

Outline

Current Trends and Statistics for Shoulder, Knee and Hip Arthroplasty

Implications of the comprehensive joint replacement model  
How to address the 15-20% of total joint patients that don't ACHIEVE GOALS OF THERAPY!

Assessment: Troubleshooting the Difficult Total Joint Patient

Gait deviations that occur post-op  
Address the 'stiff' total knee patient  
Correct total shoulder patients favoring a shoulder hike/shrug  
Address the post-op total joint patient with an infection

Non-Operative Management of Osteoarthritis

Biologics including PRP, stem cells  
Injections – options and frequency  
Resistance training

Shoulder Arthroplasty: New Advances in Surgery and Rehab Implications

Osteoarthritis management  
Complete total shoulder-TSA  
Hemi shoulder arthroplasty  
Reverse total shoulder arthroplasty-rTSA  
Rehab techniques following total shoulder arthroplasty  
ROM guidelines and manual therapy for shoulder arthroplasty  
Open and closed kinetic chain exercises  
Return to activity:  
Expected time frames to perform ADL's and return to exercise/sports  
Case Studies

Total Knee Arthroplasty

Traditional total knee arthroplasty - TKA  
Minimally invasive knee arthroplasty-MIS TKA  
Less invasive/quad sparing TKA  
Computer assisted surgery - CAS, robotics

Literature review:  
Continuous passive motion – CPM  
Neuromuscular electrical stimulation - NMES  
Pre-operative Physical Therapy  
Guidelines for return to activities post TKA:  
Biking, treadmill, elliptical  
Swimming  
Hiking  
What sports are allowed following a TKA?  
Facilitate use of key gait and function muscles weakened by TKA  
Case Studies

Total Hip Arthroplasty-THA

Traditional precautions vs current advanced hip systems  
Anterior vs posterior total hip arthroplasty: which is better?  
Anterior hip arthroplasty rehab implications  
Minimally invasive hip arthroplasty - MIS  
Advances in materials in THA and rehab implications including precautions  
Facilitate key muscles involved in gait and function for your THA patients  
Return to activities following THA:  
Biking, treadmill, elliptical  
Swimming  
Hiking  
What sports are allowed following a THA  
Case Studies

Live Webinar Schedule  
(Times listed in Central)

8:00 Program begins  
12:00-1:00 Lunch Break  
3:30 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.

Here's what you'll get!

- ✓ 90 Days on-demand access to recording
- ✓ Specific techniques for those who struggle to reach treatment goals
- ✓ Earn up to 6 CE hours
- ✓ Information on stem cells, PRP & viscosupplementation

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

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

Join us online for this live training!

Total Joint Rehab  
Essentials for Accelerated Outcomes of Shoulder, Hip & Knee Replacements

Live Interactive Webinar  
Friday, October 28, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW: [pesirehab.com/webcast/88112](https://pesirehab.com/webcast/88112)

Join us online for this live training!

Total Joint Rehab  
Essentials for Accelerated Outcomes of Shoulder, Hip & Knee Replacements

- Advances in Joint Replacement Surgery and the impact on post-surgical rehab
- The latest information on PRP, stem cells, viscosupplementation and other non-operative treatments for osteoarthritis
- Become the therapist known for accelerated post-surgical outcomes
- Over 25 NEW techniques and exercises



Live Interactive Webinar  
Friday, October 28, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW: [pesirehab.com/webcast/88112](https://pesirehab.com/webcast/88112)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Target Audience: Physical Therapists • Physical Therapy Assistants  
Occupational Therapists • Occupational Therapist Assistants • Athletic Trainers

# Total Joint Rehab

## Essentials for Accelerated Outcomes of Shoulder, Hip & Knee Replacements

The number of joint replacement procedures performed continues to rapidly increase along with the use of advanced surgical techniques including robotics and computer assisted surgery (CAS). These advances impact far more than the operating room. As a rehab clinician, are you ready to provide **CURRENT** and **PROGRESSIVE** rehabilitation for this population? Discover how to help your patient make the most of their “new and bionic” prosthesis to get down on the floor and play with the grandkids, ski, hike and more. Take your patients beyond meeting ROM goals by providing total care to maximize the ability to remain active.

Get the answers and techniques needed to assist the 15-20% of arthroplasty patients that struggle to achieve treatment goals. You will discover solutions such as how best to address:

- Total shoulder patients who shrug/hike with overhead ROM
- What activities your joint replacement patients can participate in and WHEN
- Intra-active functional rehabilitation methods to address stiff or weak total shoulder, hip or knee replacements
- Understand current technology and confidently communicate with patients/family members

Additionally, the latest information on PRP, stem cells, viscosupplementation and other non-operative treatments for osteoarthritis will be covered to complete this must attend training you don't want to miss!

## Objectives

1. Investigate the history of total joint arthroplasty.
2. Propose rehab methods to address the 15-20% of total joint arthroplasty patients who struggle to achieve treatment goals.
3. Investigate the literature for evidence-based non-operative treatments of osteoarthritis.
4. Inspect the surgical methods for total shoulder (and reverse), hip and knee arthroplasty.
5. Perform functional assessment of pre-op and post-op gait in the total hip and knee patient.
6. Appraise total shoulder, hip and knee multimodal (corrective exercise and manual therapy) rehab interventions and incorporate into your treatment programs.
7. Evaluate and discuss return to activity and sports following total shoulder, hip and knee arthroplasty and how to incorporate into your treatment programs.



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesirehab.com/info](http://www.pesirehab.com/info) or 800-726-3888 and we will make it right.

**PESI Offers Group Discounts!** To save on groups of 5 or more, contact us at [pesirehab.com/info](http://pesirehab.com/info)!

### Questions?

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

**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 **Matt Anderson** at [manderson@pesi.com](mailto:manderson@pesi.com) or call **715-855-8174**.

## Meet Your Speaker



**John O'Halloran, PT, DPT, OCS, ATC (retired), CSCS (retired), Cert MDT, Certified SCTM-1 Practitioner,** is a board certified orthopaedic clinical specialist with over 30 years of experience in the field of orthopedics. Dr. O'Halloran has studied orthopedic and sports therapy abroad in Australia and New Zealand. Dr. O'Halloran owner of and practices at O'Halloran Rehabilitation a division of O'Halloran Consulting, LLC. He is credentialed with the McKenzie Institute in the mechanical diagnosis and treatment of the spine and has extensive post graduate training in manipulative therapy of the spine and extremities and is a certified SCTM-1 Practitioner with certificates in SMT-1, SMT-2 and SMT-3 with the American Spinal Manipulative Institute. Dr. O'Halloran is also a certified functional capacity evaluator in the Blankenship Method. He has presented over 1,300 seminars both locally and internationally on various orthopedic and sports medicine topics. In 2014 John was the recipient of Clinician of the Year and Excellence in Clinical Practice Award by the North Carolina Physical Therapy Association. Recently Dr O'Halloran's investigational work on the earlier facilitation of gait in the Total Knee Arthroplasty patient has been cited in a peer reviewed journal publication.

### Speaker Disclosure:

Financial: John O'Halloran is the owner of O'Halloran Consulting LLC and O'Halloran Rehabilitation and has an employment relationship with Motivations Inc. He receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: John O'Halloran has no relevant non-financial relationships.



*"Not only extremely knowledgeable but able to educate interactively ... I look forward to attending future seminars by Mr. O'Halloran." – George, PTA*

*"Entertaining presentation of specific, immediately useable treatment techniques." – Mary, Director of Rehab*

*"Helped me to be better equipped to treat shoulders as well as look at the whole person. Kept my attention - very interesting." – Steve, OT*

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

### National CE Credit Approvals For Live Webinar

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



PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #:

3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88112>.

**Self-study credit:** To check availability for your profession, go to [pesirehab.com](http://pesirehab.com) or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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 Kids, PESI Rehab and Psychotherapy Networker.



For all credit approvals and details, visit: [www.pesirehab.com/webcast/88112](http://www.pesirehab.com/webcast/88112)

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesirehab.com/webcast/88112](http://pesirehab.com/webcast/88112)**

## Live Interactive Webinar (Option 1)

**October 28, 2022** [PWZ88111]

**\$219.99** tuition

8am Central time

### Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar

*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesirehab.com/info](http://pesirehab.com/info) to save for groups of 5 or more

## On-Demand Digital Seminar (Option 2)

**\$219.99** [POS065198]

### Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
  - Access to the program materials
  - Enjoy lifetime on-demand access
  - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit [pesirehab.com](http://pesirehab.com) or call 800-726-3888 to check for availability.

## DVD (Option 3)

**\$219.99** [RNV065198]

### DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [pesirehab.com](http://pesirehab.com) or call 800-726-3888 to check for availability and pricing

### OTHER WAYS TO REGISTER

**Phone: 800-726-3888**

Fax: 800-554-9775

Mail: PESI Rehab

PO Box 1000

Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

### QUESTIONS

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

### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



**Caesars Palace, Las Vegas**  
October 5 - 8, 2022  
[www.rehabsummit.com](http://www.rehabsummit.com)



**Group Training Solutions Made Easy!** [www.pesirehab.com/inhouse](http://www.pesirehab.com/inhouse)

ONLINE or in-person • Customizable • Easy remote access • From 5 to 5000 • CE hours available