

COURSE COST:

\$300 if you have not attended a previous course

\$ 270 if you have attended a previous course

*There is a \$10 fee to register online at www.3KingsUESpecialists.com

*Costs include snacks/drinks on Saturday. Sub, salad and drinks will be provided Friday evening

***Handouts will be emailed to participants prior to course to be printed out and brought to the course**

CANCELLATION POLICY:

Due to small class size, there will be NO refunds if cancellation received on or after January 5, 2018. Prior to January 5, refunds will be issued minus \$25 administration fee. If you are able to find someone to take your place, that person can pay you directly so that that you will receive a full refund. You will just need to contact me to let me know the name of the person taking your place. **3Kings UE Specialists will not refund any expenses associated with travel expenses or fees for registering online, only course costs.**

CONTINUING EDUCATION CREDIT:

*PTs and PTAs will have to submit this course individually for approval (This can also be done prior to the course. Cost is \$20 payable to the FI Board of PT). 3Kings UE Specialists will provide documentation needed to submit the course.

*Out of state therapists please contact your board for approval

*3Kings Upper Extremity Specialists will provide CEUs to Florida and Alabama OT/OTAs



PAYMENT COUPON

Name: _____

Address: _____

Phone: _____

Email: _____

Profession: (Circle) OT OTA PT PTA

Student Other

License number: _____

Employer: _____

Amount: (Circle) \$300 \$270

Make checks payable to 3Kings Upper Extremity Specialists and mail to:

56 Solana Rd

Ponte Vedra Beach, FL 32082

Please contact Jennifer Dodson OTR/L, CHT at

904-803-4480 or 3KingsUESpecialist@gmail.com with any questions. Visit www.3KingsUESpecialists.com or 3Kings Upper Extremity Specialists Facebook page



Joint mobilization of the Forearm, Elbow and Shoulder
Differential Diagnosis and Manual Therapy for Lateral Elbow pain

***Register by December 6 and get \$10 off**

January 19-20, 2018

Friday 5-9pm, Saturday 8-4:30pm

Location: TBA

13.8 contact hours

Target Audience: OT/OTA/PT/PTA/CHTs of all levels

**Instructor: Ann Porretto-Loehrke
PT,DPT,CHT,COMT,CMTPT**



AGENDA

Friday evening: 4:30-5pm:Registration

5pm-6: Case Study #1: Limited FA rotation following DR fx

Lab: Proximal radioulnar mobilization to maximize FA rotation

6-6:15 Dinner

6:15-7:15: Case study 2: Elbow stiffness following immobilization

Lab: Humeroulnar joint mobilization to maximize flexion and extension

7:15-8: Case study 3: External impingement with posterior shoulder tightness

Lab: GHJ to address posterolateral and posteroinferior shoulder tightness

8-9pm: Case Study 4: Adhesive capsulitis with limited shoulder elevation

Lab: GHJ mobilization to inferior capsular tightness

Saturday:

8:00-9:00 am

lecture: Anatomy and pathoanatomy of the elbow complex

9:00-9:45 am

lab: Soft tissue surface anatomy of the lateral elbow

9:45-10:15 am

lecture and lab: initiate the clinical examination of the elbow

10:15-10:30 am BREAK

10:30-12:00 pm Lunch on your own

lecture and lab: complete the clinical examination of the elbow with interpretation of examination findings & extra tests

12:00-1:00 pm LUNCH

1:00-4:00 pm

lecture and lab: Lateral elbow pain: differentiation between joint versus soft tissue with treatment proposal and neural flossing: soft tissue techniques to address issues at the ECRB and EDC, joint mobilization techniques to address radial head issues, neural flossing techniques to address radial nerve issues.

SPEAKER AND OBJECTIVES

For Friday:

Purpose: Have you ever gone to a continuing education course and learned lot nice joint mobilization techniques, then gotten back to the clinic and not known when exactly to use them? This course, focused on improving your joint mobilization skills, will be presented in a case-study format to help tie the patient impairments found in the clinical exam with the corresponding joint mobilization technique! Manual therapy techniques will be covered to address proximal radioulnar joint mobilization to improve forearm rotation, elbow flexion and extension limitations post-immobilization, frozen shoulder, and posterior shoulder limitations associated with shoulder impingement. Gain skills in joint mobilization techniques you can use on Monday morning!

Course Objectives: Through a combination of lecture and lab, therapists will be demonstrate the ability to perform

1. Proximal Radioulnar joint mobilization techniques to address forearm rotation limitations following distal radius fracture.
2. Humeroulnar joint mobilization techniques to address stiffness at the elbow following immobilization.
3. Posterior shoulder mobilizations for treatment of shoulder impingement.
4. Glenohumeral joint mobilizations for treatment of a frozen shoulder.

For Saturday:

Purpose: Sharpen your skills for evaluating and treating soft tissue and joint limitations at the lateral elbow! This course combines lecture and lab to provide therapists with evaluation and treatment tools for differential diagnosis and treatment of lateral elbow pain. This course also includes evaluation and treatment of radial tunnel and Wartenberg's syndrome. This course will help to make those lateral elbow patients more fun to see!

Course objectives: Through a combination of lecture and lab, participants will

1. Perform a systematic clinical examination at the elbow to determine the potential pain-generator
2. Demonstrate how to provide joint mobilization techniques for limitations at the humeroradial/proximal radio-ulnar joint
3. Demonstrate manual techniques to address soft tissue disorders about the lateral elbow
4. Understand key concepts regarding rehabilitation for lateral elbow instability
4. Perform provocative tests to identify nerve compressions at the lateral elbow: radial tunnel and Wartenberg's syndrome and neural flossing techniques for treatment

SPEAKER BIOGRAPHY:

Ann Porretto-Loehrke is a skilled clinician with a passion for teaching and clinical treatment of upper extremity disorders. She has been practicing for over 20 years and teaching continuing education courses for the past 10. She is the therapy manager of a large department at the Hand to Shoulder Center in Appleton. Ann is a Certified Hand Therapist (CHT) and a Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She has extensive training in the evaluation and treatment of the upper quadrant. Ann completed a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation. Most recently, Ann became certified in dry needling through Myopain Seminars, as a Certified Myofascial Trigger Point Therapist (CMTPT). She previously served as an item writer and Vice-Chair of the Examination committee for the Hand Therapy Certification Commission (HTCC). She is a lead instructor who co-developed the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists. Ann co-authored a chapter in Rehabilitation of the Hand & Upper Extremity on nerve compression syndromes of the elbow and forearm, as well as recently published an article entitled "Clinical Manual Assessment of the Wrist" in the Journal of Hand Therapy's special edition of the wrist. Ann has presented at American Society of Hand Therapists (ASHT) annual conferences, Canadian Hand Conferences, Philadelphia meeting, and Teton Hand Conferences.

