

**ARRA/WIA HEALTH CARE GRANT
SOUTHEAST ILLINOIS HEALTH CARE CONSORTIUM
ILLINOIS EASTERN COMMUNITY COLLEGES/LAKE LAND COLLEGE**

**CURRENT SURGICAL AND REHABILITATION TRENDS IN THE ADVANCES
OF JOINT ARTHROPLASTY FOR THE SHOULDER, HIP AND KNEE WORKSHOP**

SATURDAY, JANUARY 29, 2011
SARAH BUSH LINCOLN HEALTH CARE CENTER—MATTOON, IL
8:00 A.M. TO 5:30 P.M.
8 CONTACT HOURS

To register, go to <http://www.healthconsortium.org/training> and click on the link for the January 29th Current Surgical and Rehabilitation Trends in the Advances of Joint Arthroplasty for the Shoulder, Hip and Knee Workshop or contact the Human Resource/Training Department at your work site.

FORMAT: This is an 8-hour course equivalent to 0.8 CEUs. Intermediate level. Lecture and Lab. Motivations, Inc., is an approved CEU provider by **AOTA** and **BOC**. This course is approved by **SCAPTA** and physical therapy boards or chapters of the APTA in the states in which the course is held.

INTENDED AUDIENCE: Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Certified Occupational Therapy Assistants, Athletic Trainers, and related healthcare professionals

The objectives for this workshop are to:

- Demonstrate the latest surgical joint replacement techniques and become well versed in computer assisted surgery, tissue sparring, resurfacing, and minimally invasive procedures.
- Explain rehab implications as they apply to the latest orthopedic surgery for joint arthroplasty.
- Explain when and what activities your Boomer Patients can do following their new joint.
- Discuss the most evidence-based info on topics such as CPM, NMES, Pre-operative Therapy.
- Implement fun and interactive functional rehabilitation exercises that facilitate return of ROM, Gait and overall function in an effective and efficient manner.

This program has received no commercial support

SUMMARY: This seminar explains surgery, from traditional to cutting edge techniques, in addition to evidence-based rehab and return to activity guidelines. The World Health Organization has coined the years 2000-2010 the “Bone and Joint Decade.” Joint Arthroplasty is expected to double by the year 2020. The rise in joint replacement surgery, coupled with advances in cutting edge surgical techniques such as Computer Assisted Surgery (CAS) and less invasive procedures, has allowed the Orthopedists the ability for precise alignment and sparing of tissue. The questions for us as therapists: Are we educationally ready to provide current and progressive rehabilitation for the rising joint replacement population? Joint replacement surgeries are on the rise and the patient today is quite different than the traditional patient we all learned about in school. With all these precautions and restrictions, the goal is to rehabilitate in order to dress, groom and perform self-care. Today, the “Baby Boomer” joint replacement patient has a much higher expectation of their rehabilitation provider. Today’s “Boomers” want to use their “new and bionic” prosthesis to get down on the floor and play with the grandkids, ski, golf and hike. The desire to remain active has rehab implications for therapists in all settings. Understanding modern technology and being able to confidently communicate to the patient is extremely important in the total care. This highly interactive seminar will provide the attendee the evidence-based knowledge to answer those often on-the-spot questions from our patients, such as “What should I not do?”

PRESENTER: John O'Halloran DPT, PT, OCS, ATC, CSCS, Cert MDT, is a licensed PT with more than 25 years experience in rehabilitation. Mr. O'Halloran is a Board Certified Orthopedic Clinical Specialist by the American Physical Therapy Association. Currently, Mr. O'Halloran is a director of Physical Therapy/Sports Medicine at Southeastern Orthopedics in Greensboro, NC. He is co-owner of GOSMC Properties LLC Greensboro, NC, and owner of O'Halloran Consulting LLC Summerfield, NC. Mr. O'Halloran is also a former orthopedic instructor at the Physical Therapy Assistant Program at Guilford Technical Community College in Greensboro, NC. He received his Bachelor of Science degree from the University of Massachusetts in 1984, his Master of Science degree from Simmons College in 1992, and recently earned his Doctor of Physical Therapy from Temple University. Dr. O'Halloran also studied in Australia and New Zealand in the mid 90's. His post-graduate work includes manipulative therapy. In 1999, he became credentialed with the McKenzie Institute in the medical diagnosis and treatment of the spine, and he is a Certified Functional Capacity Evaluator in the Blankenship Method.

AGENDA:

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| 8:00 Current trends and statistics on shoulder, knee and hip arthroplasty | 11:30 Return to activities following Total Shoulder Arthroplasty |
| 9:00 Core Implications: joint replacement patients | 12:00 Lunch on your own |
| 10:00 Break | 1:00 Total Knee Arthroplasty: Literature review CPM/NMES/Preop-intractive drawings and video's |
| 10:15 Shoulder Arthroplasty: Osteoarthritis of the Shoulder Management/Complete Total Shoulder-TSA/Hemi Shoulder Arthroplasty/Reverse Total Shoulder Arthroplasty-rTSA/Humeral Resurfacing/ Interpositional Arthroplasty/Glenoid Resurfacing | 2:00 Rehabilitation Techniques following Total Knee Arthroplasty |
| 11:00 Rehabilitation Techniques following Total Shoulder Arthroplasty: Range of motion guidelines, open and closed chain exercises, kinetic chain exercises-LAB Demonstrations and interactive drawings/video's | 3:00 Total Hip Arthroplasty: THA/MIS-the differences in hip precautions based on the type of surgery |
| | 3:15 Break |
| | 3:30 Lab Experience and case studies-participant in therapeutic activities to facilitate ROM, Gait and strengthening |
| | 5:30 Adjourn |