The non-weight bearing patient can be a challenge in the rehab environment, especially when it becomes two or more joints. This patient population needs the skilled attention of a therapist to provide a progressive program within his/her weight-bearing restrictions that provides the needed proximal control and muscle length and strength preparation for when the weight bearing restrictions are removed. This educational offering will provide the therapist with a problem-solving approach for this patient population and review a large battery of interventions to address any weight bearing restriction. A mix of video, demonstration, and discussion will assist the therapist in immediately applying this information to his/her patient caseload. Both ortho and neuro patients will be considered.

What You Will Learn

♦ Identify proximal control requirements needed for functional tasks
♦ Utilize a problem solving strategy to identify needed preparatory exercises for the single or multi-joint weight bearing restricted patient
♦ Outline individualized therapeutic exercises and progress the exercises to work toward identified functional limitations

Recommended for

♦ Occupational Therapists
♦ Occupational Therapy Assistants
♦ Physical Therapist
♦ Physical Therapist Assistants

Cost to Register is $49

For more information on this and other programs, please contact us at:

Cross Country Education
(800) 397-0180 • (615) 331-4422 • FAX (615) 346-5350
P.O. Box 200 • Brentwood, TN 37024

www.CrossCountryEducation.com
PROXIMAL CONTROL BEFORE DISTAL MOBILITY
- Review of core muscles
- Review of literature supporting proximal before distal

FUNCTIONAL TASK BREAKDOWN
- Observe functional task performance
- Breakdown motor control requirements for task

ROLE OF ICF MODEL OF DISABLEMENT
- Identifying functional limitations
- Identify impairments causing functional limitations

REVIEW SCHEMATIC FOR DEVELOPING THER EXERCISE PROGRESSION
- Stability before mobility
- Progressing from stability to mobility
- Closed chain vs. open chain

UTILIZING CONCEPTS OF EXERCISE PROGRESSION
- Overload
- Progression
- Specificity

EXAMPLES OF THER EXERCISE PROGRESSION
- Bedbound
- Seated
- Standing

Course Director
MICHELLE GREEN, MS, PT, has over 17 years of experience in the acute rehab setting treating patients primarily with stroke diagnosis, but including other ortho and neurologically challenged patients. Ms. Green travels nationally presenting lectures on topics including Stroke Rehab, Developing Functional Core Stability, and Pilates and Yoga for Rehab Professionals. Ms. Green focuses her classes on treatment development based on the ICF Model and identification of impairments limiting functional deficits. Ms. Green is a graduate of Ithaca College in Ithaca, New York, and currently works in Fayetteville, North Carolina.

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, 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 live seminars or webinars, or purchase an audio, video, or online 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 live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

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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 event 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 event 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.
Continuing Education Credit

If you do not see your respective state listed, please review your rules/regulations to see if you qualify for continuing education based on an approval by another state board/association.

**Physical Therapists:** This program has been submitted to the Oklahoma State Board of Medical Licensure & Supervision for preapproval of 2 contact hours. This program has been submitted to the West Virginia Board of Physical Therapy for 2 Continuing Education hours. This program has been submitted to the Louisiana Physical Therapy Board for approval of 2.0 contact hours for Physical Therapists and Physical Therapy Assistants. This activity has been submitted to the FSBPT for certification. FSBPT certification is accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. This program has been submitted to the Florida Physical Therapy Association for approval of 2 contact hours. This program has been submitted to the Minnesota Board of Physical Therapy for 2 continuing education hours. This program has been submitted to the Illinois Physical Therapy Association for approval of 2 credit hours. This meets the IN-PT approval under 844 IAC 6-B-5 Approved Organizations #9, please contact IN Board or Association if you have questions. This program has been approved by the Arkansas State Board Of Physical Therapy for 2.0 contact hours for Physical Therapists. This program has been approved for 2 continuing education credits by the New Jersey Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants (Approval # 951-2012). This program has been approved by the Nevada State Board of Physical Therapy Examiners for 0.2 CEUs for Physical Therapists. This program has been approved by the Alabama Physical Therapy Association for 2.4 contact hours for PTs and PTAs. NCBPTE approval by virtue of approval by The New York State Education Department, Office of the Professions, State Board for Physical Therapist licensure board or state APTA chapter Approval good through 8/31/2015. Cross Country Education is recognized by the New York State Education Department’s State Board for Physical Therapy as an approved provider for physical therapy and physical therapist assistant continuing education. This seminar is awarded 2.4 contact hours. This course has been approved by the Maryland State Board of Physical Therapy Examiners for 0.2 CEUs. You will be issued a CEU certificate upon completion of the course. A record of CEUs earned will be retained by the sponsor. The Maryland Board of Physical Therapy does not award CEUs for fractions of an hour per COMAR 10.38.08.02(B)(2) (ii). This program has been approved by the Pennsylvania State Board of Physical Therapy for a total of 2 contact hours of which 0 hours have been approved for Direct Access. PA Board Approval #PTCE004123. This program has been approved by the New Mexico Physical Therapy Association for 2 contact hours Approval NM021914. This program has been approved for 2 CEUs by the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants (Approval #1350350). This educational offering qualifies for 2 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.

**Occupational Therapists:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .2 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. Cross Country Education is an approved provider #50-466 with the Florida Department of Health Board of Occupational Therapy Practice. This course is approved for 2 contact hours for Occupational Therapist and Occupational Therapy Assistants.

**Other Professions:** This educational offering qualifies for 2 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.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

**All Professionals:** In order to process continuing education, please supply the appropriate license/certification number on the evaluation form.

**Requirements:** Please note that full attendance and the completion of a post course assessment with a score of 75% or greater is required to receive full credit. Variable credit will not be awarded.