

**Course description:** Come and discover new ways to facilitate improved mobility using a Cyriax-based approach! The course combines lecture and lab to give clinicians manual therapy techniques that can be used immediately in the clinic.

**Objectives:** Following this course, therapists will be demonstrate the ability to perform

1. Radiocarpal and midcarpal joint mobilization techniques for treatment of a capsular pattern at the wrist.
2. Posterior Glenohumeral joint capsular mobilizations for treatment of shoulder impingement.
3. Inferior Glenohumeral joint mobilizations for treatment of a capsular pattern at the shoulder.
4. Humeroulnar joint traction techniques for treatment of elbow stiffness.
5. Proximal Radioulnar joint mobilization techniques to address forearm rotation limitations.

*Ann Porretto-Loehrke is the therapy manager of a large department at the Hand and Upper Extremity Center in Appleton, Wisconsin. She 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. In 2007, she completed a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation. She currently serves on the Examination Committee for the Hand Therapy Certification Commission (HTCC) and is president of the Wisconsin Chapter of the American Society of Hand Therapists (WI-ASHT). Ann is a lead instructor involved in developing the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists.*

**ATTENTION ALL OTS, COTAS,  
PTs, AND PTAs**

*3Kings Upper Extremity Specialists  
104 Oak View Circle  
Ponte Vedra Beach, FL 32082*



presents:

## Get it Moving! Joint Mobilization Techniques for the Shoulder, Elbow, Forearm and Wrist

*September 18-19, 2009*

*Location: 5 Star Physical Therapy  
236 Ponte Vedra Park Dr.  
Ste 300  
Ponte Vedra Beach, FL  
32082*

Register Early, Limited to 30  
Participants!

For more Information and to  
register visit

[www.3KingsUESpecialists.com](http://www.3KingsUESpecialists.com)  
or call 904-803-4480

## PAYMENT COUPON

(please send with payment)

**Checks payable to 3Kings Upper  
Extremity Specialists, Inc.**

**\*Credit Card Payments must be done  
online at [www.3KingsUESpecialists.com](http://www.3KingsUESpecialists.com)**

Name(s): \_\_\_\_\_

License #: \_\_\_\_\_

Employer: \_\_\_\_\_

Address(Home) \_\_\_\_\_

Phone#: \_\_\_\_\_

Email address (Confirmation will be sent  
via this address): \_\_\_\_\_

\* Profession (circle): OT   COTA  
  PT        PTA

\*Amount

Enclosed: \_\_\_\_\_

**Please mail to:**  
**3Kings Upper Extremity  
Specialists**  
**104 Oak View Circle**  
**Ponte Vedra Beach, FL 32082**

## Day 1 Friday, September 18th

4:00-5:00	<b>lecture:</b> Cyriax-based principles; wrist anatomy & kinesiology
5:00-5:30	<b>lab:</b> volar wrist surface anatomy
5:30-6:15	<b>lab:</b> radiocarpal joint (RCJ) testing and treatment
6:15-6:45	<b>break</b> (dinner)
6:45-8:45	<b>lab:</b> complete RCJ mobilization; midcarpal joint (MCJ) testing and treatment
8:45	adjourn

## Day 2 Saturday, September 19th

8:00-8:45	<b>lecture:</b> glenohumeral joint (GHJ) anatomy & kinesiology
8:45-9:00	<b>lecture:</b> posterior capsule mobilization: clinical indications for treatment of impingement
9:00-10:00	<b>lab:</b> posterior capsule mobilization (arthrokinematic method)
10:00-10:15	<b>break</b>
10:15-10:45	<b>lecture:</b> inferior capsule mobilization: clinical indications for treatment of secondary adhesive capsulitis
10:45-12:00	<b>lab:</b> inferior capsule mobilization (arthrokinematic and target tissue techniques); posterior capsule mobilization (target-tissue)
12:00-1:00	<b>lunch</b>
1:00-1:30	<b>lecture:</b> humeroulnar joint (HUJ): anatomy and kinesiology
1:30-2:45	<b>lab:</b> HUJ mobilization: clinical indications; testing and treatment
2:45-3:00	<b>BREAK</b>
3:00-3:30	<b>lecture:</b> forearm rotation: anatomy and kinesiology
3:30-4:30	<b>lab:</b> proximal radioulnar joint (PRUJ): testing and treatment
4:30	adjourn

**COURSE COSTS** (*Includes course materials and dinner Friday*)

**\*Early Bird** (Postmarked by Aug. 18)- \$255

\*Group Discount if 3 or more register by Aug 18-\$240 per person

**\*Regular Registration**

(Postmarked after Aug.18)-\$275

\*No group discount during this time

*\*If you have attended a previous course, there is a 10% discount*

## CONFIRMATIONS AND CANCELLATIONS

Confirmation of registration will be sent via email or fax. If fax or email is not available, a letter of confirmation will be mailed. If you do not receive a confirmation within 5 days of the program, please contact [3kingsuespecialist@gmail.com](mailto:3kingsuespecialist@gmail.com) or 904-803-4480. Cancellations received at least 30(August 18) days before the course will be refunded less a \$25 dollar administration fee per participant. Cancellations received between August 19-September 2 will be refunded less \$75. Cancellations after September 2, there is no refund.

## CONTINUING EDUCATION CREDIT

*Occupational Therapists and Occupational Therapy Assistants:* 3Kings UE Specialists, Inc is an approved provider with the Florida Department of Health Board of Occupational Therapy Practice. CE Broker Provider #50-9345. This course qualifies for 13.5 contact hours.

*Physical Therapists and Physical Therapy Assistants:* This course has been submitted for approval to the Florida Physical Therapy Board. Please check back in July for approval.

*Certified Hand Therapists:* This course has been posted on HTCC's website and qualifies under Category A of professional development units.

*Out of State OTs and PTs:* You will be given a certificate of attendance. Please submit to your board for approval