

Outline

How Changes in The Aging Patient Population Impact Your Work

- Musculoskeletal and postural changes
- Osteoporosis and osteoarthritis
- Cardiovascular changes
- Vision and hearing changes
- Joint replacement
- Aging and disease processes
- The impact of certain medications on a patient's response to exercise

Geriatric Functional Testing and Assessment Toolbox for:

- Pain
- Gait
- Posture
- Mobility
- Strength
- Balance
- Range of motion
- Aerobic capacity
- Cognition
- Motivation

Fall Prevention Essentials: Addressing Weakness to Reduce Fall Risk

- Quick tips to fallers
- Reduce fall risk, minimize fall impact and injury
- Condition specific fall risk: including arthritis, stroke, neurological diseases such as Parkinson's disease and multiple sclerosis
- Identify patient, environmental and systemic conditions that may have led to a fall

Physical Exercise Programs and Implementation:

- Safe and effective exercise for aging adults
- Precautions to exercise in the elderly
- Intensity and frequency considerations

- Exercises and accommodations for:
 - Pain management
 - Building strength and endurance
 - Improving balance
 - Increasing mobility
 - Aerobic conditioning
- Recognize red flags and contraindication to exercise
- Tips to optimize motivation and compliance

Working with Special Populations

- Frailty
- Cardiovascular patients
- Limited mobility (chair bound)
- Diabetics
- Cardiovascular disease
- Parkinson's disease
- CVA
- MS

Nutritional Screening and Requirements

- Specific needs for those with Parkinson's disease, osteoporosis, diabetes

Optimize Documentation for Better Outcomes and Reimbursement

- Use of skilled terminology, avoidance of red flags, and adequate, concise documentation.

Live Webinar Schedule (Times listed in Eastern)

8:00 Program begins

12:00-12:30 Lunch Break

3:00 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.

Objectives

1. Assess normal age-related changes and will develop treatment plans to minimize those effects to accommodate for the normal age-related changes.
2. Analyze when weakness, deconditioning, and poor posture affect function and formulate the best treatment strategies to address these problems.
3. Apply evidence-based treatment plans to strength training principles to enhance patient outcomes across various diagnosis and injuries.
4. Analyze the proper balance between core muscles in the maintenance of spinal health and specific treatment approaches to address spinal changes with aging.
5. Skillfully assess older patients for gait, balance, strength, coordination, and flexibility with specific outcome measures using the recently established guidelines and recommendation.
6. Integrate the risks and precautions for osteoporosis treatment exercises, treatment and prevention of frailty fractures and the dietary requirement to promote bone healing.
7. Integrate motivation and engagement into treatment plans to enhance patient compliance.

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Advances in Strength Training

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Tuesday, July 20, 2021

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Advances in Strength Training

FOR OLDER ADULTS

- Evidence-based exercise programs to use in your practice immediately
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Advances in Strength Training

FOR OLDER ADULTS

Older adults need you now more than ever before. The isolation of the pandemic has resulted in significantly less physical activity and increased muscle atrophy. This evidence-based training will help your patients regain their functional capacity!

Jamie Miner, PT, DPT, GCS is a Geriatric Certified Specialist through the American Physical Therapy Association and a highly sought out clinical instructor, who has helped countless patients overcome the barriers preventing them from exercising, restore strength and mobility they thought was lost forever, remain independent, and reduce pain and symptoms of health-related conditions associated with aging.

You will learn evidence-based techniques in a way that is accessible and instantly applicable to your work so you can:

- Skillfully assess older patients for gait, balance, strength, coordination and more
- Design safe and effective exercise programs for older adults
- Optimize your patients' range of motion
- Restore their functional mobility and balance
- Help clients manage pain with adaptable exercises
- Effectively work with special populations including cardiovascular patients, COPD, CVA, MS and osteoporosis

Better still, this training will provide you with the confidence you need to immediately use these interventions with your patients!

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Meet Your Speaker

Jamie Miner, PT, DPT, GCS, provides specialized services to many SNFs. She has experience in home health, acute care, outpatient vestibular rehab and fall prevention, acute rehab, sub-acute rehab, and long-term care. Jamie graduated with a BS degree in PT from UNC Chapel Hill, a DPT from Shenandoah University and earned her vestibular certification at Emory University in March 2003.

Speaker Disclosure:

Financial: Jamie Miner has an employment relationship with Rehabcare, Galloway Ridge Facility. She is an Adjunct Associate Professor at Shenandoah University. Ms. Miner receives a speaking honorarium from PESI, Inc.
Non-financial: Jamie Miner has no relevant non-financial relationship to disclose.

Target Audience:

Physical Therapists • Occupational Therapists • Athletic Trainers
Nursing Home Administrators • Personal Trainers • Exercise Physiologists

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Athletic Trainers, Nursing Home Administrators, Occupational Therapists, and Physical Therapists.**

For specific credit approvals and details, visit pesirehab.com/webcast/85329

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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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