

Course Content

HOT TOPICS AND INNOVATIONS IN FALL PREVENTION

- What fall prevention will look like in 1, 5, and 10 years

HANDS-ON LABS PREDICT AND PREVENT FALLS WITH A COMPREHENSIVE RISK ASSESSMENT

Practice today's best evaluations for:

- Balance
- Visual-spatial function
- Sensory-motor integration
- Proprioception
- Vestibular function
- Gait and mobility
- Age-related degeneration
- Home safety
- Pharmacological side effects

HANDS-ON LABS EXPAND YOUR REHAB TOOLBOX FOR FALL PREVENTION AND POST-FALL REHAB

Practice effective techniques you can use immediately to:

- Restore balance, mobility, and function
- Minimize fall impact and injury
- Treat dizziness and vertigo
- Improve multitasking, coordination, and gait
- Resolve vision problems that contribute to falls
- Boost cognition, memory, and focus
- Reduce environmental fall risks

HANDS-ON LABS INTEGRATE MULTIPLE APPROACHES FOR BETTER OUTCOMES

Practice combining:

- Balance and gait training
- Vestibular rehabilitation
- Gaze stabilization
- Multitasking interventions
- Musculoskeletal soft tissue techniques
- Graded motor imagery
- Home exercise programming
- Nutrition
- Environmental modification
- Safety reminders
- Orthotics and gait devices
- Clinical applications of neuroplasticity

Target Audience

Physical Therapists • Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants • Nurse Practitioners • Nurses  
Nursing Home Administrators

Live Seminar Schedule (both days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

HANDS-ON LABS DESIGN ROBUST, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

Practice developing treatment strategies for high risk patients with specific impairments, including:

- Traumatic brain injury
- Stroke
- Multiple sclerosis
- Parkinson's disease
- Spinal cord injury
- Diabetes
- Pain
- Age-related changes

KEYS TO SUCCESSFULLY TREATING NONCOMPLIANT PATIENTS AND ENLISTING FAMILY SUPPORT

ARE YOU LEAVING MONEY ON THE TABLE?

- Coding and billing updates for fall prevention and post-fall rehab
- Justify rehab with the right progress measures and documentation
- Avoid denials and audits with these tips

CASE STUDIES PUT KNOWLEDGE TO PRACTICE

- Case study 1: Evaluate a client's home for extrinsic risk factors
- Case study 2: Apply advanced balance training and multitasking techniques
- Case study 3: Integrate visual testing and gaze stabilization
- Case study 4: Navigate pharmacological side effects and comorbidities
- Case study 5: Overcome barriers to effective strategy implementation

DEVELOP AN EFFECTIVE FALL PREVENTION PROGRAM FOR YOUR FACILITY

FREE

Infographic on Kinesiology Taping Basics!

KINESIOLOGY TAPING BASICS GETTING STARTED

ACCESS TODAY! rehab.pesi.com/tapingig

NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesirehab.com/inhouse

PESI Rehab  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

2-DAY

The Ultimate Guide to Fall Prevention

Fall-proof Your Patients with Today's Best Practices

White Plains, NY  
Saturday & Sunday  
March 21 & 22, 2020

Manhattan, NY  
Monday & Tuesday  
March 23 & 24, 2020

REGISTER NOW: [pesirehab.com/express/77473](https://pesirehab.com/express/77473)

PESI Rehab

2-DAY

The Ultimate Guide to Fall Prevention

Fall-proof Your Patients with Today's Best Practices

- Which fall prevention interventions are effective - and which are not?
- The must-have tools and strategies for protecting patients from injury
- Robust, effective plans of care for high risk and challenging patients
- Keys to successfully treating noncompliant patients and enlisting family support
- How to develop and effectively market a fall prevention program for your facility

Become the go-to resource for fall prevention and build referrals faster!

White Plains, NY  
Saturday & Sunday  
March 21 & 22, 2020

Manhattan, NY  
Monday & Tuesday  
March 23 & 24, 2020

PESI Rehab REGISTER NOW: [pesirehab.com/express/77473](https://pesirehab.com/express/77473)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

2-DAY

# The Ultimate Guide to Fall Prevention

## Fall-proof Your Patients with Today’s Best Practices

Whether your patients’ goals are to return to work, play with their grandkids, or travel the world, your hard work helps them progress toward their functional goals.

But one fall can severely set back progress and turn your patient’s life upside down, resulting in rapidly declining health, extended hospital stays, financial loss, fear, and isolation. Falls can often be predicted and prevented if you know what to look for, but all too often, clinicians are so focused on the injury or disability at hand that fall risks are overlooked -- until it’s too late.

**Attend this intensive training course and learn how to help patients avoid falls while retaining the strength, balance, and mobility it takes to stay functionally independent.**

Built on today's best practices, this hands-on program will show you how to better predict and prevent falls with a comprehensive risk assessment that combines the best evaluations currently available. Expand your rehab toolbox for fall prevention and post-fall rehab with interventions you can use immediately. Design robust, innovative plans of care for high risk patients with specific impairments, from diabetes to Parkinson’s. And finally, learn how to develop an effective fall prevention program using tools and strategies that have helped countless patients leave their fear of falling behind.

Sign up today and confidently guide your patients to a fall-proof future!

## Speaker

**Shelly Denes, PT, C/NDT**, is an expert in fall prevention with more than 25 years of experience treating patients with hemiplegia, neuromuscular disorders, traumatic brain injury, and spinal cord injuries. She has a special interest in advanced technology for helping patients move safely, and she has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton robotics.

Ms. Denes travels nationally to present seminars on fall prevention and geriatric rehabilitation, and she is known for her dynamic, hands-on teaching style. She has also shared her insights with practicing professionals at annual physical therapy association meetings and through adjunct university work. Additionally, her expertise has been presented through expert witness work, both nationally and locally. Ms. Denes is a graduate of University of Michigan’s physical therapy program, and she earned her certification in Neurodevelopmental Treatment (NDT) from the Rehab Institute of Chicago.

Speaker Disclosures:  
Financial: Michel Janet (Shelly) Denes has an employment relationship with the Center for Spinal Cord Injury Recovery. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Michel Janet (Shelly) Denes has no relevant non-financial relationship to disclose.

## Objectives

- Discuss the latest advances in fall prevention and their implications for rehab.
- Demonstrate a comprehensive assessment, identifying and differentiating root causes of fall risk.
- Evaluate the most effective interventions available for reducing risk and restoring balance, mobility, and function.
- Integrate multiple approaches for better outcomes, including balance and gait training, vestibular rehabilitation, gaze stabilization, multitasking interventions, and environmental modification.
- Describe the most effective landing strategies to minimize impact.
- Develop an effective home exercise program.
- Design robust, innovative plans of care for high risk patients with various diagnoses.
- Discuss parameters for safely intensifying rehab.
- Determine effective strategies for helping noncompliant, difficult, or depressed patients become more engaged in their recovery.
- Review coding and billing updates for fall prevention and post-fall rehab.
- Outline key components of a successful fall prevention program.
- Describe strategies for effectively marketing a fall prevention program.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

FREE TUITION

For Veterans & Active Military Personnel

PESI, Inc. is proud to offer this seminar (at these locations only) **free of charge** (on live seminar tuition) for veterans and active duty military personnel.

**Limited seats available; advanced online registration required**

**Questions?**  
Visit our FAQ page at  
[www.pesirehab.com/faq](http://www.pesirehab.com/faq) or contact us at [www.pesirehab.com/info](http://www.pesirehab.com/info)

RELATED PRODUCTS [ Save by including with your seminar registration ]



### Tai Chi for Arthritis & Fall Prevention Handbook

By Dr. Paul Lam

The Tai Chi for Arthritis program outlined in this informative handbook has helped millions of people - both with and without arthritis - to find relief from pain, improved balance and health, and a better quality of life within a short time. This handbook pairs perfectly alongside Dr Lam's Tai Chi for Arthritis DVD, and will empower learners to improve their health and wellness.



### Mindful Chair Yoga: 50+ Practices for All Ages

By Mayuri Gonzalez and Jennifer Cohen Harper, MA, E-RCYT

*Mindful Chair Yoga* is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.



**HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?**  
The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Anna Rustick at [arustick@pesi.com](mailto:arustick@pesi.com) or 715-855-8195.

## Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.5 contact hours. Partial contact hours will be awarded for partial attendance.

**Nursing Home Administrators:** This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 12.5 clock hours and 12.5 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.



### Occupational Therapists & Occupational Therapy Assistants:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Physical Therapists & Physical Therapist Assistants:** This activity consists of 12.5 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**New Jersey Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the New Jersey State Board of Physical Therapy for review.

**New York Physical Therapists & Physical Therapist Assistants:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 15.2 Contact Hours.

**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



**SCAN HERE**  
FOR A SPECIAL OFFER ON  
**BOOKS & CARD DECKS**

## REGISTRATION FORM

### 2-DAY THE ULTIMATE GUIDE TO FALL PREVENTION: FALL-PROOF YOUR PATIENTS WITH TODAY’S BEST PRACTICES

**SAVE TIME! Express Register Online: [pesirehab.com/express/77473](http://pesirehab.com/express/77473)**

1

Please complete entire form if sending by mail

please print legibly

©2019

Mail Code: \_\_\_\_\_

See mail code box on reverse side above your name & address

\*Email address \_\_\_\_\_

\*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name \_\_\_\_\_

Profession \_\_\_\_\_

Billing Address \_\_\_\_\_

☐ Home ☐ Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_

County \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

\*Cell Ph ( \_\_\_\_\_ ) \_\_\_\_\_

Work Ph ( \_\_\_\_\_ ) \_\_\_\_\_

\*Required for event updates

2

Select Location

(make copy for your records)

☐ **WHITE PLAINS, NY • March 21 & 22, 2020 (77473WPL)**

Burke Rehabilitation Hospital/Billings Building/Rosedale Conference Room  
785 Mamaroneck Ave • 10605 • (914) 597-2500

☐ **MANHATTAN, NY • March 23 & 24, 2020 (77473NYN)**

Martinique New York • 49 W 32nd St • 10001 • (212) 736-3800

3

Select Tuition

**TUITION including seminar manual**

**\$439.99** – choose one of the options below:  
☐ per person for 2 or more preregistering together —OR—  
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$499.99** standard

**ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar**

☐ **\$9.95\* Tai Chi for Arthritis & Fall Prevention Handbook** (SAM085585)

☐ **\$19.99\* Mindful Chair Yoga** card deck (PUB085920)

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4

Select Payment Method

**All registrations must be prepaid.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC 16 digits

☐ VISA 13-16 digits

☐ AE 15 digits

☐ Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

**ADA NEEDS**  
We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least two weeks prior to the seminar date.

**SAME DAY REGISTRATION**  
Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

**TUITION OPTIONS**  
*Advance registration required. Cannot be combined with other discounts.*

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, first come, first serve.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) for details.

**QUESTIONS**  
Visit [pesirehab.com/faq](http://pesirehab.com/faq) or contact us at [pesirehab.com/info](http://pesirehab.com/info)

**OTHER WAYS TO REGISTER**  
Fax: 800-554-9775  
Mail: PESI Rehab  
PO Box 1000  
Eau Claire, WI 54702-1000  
Phone: 800-844-8260  
Online: [pesirehab.com/express/77473](http://pesirehab.com/express/77473)

**CAN'T ATTEND THE SEMINAR?**

**2-Day Fall Prevention Specialist Course: Fall-proof Your Patients with Today's Best Practices**

— **Online Digital Seminar\***  
\$439.99 (POS063725) (Email required)

— **Seminar on DVD\*\***  
\$439.99 (RNV063725)

Product total \_\_\_\_\_

\*Shipping - \$6.95 (DVD only) \_\_\_\_\_

**Subtotal** \_\_\_\_\_

\*\*Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_

\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IL, IN, IA, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.  
\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.