

Grade V Mobilization: An Evidence Based Approach

*Physical therapists must attach a copy of their California license.

Registration Form:

Name: _____

Address: _____

Work Phone: _____

Home Phone: _____

Fax: _____

Email: _____

Tuition: \$475 includes detailed course notes, bibliography and CEU certificate. Space is limited!

Make check payable to: San Jose District CPTA and mail to: Eric Folkins
1566 Hilby Ave Seaside, Ca 93955.
Payment must be in full. Credit cards cannot be accepted for payment.

Questions/inquiries: Eric Folkins
efolkins@comcast.net 831-521-2403

This course is being sponsored with the California Academic and Residency Consortium (CAREC) which supports non-profit educational offerings for the clinical community. Sponsors reserve the right to cancel course for insufficient enrollment.

Grade V Mobilization: An Evidence Based Approach

**April 12,13
(Sat-Sun)**

**May 18, 2008
(Sunday)**

**To complete course
requirements
participants must
attend all 3 days.**

2.2 CEU's

Sponsored by

**San Jose District
CPTA
CHOMP**

**Course location:
Community Hospital of the
Monterey Peninsula
23625 Holman Hwy
Monterey, CA 93940**

Course Description:

- New APTA standards require physical therapy programs to teach all grades of joint mobilization, I-V.
- This course is designed for PT Clinical Instructors (CI) and PT clinicians who wish to learn or advance their skills in the use of Grade V Mobilization techniques.
- In California, terminology for high velocity manual therapy techniques is 'grade V mobilization' or 'graded passive movement-V' (GPM-V).
- Learn updated requirements in PT education and broaden your treatment repertoire in manual therapy. Hone your skills so that you are prepared to supervise students in GPM-V techniques.
- California PT programs have collaborated to develop this course especially for the clinical community.

Course Topics:

- Changes in APTA accreditation standards
- Terminology issues in California
- Current evidence
- Indications and contraindications for use of GPM-V techniques
- Common pitfalls in technique implementation
- Technique instruction: selected techniques for the thoracic and lumbar spine and peripheral joints
- Clinical reasoning for technique selection and progression
- Strategies for addressing problems with handling and clinical reasoning of clinicians and students

April 12-13

4/12, Saturday: Registration 8:00 am
8:30 – 10:15 APTA standards/terminology
10:15 – 10:30 Break
10:30 – 12:30 Indications/Contraindications & Evidence
12:30 - 1:30 Lunch
1:30 – 3:00 Technique instruction/pitfalls
3:00-3:15 Break
3:15 - 5:00 Case study analyses

4/13, Sunday: 8:30 am – 5:00 pm
8:30 – 10:15 Technique instruction/Pitfalls

Case study analysis/Evidence
10:15 – 10:30 Break
10:30 – 12:30 con't
12:30-1:30 Lunch
1:30 – 3:00 Clinical reasoning
3:00-3:15 Break
3:15 - 5:00 Clinical reasoning

5/18, Sunday: 8:30 am – 4:15 pm

8:30 – 9:30 Questions
9:30 – 10:30 Problem solving/Strategies for Technique improvement
10:15 – 10:30 Break
10:30 – 12:30 Problem solving con't
12:30 – 1:15 Lunch on your own
1:15 – 2:30 Effective feedback to students/staff
2:30 – 3:00 Communication to pts/providers
3:00 – 3:15 Break
3:15 – 4:15 Opportunities for PT Practice

Location: CHOMP 23625 Holman Hwy
Monterey, CA Parking free. Map to be sent with confirmation

Tuition: \$475

Snacks provided; lunch on your own.

Refunds:

Registration deadline: 3/22/08
\$25 cancellation fee for ANY cancellation.
Cancellations must be in writing to
Efolkins@comcast.net
No refunds after 4/11/08

Course Objectives:

1. Discuss legal and legislative issues affecting PT practice
2. Integrate current best evidence on GPM-V into the management of musculoskeletal problems.
3. Integrate motor learning principles and psychomotor skills into teaching and assessing readiness of PT staff and students to utilize GPM-V.
4. Analyze when PT staff and students are having difficulty with implementation of GPM-V and design strategies to improve performance.
5. Integrate clinical reasoning strategies for assisting staff/students to make safe,

appropriate treatment decisions with GPM-V.

- This is a lecture/lab course designed for an excellent instructor:student ratio to provide you ample feedback!

Intended Audience –

- Current practice in an orthopedic PT setting
- Prior course work in manual therapy
- Clinical instructors who will be supervising PT students and/or PTs who wish to broaden their GPM-V skills

This course is being taught in one weekend (April 12-13) plus one day (May 18) spaced 4 weeks apart to enable participants to practice/consolidate techniques and clinical reasoning. On day 3, participants will be asked to teach a technique and receive feedback from colleagues.

Instructors:

Lewis Gabbard, MPT, OCS, FAAOMPT is a graduate of the Kaiser Hayward PT Fellowship in Advanced Orthopedic Manual Therapy and a faculty member in the OMT/Musculoskeletal Primary Care Fellowship at Kaiser Vallejo. Lewis is a Clinical Specialist at Kaiser Vacaville in the Occupational Health Dept. He has taught numerous courses within Kaiser Permanente

Rob Landel, PT, DPT, OCS, CSCS, MTC is associate professor at USC where he has taught orthopedics for 19 years and is director of the musculoskeletal curriculum. He co-founded, directed and mentors in the USC Orthopedic Residency Program. He has taught post-graduate courses for 15 years nationally and internationally.

Eric Ffolkins, DPT, OCS received a Masters in Physical Therapy in 1994 from USC and a DPT from Western University in 2005, where he received the prestigious *Alumni Award*. He is the Clinical Coordinator of Clinical Education and Clinical Instructor at CHOMP.