist for Life Care Centers of America and as a rehab services manager for Centerville Health Care. Mr. Tuesca has taught seminars locally to both professionals and the general public on the topic of using Tai Chi for Arthritis Management. He is a member of the Tai Chi for Arthritis Association and the American Physical Therapy Association. Mr. Tuesca’s experience makes him a skilled and knowledgeable instructor.

Confirmations & Cancellations

Confirmations of registration are sent via email or fax within three days of receipt in our office. If an email or fax confirmation cannot be sent, a post card is mailed. If you have not received a confirmation within five days of the program, please 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 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.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances. 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 re-presented electronically and a processing fee will be charged as allowed by law.

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Once you have found the information you need, you can:
- Register for any of our upcoming seminars
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- Request information on in-house training

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 #CEP 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 7.2 contact hours.

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.

NHAs: Cross Country Education is a Preferred Provider of professional continuing education with the National Association of Boards of Examiners of Long Term Care Administrators (NAB) and has approved this program for the number of clock hours listed under their sponsor agreement with NAB/NCERS. This program is approved for 6 continuing education clock hours Approval #20102008-28622-6. State licensure boards, however, have final authority on the acceptance of individual courses. Application has been submitted to the Missouri Board of Nursing Home Administrators for approval of 6 clock hours.

Certified Strength and Conditioning Specialists/Personal Trainers: NSCA Certification Executive Council approved 0.6 CEUs for CSCS and NSCA-CPT certificates attending this event.

Activity Professionals: This course has been pre-approved for 6 hours of continuing education by NCCAP (approval #NCCAP24331-09).

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.

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

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.