Advanced Management of Lower Extremity Dysfunction

Friday, March 22, 2013
7:30 am Registration/Continental Breakfast
8:00 am Introduction
8:30 am 1st MCP dysfunction
9:15 am Lateral foot pain
10:00 am Break
10:15 am Plantarfasciitis
   • Mobilization of subtalar joint
   • Taping considerations
11:00 am Plantarflexion loss
11:30 am Dorsiflexion loss
   • Achilles tendonitis
12:00 pm Lunch (on own)
1:00 pm Ankle sprains
   • Mobilization
   • Taping
   • Neuromuscular retraining
2:30 pm Break
2:45 pm Knee pain with loss of movement
3:30 pm Case examples and questions
4:00 pm Adjourn

Saturday, March 23, 2013
8:00 am Patellofemoral pain / lateral knee pain
   • Taping
   • Neuromuscular retraining
9:00 am Hip pain and loss of movement in non-weightbearing
9:45 am Break
10:00 am Hip pain and loss of movement in weightbearing
   • Adductor strains
   • ITB dysfunction
   • Hip flexor strain
11:30 am Questions/Summary
12:00 pm Adjourn

MedSport Sports Medicine Program includes Orthopaedic Sports Medicine, Physical Therapy, Athletic Training Services and the Athletic Performance Center. This program provides services to area athletes at all levels; Olympic, professional, elite, collegiate, high school and recreational.

Our mission is to provide complete sports medicine services for orthopaedic related injuries and conditions. In addition, we will promote research and educational opportunities in sports medicine for our staff and students.

Complete location and hotel information will be sent upon registration.

Registration

Name: ____________________________

☐ PT  ☐ ATC  ☐ PTA  ☐ ________

Address: _________________________

City: _____________________________

State: ___________  Zip: ____________

Email: ___________________________

Phone: (_____) ____________________

Course Fee: $350.00

Registration Deadline: March 11, 2013

Check (payable to: UMHS) ☐

Visa ☐  MC ☐  Cash ☐

Card#: ________________

Exp. Date: ________________

Signature: X

Provider #P546
10.25 CEUs


UMHS MedSport retains the right to cancel the course at any time. UMHS MedSport is not responsible for expenses incurred in case of cancellation. Requests for refunds must be made in writing, 15 days prior to course date. Requests made less than 15 days prior to the course date are subject to $50 charge.
Course Overview

This 1½ day seminar will address functional rehabilitation of the lower extremities. Mobilization with Movement (The Mulligan Concept) will be the mobilization of choice for rehabilitation. Neuromuscular retraining exercises will be used to enhance the effects of the functional mobilization. Taping techniques will be discussed and practiced that will facilitate neuromuscular retraining. The common lower extremity dysfunctions that will be addressed include: ankle sprains, Achilles tendonitis, patellofemoral dysfunction and hip dysfunctions. This seminar will provide clinically relevant concepts and a clinical rationale that will be available for immediate clinical application. The course is designed for licensed health care professionals who wish to broaden their existing manual therapy skills for use within their defined scope of practice.

Speaker:

Frank Gargano PT, DPT, OCS, MCTA, CWT, graduated from Ohio University in 1990 with dual degrees in Physical Therapy and Biological Sciences. In 1999 he became Board Certified in Orthopedics through the American Physical Therapy Association. In 2002 he received his clinical doctorate in Orthopedic Physical Therapy; in 2009 he became certified in Biomedical Dry Needling by the American Dry Needling Institute. He is one of forty Physical Therapists internationally certified to teach Brian Mulligan’s concept “Mobilization With Movement.” Dr. Gargano serves on the international executive board and is the Chief Financial Officer of the Mulligan Concept Teachers Association. He is a national speaker and published author on orthopedic topics and provides advanced educational seminars across the country. He is active in clinical research with a specialty interest in cervical spine disorders as they relate to headaches, dizziness and pain. He developed a continuing education seminar entitled “The Upper Cervical Spine in Headaches, Dizziness and Pain; A Neuro-Orthopedic Perspective” that he instructs internationally. In 2004, he was the recipient of the Ohio Physical Therapy Association’s award for outstanding clinical excellence in recognition of his contribution to the practice of Physical Therapy. In 1994 Dr. Gargano opened Rehabilitex Inc.; a private practice orthopedic clinic in Solon, Ohio. In 2010, he joined with HealthPro Rehabilitation and is now the Vice President of Outpatient Services. In 2001 he was a founding partner of the Workability Network, a statewide network of rehabilitation professionals that provide industrial rehabilitation services. He serves as an expert witness for medical-legal case review in the area of rehabilitation.