Faculty

JAMES C. WALL, B.Sc. (LONDON); M.Sc. (SURREY); M.Ed. (TORONTO); BSc. (LONDON). Dr. Wall is a Professor of Physical Therapy and Adjunct Professor in Behavioral Studies and Instructional Technology at the University of South Alabama. He has an undergraduate degree in Chemistry and Physiology, an M.Sc. in Biomechanics and obtained his Ph.D. from the University of London. His initial research focused on the age related changes in the mechanical properties of bone in an attempt to better understand the reasons for the increased number of fractures seen in the elderly. He moved to Canada and worked for several years in the School of Physiotherapy at Dalhousie University, where he still holds an adjunct faculty position. While at Dalhousie University he was principal investigator on a study, which investigated the role of exercise in improving function in the elderly. He also studied function in a group of elderly patients who had either fallen or had a fear of falling. In the course of these studies, Dr. Wall was responsible for developing the techniques used to objectively assess function. The results of his research have been published in Physiotherapy, Physiotherapy Canada, Archives of Physical Medicine and Rehabilitation, International Journal of Rehabilitation Research, Topics in Geriatric Rehabilitation and Clinical Rehabilitation, among others. He was instrumental in starting the journal Gait & Posture and served as an Associate Editor. Dr. Wall has been invited to lecture on the topics of balance and gait in many parts of the world including Europe, India, Australia, South Africa and the Middle East.

Description

The purpose of this seminar is to provide participants with the most up-to-date information on gait and balance assessment and treatment for the geriatric patient. The major changes commonly seen in the elderly, that can contribute to problems in the area of gait and balance and the subsequent loss of independence, will be covered. The seminar format is lecture with demonstration that explores evaluation tools, techniques to objectively measure functional mobility tasks, and treatment protocols designed for older adults. Using a case study format, participants will become familiar with numerous assessment tools to assess gait and balance in patients with a variety of diagnoses. Evidence-based treatment strategies and protocols will be covered along with the advantages and disadvantages. The extensive handout, which contains current medical references, will provide detailed evaluation forms, outcome measures, suggested protocols and sample home exercises.

Objectives

Upon Completion of this Seminar, Participants will be able to:

1. Describe normal and pathological changes in gait and balance.
2. List functional changes common to the older person.
3. Define gait characteristics and incorporate these into evaluation tools.
4. Thoroughly evaluate a patient with gait problems utilizing several different functional assessment tools and develop effective treatment goals.
5. Thoroughly evaluate a patient with balance difficulties utilizing several different balance assessment tools and develop effective treatment goals.
6. Identify risk factors, gait impairments, and gait deviations and develop specific approaches to assess gait in the older patient based on a variety of tools.
7. Create innovative screening and treatment programs for balance and gait deficits commonly seen in the older person.

Quotes

"Dr. Wall made the 2 days fun. I would recommend this course."
"Dr. Wall is an excellent and entertaining speaker."
"Very Informative."
"Great handout with lots of useful information and balance tools."
"Very enjoyable and useful."
"Dr. Wall has a great attitude - a natural born teacher."
"Best gait course I have ever been to."

Locations

St. Luke’s Rehabilitation Hospital
Spokane, WA
August 4-5
Lebanon Valley
Honespun County
Brethern Home
Medical Center
Palmyra, PA
Minneapolis, MN
August 17-18
October 13-14
Lovelace Medical Center
Albuquerque, NM
November 3-4
Making Gait & Balance Assessment and Treatment Worth It

2007
Spokane, WA – August 4-5
Hershey, PA – August 17-18
Minneapolis, MN – October 13-14
Albuquerque, NM – November 3-4

This high tech presentation and extensive handout provides the practicing clinician with numerous evaluation approaches, treatment strategies, protocols and documentation hints that can be immediately used in a variety of practice settings.

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November 3-4
Program Outline

DAY 1

8:30 AM Registration and Continental Breakfast

9:00 AM Effects of Aging on Mobility

9:30 AM Gross Motor Function Measure - Gait

9:45 AM Clinical Assessment of Gait

10:00 AM Break

10:15 AM Performance-based Functional Measures - Gait

11:00 AM Gait Over 6

11:30 AM From assessment to treatment: making the link

12:00 PM Working Lunch (on your own) - Case studies - Group Discussion: Common characteristics of hemiplegic gait and their measurement

1:00 PM Sit to Stand Transfer

2:00 PM 1 Repetition Maximum Transfer

2:30 PM 1 Repetition Maximum Progression Pad

3:00 PM Adherence

3:30 PM Break

4:00 PM Registration and Continental Breakfast

4:30 PM Performance-based Functional Measures

5:00 PM Gait, Balance, and Falls: A Functional Look at Age-related Problems

5:30 PM Gait Changes across the Lifespan

6:00 PM Question/Answer Session

6:30 PM Adjourn

DAY 2

7:00 AM Registration and Continental Breakfast

8:00 AM Performance-based Functional Measures

8:30 AM Assessment of full-range moving objective clinical scales

9:00 AM Break

9:15 AM Balance and Falls Risk Assessment

9:30 AM Orthopedic Exercise Booklet

9:45 AM Self Balance Hints for Older Persons Booklet

10:00 AM All Repetitive Tests: Functional Reach, TVG, Sit to Stand, One Legged Stance, Four Step Square Test

12:00 PM Lab - familiarization with advanced balance measurement techniques

1:00 PM Advanced Obstacle Assessment

1:15 PM Advanced Obstacle Assessment

1:30 PM Case Studies - Group Discussion: Case studies - Group Discussion: Common characteristics of hemiplegic gait and their measurement

1:45 PM Break

2:00 PM Case Studies - Group Discussion: Common characteristics of hemiplegic gait and their measurement

2:15 PM Advanced Obstacle Assessment

2:30 PM Case Studies - Group Discussion: Common characteristics of hemiplegic gait and their measurement

3:00 PM Frailty and Functional Performance

3:15 PM Break

3:30 PM Frailty and Functional Performance

4:00 PM Question/Answer Session

4:15 PM Adjourn

Registration

AUDIENCE: Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, and other Rehabilitation Professionals

FEES: The fee includes all course sessions, breaks, continental breakfasts, and course handout.

Spokane, WA - $495. If postmarked before 7/12/07

Hershey, PA - $445. If postmarked before 7/20/07

Minneapolis, MN - $495. If postmarked before 9/15/07

Albuquerque, NM - $495. If postmarked before 10/1/07

LATE REGISTRATION: Postmarked after the above date requires an additional $75 late fee.

EARLY BIRD - $445 - If completed registration and payment are received by

Spokane, WA - May 17, 2007

Hershey, PA - May 31, 2007

Minneapolis, MN - July 26, 2007

Albuquerque, NM - August 10, 2007

DISCOUNT PROGRAM: Receive $25 off for each Great Seminars & Books, Inc. course attended from 1999 to the present. In order to receive discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

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CANCELLATION/REFUND POLICY: Cancellations must be received in writing at least two weeks prior to the seminar date for tuition refund less a $75 administration fee. No refunds will be made after this date.

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EDUCATIONAL CREDIT: All courses are approved for 20 CEUs. A certificate of attendance for 20 contact hours of educational activity (2.0 or 20 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. Your tuition is tax deductible. All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Couzens vs. Commissioner, 201 F2d 307.

L卿ST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is $50.

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WEB Site: www.greatseminarsandbooks.com

Federal Tax ID 52-2191548
Program Outline

**DAY 1**

7:30 AM Registration and Continental Breakfast

8:00 AM Effects of Aging on Mobility
- Gait, Balance, and Falls: A Functional Look at Age-Related Problems
- Gait Changes across Ages

8:00 AM Clinical Assessment of Gait

9:00 AM Break

10:15 AM Performance-based Functional Measures - Gait
- **The “Virtual” gait:** Walking speed, stride time and stride length.
- **Late measurement of the “Virtual” gait:**

12:00 PM Lunch (on your own) – Case studies - Group Discussion: Common characteristics of hip/knee/gait and their measurement

1:00 PM Gait Over I
- Breaking down the gait cycle - gaining insight into the functional components of walking
- Measurements of the phases of the gait cycle

3:15 PM Break

3:30 PM From assessment to treatment: making the link
- Using gait assessment data to form treatment decisions and set goals
- **Gait Training**, **Gait Outcomes Course**
- **Seminaries**
- **Case Study**

3:50 PM Performance-based Functional Measures - Dynamic Gait Tests
- **Dynamic Gait Index**, **Modified Gait Abnormality**, **Tinetti, Balance Scales**

6:00 PM Question/Answer Session

6:00 PM Adjourn

**DAY 2**

7:30 AM Registration and Continental Breakfast

8:00 AM Performance-based Functional Measures - Labs: - Assessment of fall risk - ongoing subjective clinical scales

10:00 AM Break

10:15 AM Balance and Falls Risk Assessment
- OSTEOPOROSIS FRAMES
- **Clinical Balance Testing**
- **At Risk Tests**
- **Functional Reach, TVG, Sit to Stand, Timed One Legged Stand, Four Step Test**
- Lab - **Management with objective balance assessment techniques**

12:00 PM Lunch (on your own) – Case studies - Group Discussion: Alternative timed functional tasks to identify fall risk in the elderly

12:30 PM Advanced Objective Assessment
- **Advanced Timed Up and Go Test**
- **Stooping and Divide of Stairs**
- Lab: training with advanced balance assessment techniques

3:15 PM Break

3:30 PM CAPE and Inexpensive Balance Treatment Ideas
- **Functional Activities**, **Balance Training, Tai Chi**
- **Full Prevention, Reducing Incidence, and Extensive**

5:00 PM Developing Strategies for Assessing & Decreasing Mobility
- Emerging Technologies & Applications to Rehabilitation

6:00 PM Question/Answer Session

6:00 PM Adjourn

Each section includes an evidence-based update of the topic area.

For each assessment tool, participants learn the purposes of the tool, equipment needed, interpretation, and intervention, followed by an opportunity for case study application.

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