

Theresa A. Schmidt - 2-Day Functional Aging

Faculty:

Theresa A. Schmidt

Duration:

12 Hours 15 Minutes

Format:

Audio and Video

Copyright:

Apr 03, 2019

Description

Are you spending too much time figuring out how to document geriatric function with insufficient time to enjoy what you do best: treating patients to maximize their quality of life? How do you efficiently select functional exam tools to develop the best plan of care for your patients?

In this interactive recording, practice fast and easy assessments for elders to that will simplify your documentation process, which in turn will effectively guides your treatment planning. Review evidence on best practices for implementing therapeutic interventions to manage mobility impairments, balance issues, falls, cognitive deterioration, stiffness, weakness and pathologies.

Gain skills to maximize function in aging adults across the spectrum, from the active sports enthusiast to the involved resident with multiple medical problems.

Immediately design a rehab program for your geriatric patients that incorporates traditional and holistic therapy approaches. Start maximizing function, enhancing mobility, and decreasing pain with your patients today.

What You'll Need for this Recording:

- Mat or massage table for hands-on practice
- Tape measure and masking tape
- Hand sanitizer and massage lotion
- Blanket and pillow
- Mobile laptop or cell phone with Internet access (Internet/WiFi is not provided)
- Wear comfortable clothing (i.e., sneakers, sweatpants, and t-shirt)

Handouts

	Manual – Functional Aging (9 MB)	166 Pages	Available after Purchase
--	----------------------------------	-----------	--------------------------

Outline

FUNCTIONAL MOBILITY AND BALANCE ASSESSMENT IN ELDERS

- Balance definitions, systems and strategies
- Aging process and epidemiology of falls
- Risk factors in aging, medications, medical and degenerative processes

FUNCTION AND BALANCE ASSESSMENT

GAIT AND BALANCE ASSESSMENT TESTS

INTERVENTIONS TO ENHANCE BALANCE AND PREVENT FALLS

- Exercise program design: Active Balance Clinic (ABC)
- Tai Chi
- OTAGO

EVIDENCE-BASED OUTCOMES

- What studies say about balance tools and interventions
- Fall reduction, rates and risks
- AGS panel recommendations on balance

FUNCTIONAL OUTCOME TESTS DISCUSSION

- Mini Mental Status Exam (MMSE)
- Montreal Cognitive Assessment (MOCA)
- Barthel Index
- Self-Efficacy
- Assessment of Motor and Process Skills (AMPS)
- Functional Autonomy Measurement System (SMAF)

MUSCULOSKELETAL CHALLENGES

- Lower extremity functional scales (LEFS)
- Disabilities of the arm, shoulder and hand (DASH)
- Measuring myofascial pain
- Trigger points
- Stiffness
- Muscle weakness

INTERVENTIONS FOR PAIN REDUCTION, MOBILITY PROMOTION AND FUNCTION

- Manual therapy
- Neuromuscular techniques
- Integrative medicine

IMPROVING MOBILITY, STRENGTH AND FUNCTION, AND REDUCING PAIN

- Myofascial release
- Positional release
- Joint mobilization
- Neuromuscular re-education

INTEGRATIVE MEDICINE AND HOLISTIC APPROACHES TO IMPROVE MOBILITY

- Address behavioral and cognitive issues
- Reduce pain in elders
- Mindfulness
- Massage
- Relaxation induction
- Craniosacral
- Reiki

CASE STUDIES AND GROUP PROBLEM SOLVING

Faculty



Theresa A. Schmidt, PT, DPT, MS, OCS, LMT, CEASRelated seminars and products: 10

Dr. Theresa A. Schmidt is President of Educise PC continuing education, and physical therapy in Dartmouth-Sunapee, NH. A board-certified Specialist in Orthopedic Physical Therapy, Expert Witness, massage therapist, and coach with over 30 years' experience in clinical practice and education, she integrates best evidence-based practices of manual therapy and orthopedic rehab, with complementary medicine approaches for outstanding peak performance. She graduated Long Island University's Masters Physical Therapy Program in with Highest Honors, and received her Doctorate in Physical Therapy Program at University of New England. She served as faculty at Touro College










Physical Therapy Programs, Nassau CC and CUNY Queens College in NY. Dr. Schmidt presented for International Fascia Research Congress, American Physical, Occupational, and Massage Therapy Associations, NASA Inomedic Health, Johns Hopkins, Cleveland Clinic and medical centers across North America. She is a published author, Reiki Master Instructor, and integrative medicine clinician. Learn more at www.Educise.com.

Speaker Disclosures:

Financial: Theresa Schmidt maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Theresa Schmidt has no relevant non-financial relationship to disclose.

Proof Content

	Handouts			9 MB
	2. 2-Day. Functional Aging. Tools Techniques to Improve Outcome... .mp4			2 GB
	1. 2-Day. Functional Aging. Tools Techniques to Improve Outcome... .mp4			1.9 GB