



TO: Managers and Clinicians
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP
DATE: January 21, 2010
RE: **EDUCATION PROGRAM ANNOUNCEMENT**
Current Concepts and Practical Clinical Applications

Please find below information regarding a clinical education course scheduled for your area:

COURSE: **The Elbow: Current Trends in Assessment & Treatment**

DATES: April 10-11, 2010

SCHEDULED INSTRUCTOR: Alan Evans, PT, MOMT, FAAOMPT, MCSP
Richmond, VA

LOCATION: NovaCare – Roosevelt Plaza
6595 B East Roosevelt Blvd.
Philadelphia, PA 19149
Host Center Manage/Contact: Amanda Young

DIRECTIONS: Will be in the Confirmation Letter

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 25 participants.

To register for the course, please fill out the attached registration form. Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 13.25 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4-6 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email linda.gilles@selectmedicalcorp.com

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

The Elbow: Current Trends in Assessment and Treatment
April 10-11, 2010 – Philadelphia, PA

Course Description:

This intermediate level course is designed to expose clinicians to current evidence based evaluation and intervention strategies for the elbow joint complex. Anatomy and biomechanics as they pertain to pathophysiology are reviewed, with particular attention paid to tendinopathy, instability and neuropathy. Manual and exercise based interventions are reviewed in detail, and a clinical reasoning model based upon core science is presented. **13.25 Contact Hours**

Target Audience: PT, PTA, OT, COTA, ATC

Instructional Level: Intermediate

Course Learning Objectives:

- Discuss regional and distant anatomical considerations to the genesis and perpetuation of elbow pathology.
- Describe the normal biomechanics of the elbow complex and the consequences of their alteration.
- Describe current theories on tendinopathy, specifically as they pertain to 'lateral epicondylitis'.
- Describe and outline intervention strategies for common elbow pathologies, including Tennis Elbow, Entrapment Neuropathy and Instability.
- Perform basic manual techniques designed to alter tissue and articular kinematics at the elbow.
- Describe basic dosing of exercise principles as outlined by Holten.

Agenda

Day 1

7.45 Registration
8.00 Introduction and Review of Objectives
8.15 Anatomy of the Elbow - Lecture
9.15 Biomechanics of the Elbow - Lecture
10.00 Break
10.15 Pathology of the Elbow - Lecture
12.00 Lunch
1.00 Evaluation of the Elbow (Lab)
2.30 Break
2.45 Evaluation of the Elbow (Lab) continued.
4.30 Close

Day 2

8.00 Intervention Strategies Lecture
10.00 Break
10.15 Intervention Lab – Manual Techniques
12.00 Lunch
12.30 Intervention Lab – Exercise Dosing and Prescription
2.00 Case Study

3.00 Close

Instructor Biography:

Alan graduated from Queen Margaret University in Edinburgh, Scotland in 1991 with a BSc in physiotherapy, and initially worked in Canada before completing his Fellowship in Sports Medicine with Dr James Andrews at the American Sports Medicine Institute in Birmingham, Alabama. He has also completed a 4 year Manual Therapy residency program in order to receive his Fellowship with the American Academy of Orthopedic Manual Physical Therapists. Alan has been involved with post graduate education since 1994, and currently serves as Director of Education for Select Medical Corporation's Outpatient Division. He is based in Richmond, Virginia.

Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 13.25 hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

Pennsylvania State Board of Physical Therapy & New Jersey Board of Physical Therapy Examiners



ADA Compliance:

The Select Medical Corporation OP Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.