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<th>COURSE #</th>
<th>DATE</th>
<th>PAGE #</th>
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<tr>
<td>Wisconsin Hand Experience&lt;sup&gt;sm&lt;/sup&gt;: Encore Digital Presentation: Tendons - From Foundation to the Future</td>
<td>9725</td>
<td>Order Anytime</td>
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<td>Wisconsin Hand Experience&lt;sup&gt;sm&lt;/sup&gt;: Encore Digital Presentation: Brain to Hand: Progressive Approaches to Pain, Impairment, and Function</td>
<td>9391</td>
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<td>Wisconsin Hand Experience&lt;sup&gt;sm&lt;/sup&gt;: Encore Digital Presentations: Current Topics in Upper Extremity Orthopedics: State of the Art in Research and Practice</td>
<td>9390</td>
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<td>Wisconsin Hand Experience&lt;sup&gt;sm&lt;/sup&gt;: Encore Digital Presentation: The Revolving Door of Hand Therapy: Innovative Ways to Break the Cycle</td>
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<th>COURSE #</th>
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<td>9950</td>
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<td>9952</td>
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<td>9917</td>
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<td>Treatment of Visual Impairments in the Neurological Patient</td>
<td>9951</td>
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<td>9947</td>
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<td>Creating Community-Based Wellness Programming for Cancer Survivors</td>
<td>9946</td>
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<tr>
<td>Manual Therapy Techniques to Address Wrist Stiffness Post-Trauma</td>
<td>9949</td>
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<td>Assessment, Prediction, and Treatment of Spinal Injury &amp; Neck Pain</td>
<td>9961</td>
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<td>9918</td>
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<td>9916</td>
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<td>9985</td>
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Approved Providers

**AOTA**
The University of Wisconsin-Milwaukee, College of Health Sciences is an approved provider of Continuing Education by the American Occupational Therapy Association, Inc. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

States that currently recognize AOTA Approved Providers either in regulatory language or by formal written communication to AOTA:

- Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New Mexico, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Vermont, Virginia, and Wisconsin (this applies to self-study courses only)

**BOC**
The University of Wisconsin-Milwaukee, College of Health Sciences (BOC AP#: P452) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers.

**DPI**
Instruction will accept continuing education units (CEUs) from an accredited college or university for license renewal. 30 hours of continuing education equals 1 credit. Therefore, 30 hours = 3.0 CEUs = 1 credit. 20 hours = 2.0 CEUs, 10 hours = 1.0 CEUs, 5 hours = 0.5 CEUs

**IL DPR**
The University of Wisconsin-Milwaukee, College of Health Sciences is approved as a Physical Therapy Continuing Education Sponsor by the Illinois Department of Professional Regulation. The license number for the University of Wisconsin-Milwaukee College of Health Sciences is #216000052

**New York PT**
The University of Wisconsin-Milwaukee is designated as an approved provider of continuing education coursework for physical therapists and physical therapist assistants. For additional information, please see http://www.op.nysed.gov/prof/pt/

**APTA Standards**
The PTEB accepts UWM CEUs. Please see the following websites for more information on APTA Standards:
- www.wpta.org
- www.apta.org

**ASHA**
The University of Wisconsin-Milwaukee (UWM) is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See the most up-to-date course information on the UWM website at www.chs-ce.uwm.edu for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

Assessment and CEU Information

**Assessment**
Assessment of learning outcomes will be made through a written quiz, question and answer session, or on the evaluation form. In addition, for all lab classes, assessment will be made by the instructor and/or teaching assistants through observation of participants performing the demonstrated activity correctly.

**Continuing Education Units**
Participants may earn continuing education units (CEUs) by attending the programs listed in this catalog. CEUs are a means of recognizing and recording satisfactory participation in non-degree programs. All CEUs earned through the University of Wisconsin-Milwaukee College of Health Sciences noncredit programs become a part of your permanent record. CEUs are based on participant’s actual class hours. Agenda is subject to change based on instructor preference and time available.

**Transcripts**
You can request transcripts by calling our customer service department at 414-227-3200 or 1-800-222-3623.
DESCRIPTION
This intermediate to advanced level course focused on tendons. The course included:
- Tendon anatomy and biomechanics
- Surgical repair
- Diagnostic tools
- Rehabilitation
- Evidence to support surgical, non-surgical, and therapeutic approaches to treatment of these conditions including new and future trends were presented

CONTENT FOCUS
Domain of OT: Client Factors and Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

FACULTY
Randy Bindra, MD
Matthew A. Butler, MD
Roger A. Daley, MD, PhD
Brandon E. Earp, MD
Steven I. Grindel, MD
Julianne Howell, PT, MS, CHT
Ann Porretto-Loehrke, PT, DPT, CHT, COMT
Rebecca von der Heyde, PhD, OTR, CHT

LEARNING OUTCOMES  At the end of the course, participants will be able to:

- Describe the anatomy and biomechanics of extensor and flexor tendons
- Describe and discuss the latest surgical interventions for extensor and flexor tendon repairs, pulley reconstruction, grafts, and salvage procedures including post-operative protocols
- Describe and discuss distal bicep ruptures and current treatment options
- Become familiar with the latest research and future trends related to flexor and extensor tendon repairs, pulley repairs, pulley reconstruction, grafts, and salvage procedures including post-operative protocols
- Discuss pre-operative evaluation and treatment interventions for tendon repairs
- Describe how tensile strength affects functional activity

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>TARGET AUDIENCE</th>
<th>CEUS</th>
<th>PRICE</th>
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<th>LEVEL</th>
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<td>9725</td>
<td>OTs, OTA, PTs, PTAs, and certified hand therapists</td>
<td>1.0 (10 clock hours)</td>
<td>$465</td>
<td>Flash Drive or DVD</td>
<td>Intermediate to Advanced</td>
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DESCRIPTION
This intermediate to advanced level course focused on “Brain to Hand: Progressive approaches to pain, impairment, and function” and offers participants the opportunity to explore the following topics:
• Hand, brain, and surgery
• Exploiting neuroplasticity to enhance prehensile skill
• Cadaveric dissection, wrist ligaments, and nerve injury/transfer
• The brain and the wrist: evidence for practice
• Assessing the wrist: what about proprioception?
• Mirror therapy and graded motor imagery: training the brain
• Proprioceptive reeducation of non-surgical and post-surgical wrist instability
• The use of tape to enhance proprioception in the upper extremity
• Pain is in the brain - the neurophysiology of understanding and treating pain based on the mechanisms of pain
• Coping with chronic pain
• Rehabilitative strategies for treating persisting pain including complex regional pain syndrome
• Strengthening the efficacy of neuro-rehabilitation intervention
• The hand and brain connection

CONTENT FOCUS
Domain of OT: Client Factors and Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

FACULTY
Jeanine A. Beasley, EdD, OTR, CHT, FAOTA
Paul Brach, PT, MS, CHT
Susan V. Duff, EdD, PT, OTR/L, CHT
Brad K. Grunert, PhD
Mirka Normand, OTR, MA, CHT, COMT
Christine Novak, PhD, PT
Ann Porretto-Loehrke, DPT, PT, CHT, COMT
Susan W. Stralka, DPT, PT, MS
Sridhar V. Vasudevan, MD
Rebecca von der Heyde, PhD, OTR/L, CHT
Greg P. Watchmaker, MD
Stefan V. Zachary, DO, MS

LEARNING OUTCOMES At the end of the course, participants will be able to:
• Describe the features of neuroplasticity and motor learning that form the basis of innovative intervention strategies
• Describe joint mechanoreceptors and proprioceptive reflexes and pathways
• Identify the basis for therapeutic applications as it relates to proprioceptive sense at the wrist
• Describe mirror therapy and graded motor imagery for retraining the brain
• Explain neuroplasticity and the changes that occur in the brain
• Identify the information presented on rewiring the brain into clinical practice
• Describe the specifics of proprioceptive retraining pertaining to different types of wrist instability
• Select and progress patients through an optimal rehabilitation program as it relates to their type of instability
• Explain the recommended modalities and exercises for wrist instability
• Explain the current research supporting the use of tape in a hand and upper extremity practice
• Identify various uses of tape to improve proprioception for the wrist, elbow, shoulder, and scapula
• Describe the definition and mechanisms of the phenomenon of pain
• Compare the process of transduction, transmission, modulation, perception, and reaction of pain
• Contrast the pharmacological, physical rehabilitation, and psychological treatment approaches used in individuals with pain
• Identify cognitive behavioral strategies for coping with pain
• Explain decatastrophizing strategies to assist patients in coping with pain
• Compare various theoretical models for chronic pain
• Describe the central mechanisms involved with persistent pain
• Explain the biopsychosocial approach to persistent pain
• Identify treatment strategies in designing a clinical program
• Compare intervention studies that have demonstrated sufficient efficacy
• Identify prior and present obstacles to the achievement of significant outcomes and translation into clinical practice

<table>
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<tr>
<th>COURSE #</th>
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<th>CEUS</th>
<th>PRICE</th>
<th>FORMAT</th>
<th>LEVEL</th>
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<tr>
<td>9391</td>
<td>OTs, OTAs, PTs, PTAs, and certified hand therapists</td>
<td>1.05 (10.5 clock hours)</td>
<td>$475</td>
<td>Flash Drive or DVD</td>
<td>Intermediate to Advanced</td>
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DESCRIPTION
Experts in upper extremity treatment provide a comprehensive exploration of critical elements of upper extremity orthopedics. Topics include:

- Stability and mobility following digital fractures
- Prehension and expectations for thumb injuries
- Complexities and complications of distal radius fractures
- Therapy and rehabilitation following wrist, elbow and shoulder fractures
- Evaluation and treatment strategies for the cervical spine.
- A cadaveric presentation demonstrates anatomy and the techniques used for managing orthopedic injuries with unparalleled clarity.

CONTENT FOCUS
Domain of OT: Client Factors and Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

LEARNING OUTCOMES
At the end of the course, participants will be able to:

- Define typical approaches for wrist and elbow surgery while considering nerve pathways
- Define the concept of total available motion and identify glenohumeral (GH) rotational imbalances
- Identify recommendations for the treatment of GH internal rotation deficit
- Identify the best strengthening exercises for rotator cuff and scapular musculature based on EMG studies
- Explain the role of posture as it pertains to shoulder health
- Explain the “squeeze your shoulder blades” concept and if this is the right advice to give your clients
- Explain the pertinent anatomy of the cervical spine
- Define the signs and symptoms of cervical radiculopathy and how to differentiate it from peripheral entrapment neuropathies of the upper extremity
- Explain how electro diagnostic testing can aid in the diagnosis and differentiation of cervical radiculopathy and neuropathies of the upper extremity
- Describe normal and abnormal osteokinematics and arthrokinematics of the cervical spine and scapulae thoracic complex
- Identify evidenced based treatment techniques to address pathology of the cervical spine and scapulae thoracic complex
- Define terminology used to identify the scapulae thoracic complex

FACULTY
Mark Baratz, MD
Steven I. Grindel, MD
Tony Hornung, PT
P. Andrew Nelson, MD
Mirka Normand , OTR, MA, CHT, COMT
Matthew Plach, OTR
Mike Szekeres, PhD(c), OT, CHT
Kristin Valdes, OTD, OTR/L, CHT
Rebecca von der Heyde, PhD, OTR/L, CHT
Greg P. Watchmaker, MD
Stefan V. Zachary, DO, MS

TARGET AUDIENCE
OTs, OTAs, PTs, PTAs, and certified hand therapists

LEVEL
Intermediate to Advanced

CEUS
1.15 (11.5 clock hours)

PRICE
$495

FORMAT
Flash Drive or DVD

COURSE # 9390
### CONTENT FOCUS

**Domain of OT:** Performance Skills  
**Occupational Therapy Process:** Evaluation, Intervention, and Outcomes

### LEARNING OUTCOMES

At the end of the course, participants will be able to:

- Describe current health care models
- Explain the impact of the ACA on current hand therapy practice
- Describe why it is necessary to develop expertise in musculoskeletal assessment (wrist and hand assessment will be used to illustrate this point)
- Outline the underlying pathomechanics of the unstable wrist
- Define CID, CIND, and TFCC pathologies
- Summarize the relevant clinical testing necessary to assess common and uncommon wrist pathologies
- Identify the indications available for pain relief of wrist disorders
- Determine the indications for functional restoration of wrist disorders
- Describe the types of procedures available for pain relief of wrist disorders
- Identify procedures available for functional restoration of wrist disorders
- Differentiate the ligamentous anatomy of the wrist
- Define the relative relationships of soft tissues including tendons and nerves
- Identify the alterations that occur during wrist procedures designed to treat common wrist disorders
- Describe joint reactions to proprioceptive and kinesthetic input
- Articulate emerging concepts of proprioceptive and kinesthetic rehabilitation techniques and the relevance to wrist rehabilitation
- Summarize advanced techniques such as isolated strengthening of wrist motors and the application of dart throwers motion activities
- Explain the role of special testing in the process of differential diagnosis
- Select special tests based on the sensitivity and specificity of those tests and likelihood ratios
- Interpret special test results based on sensitivity and specificity, positive and negative predictive values, and likelihood ratios
- Calculate sensitivity, specificity, PPV, NPV and likelihood ratios, given data
- Determine how a receiver operating characteristic curve is used to define a cut-off value for a diagnostic test
- Identify normal and abnormal kinematics of the carpometacarpal thumb joint
- Explain the many forces linked to the thumb that require balance for optimal functional use
- Describe the multiple options available for treatment of basilar joint pain and the evidence behind each
- Summarize expectations of outcomes both from an objective perspective as well as a patient satisfaction perspective
- Describe evidence-supported diagnostic special tests of the shoulder
- Explain algorithms to expedite shoulder evaluation
- Identify the best tests to diagnose red flag conditions of the shoulder
- Compare and contrast different tests for differential diagnosis
- Identify current and best physical performance measures of function
- Describe predictive values and clinical utility statistics to improve assessment skills
- Describe the anatomy of the shoulder, especially as it relates to the rotator cuff
- Describe normal biomechanics of the shoulder and pathological changes
- Explain the histopathology and underlying structural changes associated with common shoulder pathologies
- Describe evidence-based treatment approaches for each pathology
- Identify high-risk anatomical areas and joint positions that can lead to stiffness and adhesions
- Determine optimal assessment strategies for accurate diagnosis and measurement of outcomes
- Create interventions to maximize tendon glide and increase range of motion
- Report the difference between persistent edema and lymphedema
- Identify three treatment techniques for persistent edema
- Describe two treatment approaches for lymphedema

### FACULTY

- **Beverly Bass, OTD, OTR, CHT**  
- **Jeanine Beasley, EdD, OTR, CHT, FAOTA**  
- **Paul J. Bonzani, MHS, OTR/L, CHT**  
- **Michael Borst, OTD, OTR, CHT**  
- **John Burns, DPT, MSOM, Dip-AC**  
- **Jennifer Jones King, OTR/L, CHT**  
- **Rebecca Neiduski, PhD, OTR/L, CHT**  
- **Virginia O’Brien, OTD, OTR/L, CHT**  
- **Katy O’Leary, MPT, RYT**  
- **Neil Salyapongse, MD**  
- **Bhagwant Sindhu, PhD, OTR/L**  
- **Greg P. Watchmaker, MD**  
- **Virginia O’Brien, OTD, OTR/L, CHT**  
- **Beverly Bass, OTD, OTR/L, CLT**

### COURSE DETAILS

<table>
<thead>
<tr>
<th>COURSE #</th>
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<td>1.15 (11.5 clock hours)</td>
<td>$495</td>
<td>Flash Drive or DVD</td>
<td>Introductory to Advanced</td>
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DESCRIPTION
Do you remember the cords of the brachial plexus? Can you still differentiate the brachioradialis from the extensor carpi radialis longus? If these structures sound familiar but you can’t quite put your finger on them, this course is for you. Using a fresh frozen cadaver specimen, faculty will complete dissection and lead you through the vital anatomy of the upper extremity, from the glenohumeral joint all the way to the DIPs. Functional relationships and common conditions of the upper extremity will also be reviewed.

CONTENT FOCUS
Domain of OT: Performance Skills
Occupational Therapy Process: Evaluation

LEARNING OUTCOMES At the end of the course, participants will be able to:

- Identify anatomical relationships between structures throughout the upper extremity
- Discuss clinical conditions of the upper extremity based on anatomical location

- Compare and contrast functional capability of musculature based on location and physiologic cross sectional area

INSTRUCTOR
Rebecca Neiduski, PhD, OTR/L, CHT received her Master’s in Occupational Therapy from Washington University and a PhD in Education from Saint Louis University. After 15 years of practice and teaching in St. Louis, Dr. Neiduski now serves as the Occupational Therapy Department Chair at Concordia University Wisconsin. She was elected to the board of directors of the American Association of Hand Surgery and has served as both the Research Division Director and Annual Meeting Program Chair for the American Society of Hand Therapists. She has been teaching gross anatomy with cadaver dissection for the past 18 years.

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<td>0.55</td>
<td>$375</td>
<td>Flash Drive or DVD</td>
<td>Intermediate</td>
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Therapeutic Ultrasound for the Upper Extremity: An Evidence-based Approach

INSTRUCTOR: Michael Borst, OTD, OTR, CHT

DESCRIPTION
Therapeutic ultrasound is a helpful adjunct in therapy, but clinical guidelines for dosage, technique, and efficacy are often vague or arbitrary. This course provides an in-depth examination of therapeutic ultrasound, emphasizing evidence-based practice. Common myths will be corrected, and current research regarding technique, efficacy, and dosage will be reviewed in-depth, with applications that can be used immediately. Ultrasound technique will be practiced in lab. Participants will be given the opportunity to have their theoretical knowledge and ultrasound application skills evaluated at the end of the course.

LEARNING OUTCOMES
Participants will be able to:

• Describe AOTA’s position on the use of physical agent modalities by OTs and OTAs
• Describe the State of Wisconsin Licensing Board’s position on the use of physical agent modalities by OTs and OTAs
• Describe the basic physics of mechanical waves
• Describe the properties of ultrasound
• Describe the various parameters of ultrasound usage and their effects
• Describe the precautions and contraindications for therapeutic ultrasound
• Demonstrate proper techniques for the application of ultrasound
• Calculate dosage of ultrasound for a thermal effect based on the current research
• Describe the purported thermal and nonthermal effects of ultrasound
• Describe the current state of research related to ultrasound efficacy
• Describe the difference in effect between thermal ultrasound and other heat modalities
• Describe the proper technique for phonophoresis based on current research

PRE-COURSE ASSIGNMENT
Suggested reading:


CONTENT FOCUS
Domain of OT: Client Factors and Areas of Occupation
Occupational Therapy Process: Evaluation & Intervention

AGENDA
7:30 a.m. Registration opens
8:00 a.m. Professional/legal aspects of modalities
8:15 a.m. Physics review
8:45 a.m. Ultrasound properties, parameters, techniques
10:15 a.m. Break
10:30 a.m. Precautions, contraindications
10:50 a.m. Wound healing
11:10 a.m. Effects and dosage
12:00 p.m. Lunch (on your own)
1:00 p.m. Research regarding efficacy
1:40 p.m. Problem solving, mistakes to avoid
1:55 p.m. Ultrasound vs. other forms of heat
2:05 p.m. Ultrasound machine suggestions
2:15 p.m. Phonophoresis
2:35 p.m. Break
2:50 p.m. Lab; Opportunity to test both knowledge of theoretical background and technique
4:10 p.m. Question and Answer
4:30 p.m. Adjourn

TARGET AUDIENCE
OTs, OTAs, PTs, PTAs, and ATs

LEVEL
Intermediate

CEUS
Agenda reflects 0.7 CEUs (7 clock hours)

PRICE
Standard Price $295

LOCATION
UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI 53203

COURSE #  TARGET AUDIENCE  CEUS  PRICE  LOCATION  LEVEL
9950  OTs, OTAs, PTs, PTAs, and ATs  Agenda reflects 0.7 CEUs (7 clock hours)  Standard Price $295  UW-Milwaukee Continuing Education Plankinton Building, 7th Floor 161 West Wisconsin Avenue Milwaukee, WI 53203  Intermediate
LEARNING OUTCOMES  Participants will be able to:

• Explain how the fascial system restricts the lymphatic flow after injury or surgery
• Palpate the rhythm of the fascial tissues
• Release restrictions in the fascial system
• Identify soft tissue techniques for manual lymph drainage
• Explain the use of thermograms and naturopathic tests to monitor progress
• Identify methods of delivering complete decongestive therapy (CDT) to ensure versatility and best practice lymphedema care
• Discuss the major issues, concerns, and contraindications with treating edema in the bariatric population
• Develop clinical reasoning skills and implement treatment methods required in treating the bariatric population that extend beyond the traditional approach to the treatment of lymphedema and venous edema
• Recognize basic venous and arterial physiology and pathophysiology and its relevance in the treatment of lymphedema
• Describe the methodology used in obtaining the anklebrachial index (ABI) and its relevance with regard to wound healing and lower extremity compression
• Differentiate between clinical signs of venous and arterial disease
• Discuss internal and external factors which affect edema management
• Discuss best practice treatment options for lower extremity edema with or without wounds due to orthopedic, trauma, surgical, venous insufficiency, etc.
• Discuss microsurgery for lymphedema

CONTENT FOCUS

Domain of OT: Areas of Occupation
Occupational Therapy Process: Intervention

PRE-COURSE ASSIGNMENT

• Completion of a lymphedema certification course that was a minimum of 50 hours

REQUIRED COURSE MATERIALS

• Please bring shorts and a t-shirt or tank top for lab. It is recommended to dress in layers, as the room may be cold during lectures.

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<td>9919</td>
<td>OTs, OTAs, PTs, PTAs, ATs, and nurses</td>
<td>See above</td>
<td>See above</td>
<td>UW-Milwaukee Continuing Education Plankinton Building, 7th Floor 161 West Wisconsin Avenue Milwaukee, WI 53203</td>
</tr>
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</table>

INSTRUCTOR

Mike Bond, MS, PT, CLT-LANA, DOR has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio Taping in addition to many years’ experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs.

Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course and Lymphedema II: The Next Level and Lymphedema: Module III.

AGENDA

March 16 – 8:00 a.m. – 6:00 p.m.
March 17 – 8:00 a.m. – 6:00 p.m.
March 18 – 8:00 a.m. – 5:30 p.m.

PRICE

All 3 Days (on or before 2/16/2017 – $615
All 3 Days (after 2/16/2017 – $665
Day 1 only (on or before 2/16/2017 – $235
Day 1 only (after 2/16/2017 – $285
Day 2 only (on or before 2/16/2017 – $235
Day 2 only (after 2/16/2017 – $285
Day 3 only (on or before 2/16/2017 – $235
Day 3 only (after 2/16/2017 – $285

CEUs

All 3 Days = 2.5 CEUs (25 clock hours)
Day 1 = 0.85 CEUs (8.5 clock hours)
Day 2 = 0.85 CEUs (8.5 clock hours)
Day 3 = 0.8 CEUs (8.0 clock hours)
An Encounter with Touch: Successful Treatment of Chronic Pain with Myofascial Release

Instructor: Michele Rozansky, PT

DESCRIPTION
Treating patients with chronic pain is one of the most challenging problems therapists face. Unfortunately, most manual treatment approaches for these patients are limited and focus on the musculoskeletal aspect of the chronic pain while ignoring the fascial component. Such a one-sided approach provides only temporary relief, and as a result, patients cycle through our clinics, frustrating both themselves and the therapist. Can we do better? Chronic pain has many facets, requiring a multidimensional approach. For successful therapy, we must provide: manual therapy that addresses the myofascial restrictions and movement facilitation to re-educate the body into moving pain-free.

This class is designed for therapists who are new to the John F. Barnes method of Myofascial release (MFR). Primary emphasis will be on learning soft tissue mobilization and deep tissue release, followed by therapeutic exercises that will integrate the new mobility. Discussion and applicability will be specific to patients with chronic pain. Hands-on lab sessions will be utilized so that all participants will experience the direct results of their treatment. This workshop can provide you with new, powerful techniques for helping your patients with chronic pain.

LEARNING OUTCOMES
Participants will be able to:
- Understand the epidemiology of chronic pain
- Understand the physiology of chronic pain and the mechanical aspects of the autonomic nervous system
- Understand the current research regarding chronic pain; identify mechanisms that trigger and maintain painful conditions
- Explain the intricate anatomy and function of our myofascial system
- Recognize postural imbalances and motion restrictions when evaluating posture and movement.
- Demonstrate superficial and deep myofascial release techniques to the trunk and extremities
- Demonstrate a deeper understanding of the fascial system by developing your proprioceptive skills
- Integrate MFR techniques into your treatment protocols for neurological and orthopedic challenges

CONTENT FOCUS
Domain of OT: Client Factors
Occupational Therapy Process: Evaluation and Intervention

REQUIRED COURSE MATERIALS
- Sheets blankets and pillow for comfort
- Short fingernails
- Shorts and tank tops

AGENDA

Day 1
7:30 a.m. Registration opens
8:00 a.m. Introduction
8:30 a.m. Lecture: The physiology, epidemiology, common myths, current research of chronic pain. The anatomy and physiology of the fascial system
10:00 a.m. Break
10:15 a.m. Lab: Postural evaluation
10:45 a.m. Group lab: Superficial and deep myofascial release techniques
12:00 p.m. Lunch (on your own)
1:00 p.m. Group lab: Lower extremity releases
2:30 p.m. Break
2:45 p.m. Group lab: Neuromotor Re-ed with facilitation/movement lab for lower extremities
4:15 p.m. Summary and discussion, question and answer
4:30 p.m. Adjourn

Day 2
8:00 a.m. Short review of Day 1
8:15 a.m. Group lab: upper extremity releases
10:30 a.m. Break
10:45 a.m. Group lab: Arm and leg pulls
12:00 p.m. Lunch (on your own)
1:00 p.m. Group lab: Neuromotor Re-ed with facilitation/movement lab for upper extremities
2:30 p.m. Break
2:45 p.m. Group lab: Transverse plane releases
4:00 p.m. Wrap-up, course evaluation, question and answer

INSTRUCTOR
Michele Rozansky, PT, owner of Orlanu Therapies-The Myofascial Release Center of Milwaukee, SC is a graduate of UW-Madison. She is certified in Neurodevelopmental Treatment for children, has advanced training in Myofascial Release, Craniosacral Therapy, and Rebirthing for children and adults. Therapeutic horseback riding, exercise based on the Pilates method and women’s health challenges are some of her unique treatment interests. Michele has facilitated personal growth workshops for women, and has been an assistant instructor for Boehme Workshops, and for John F. Barnes, PT. At Orlanu Therapies, Michele provides whole body treatments for individuals with chronic pain and neurological challenges, and guidance in discovering their own inherent healing abilities. Her expertise has evolved into specializing in working with patients who live with cumulative trauma.

COURSE #  TARGET AUDIENCE  CEUS  PRICE  LOCATION  LEVEL
9921  OTs, OTAs, PTs, PTAs  Agenda reflects 1.35 CEU’s (13.5 clock hours)  Early Price $410 (on or before 2/24/2017) Standard Price $460 (after 2/24/2017)  UW-Milwaukee Continuing Education Plankinton Building, 7th Floor 161 West Wisconsin Avenue Milwaukee, WI 53203  Introductory

UW-Milwaukee College of Health Sciences Outreach  |  414-227-3123  |  www.chs-ce.uwm.edu

Instructor: Ewa Jaraczewska, PT, CKTI

DESCRIPTION
The Kinesio Taping Method (KTM) and Kinesio Tex Tape are used to reeducate the neuromuscular system, reduce pain, support performance, prevent injury, promote improved circulation and healing, and improve functional movement and positioning.

KT1 – Fundamental Concepts
The KT1 course is designed to introduce practitioners to the Kinesio Taping Method. Over the course of this eight hour class, the Certified Kinesio Taping Instructor (CKTI) will discuss the fundamental concepts of the Kinesio Taping Method and the unique properties and use of Kinesio Tex Tape. During lab sessions, participants will have ample time to practice screening and muscle testing created for the enhancement of their Kinesio Taping skills and muscle applications for both the upper and lower body. Upon completion of this course, participants will be able to discuss and apply the Kinesio Taping method to relax overuse syndromes, stimulate weak muscles, and decrease pain and swelling. In addition to instruction provided by the CKTI, the participants will receive the full-color Kinesio Taping KT1 and KT2 Workbook to augment their training.

KT2 – Advanced Concepts and Corrective Techniques
The KT2 course builds on material learned in KT1. During this eight hour class, the CKTI will introduce the six Corrective Techniques (Mechanical, Functional, Space, Fascia, Ligament/Tendon, and Lymphatic) and discuss their application in a variety of clinical conditions. During lab sessions, attendees will have ample time to practice applying these techniques to a variety of upper and lower body conditions. Upon completion of this course, attendees will be able to discuss and apply the Kinesio Taping Method to orthopedic and neurological conditions.

PRE-REQUISITE
• Must have completed 80 course hours of anatomy and physiology
• Must have working knowledge of musculoskeletal system
• Must be able to do assessments by evaluating and/or diagnosing injuries and conditions

CONTENT FOCUS
Domain of OT: Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

INSTRUCTOR
Ewa Jaraczewska, PT, CKTI, is AdultNDT certified and a Certified TheraTogs Fitter. Currently, Ms. Jaraczewska is the manager of rehabilitation services at Loyola University Medical Center in Maywood, IL. She received her physical therapy degree from the Physical Therapy School in Warsaw, Poland and completed a three month internship at the Center for Children with Duchene muscular dystrophy in France. Following graduation, she worked as a staff physical therapist in the neurology clinic at the Medical School Hospital in Warsaw. After two years, Ms. Jaraczewska became a faculty member at the Physical Therapy School in Warsaw. Four years later, Ms. Jaraczewska moved to the United States where she worked in acute care at George Washington University and Georgetown University, Washington, DC, in inpatient rehabilitation at The Rehabilitation Institute of Chicago, and in homecare at a private agency. Throughout her career, she has been involved in research and teaching. At George Washington University Hospital, Ms. Jaraczewska, was actively involved in amyotrophic lateral sclerosis (ALS) research. At the Rehabilitation Institute of Chicago, she developed a multidisciplinary clinic for patients with Parkinson’s disease. She is a contributor and presenter for the annual Kinesio taping Symposium. Past presentations include Kinesio taping for stroke and Parkinson’s disease. She recently collaborated on the KT4 neuro manuscript with friend and colleague, Steven Hubert, PT and the Kinesio taping DVD for older adults. She has been a Certified Kinesio taping Instructor since 2003.

LEARNING OUTCOMES
Participants will be able to:
• Describe the concepts of Kinesio Taping
• Identify muscular anatomy as it is related to Kinesio Taping
• Explain and apply the concepts of the Kinesio Taping method
• Describe the unique qualities of the Kinesio Tex Tape
• Outline the principles of Kinesio Tex Tape application
• Utilize and demonstrate application skills in guided laboratory sessions
• Demonstrate application skills during lab sessions
• Practice the various cutting techniques and their clinical application
• Apply the Kinesio Taping method to relax and stimulate muscles
• Apply the Kinesio Taping method for pain, swelling, joint mobility, and stability
• Apply various taping techniques for treatment of the spine and upper/lower extremity dysfunction
• Apply various taping techniques for treatment of unique conditions using the concepts and principals of the Kinesio
• Taping method

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**AGENDA**

### Day 1: KT1

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration opens</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Instructor introduction</td>
</tr>
<tr>
<td>8:10 a.m.</td>
<td>Introduce KT concepts; theory; history; physiology and pathology; tape qualities and finger demo; introduce five major effects and skin function; KT muscle function and basic application concepts</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Joint Function; biotensegrity; application basics, prep, precautions; intro to KT assessment tests, question and answer</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>KT assessments and labs cervical paraspinals, scalene anterior, rectus abdominus, pec major and rhomboid major, gluteus medius</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>3:15 p.m.</td>
<td>Assessments/labs continued: quadriceps, femoris, ext. digitorum; hamstrings, ext. pollicis longus, biceps brachii; deltoid</td>
</tr>
<tr>
<td>4:55 p.m.</td>
<td>Assessment, KT1 review, application requests, question and answer, and conclusion</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

### Day 2: KT2

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Overnight responses, trouble shooting: basic concepts of corrective techniques, tension; mechanical correction: patellar tracking, shoulder instability</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>Fascia correction, lateral epicondylitis, ITB</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Space, tendon and ligament correction: elbow, lumbar, carpal tunnel, MCL, Achilles</td>
</tr>
<tr>
<td>3:10 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>3:15 p.m.</td>
<td>Fascia/ligament correction: plantar fasciitis; function correction: ankle and wrist; circulatory/lymphatic correction: edema of calf and foot, finger sprain</td>
</tr>
<tr>
<td>4:10 p.m.</td>
<td>Assessment questions, glossary review, application requests, question and answer, and conclusion</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

**CERTIFICATION**

Completion of KT1 and KT2 includes 60-day full access to KTAI Database; 198 Applications; Forums and Research. Medical Practitioners who have successfully completed the required fundamental and advanced KT (KT1, KT2, KT3) courses are eligible to take the CKTP Exam. Upon passing the exam with a score of 80% or better, signing the CKTP Agreement, and signing-up for membership, practitioners will be granted the CKTP title along with all the associated rights and benefits. Only KTAI will process and administer CKTP Certificate. This course has been certified by the Kinesio Taping Association International.

**REQUIRED COURSE MATERIALS**

- Wear shorts and a t-shirt or tank top for lab. Exposed skin is needed to apply Kinesio tape.
- It is recommended to dress in layers, as the room may be cold during lectures
- Pillow, towel, or blanket
- Scissors

**TARGET AUDIENCE**

PTs, OTs, OTAs, PTAs, ATs, Physicians, Chiropractors, Licensed Acupuncturists, Licensed Massage Therapists, and other allied health professionals

**AGENDA**

### Day 2: KT2

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- It is recommended to dress in layers, as the room may be cold during lectures
- Pillow, towel, or blanket
- Scissors

**TARGET AUDIENCE**

PTs, OTs, OTAs, PTAs, ATs, Physicians, Chiropractors, Licensed Acupuncturists, Licensed Massage Therapists, and other allied health professionals
DESCRIPTION
It is often difficult to identify all structures causing upper extremity nerve pain and dysfunction. Therapist must determine the source of the problem and identify the pain mechanism in order to provide the most effective treatment for the client. Differential diagnosis methods have become vital in the successful practice of physical and occupational therapy, and among other health care professions. Upper Limb Neurodynamics Test (ULNT) and Scratch Collapse Test are useful techniques that can be effective for ruling in nerve entrapments and nerve compressions. The recognition of both peripheral and central symptoms and treatment strategies to address both will be discussed. A comprehensive evaluation of upper extremity nerve symptoms will be presented including cervical radicular symptoms, thoracic outlet syndrome symptoms and individual nerve compression of the median, ulnar and radial nerve.

LEARNING OUTCOMES Participants will be able to:
• Recognize Pain Mechanisms and Inflammatory Changes Causing Neurogenic Pain—peripheral and central symptoms
• Identify the Upper Extremity Entrapment Sites including double crush syndrome
• Locate and identify the common area of entrapment for Thoracic Outlet Syndrome
• Perform basic Upper Limb Neurodynamic Testing (ULNT) and the Scratch Collapse Test
• Describe Peripheral Nerve Pain – bottom up treatment and Central Sensitization – top down treatment
• Identify the patients that may benefit from “Training the brain “using Mirror Therapy and Graded Motor Imagery
• Design treatment strategies for the clinic and home treatment programs

CONTENT FOCUS
Domain of OT: Client Factors
Occupational Therapy Process: Evaluation and Intervention

PRE-COURSE ASSIGNMENT
• Review upper extremity nerve anatomy

REQUIRED COURSE MATERIALS
• Please bring lab clothing that will allow for exposure of the upper extremity from cervical region to the hand

INSTRUCTOR
Susan W. Stralka, PT, DPT, MS, is a licensed physical therapist with many years of experience treating both musculoskeletal and neurovascular consequences of injury. She graduated from The University of Tennessee Health Sciences Center in Memphis, Tennessee (UTHSC) and earned a Master’s Degree and a Doctorate in Physical Therapy from there. She has a strong clinical background in treating neurogenic and musculoskeletal consequences of injury.

Susan has presented nationally and internationally in upper and lower extremity dysfunctions as well as pain management and ways to incorporate neuroplasticity in treatment. October 2016 in Buenos Aires Argentina she was opening speaker for the International Federation Society Hand therapist (IFSHT) and also spoke On Complex Regional Pain Syndrome for the International Federation Society of Hand Surgeons.

In March 2013, Dr. Stralka lectured in New Delhi, India at the International Federation Society of Hand Therapist (IFSHT) and in September 2013 was the keynote speaker at the Brazilian Society of Hand Therapist in Gonia, Brazil. November 2013 she lectured with Professor Brigitta Rosen OT, PhD and Dr. Goran Lundborg from the Department of Hand Surgery, Lund University, Malmo, Sweden.


Dr. Stralka has received numerous honors throughout her career and recently in 2012 was the recipient of the Dorothy B. Kaufmann Lectureship Award given by Philadelphia Hand Rehabilitation Foundation and in 2017 was an honored professor at this symposium

Continued on following page
Continued from previous page

AGENDA

7:30 a.m.    Registration opens
8:00 a.m.    What causes entrapment neuropathies and ways to identify pain mechanisms
10:00 a.m.   Let’s discuss abnormal impulse generators and double crush; Is it proximal or distal
10:30 a.m.   Break
10:45 a.m.   Identifying median, ulnar, and radial nerve sites
12:00 p.m.   Lunch (on your own)
1:00 p.m.    Locating Thoracic Outlet Sites and designing a treatment program
2:45 p.m.    Treatment of central sensitization using mirror therapy and graded motor imagery with case studies
4:00 p.m.    Sequential exercise programs for nerve entrapments using a clinical and home program.
4:30 p.m.    Question and answer; Adjourn

TARGET AUDIENCE
OT’s, OTA’s, PT’s, PTA’s, AT’s

LEVEL
Intermediate

CEUS
Agenda reflects .75 CEU’s (7.5 clock hours)

PRICE
Early Price $255 (on or before 3/1/2017)
Standard Price $295 (after 3/1/2017)

LOCATION
UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI 53203
DESCRIPTION
Thumb pain is a common complaint that requires careful assessment and innovative therapy. Thumb pain, due to any injury or pathology, impacts participation in every area of occupational and functional performance (ADLs, rest & sleep, work, leisure, and social participation). This course presents a dynamic stability conservative management program which will improve the biomechanical understanding of the thumb, enhance the therapist's therapeutic use of self to advise and consult in the biomechanical knowledge of pain-free use of the thumb, identify poor motor patterns, and facilitate proper motor patterns. Intervention instruction includes muscle inhibition, re-education, and strengthening in a prescribed pattern, with joint protection and adaptive equipment instruction.

This course will discuss orthoses used for support, or to facilitate proper arthrokinematics, as well as include an orthotic weaning program. Evidence-based evaluation and intervention, along with patient commitment and physician communication are all essential components of this program designed to ensure life-long dynamic thumb stability and joint health.

This course will provide education through lecture, orthotic labs, and round table discussions. The orthotic fabrication lab will focus on real time application of the dynamic stability approach to evaluation and intervention utilizing examples of cases from participants in attendance.

LEARNING OUTCOMES Participants will be able to:
- Identify what inhibits client participation in occupational/functional activities
- Identify normal and abnormal kinematics of thumb function
- Determine normal and abnormal motor and praxis patterns of the thumb
- Identify thumb joint mobility and strength required to perform activities
- Determine normal and abnormal motor and praxis patterns of the thumb and how they affect occupational/functional performance
- Explain innovative techniques to mobilize joints and re-educate key muscles in order to reduce pain and improve thumb stability
- Differentiate when an orthosis provides immobilization, or when it provides dynamic thumb stability; with the goal to wean from the continuous use of an orthosis
- Problem solve evaluative and intervention concerns and questions related to application of dynamic stabilization

INSTRUCTOR
A graduate of the University of Wisconsin-Madison and Rocky Mountain University of Health Professions, Virginia's interest in hand architecture began during her fieldwork days. She is actively involved in clinical and biomechanical research of the thumb and the wrist, is on AOTA’s Evidence Exchange committee, a member of ASHT’s Research Committee, is a published author in the Journal of Hand Therapy (JHT), and has reviewed articles for JHT and Journal of Hand Surgery. She works full time clinically and is the Hand Therapy Residency Coordinator at Fairview Hand Center, Minneapolis, MN, USA. Since 2005 she has spoken on a variety of hand related topics to therapists and physicians nationally and internationally.

AGENDA
Day 1
7:30 a.m. Registration opens
8:00 a.m. Anatomy review, Evaluation essentials
9:45 a.m. Break
10:00 a.m. Dynamic Stability Intervention techniques, with Practice Lab
12:00 p.m. Lunch (on your own)
1:00 p.m. Evidence Based Practice for care of the thumb
1:30 p.m. Joint Protection Education Principles and Techniques
2:00 p.m. Orthoses Lab: videos and overview of 4 orthoses
3:15 p.m. Break
3:30 p.m. Orthotic Lab - Orthoses: CMC dynamic stability orthosis, L'Belt abduction strap orthosis, MC figure 8 orthosis
5:00 p.m. Adjourn

Day 2
8:00 a.m. Orthosis Lab - Orthoses: Wajon strap orthosis, MC stabilization orthosis (with and without MC extension block)
10:15 a.m. Break
10:30 a.m. Case Study Presentations
12:00 p.m. Question and answer, adjourn

CONTENT FOCUS
Domain of OT: Client Factors
Occupational Therapy Process: Evaluation and Intervention

COURSE #  TARGET AUDIENCE  CEUS  PRICE  LOCATION  LEVEL
9958  OTs, OTAs, PTs, PTAs, ATs, and hand therapists  Agenda reflects 1.15 CEU's (11.5 clock hours)  Early Price $400 (on or before 3/7/2017) Standard Price $450 (after 3/7/2017)  UW-Milwaukee Continuing Education Plankinton Building, 7th Floor 161 West Wisconsin Avenue Milwaukee, WI 53203  Intermediate
DESCRIPTION
Upon completion of this six day, 62 hour introductory course, participants will be awarded applicable CE hours and full certification as a lymphedema therapist, (CLT). This course combines various European lymphedema and soft tissue mobilization techniques, integrated with practical clinical oriented treatment techniques to achieve outcomes in the managed care market. The course awards 62 hours (6.2 CEUs). An additional 18 hours (1.8 CEUs) may be earned with coursework completed at home.

LEARNING OUTCOMES Participants will be able to:

• Demonstrate familiarity with pathology of both lymphedema and venous edema
• Discuss anatomy and physiology related to the lymphatic and venous system
• Discuss interdisciplinary treatment provided by cancer specialists for breast and prostate cancer and its effects on lymphedema patients
• Demonstrate the four “pillars” of lymphedema treatment: Manual lymphatic treatment (MLT), low stretch bandaging, exercise/self-management, and skin care
• Apply hands-on experience working with a minimum of five unique patients in various stages and types of lymphedema and/or venous wound edema
• Develop and implement one hour therapist intensive treatment sessions with outcomes equal to or better than two to three hour therapist intensive treatment sessions
• Evaluate and establish a plan of care (POC) for a patient
• Create a patient self-management, measurement, and precaution program
• Evaluate and individualize treatment programs for subacute lower extremity orthopedic edema and lymphedema from venous insufficiency
• Demonstrate introductory taping, MFR, and scar management

UNIQUE TO THIS PROGRAM
(1) “Hands-on” opportunities to work directly with patients and hear their stories; (2) Therapists teaching therapists an integrated, practical approach which is applicable to the American reimbursement system; (3) Critical problem-solving related to co-morbidities. One-third of the course is devoted to lymphatic system anatomy and physiology; one-third to theory and practice of manual lymphatic treatment and bandaging skills; one-third to exercise, skin care, patient evaluation/assessment, pneumatic pumps, compression garments, patient self-management, and clinic setup topics such as insurance (codes, forms, etc.), marketing, support groups, and equipment; (4) Lab time “hands-on” and mentoring is integrated into all sections equally (2/3 of class time).

INSTRUCTOR
Mike Bond, MS, PT, CLT-LANA, DOR has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio Taping in addition to many years’ experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course and Lymphedema II: The Next Level and Lymphedema: Module III. He is invested in this education due to both personal and professional reasons.

AGENDA
Monday – Friday – 8:00 a.m. – 7:30 p.m. (Lunch is included)
Saturday – 8:00 a.m. – 12:15 p.m. (Lunch is not included)

CONTENT FOCUS
Domain of OT: Areas of Occupation
Occupational Therapy Process: Evaluation, Intervention, and scar management

REQUIRED COURSE MATERIALS
• Participants should bring a box of washable markers
• Chikly, Bruna. Silent Waves: Theory and Practice of Lymph Drainage Therapy: An Osteopathic Lymphatic Technique. 2nd ed. 2005. Participants may either bring their own Silent Waves text or purhse it while registering for $80.00

Continued on following page
PRE-COURSE ASSIGNMENT

• Reading assignments will be provided upon enrollment

CERTIFICATION

A certificate will be awarded to those who complete 62 hours (6.2 CEUs) of class time, evening written assignments, and pass a clinical competency test on the final day. The test consists of evaluating, treating, and performing manual lymphatic treatment and bandaging on a patient. Eighty hours (additional 18 hours, 1.8 CEUs) of certification will be awarded to those who complete additional coursework at home. The following sequential modules may allow participants to apply for the Lymphology Association of North America (LANA) exam: Lymphedema 1, Lymphedema 2, Lymphedema 3. Therapists who complete 135 hours of training in these three modules at UWM will be eligible to apply and sit for the Lymphology Association of North America (LANA) national certification exam. To meet LANA requirements, participants must complete at least 135 hours of training from one institution. This training cannot exceed four consecutive or cumulative courses. These courses must be one-third theoretical and two-thirds hands on mentoring. It is the applicant’s responsibility to keep updated on current LANA requirements.

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>TARGET AUDIENCE</th>
<th>CEUS</th>
<th>PRICE</th>
<th>LOCATION</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>9917</td>
<td>OTs, OTAs, PTs, PTAs, ATs, RNs, LPNs, MDs, DOs and Massage Therapists</td>
<td>Agenda reflects 6.2 CEU’s (62 clock hours)</td>
<td>Early Price $1,435 (on or before 3/17/2017) Standard Price $1,485 (after 3/17/2017)</td>
<td>Cedar Ridge 113 Cedar Ridge Drive West Bend, WI 53095</td>
<td>Introductory</td>
</tr>
</tbody>
</table>
Proprioceptive Neuromuscular Facilitation (PNF) for the Upper and Lower Trunk

Instructor: Ann Briscoe, PT

DESCRIPTION
This hands-on course will focus on the scapula and pelvis patterns of PNF. The basic principles utilized in PNF in a functional manner will be taught to help develop muscular strength and endurance, joint stability, mobility, neuromuscular control and coordination; all of which are aimed at improving the overall functional ability of patient. The class will review the scapula and pelvic patterns to enhance course participant’s knowledge of activities, patterns and techniques of PNF. There will be simulated patient scenarios for both the treatment of neurologic and orthopedic dysfunction, as well as functional outcomes. The course will consist of both lecture and hands-on labs.

LEARNING OUTCOMES
Participants will be able to:
- Demonstrate and perform scapula patterns
- Demonstrate and perform pelvic patterns
- Demonstrate and perform combination of scapula + pelvic patterns
- Utilize patterns to perform functional tasks

AGENDA
8:00 a.m.  Registration opens
8:30 a.m.  Introduction
9:00 a.m.  Scapula pattern 1
10:00 a.m. Break
10:15 a.m. Scapula pattern 2
11:15 a.m. Pelvic pattern 1
12:15 p.m. Lunch (on your own)
1:15 p.m.  Pelvic pattern 2
2:15 p.m.  Break
2:30 p.m.  Combo scapula and pelvis patterns
3:30 p.m.  Functional application
4:15 p.m.  Question and Answer
4:30 p.m.  Dismissal

INSTRUCTOR
Ann Briscoe PT graduated from Marquette University in 1985 with an interest in the rehabilitation of the neurologically involved patient. In 1989 she completed an intensive 3 month post-graduate PNF studies at the Kaiser Foundation Rehabilitation Center in Vallejo California. Also completed graduate studies at Finch University of Health Sciences at Chicago Medical School [now Roselind Franklin University of Medicine and Science] in North Chicago Illinois. Ann was past Teacher/ACCE at Gateway Technical in the PTA program. Currently presents PNF in lecture/lab format at Marquette University since 1993 and at Carroll University since 2000. She has also taught PNF in Ohio and Arizona to both PTs and OTs. She is currently the Director of Rehabilitation Services at Aurora St. Luke’s South Shore and Aurora Sinai Medical Center.

CONTENT FOCUS
Domain of OT: Areas of Occupation and Client Factors
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

TARGET AUDIENCE
OTs, OTAs, PTs, PTAs, and ATs

CEUS
Agenda reflects 0.65 CEU’s (6.5 clock hours)

PRICE
Early Price $255 (on or before 3/21/2017)
Standard Price $295 (after 3/21/2017)

LOCATION
UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI 53203

LEVEL
Introductory
**Description**

This course is an overview of therapeutic management of wrist, hand and forearm fractures. Comprehensive coverage of the material makes it appropriate for the therapist with any level of experience. Types of fractures and fixations will be covered, from the simple non-displaced fracture to complex intra-articular PIP joint injury. Treatment techniques to improve motion and function will be discussed. A problem solving approach to dealing with joint stiffness, tendon adhesions, intrinsic and extrinsic tightness will be presented. Orthoses used during fracture healing, and those appropriate to address each of the limiting factors following healing will be demonstrated.

**Learning Outcomes** Participants will be able to:

- Describe various types of hand, wrist and forearm fractures and fixation techniques
- Differentiate between various causes of limited motion in the hand, wrist and forearm following fracture
- Understand appropriate orthoses that may be used during fracture healing
- Understand therapy treatment approaches for limited motion following fracture
- Have explored appropriate orthoses available to address problems following hand, wrist and forearm fracture
- Discuss the management of PIP intra-articular fractures

**Instructor**

Rebecca Neiduski, PhD, OTR/L, CHT received her Master’s in Occupational Therapy from Washington University and a PhD in Education from Saint Louis University. After 15 years of practice and teaching in St. Louis, Dr. Neiduski now serves as the Occupational Therapy Department Chair at Concordia University Wisconsin. She was elected to the board of directors of the American Association of Hand Surgery and has served as both the Research Division Director and Annual Meeting Program Chair for the American Society of Hand Therapists. She has been teaching gross anatomy with cadaver dissection for the past 18 years.

**Agenda**

- 7:30 a.m. Registration
- 8:00 a.m. Introduction to hand fractures, fixations and orthoses
- 9:15 a.m. Differential diagnosis of problems following hand fractures
- 10:30 a.m. Break
- 10:45 a.m. Introduction to wrist fractures, fixations and orthoses
- 11:00 a.m. Introduction to forearm fractures and fixations and orthoses
- 12:00 p.m. Lunch on your own
- 1:00 p.m. Therapy following fractures of the hand, wrist or forearm
  - Stiffness
  - Tendon adhesion
  - Extrinsic tightness
  - Intrinsic tightness
  - Use of appropriate orthoses to address limiting factors to motion
- 2:30 p.m. Break
- 2:45 p.m. Introduction to joint mobilization
- 3:30 p.m. PIP intra articular fractures of the hand
- 5:00 p.m. Adjourn
Kinesio Taping 3: Clinical Concepts and Advanced Whole Body Applications

Instructor: Ewa Jaraczewska, PT, CKTI

Friday, April 28, 2017

DESCRIPTION

This course combines Kinesio Taping 1 and 2 coursework and features lab sessions to practice Kinesio Taping Method (KTM) applications. It covers some of the more advanced techniques of the KTM and is tailored to specific conditions, professions, or applications by the instructor for participants. Upon completion, participants will be eligible to take the Certified Kinesio Taping Practitioner (CKTP) exam. Note: Students can request to take the exam but will not be eligible to become a CKTP until they graduate.

LEARNING OUTCOMES

Participants will be able to:
- Identify the basic concepts of the Kinesio Taping Method
- Explain and apply advanced concepts of the Kinesio Taping Method
- Compare the epidermis, dermis, and fascial anatomy as it is related to Kinesio Taping
- Demonstrate application skills in guided laboratory sessions
- Apply the Kinesio Taping Method to stimulate epidermis, dermis, and fascial response
- Apply advanced clinical taping techniques for treatment of the spine, neurological conditions, and upper/lower extremity dysfunction

PRE-REQUISITE

- Completion of Kinesio Taping Association (KTA) approved KT1 and KT2 courses.
- Must have completed 80 course hours of anatomy and physiology
- Must have working knowledge of musculoskeletal system
- Must be able to do assessments by evaluating and/or diagnosing injuries and conditions

REQUIRED COURSE MATERIALS

- Wear shorts and a t-shirt or tank top for lab. Exposed skin is needed to apply Kinesio tape.
- It is recommended to dress in layers, as the room may be cold during lectures
- Pillow, towel, or blanket
- Scissors

INSTRUCTOR

Ewa Jaraczewska, PT, CKTI, is Adult-NDT certified and a Certified TheraTags Fitter. Currently, Ms. Jaraczewska is the manager of rehabilitation services at Loyola University Medical Center in Maywood, IL. She received her physical therapy degree from the Physical Therapy School in Warsaw, Poland and completed a three month internship at the Center for Children with Duchene muscular dystrophy in France. Following graduation, she worked as a staff physical therapist in the neurology clinic at the Medical School Hospital in Warsaw. After two years, Ms. Jaraczewska became a faculty member at the Physical Therapy School in Warsaw. Four years later, Ms. Jaraczewska moved to the United States where she worked in acute care at George Washington University and Georgetown University, Washington, DC, in inpatient rehabilitation at The Rehabilitation Institute of Chicago, and in homecare at a private agency. Throughout her career, she has been involved in research and teaching. At George Washington University Hospital, Ms. Jaraczewska, was actively involved in amyotrophic lateral sclerosis (ALS) research. At the Rehabilitation Institute of Chicago, she developed a multidisciplinary clinic for patients with Parkinson’s disease. She is a contributor and presenter for the annual Kinesio taping Symposium. Past presentations include Kinesio taping for stroke and Parkinson’s disease. She recently collaborated on the KT4 neuro manuscript with friend and colleague, Steven Hubert, PT and the Kinesio taping DVD for older adults. She has been a Certified Kinesio taping Instructor since 2003.

TARGET AUDIENCE

PTs, PTAs, OTs, OTAs, ATs, Physicians, Chiropractors, Licensed Acupuncturists, Licensed Massage Therapists, and other allied health professionals

CONTENT FOCUS

Domain of OT: Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

Continued on following page

Reference table on following page
Continued from previous page

AGENDA

7:30 a.m.  Registration opens
8:00 a.m.  Success stories, troubleshooting, and question and answer
8:15 a.m.  Evaluation questions, assessments, KTI & KT2 review
9:00 a.m.  Contraindications and precautions, CKTP info
9:20 a.m.  Clinical concepts: shoulder impingement lecture
9:30 a.m.  Shoulder impingement lab
9:50 a.m.  Clinical concepts: whiplash/cervical pain lecture
10:00 a.m. Whiplash/cervical pain lab
10:30 a.m. Clinical concepts: Chondromalacia patella lecture
10:50 a.m. Break
11:05 a.m. Intro to Kinesio scar tapings Kinesio taping advanced concept: Fascial correction — manual glide lecture Scar management: “Directional pull application” and “pitting scars application”
11:30 a.m. Scar management lab
12:00 p.m. Lunch (on your own)
1:00 p.m. Manual fascial glide lab
1:20 p.m. Kinesio Taping advanced concept: “Basket Weave” technique lecture
1:30 p.m. Basket weave (close ended) lab
1:45 p.m. Epidermis, dermis, and fascia (EDF™): Epidermis concept lecture
2:15 p.m. Epidermis tapping lab
2:35 p.m. EDF™. DERMIS concept lecture
2:45 p.m. EDF™. Fascia concept lecture
2:55 p.m. Break
3:10 p.m. Clinical applications 1-4: Labs and lectures
3:30 p.m. Further Kinesio education, glossary, document, and question and answer
5:10 p.m. Adjourn
DESCRIPTION
There is a high prevalence of vision disorders in the patients we serve as Occupational Therapists. Impairments ranging from full visual field loss, inattention disorders or visual processing problems greatly impact independence, safety, and quality of life. This course will provide a review of the visual system and pathways with clinicians understanding basic neurological foundations underlying acquired vision loss. Emphasis will be placed on using an evidenced based approach to develop a progressive treatment plan to teach more effective compensatory strategies for visual inattention and to be able to effectively assess and treat other visual impairments.

LEARNING OUTCOMES  Participants will be able to:

- Describe the impact of visual dysfunction on performance of daily occupations and independence
- Understand the difference between visual neglect and visual field deficits and what is occurring at a neurological level
- Effectively screen for other visual problems including acuity, oculomotor dysfunction and convergence disorders
- Demonstrate the ability to utilize and interpret the most effective assessment tools and use them to guide treatment
- Use an evidence based approach to develop a progressive treatment plan for remediation of reading, ADL/IADL impairments and mobility challenges
- Collaborate with other eye care professionals to maximize the effectiveness of treatment interventions

INSTRUCTORS
Brenda McGinley, OTR, CLVT, NDT trained has over 25 years’ experience working with the neurological population. She currently is a clinician at Aurora West Allis Medical Center with experience in acute care, inpatient rehab, and outpatient neuro. She graduated from UWM in 1992 with a special interest in the neurological patient getting NDT trained and then taking advanced coursework. She has presented at WOTA, AOTA and assisted in lab courses at UWM. She received her certification in low vision from ACVREP in 2008 and assisted with the development of a low vision clinic, drivers rehabilitation program and Parkinson’s BIG/Loud program at AWAMC.

Jill Gebhard, MS, OT, CLVT, has been in Occupational Therapy for over 25 years. She is currently practicing at Aurora Sinai Medical Center where her primary focus has been in Inpatient Rehabilitation. She has a special interest in working with patients with various neurological impairments, dementia and visual deficits becoming certified in LSVT BIG, metronome and low vision through ACVREP. An active participant in the drivers and low vision program at ASMC and is the Coordinator for the Cognitive Activities Program.

CONTENT FOCUS
Domain of OT: Areas of Occupation
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

AGENDA
7:30 a.m.  Registration opens
8:00 a.m.  Review of the visual system and basic neurological foundations underlying vision loss
9:00 a.m.  Understanding neglect
10:15 a.m. Break
10:15 a.m. Assessment of Visual Acuity, Ocular Motor Skills, Visual Fields and Inattention Tests
12:00 p.m. Lunch
1:00 p.m.  Working with other Eye Care Professionals, Treatment of Visual Disorders
3:00 p.m.  Break
3:15 p.m.  Treatment of Visual Disorders
4:30 p.m.  Adjourn

LEARNING OUTCOMES
Participants will be able to:

- Describe the impact of visual dysfunction on performance of daily occupations and independence
- Understand the difference between visual neglect and visual field deficits and what is occurring at a neurological level
- Effectively screen for other visual problems including acuity, oculomotor dysfunction and convergence disorders
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CONTENT FOCUS
Domain of OT: Areas of Occupation
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

AGENDA
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12:00 p.m. Lunch
1:00 p.m.  Working with other Eye Care Professionals, Treatment of Visual Disorders
3:00 p.m.  Break
3:15 p.m.  Treatment of Visual Disorders
4:30 p.m.  Adjourn

LEARNING OUTCOMES
Participants will be able to:

- Describe the impact of visual dysfunction on performance of daily occupations and independence
- Understand the difference between visual neglect and visual field deficits and what is occurring at a neurological level
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CONTENT FOCUS
Domain of OT: Areas of Occupation
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

AGENDA
7:30 a.m.  Registration opens
8:00 a.m.  Review of the visual system and basic neurological foundations underlying vision loss
9:00 a.m.  Understanding neglect
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10:15 a.m. Assessment of Visual Acuity, Ocular Motor Skills, Visual Fields and Inattention Tests
12:00 p.m. Lunch
1:00 p.m.  Working with other Eye Care Professionals, Treatment of Visual Disorders
3:00 p.m.  Break
3:15 p.m.  Treatment of Visual Disorders
4:30 p.m.  Adjourn
**Workplace Wellness and the Law**

**Instructor:** Barbara J. Zabawa, JD, MPH

### DESCRIPTION

This course will cover fundamental compliance issues for workplace wellness design and implementation. Using the framework of preventive law, attendees will not only learn about the requirements of various workplace wellness laws, such as Health Insurance Portability and Accountability Act (HIPAA), Affordable Care Act, Americans with Disabilities Act (ADA), Genetic Information Nondiscrimination Act (GINA), Fair Labor Standards Act (FLSA), Tax Law, Food and Drug Administration (FDA), Federal Trade commission (FTC) and others, but how one can use those laws to design a better, more inclusive workplace program. The session will discuss the legal requirements and pitfalls of using incentives, collecting health information, and delivering various wellness services such as fitness or nutrition programs.

### LEARNING OUTCOMES

Participants will be able to:

- Detect compliance red flags in workplace wellness program design and implementation
- Describe what the law permits and what it forbids
- Discuss how the law can serve as a tool to improve workplace wellness program participation

### TARGET AUDIENCE

Anyone who works with workplace wellness program design or implementation, such as fitness instructors, dietitians or nutrition professionals, health promotion professionals, human resource professionals, insurers, and health care providers.

### CONTENT FOCUS

**Domain of OT:** Client Factors  
**Occupational Therapy Process:** Evaluation & Intervention

### AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration opens</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Preventive Law, HIPAA/ACA, ADA and GINA Screening an Incentives</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Finish Screening and Incentive section</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00 p.m.</td>
<td>Data Privacy (HIPAA, FTC, FCRA, GLBA)</td>
</tr>
<tr>
<td>3:15 p.m.</td>
<td>FLSA, FDA, Scope of Practice, Question and answer</td>
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<tr>
<td>4:30 p.m.</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

### INSTRUCTOR

Barbara J. Zabawa, JD, MPH is an attorney and owner of the Center for Health and Wellness Law, LLC in Madison, Wisconsin, a law firm dedicated to improving legal access and compliance for the health and wellness industries. Before graduating with honors from the University of Wisconsin Law School, she obtained an MPH degree from the University of Michigan. Immediately prior to starting her own firm, she was Associate General Counsel and HIPAA Privacy Officer for a large health insurer where she advised on Affordable Care Act matters. She was also a shareholder and Health Law Team Leader at a large Wisconsin law firm. In 2011, Barbara was named a Wisconsin Up and Coming Lawyer, by the Wisconsin Law Journal. She serves health and wellness professionals and organizations across the country as an advocate, a transactional lawyer and/or a compliance resource. Barbara is a frequent writer and speaker on health and wellness law topics, having presented for national organizations such as WELCOA, National Wellness Institute, HPLive and HERO. She is on the faculty for the University of Wisconsin-Milwaukee (UWM) College of Health Sciences as well as on the Advisory Board for the UWM Master of Healthcare Administration program.

Barbara’s commitment to improving health and wellness also shows through her community service. Barbara sits on the Board of Directors for Health Promotion Advocates, a national nonprofit organization created to integrate health promotion into the national agenda.

Wisconsin’s Insurance Commissioner appointed Barbara to serve on Wisconsin’s Oversight and Advisory Council, which oversees the distribution of millions of dollars in grant funding to population health improvement projects in Wisconsin. She also is a Board Member for the Rogers Memorial Hospital Foundation, a health care organization that specializes in treating mental illness, as well as a Board Member for a Wisconsin-based community-based residential facility organization and the State Bar of Wisconsin Health Law Section.

Attorney Zabawa has also co-authored the book, Rule the Rules on Workplace Wellness, to be published by the American Bar Association in 2016. Barbara is licensed to practice law in both Wisconsin and New York.

### PRE-COURSE ASSIGNMENT

- Rule the Rules of Workplace Wellness

### REQUIRED COURSE MATERIALS

- Rule the Rules of Workplace Wellness

### COURSE # | TARGET AUDIENCE | CEUS | PRICE | LOCATION | LEVEL
--- | --- | --- | --- | --- | ---
9953 | See above | Agenda reflects 0.7 CEUs (7 clock hours) | Early Price $255 (on or before 4/6/2017)  
Standard Price $295 (after 4/6/2017) | Innovation Campus  
Accelerator Coordinator  
1225 Discovery Pkwy  
Wauwatosa, WI 53226 | Introductory
SAVE THE DATE
Thursday, May 11, 2017 – Saturday, May 13, 2017

DESCRIPTION
The 18th Annual Wisconsin Hand Experience℠ is sponsored by the University of Wisconsin-Milwaukee, College of Health Sciences Outreach Office. Wisconsin Hand Experience℠ 2017 will focus on: “Treatment of Nerve and Tendon Injuries: Optimizing Clinical Reasoning and Intervention Strategies”

AGENDA
Day 1
11:00 a.m.  Registration opens
12:00 p.m.  Welcome and Introduction
12:15 p.m.  Kinesiologic Overview of the Wrist
1:00 p.m.  Tendinopathy of the Hand and Wrist
1:45 p.m.  Break
2:15 p.m.  Digging Deeper with Tendon Pathology at the Wrist: Is it Just a Tendon Issue?
3:00 p.m.  Cadaveric Dissection: Wrist
4:00 p.m.  Unfolding and Addressing Flexor Tendon Pitfalls
4:45 p.m.  Q&A Panel: The Wrap
5:15 p.m.  Adjourn

Day 2
7:30 a.m.  Exhibits Open
8:00 a.m.  Introductions
8:15 a.m.  Anatomy and Biomechanics of Brachial Plexus and Thoracic Outlet
9:00 a.m.  Thoracic Outlet Syndrome: Surgical Procedures
9:45 a.m.  Gain an Overview of How to Conservatively Manage Thoracic Outlet Syndrome (TOS)
10:30 a.m.  Q&A Panel: Thoracic Outlet Syndrome
10:45 a.m.  Break
11:15 a.m.  Brachial Plexus Surgery, Therapy and Case Studies
12:45 p.m.  Q&A Panel: Brachial Plexus
1:00 p.m.  Lunch
2:00 p.m.  Surgical Management of Nerve and Free Muscle Transfers in the Upper Extremity
2:45 p.m.  Therapy Considerations in Nerve and Free Muscle Transfers in Upper Extremity
3:30 p.m.  Break
4:00 p.m.  Cadaveric Dissection: Nerve Versus Muscle Transfers
5:00 p.m.  Q&A Panel: The Wrap
5:30 p.m.  Adjourn

Day 3 (workshops)
- Extensor Tendon Biomechanics
- Hands On: Clinical Decision Making After Tendon and Nerve Transfers
- Don’t Judge a Wrist by Its Cover!
- Thoracic Outlet Syndrome: Where to Begin!
- Fundamentals of Upper Extremity Functional Casting: A Practical Experience

FACULTY
Kari Blaschke, OTR/L, CHT
Shrikant Chinchalkar, OTR, CHT
Curtis A. Crimmins, MD
George B. Haasler, MD, FACS
Rebecca Neiduski, PhD, OTR/L, CHT
Donald A. Neumann, PT, PhD, FAPTA
Theresa Parry, MHPE, OTR, COMT
Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT
Neil Salyapongse, MD
Amy Turner, MHPE, OTR, CHT
Kirk Turner OTR, CHT
Renata V. Weber, MD

CONTENT FOCUS
Domain of OT: Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

PRICES
ALL 3 DAYS - ENTIRE CONFERENCE $640.00
Thursday & Friday ONLY $455.00
Thursday & Saturday ONLY $420.00
Friday & Saturday ONLY $465.00
Thursday ONLY $205.00
Friday ONLY $250.00
Saturday ONLY $215.00

TARGET AUDIENCE
OTs, OTA, PTs, PTAs, and Certified Hand Therapists

LOCATION
Crowne Plaza Milwaukee Airport Hotel
6401 S 13th St.
Milwaukee, WI 53221

COURSE #  TARGET AUDIENCE  CEUS  PRICE  LOCATION  LEVEL
9984  OTs, OTA, PTs, PTAs, and Certified Hand Therapists  See chs. ce.uwm.edu for CEUs  See above  Crowne Plaza Milwaukee Airport Hotel 6401 S 13th St. Milwaukee, WI 53221  Introductory-Advanced
Pediatric Feeding and Swallowing Problems: Let’s Figure It Out

Instructor: Joan Arvedson, PhD, CCC-SLP, BCS-S

DESCRIPTION
Course focuses on problem solving for infants and children with complex swallowing and feeding problems. Lecture, videos, and case analysis provide comprehensive strategies to carry out assessment and intervention to optimize evidence-based functional outcomes. Sensorimotor learning principles and neuroplasticity provide a strong foundation to facilitate change. Complex issues include: airway complications; GI tract problems (e.g., gastroesophageal reflux and eosinophilic esophagitis); tube feeding & how to wean; identification of barriers to successful oral feeding and ways to overcome them; picky eaters. Age and patient population course is designed for: Infants through school age (focuses from pre-term through 8 years)

LEARNING OUTCOMES Participants will be able to:
• Apply knowledge of airway problems to make management decisions for infants and young children with oropharyngeal dysphagia
• Identify and modify barriers to successful oral feeding (e.g., nutrition, GI tract, allergy, & neurologic conditions)
• Incorporate findings from clinical and instrumental evaluations to make management decisions for infants and children with complex underlying etiologies for dysphagia
• Utilize strategies for facilitating oral feeding in high-risk infants and children
• Demonstrate processes for advancing oral feeding in children who are tube feeders
• Implement intervention with a range of sensory and behavior based principles with picky eaters

CONTINUING EDUCATION CREDITS
This course is offered for 1.3 ASHA CEUs
  (Intermediate level, Professional area)
• 1.3 ASHA CEUs

<table>
<thead>
<tr>
<th>Speaker</th>
<th>Relevant Financial Relationship</th>
<th>Relevant Non-Financial Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joan Arvedson, PhD, CCC-SLP, BCS-S</td>
<td>• Speaking honorarium is offered by the University of Wisconsin-Milwaukee to present this course</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>• Royalty payments from Pearson Publishing, Cengage Learning and Northern Speech Services.</td>
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</tbody>
</table>

Reference table on following page
Joan Arvedson, PhD, CCC-SLP, BCSS, is an internationally renowned clinician and teacher. She is Program Coordinator of Feeding and Swallowing Services at Children’s Hospital of Wisconsin – Milwaukee and Clinical Professor in the Department of Pediatrics, Medical College of Wisconsin - Milwaukee. Dr. Arvedson received her BS, MS, and PhD from University of Wisconsin-Madison. She is an ASHA Fellow and recipient of Honors of ASHA November 2016. Dr. Arvedson focuses on patient care, teaching, and research on swallowing and feeding disorders in infants and children, delivering evidence-based knowledge and immediately applicable strategies via workshops and seminars throughout the world. She emphasizes a functional “whole” child approach stressing the importance of collaboration among professionals and caregivers.

DESCRIPTION
This one-day, hands-on course, will emphasize the application of evidence-informed practice to clinical decision making strategies for the examination and management of patients with musculoskeletal disorders of the lumbar and sacroiliac (SI) region. A systematic examination will be presented to guide the clinician to effectively differentially diagnoses subgroups of patients with lumbar or SI related pain and then appropriately match interventions for each subgroup. To facilitate learning, lab time will be used to instruct and practice several assessment procedures to differentially diagnose lumbar and SI pathology and manual therapy techniques (muscle energy techniques, thrust and non-thrust joint mobilizations, instrumented assisted soft tissue mobilizations). Patient education and therapeutic exercise will be presented which facilitate symptom management for patients. The intervention strategies discussed have been found to enhance overall treatment outcomes for patients with back pain.

CONTENT FOCUS
Domain of OT: Client Factors
Occupational Therapy Process: Evaluation and Intervention

LEARNING OUTCOMES
Participants will be able to:

- Critically evaluate the evidence for differential diagnosis and treatment of the lumbar and SI region.
- Perform a low back evaluation utilizing the principles of symptom reproduction through the application of motion and mobility assessment and special tests.

AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Course registration</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Introduction of current clinical practice guidelines</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Standardized and differentiating elements</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Differential diagnosis and intervention strategies to address patients</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Discussion on current evidence regarding thrust and mobilizations</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Integration of thrust and non-thrust mobilizations</td>
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<tr>
<td></td>
<td>- Discussion/Lab</td>
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<tr>
<td></td>
<td>- Lab</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Differential diagnosis and intervention strategies to address patients</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>- Discussion/Lab</td>
</tr>
<tr>
<td>2:40 p.m.</td>
<td>Discussion on current evidence regarding thrust and mobilizations</td>
</tr>
<tr>
<td>3:20 p.m.</td>
<td>- Discussion/Lab</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>- Discussion/Lab</td>
</tr>
<tr>
<td>4:15 p.m.</td>
<td>Round Robin Practice - Lab</td>
</tr>
<tr>
<td>4:45 p.m.</td>
<td>Question and answer, review of overarching themes</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

INSTRUCTOR
Dr. Paul Reuteman PT, DPT, MHS, OCS, ATC is a Clinical Professor in the Program of Physical Therapy at the University of Wisconsin – La Crosse. His primary teaching responsibilities include orthopedic examination and intervention principles, clinical decision making and clinical radiology. He maintains an active clinical practice at Gundersen Health System Sports Medicine where he also serves as faculty of the Sports Physical Therapy Residency Program. Dr. Reuteman received his bachelor's in Physical Therapy from Marquette University, his master's degree in Orthopedic Physical Therapy from The University of Indianapolis and his Physical Therapy transitional doctorate degree from Massachusetts General Hospital. He is a board-certified Orthopedic Clinical Specialist from the ABPTS and is a board-certified Athletic Trainer from the NATA. Dr. Reuteman is the cofounder of Specialized Physical Therapy Education and serves as Faculty and a Lead Instructor of their Orthopedic Residency Program.

- Demonstrate psychomotor competency of different manual therapy techniques including thrust and non-thrust mobilizations, muscle energy techniques, and soft tissue mobilizations to address impairments of lumbar and SI region.
- Effectively integrate different manual therapy techniques with patient education and therapeutic exercises for the treatment of back pain.
- Formulate an opinion on the value of several different interventions of the lumbar and SI region according to the most recent literature.

COURSE #  TARGET AUDIENCE  CEUS  PRICE  LOCATION  LEVEL
9947        OTs, OTAs, Pts, PTAs, ATs  Agenda reflects .75  Early Price $255 (on or before 5/2/2017)  UW-Milwaukee Continuing Education  Intermediate

CEU's (7.5 clock hours)  Standard Price $295 (after 5/2/2017)  Plankinton Building, 7th Floor  161 West Wisconsin Avenue  Milwaukee, WI 53203
Creating Community-Based Wellness Programming for Cancer Survivors

Instructors: Carlynn A. Alt, PT PhD; Susan Kundrat, MS, RD, CSSD, LDN; Laura Rooney, PhD, MS, ACSM/ACS-CET

Friday, June 2, 2017

DESCRIPTION
This course will provide an overview of the pathophysiology of cancer treatment interventions and explore the role of physical activity, nutrition and mindfulness in improving clinical outcomes and personal wellness in cancer survivors. Evidence-based assessments and exercise program guidelines to create safe and effective physical activity programming in the community will be presented including physical fitness assessment, functional strength and balance assessments in a laboratory session. Additionally, the importance of nutritional support and mindfulness-based cancer recovery as pillars of wellness programming for cancer survivors will be included.

LEARNING OUTCOMES Participants will be able to:
- Describe the pathophysiology of cancer treatment interventions on the cardiovascular, neuromuscular, musculoskeletal, integumentary, and immune systems in the body
- Describe the psychosocial impact of cancer and cancer treatment in cancer survivors
- Define cancer-related fatigue (CRF) and its components
- Identify the evidence-based literature supporting the role of physical activity and mindfulness-based cancer recovery in treating cancer-related fatigue and other adverse effects of cancer
- Identify the primary precautions and risk factors in designing a safe exercise program
- Develop the components of a multifaceted community-based wellness program for cancer survivors
- Perform assessments and screenings to ensure safety in program design
- Identify the nutritional needs of recovery and when referral is indicated
- Identify barriers to becoming physically active and the impact of self-efficacy for exercise and readiness for change

CONTENT FOCUS
Domain of OT: Client Factors and Performance Patterns
Occupational Therapy Process: Intervention and Outcomes

PRE-COURSE ASSIGNMENT
- Schmitz et al. (2010) ACSM Roundtable on Exercise Guidelines for Cancer Survivors, Medicine and Science in Sport and Exercise, Vol 42[7], p1409-1426

PRIMARY INSTRUCTOR
Carlynn A. Alt, PT, PhD, is a Clinical Associate Professor in the Doctor of Physical Therapy Program at the University of Wisconsin – Milwaukee. Her educational background includes a PhD from Marquette University in Integrative Neuromuscular Physiology, a MS from UW Milwaukee and a BS in Physical Therapy from UW Madison. She has coauthored a chapter in a cancer survivorship textbook and has published manuscripts in the area of cancer survivorship and barriers to being physically active. She has given numerous presentations on the topic on cancer physiology, cancer-related fatigue and the role of physical activity in cancer survivorship. She currently runs a community-based physical activity program for cancer survivors in Milwaukee and has been an educational consultant with the YMCA and Livestrong with their cancer exercise program. She continues both community service and scholarship in this topic area and she is dedicated to helping cancer survivors reclaim their wellness.

ADDITIONAL INSTRUCTORS
Susan Kundrat, MS, RD, CSSD, LDN, is a Clinical Associate Professor of Kinesiology in the Nutritional Sciences Program at the University of Wisconsin-Milwaukee. She teaches courses on nutrition and wellness, sports nutrition, and nutrition science. She is the author of “101 Sports Nutrition Tips” and has spoken nationally on nutrition for wellness and sport. A Registered Dietitian, Susan received her B.S. in Dietetics from Minnesota State-Mankato, a MS in Human Nutrition from Iowa State University, and completed a Dietetic Internship at Boston’s Beth Israel Hospital. She is a Certified Specialist in Sports Dietetics and a Licensed Dietitian Nutritionist.

Laura Rooney, PhD, MS, ACSM/ACS-CET, is a Clinical Associate Professor of Kinesiology at the University of Wisconsin-Milwaukee. She teaches courses on exercise testing and prescription, program design and evaluation and directs the UWM Wellness HUB, which provides experiential learning for Kinesiology undergraduate and graduate students through physical activity classes and programs for the UWM employee and alumni community. Laura is also a registered, experienced yoga instructor, mindfulness teacher and certified cancer exercise trainer dedicated to community service through teaching, consulting and advisory roles locally and nationally.

Continued on following page

Reference table on following page
Continued from previous page

**AGENDA**

7:30 a.m.  Registration
8:00 a.m.  Introduction and Overview
8:15 a.m.  Cancer Risk Factors and Cancer Interventions
9:00 a.m.  Treatment Related Adverse Effects
9:45 a.m.  Break
10:00 a.m. Role of Exercise/Physical Activity for Cancer Survivors
11:00 a.m. Role of Nutritional Supports in Recovery and Wellness
12:00 p.m. Lunch (on your own)
1:00 p.m.  Role of Mindfulness in Cancer Recovery
2:00 p.m.  Screening and Assessment Measures LAB
- Submax aerobic assessment, field tests strength, balance, Sr. Fitness Test, functional assessments
3:15 p.m.  Break
3:30 p.m.  Components in Complete Wellness Programming for Survivors
4:00 p.m.  Barriers to Being Active
4:15 p.m.  Question and answer, wrap up
4:30 p.m.  Adjourn
DESCRIPTION

Hand therapists commonly encounter patients with wrist stiffness following distal radius fractures. This course combines an evidence-supported approach for learning new hands-on skills to use immediately in the clinic. Therapists will be provided a foundation in the anatomy and kinesiology of the wrist and forearm. Using a systematic approach, course participants will perform manual therapy techniques to address a capsular pattern at the wrist. At the forearm, therapists will perform manual testing to determine the source of forearm rotation limitations and how to address these issues.

LEARNING OUTCOMES Participants will be able to:

- Understand the arthrokinematics wrist, including the ligamentous structure that provides the most support
- Through specific palpation, draw out the carpal bones from a dorsal, radial, and volar aspect in preparation for joint-specific testing
- Develop an understanding of the plane of motion for the midcarpal joint
- Become familiar with specific joint mobilization techniques to test and treat limitations at the radiocarpal and midcarpal joints
- Demonstrate specific tests for the distal radioulnar joint (DRUJ), to determine if joint mobilization is/is not indicated
- Perform proximal radioulnar joint (PRUJ) mobilization to improve forearm pronation and supination

AGENDA

7:30 a.m. | Registration opens
8:00 a.m. | Anatomy and kinesiology of the wrist - lecture
9:00 a.m. | Surface anatomy of the wrist - lab
10:15 a.m. | Break
10:30 a.m. | Addressing a capsular pattern at the wrist: testing and treatment of radiocarpal joint & trapezoid-on-scaphoid joint-specific techniques to address limitations at the midcarpal joint - lab
12:00 p.m. | Lunch (on your own)
1:00 p.m. | Ulnar wrist anatomy - lecture
1:45 p.m. | Limited forearm rotation: DRUJ & PRUJ testing - lab
2:45 p.m. | Break
3:00 p.m. | PRUJ joint-specific treatment to improve forearm supination & pronation - lab
4:00 p.m. | Putting it all together: case studies and questions - lecture
4:30 p.m. | Question and answer, adjourn

CONTENT FOCUS

Domain of OT: Client Factors
Occupational Therapy Process: Evaluation and Intervention

PRE-COURSE ASSIGNMENT

- Please read the article Clinical Assessment of the Wrist, from the Journal of Hand Therapy

DESCRIPTION
This intensive hands-on course will teach participants the use of the lymphatic system for orthopedic edema reduction. Following an injury, orthopedic surgery or trauma, patients develop acute edema. If unresolved this edema can often develop into long-standing/chronic edema. The consequences of chronic edema are persistent pain, delayed wound healing and the development of fibrotic tissue that can block motion and impact overall return to function for the patient. Therapists often struggle in helping patients with edema management; despite their best efforts with interventions such as rest, ice, compression and elevation. This course teaches Manual Edema Mobilization (MEM) to drain or decongest this inflammation. MEM uses physiologic principles and reactions to spark the body into edema reduction during treatment and for a period of time following treatment. This course is lab intensive and participants should be ready to participate in hands-on, skin to skin contact body wide.

AGENDA
Day 1
7:30 a.m.  Registration opens
8:00 a.m.  Introduction / Anatomy and Physiology of circulatory and lymphatic systems
10:15 a.m. Break
10:30 a.m. Sub acute / Chronic edema differential diagnosis
11:00 a.m. Intro to MEM tenets
12:00 p.m. Lunch
1:00 p.m.  MEM tenets continue and begin lab practice: d-breathing, pump points, MLT, exercise program design, chip bags, elastic taping, self-management, contraindications
1:15 p.m.  MEM: Trunk / central clearing
3:00 p.m.  Break
3:15 p.m.  MEM lab: UE clearing / pump points
5:30 p.m.  Adjourn

Day 2
8:00 a.m.  MEM: LE clearing / pump points
9:30 a.m.  MEM: chip bags
10:15 a.m. Break
10:30 a.m. MEM: continue
12:00 p.m. Lunch
1:00 p.m.  MEM: Exercise program design
3:00 p.m.  Break
3:15 p.m.  MEM: pump point review UE and LE/discuss bandaging
5:00 p.m.  Introduction to deep tissue methods from my MFR and deep tissue courses
5:30 p.m.  Question and answer, Adjourn

COURSE #   TARGET AUDIENCE   CEUS   PRICE   LOCATION   LEVEL
9960   OTs, OTAs, PTs, PTAs, AT’s, and RN’s   Agenda reflects 1.6 CEU’s (16 clock hours)   Early Price $525 (on or before 5/9/2017) Standard Price $575 (after 5/9/2017)   UW-Milwaukee Continuing Education Plankinton Building, 7th Floor 161 West Wisconsin Avenue Milwaukee, WI 53203   Introductory
**DESCRIPTION**

This innovative 2-day participatory workshop provides participants the opportunity to learn, apply, and interpret new research and clinical knowledge to optimize outcomes of traumatic and non-traumatic neck pain such as whiplash associated disorder and myofascial pain syndrome. Two leading experts in the field, currently ranked in the top 1% of global experts in whiplash and neck pain according to expertscape.com, will guide participants towards deeper understanding of all aspects of neck pain care, from assessment through prognosis to treatment decisions and outcomes measurement. These experienced providers of continuing professional development will not only provide a balanced and accurate representation of the current state of evidence-informed practice for neck pain, but will use novel transformative teaching and learning tools to help participants make sense of complex topics and apply new knowledge in a way that leads to observable clinical impact.

The “APT” Neck Pain Workshop is broken into 3 relevant modules, each of which builds upon the previous: Assess, Predict, and Treat:

- **Assess:** In this module, participants will get theoretical knowledge about and practical experience applying a number of novel assessment/evaluation tools for use in patients with acute or chronic neck pain. These include tools that tap each of the nociceptive/biomechanical, cognitive, affective, social, peripheral neuropathic and central neurogenic domains. Drs. Elliott and Walton will share their clinical and academic expertise in measurement science and differential diagnosis to lead participants towards a greater understanding of prudent and judicious selection, application, and interpretation of key measurement tools. A new framework that combines existing and easy to use measurement tools will be presented to help participants make sense of their patients’ pain experiences and provide directions for more informed treatment planning to optimize patient outcomes. This will be a mix of lecture-style sessions with practical experience opportunities.

- **Predict:** In this module participants will learn about the nature of chronic pain and, more importantly, the transition from acute to chronic neck pain. Clinical questions that will be answered include, but are not limited to: 1) Who develops chronic pain and who doesn’t? 2) Why does chronic pain develop in some people but not others? 3) What risk factors can clinicians look for to help predict and prevent the development of chronic pain? Framed within a truly integrated biopsychosocial model of chronic pain development, participants will enjoy a mixture of lecture-style and practical sessions that include relevant case studies and group discussions. Participants will leave with a better understanding of how to confidently identify the “at risk” patient, identify modifiable risk factors, discuss the nature of communicating risk and the influence of compensation/litigation on successful rehabilitation outcomes. Communication with patients, funders, and other members of the health care circle will be key components of group discussion opportunities.

- **Treat:** In this module participants will build upon the knowledge gained from their Assess and Predict sessions to build informed treatment plans for patients with acute and chronic neck pain. New phrases such as “plugging the biggest hole” will become common language for clinical reasoning as they learn about evidence-informed treatment approaches for addressing nociceptive/biomechanical, central neurogenic, peripheral neuropathic, cognitive, affective and social aspects of the pain experience that can be appropriately managed by rehabilitation professionals. Topics will include, but are not limited to, motor control, neuroplasticity, exercise-induced hypoalgesia, ocular motor retraining, use and benefit of manual therapies, targeted pain neurophysiology education, managing the depressed or anxious patient, and working as part of a multidisciplinary team including knowing when to refer for multimodal care. This session will include a mix of lecture-style sessions to advance knowledge and practical sessions to solidify new ideas. A focus on being “critical consumers of knowledge” will give participants greater ability to appraise and interpret new evidence as it comes available even after completion of this course.

**CONTENT FOCUS**

Domain of OT: Client Factors  
Occupational Therapy Process: Evaluation and Intervention  

**Reference table on following page**
INSTRUCTORS

James Elliott completed his PhD at the University of Queensland, Australia (UQ) in 2007 and a post-doctoral fellowship (2010) at UQ’s Centre for Advanced Imaging. He is currently a tenure-track Assistant Professor in the Feinberg School of Medicine and the principal investigator of The Neuromuscular Imaging Research Lab (@NIRL_NU) where he supervises 5 PhD students.

Jim is also an Honorary Senior Fellow at UQ and an Affiliate Professor at the Zürich University of Applied Sciences, Switzerland. He has been successful as an early career investigator as in evidence of $3.3 million in research funding, over 70 peer-reviewed publications, and numerous speaking invitations at interdisciplinary conferences on a national and international level. The primary focus of Jim’s laboratory is to characterize the underlying neurophysiological and biological mechanisms for poor functional recovery following spinal trauma, in particular, traumatic injuries following a motor vehicle collision (MVC).

Broad applications of his work include preventing, diagnosing, and treating neuromuscular related pain and its sequelae. To do this, he utilizes structural and advanced imaging applications to quantify the temporal development of altered spinal cord anatomy and whole-body skeletal muscle degeneration as potential markers of poor functional outcomes. Jim currently serves as an Advisory Board Member for the journal, Spine and is a Board of Director for the Journal of Orthopaedic & Sports Physical Therapy.

Jim played professional baseball for the San Diego Padres (1990-1992), worked in major league baseball operations for the Colorado Rockies (1993-1996) and was recently inducted into the University of Denver Athletic Hall of Fame (2014). In full transparency, Jim admits to needing medication for his life-long love of the Chicago Cubs.

David Walton completed his BScPT in 1999, MSc in 2001 and PhD in 2010 from the University of Western Ontario (London Ontario, Canada). He has been a licensed practicing physical therapist for 16 years with a clinical focus on complex chronic pain prevention and management. He is currently a tenured-track Assistant Professor with the School of Physical Therapy and the Health and Rehabilitation Science graduate programs at Western. He is also Director and Primary Investigator of the Pain and Quality of Life Integrative Research Lab through which he supervises 7 graduate or honor’s students and 2 volunteers.

Dave is an Associate Scientist with the world-class Lawson Health Research Institute in London, Secretary of the Education Special Interest Group of the International Association for the Study of Pain and Associate Editor of the scientific journal Manual Therapy. He has been recognized for excellence in pre- and post-professional teaching through two Faculty of Health Sciences Teaching Awards of Excellence (2007, 2010), a nomination for the UWO Marilyn Robinson Teaching Award (2015) and the Canadian Physiotherapy Association’s National Mentorship Award (2014).

A champion of transformative learning, Dave is a certified Facilitator for the Instructional Skills Workshop teaching development program through which he supports post-secondary educators in development of their teaching skills. He is also a productive researcher, having secured over $800,000 in research funding over the past 7 years, authored or co-authored over 50 scholarly research articles mostly in the field of neck pain assessment and prognosis, delivered over 60 presentations at national and international conferences, and authored 4 book chapters including two in the just-released ‘bible’ of MSK therapy ‘Grieve’s Modern Musculoskeletal Physical Therapy’ 4th edition that focus on whiplash and good clinical research.

He has been featured in well-recognized consumer-oriented publications including The Good Life: The official magazine of Dr. Oz (July 2015). The roles of which he’s most proud are as husband of a fantastic wife and father of two awesome girls. He is a die-hard fan of the Toronto Blue Jays, American football, barbecue cuisine and the harmonica.
AGENDA

Day 1

8:00 a.m. Registration opens
8:30 a.m. Intros and expectations
8:50 a.m. **Introduction:** Whiplash and Neck Pain –
What do we know? What don’t we know?
– Introduction to the Assess, Predict, Treat framework
9:45 a.m. Break
10:00 a.m. **Discuss:** what are the goals of assessment in the acute stage? Chronic stage?

The Radar Plot and Triangulation – frameworks to help organize information from people with neck pain

Quantifying the Patient’s perspective: Key
– Self-report tools for screening or quantifying pain, disability, pain cognitions and emotions
12:00 p.m. Lunch (on your own)
1:00 p.m. Psychophysical Testing: Quantitative Sensory Testing in the Clinic
2:15 p.m. Break
2:30 p.m. Other Clinical Tests
3:30 p.m. Imaging – When, Why, Where, How?
4:15 p.m. Feedback, prepare for next day
4:30 p.m. Adjourn

Day 2

8:30 a.m. Case study
8:45 a.m. Summary from yesterday
9:00 a.m. **PREDICT:**

Lecture and Discussion: What is ‘normal’ recovery?
– What factors have been shown in the literature to affect recovery?
– Application of WAD Clinical Prediction Rule
– Other neurobiological influences on the development of chronic pain

Discussion: How to reconcile information on stress, cognitions and emotions with the need for physical rehabilitation? Is chronic pain really just ‘in their head’?

Break
Case study

**TREAT:**

Acute stage of management: What is the focus?
– What does the evidence say about effectiveness of early rehab?

Chronic stage of management: What is the focus?
Lunch (on your own)
Treatment strategies
– Training of neck muscles
– Oculomotor rehabilitation
– Manual approaches – do they work?
Break

Treatment strategies (cont’d)
Education – Tips, tricks and considerations
Case studies part 2:
Group discussion - complete the assessment findings for patient cases.

Parking Lot issues, Ask-it-Basket or other outstanding questions
4:00 p.m. Wrap up, Summarize, Question and answer, Adjourn

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>TARGET AUDIENCE</th>
<th>CEUS</th>
<th>PRICE</th>
<th>LOCATION</th>
<th>LEVEL</th>
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<tbody>
<tr>
<td>9961</td>
<td>OTs, OTAs, PTs, PTAs, ATs</td>
<td>Agenda reflects 1.4 CEU’s (14 clock hours)</td>
<td>Early Price $525 (on or before 5/23/2017)</td>
<td>UW-Milwaukee Continuing Education Plankinton Building, 7th Floor</td>
<td>Introductory</td>
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<td></td>
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<td></td>
<td>Standard Price $575 (after 5/23/2017)</td>
<td>161 West Wisconsin Avenue</td>
<td>Milwaukee, WI 53203</td>
</tr>
</tbody>
</table>

Instructor: Ewa Jaraczewska, PT, CKTI

DESCRIPTION
The Kinesio Taping Method (KTM) and Kinesio Tex Tape are used to reeducate the neuromuscular system, reduce pain, support performance, prevent injury, promote improved circulation and healing, and improve functional movement and positioning.

KT1 – Fundamental Concepts
The KT1 course is designed to introduce practitioners to the Kinesio Taping Method. Over the course of this eight hour class, the Certified Kinesio Taping Instructor (CKTI) will discuss the fundamental concepts of the Kinesio Taping Method and the unique properties and use of Kinesio Tex Tape. During lab sessions, participants will have ample time to practice screening and muscle testing created for the enhancement of their Kinesio Taping skills and muscle applications for both the upper and lower body. Upon completion of this course, participants will be able to discuss and apply the Kinesio Taping method to relax overuse syndromes, stimulate weak muscles, and decrease pain and swelling. In addition to instruction provided by the CKTI, the participants will receive the full-color Kinesio Taping KT1 and KT2 Workbook to augment their training.

KT2 – Advanced Concepts and Corrective Techniques
The KT2 course builds on material learned in KT1. During this eight hour class, the CKTI will introduce the six Corrective Techniques (Mechanical, Functional, Space, Fascia, Ligament/Tendon, and Lymphatic) and discuss their application in a variety of clinical conditions. During lab sessions, attendees will have ample time to practice applying these techniques to a variety of upper and lower body conditions. Upon completion of this course, attendees will be able to discuss and apply the Kinesio Taping Method to orthopedic and neurological conditions.

PRE-REQUISITE
• Must have completed 80 course hours of anatomy and physiology
• Must have working knowledge of musculoskeletal system
• Must be able to do assessments by evaluating and/or diagnosing injuries and conditions

CONTENT FOCUS
Domain of OT: Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

INSTRUCTOR
Ewa Jaraczewska, PT, CKTI, is Adult-NDT certified and a Certified Theratogs Fitter. Currently, Ms. Jaraczewska is the manager of rehabilitation services at Loyola University Medical Center in Maywood, IL. She received her physical therapy degree from the Physical Therapy School in Warsaw, Poland and completed a three month internship at the Center for Children with Duchenne muscular dystrophy in France. Following graduation, she worked as a staff physical therapist in the neurology clinic at the Medical School Hospital in Warsaw. After two years, Ms. Jaraczewska became a faculty member at the Physical Therapy School in Warsaw. Four years later, Ms. Jaraczewska moved to the United States where she worked in acute care at George Washington University and Georgetown University, Washington, DC, in inpatient rehabilitation at The Rehabilitation Institute of Chicago, and in homecare at a private agency. Throughout her career, she has been involved in research and teaching. At George Washington University Hospital, Ms. Jaraczewska, was actively involved in amyotrophic lateral sclerosis (ALS) research. At the Rehabilitation Institute of Chicago, she developed a multidisciplinary clinic for patients with Parkinson’s disease. She is a contributor and presenter for the annual Kinesio taping Symposium. Past presentations include Kinesio taping for stroke and Parkinson’s disease. She recently collaborated on the KT4 neuro manuscript with friend and colleague, Steven Hubert, PT and the Kinesio taping DVD for older adults. She has been a Certified Kinesio taping Instructor since 2003.

LEARNING OUTCOMES
Participants will be able to:
• Describe the concepts of Kinesio Taping
• Identify muscular anatomy as it is related to Kinesio Taping
• Explain and apply the concepts of the Kinesio Taping method
• Describe the unique qualities of the Kinesio Tex Tape
• Outline the principles of Kinesio Tex Tape application
• Utilize and demonstrate application skills in guided laboratory sessions
• Demonstrate application skills during lab sessions
• Practice the various cutting techniques and their clinical application
• Apply the Kinesio Taping method to relax and stimulate muscles
• Apply the Kinesio Taping method for pain, swelling, joint mobility, and stability
• Apply various taping techniques for treatment of the spine and upper/lower extremity dysfunction
• Apply various taping techniques for treatment of unique conditions using the concepts and principals of the Kinesio Taping method

Continued on following page
**AGENDA**

**Day 1: KT1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration opens</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Instructor introduction</td>
</tr>
<tr>
<td>8:10 a.m.</td>
<td>Introduce KT concepts; theory; history; physiology and pathology; tape qualities and finger demo; introduce five major effects and skin function; KT muscle function and basic application concepts</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Joint Function; biotensegrity; application basics, prep, precautions; intro to KT assessment tests, question and answer</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>KT assessments and labs cervical paraspinals, scalene anterior, rectus abdominus, pec major and rhomboid major, gluteus medius</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>3:15 p.m.</td>
<td>Assessments/labs continued: quadriceps, femoris, ext. digitorium; hamstrings, ext. polisic longus; biceps brachii; deltoid</td>
</tr>
<tr>
<td>4:55 p.m.</td>
<td>Assessment, KT1 review, application requests, question and answer, and conclusion</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

**Day 2: KT2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Overnight responses, trouble shooting: basic concepts of corrective techniques, tension; mechanical correction: patellar tracking, shoulder instability</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>Fascia correction, lateral epicondyritis, ITB</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Space, tendon and ligament correction: elbow, lumbar, carpal tunnel, MCL, Achilles</td>
</tr>
<tr>
<td>3:10 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>3:15 p.m.</td>
<td>Fascia/ligament correction: plantar fasciitis; function correction: ankle and wrist; circulatory/lymphatic correction: edema of calf and foot, finger sprain</td>
</tr>
<tr>
<td>4:10 p.m.</td>
<td>Assessment questions, glossary review, application requests, question and answer, and conclusion</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

**CERTIFICATION**

Completion of KT1 and KT2 includes 60-day full access to KTA Database; 198 Applications; Forums and Research Medical Practitioners who have successfully completed the required fundamental and advanced KT (KT1, KT2, KT3) courses are eligible to take the CKTP Exam. Upon passing the exam with a score of 80% or better, signing the CKTP Agreement, and signing-up for membership, practitioners will be granted the CKTP title along with all the associated rights and benefits. Only KTA will process and administer CKTP Certificate. This course has been certified by the Kinesio Taping Association International.

**REQUIRED COURSE MATERIALS**

- Wear shorts and a t-shirt or tank top for lab. Exposed skin is needed to apply Kinesio tape.
- It is recommended to dress in layers, as the room may be cold during lectures
- Pillow, towel, or blanket
- Scissors

**TARGET AUDIENCE**

PTs, OTs, OTAs, PTAs, ATs, Physicians, Chiropractors, Licensed Acupuncturists, Licensed Massage Therapists, and other allied health professionals

**COURSE #**

| 9912 | See above |

**CEUS**

- Agenda reflects 1.6
- CEU's (16 clock hours)

**PRICE**

- Early Price $575 (on or before 5/23/2017)
- Standard Price $675 (after 5/23/2017)

**LOCATION**

- UW-Milwaukee Continuing Education
- Plankinton Building, 7th Floor
- 161 West Wisconsin Avenue
- Milwaukee, WI 53203

**LEVEL**

- Introductory
DESCRIPTION

Upon completion of this six day, 62 hour introductory course, participants will be awarded applicable CE hours and full certification as a lymphedema therapist, (CLT). This course combines various European lymphedema and soft tissue mobilization techniques, integrated with practical clinical oriented treatment techniques to achieve outcomes in the managed care market. The course awards 62 hours (6.2 CEUs). An additional 18 hours (1.8 CEUs) may be earned with coursework completed at home.

LEARNING OUTCOMES

Participants will be able to:

• Demonstrate familiarity with pathology of both lymphedema and venous edema
• Discuss anatomy and physiology related to the lymphatic and venous system
• Discuss interdisciplinary treatment provided by cancer specialists for breast and prostate cancer and its effects on lymphedema patients
• Demonstrate the four “pillars” of lymphedema treatment: Manual lymphatic treatment (MLT), low stretch bandaging, exercise/self-management, and skin care
• Apply hands-on experience working with a minimum of five unique patients in various stages and types of lymphedema and/or venous wound edema
• Develop and implement one hour therapist intensive treatment sessions with outcomes equal to or better than two to three hour therapist intensive treatment sessions
• Evaluate and establish a plan of care (POC) for a patient
• Create a patient self-management, measurement, and precaution program
• Evaluate and individualize treatment programs for subacute lower extremity orthopedic edema and lymphedema from venous insufficiency
• Demonstrate introductory taping, MFR, and scar management

UNIQUE TO THIS PROGRAM

(1) “Hands-on” opportunities to work directly with patients and hear their stories; (2) Therapists teaching therapists an integrated, practical approach which is applicable to the American reimbursement system; (3) Critical problem-solving related to co-morbidities. One-third of the course is devoted to lymphatic system anatomy and physiology; one-third to theory and practice of manual lymphatic treatment and bandaging skills; one-third to exercise, skin care, patient evaluation/assessment, pneumatic pumps, compression garments, patient self-management, and clinic setup topics such as insurance (codes, forms, etc.), marketing, support groups, and equipment; (4) Lab time “hands-on” and mentoring is integrated into all sections equally (2/3 of class time).

INSTRUCTOR

Mike Bond, MS, PT, CLT-LANA, DOR has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio Taping in addition to many years’ experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course and Lymphedema II: The Next Level and Lymphedema: Module III. He is invested in this education due to both personal and professional reasons.

AGENDA

Monday - Friday – 8:00 a.m. – 7:30 p.m. (Lunch is included)
Saturday – 8:00 a.m. – 12:15 p.m. (Lunch is not included)

CONTENT FOCUS

Domain of OT: Areas of Occupation

Occupational Therapy Process: Evaluation, Intervention, and scar management

REQUIRED COURSE MATERIALS

• Participants should bring a box of washable markers
• Chikly, Bruna. Silent Waves: Theory and Practice of Lymph Drainage Therapy: An Osteopathic Lymphatic Technique. 2nd ed. 2005. Participants may either bring their own Silent Waves text or purchase it while registering for $80.00

Reference table on following page
PRE-COURSE ASSIGNMENT

- Reading assignments will be provided upon enrollment

CERTIFICATION

A certificate will be awarded to those who complete 62 hours (6.2 CEUs) of class time, evening written assignments, and pass a clinical competency test on the final day. The test consists of evaluating, treating, and performing manual lymphatic treatment and bandaging on a patient. Eighty hours (additional 18 hours, 1.8 CEUs) of certification will be awarded to those who complete additional coursework at home. The following sequential modules may allow participants to apply for the Lymphology Association of North America (LANA) exam: Lymphedema 1, Lymphedema 2, Lymphedema 3. Therapists who complete 135 hours of training in these three modules at UWM will be eligible to apply and sit for the Lymphology Association of North America (LANA) national certification exam. To meet LANA requirements, participants must complete at least 135 hours of training from one institution. This training cannot exceed four consecutive or cumulative courses. These courses must be one-third theoretical and two-thirds hands on mentoring. It is the applicant’s responsibility to keep updated on current LANA requirements.

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>TARGET AUDIENCE</th>
<th>CEUS</th>
<th>PRICE</th>
<th>LOCATION</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>9918</td>
<td>OTs, OTAs, PTs, PTAs, ATs, RNs, LPNs, MDs, DOs and Massage Therapists</td>
<td>Agenda reflects 6.2 CEU’s (62 clock hours)</td>
<td>Early Price $1,435 (on or before 6/10/2017) Standard Price $1,485 (after 6/10/2017)</td>
<td>Cedar Valley 5349 County Road West Bend, WI 53095</td>
<td>Introductory</td>
</tr>
</tbody>
</table>
DESCRIPTION

This course combines Kinesio Taping 1 and 2 coursework and features lab sessions to practice Kinesio Taping Method (KTM) applications. It covers some of the more advanced techniques of the KTM and is tailored to specific conditions, professions, or applications by the instructor for participants. Upon completion, participants will be eligible to take the Certified Kinesio Taping Practitioner (CKTP) exam. Note: Students can request to take the exam but will not be eligible to become a CKTP until they graduate.

LEARNING OUTCOMES

Participants will be able to:

• Identify the basic concepts of the Kinesio Taping Method
• Explain and apply advanced concepts of the Kinesio Taping Method
• Compare the epidermis, dermis, and fascial anatomy as it is related to Kinesio Taping
• Demonstrate application skills in guided laboratory sessions
• Apply the Kinesio Taping Method to stimulate epidermis, dermis, and fascial response
• Apply advanced clinical taping techniques for treatment of the spine, neurological conditions, and upper/lower extremity dysfunction

PRE-REQUISITE

• Completion of Kinesio Taping Association (KTA) approved KT1 and KT2 courses.
• Must have completed 80 course hours of anatomy and physiology
• Must have working knowledge of musculoskeletal system
• Must be able to do assessments by evaluating and/or diagnosing injuries and conditions

REQUIRED COURSE MATERIALS

• Wear shorts and a t-shirt or tank top for lab. Exposed skin is needed to apply Kinesio tape.
• It is recommended to dress in layers, as the room may be cold during lectures
• Pillow, towel, or blanket
• Scissors

INSTRUCTOR

Ewa Jaraczewska, PT, CKTI, is Adult-NDT certified and a Certified TheraTogs Fitter. Currently, Ms. Jaraczewska is the manager of rehabilitation services at Loyola University Medical Center in Maywood, IL. She received her physical therapy degree from the Physical Therapy School in Warsaw, Poland and completed a three month internship at the Center for Children with Duchene muscular dystrophy in France.

Following graduation, she worked as a staff physical therapist in the neurology clinic at the Medical School Hospital in Warsaw. After two years, Ms. Jaraczewska became a faculty member at the Physical Therapy School in Warsaw. Four years later, Ms. Jaraczewska moved to the United States where she worked in acute care at George Washington University and Georgetown University, Washington, DC, in inpatient rehabilitation at The Rehabilitation Institute of Chicago, and in homecare at a private agency. Throughout her career, she has been involved in research and teaching. At George Washington University Hospital, Ms. Jaraczewska was actively involved in amyotrophic lateral sclerosis (ALS) research. At the Rehabilitation Institute of Chicago, she developed a multidisciplinary clinic for patients with Parkinson’s disease. She is a contributor and presenter for the annual Kinesio taping Symposium. Past presentations include Kinesio taping for stroke and Parkinson’s disease.

She recently collaborated on the KT4 neuro manuscript with friend and colleague, Steven Hubert, PT and the Kinesio taping DVD for older adults. She has been a Certified Kinesio taping Instructor since 2003.

TARGET AUDIENCE

PTs, PTAs, OTs, OTAs, ATs, Physicians, Chiropractors, Licensed Acupuncturists, Licensed Massage Therapists, and other allied health professionals

CONTENT FOCUS

Domain of OT: Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

Continued on following page
Continued from previous page

AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration opens</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Success stories, troubleshooting, and question and answer</td>
</tr>
<tr>
<td>8:15 a.m.</td>
<td>Evaluation questions, assessments, KT1 &amp; KT2 review</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Contraindications and precautions, CKTP info</td>
</tr>
<tr>
<td>9:20 a.m.</td>
<td>Clinical concepts: shoulder impingement lecture</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Shoulder impingement lab</td>
</tr>
<tr>
<td>9:50 a.m.</td>
<td>Clinical concepts: whiplash/cervical pain lecture</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Whiplash/cervical pain lab</td>
</tr>
<tr>
<td>10:20 a.m.</td>
<td>Clinical concepts: Chondromalacia patella lecture</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Chondromalacia patella lab</td>
</tr>
<tr>
<td>10:50 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>11:05 a.m.</td>
<td>Intro to Kinesio scar tapings</td>
</tr>
</tbody>
</table>

11:30 a.m. | Scar management lab                                                     |
12:00 p.m. | Lunch (on your own)                                                     |
1:00 p.m.  | Manual fascial glide lab                                                |
1:20 p.m.  | Kinesio Taping advanced concept: “Basket Weave” technique lecture       |
1:30 p.m.  | Basket weave (close ended) lab                                         |
1:45 p.m.  | Epidermis, dermis, and fascia (EDF™): Epidermis concept                |
2:15 p.m.  | Epidermis taping lab                                                   |
2:35 p.m.  | EDF™. Dermis concept lecture                                            |
2:45 p.m.  | EDF™. Fascia concept lecture                                            |
2:55 p.m.  | Break                                                                   |
3:10 p.m.  | Clinical applications 1-4: Labs and lectures                            |
5:10 p.m.  | Further Kinesio education, glossary, document, and question and answer  |
5:30 p.m.  | Adjourn                                                                 |

COURSE #    | TARGET AUDIENCE | CEUS | PRICE | LOCATION | LEVEL     |
-------------|-----------------|------|-------|----------|-----------|
9916         | See previous page | Agenda reflects 0.8 CEU’s (8 clock hours) | Early Price $285 (on or before 6/14/2017) | UW-Milwaukee Continuing Education Plankinton Building, 7th Floor 161 West Wisconsin Avenue Milwaukee, WI 53203 | Intermediate |
DESCRIPTION
This lab intensive workshop discusses many factors related to athletic performance in regards to speed and agility. This course will take participants through a speed and agility course with a depiction of how to integrate the described and demonstrated techniques into their treatment practices and the training programs of their clients and athletes. Sports are evolving and we are seeing that the much faster and stronger athletes are dominating the fields and courts. In most cases, they are the ones that put in the time to develop their athleticism. Success for athletes often hinges on speed. This course will teach you to teach your clients how to develop and increase their speed, agility, power and vertical jump. Learn the techniques necessary for athletes to become faster, more explosive, jump higher, and be more agile. The methods covered in this course have been instrumental for athletes ranging from ages seven through college and the pros.

LEARNING OUTCOMES Participants will be able to:
- Identify techniques designed to teach your clients how to develop and increase your speed, agility, power and vertical jump
- Demonstrate techniques necessary to become faster, more explosive, jump higher, and be more agile
- Identify training variables and injury prevention related to agility and speed
- Determine and implement techniques for speed improvement and acceleration
- Determine and implement balance techniques and control

INSTRUCTORS
Mike Bond, MS, PT, CLT-LANA, DOR has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio taping in addition to many years’ experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist, he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management, Lymphedema II: The Next Level, and Lymphedema: Module III. He is invested in this education due to both personal and professional reasons. Mike works with a wide array of athletes for injury rehab and performance improvement.

Nate Soelberg native of West Valley City, UT. Currently resides in Eagle Mountain, UT with his wife Jessica and their three children Macy, Colt, and Clara. Nate grew up loving sports. He was All-State in the following sports: Basketball, Football, Baseball, Soccer, Volleyball, and Track & Field. Coach Soelberg has trained hundreds of athletes in Speed techniques, Football, and Track & Field since graduating from BYU in 2006. Nate has not only studied and coached drills and techniques to becoming faster and more athletic, but he has done them himself and competed at world-class levels. He enjoys seeing the growth and increases in speed and athleticism through hard work; from not only dedicated athletes, but those that may be just beginning athletics and sports. Most of all, he enjoys seeing youth achieve and realize their full potential becoming better people at home, in sports, and at school.

CONTENT FOCUS
Domain of OT: Client Factors and Performance Patterns
Occupational Therapy Process: Intervention and Outcomes
Continued from previous page

AGENDA

Day 1
7:30 a.m. Registration opens
8:00 a.m. Physiology and anatomy of muscle firing/firing patterns
10:15 a.m. Break
10:30 a.m. Physiology and anatomy continue
12:00 p.m. Lunch (on your own)
1:00 p.m. Training Variables, Periodization, safety and injury prevention
3:00 p.m. Break
3:15 p.m. Factors related to agility and quickness,
5:30 p.m. Adjourn

Day 2
8:00 a.m. Physiology and anatomy of muscle fatigue and injury cycles
10:15 a.m. Break
10:30 a.m. Physiology and anatomy continue
12:00 p.m. Lunch (on your own)
1:00 p.m. Acceleration, stride frequency and length, form, drills
3:00 p.m. Break
3:15 p.m. Balance and control with agility
5:30 p.m. Adjourn

TARGET AUDIENCE
PTs, PTAs, OTs, OTAs

LEVEL
Introductory

CEUS
Agenda reflects 1.6 CEU's (16 clock hours)

PRICE
Early Price $525 (on or before 7/4/2017)
Standard Price $575 (after 7/4/2017)

LOCATION
UWM Klotsche Center & Pavilion
3409 N Downer Ave.
Milwaukee, WI 53211

COURSE # 9985
Driving Directions

Driving directions to the UW M School of Continuing Education:
UW-Milwaukee School of Continuing Education
Grand Avenue Mall, 7th Floor
161 W. Wisconsin Avenue
(Plankinton and Wisconsin Avenues)
Milwaukee, WI 53203

From the West (Madison)
- I-94 East to I-794
- Exit 1H, James Lovell/St. Paul ramp (just past Chicago ramp)
- Curve left on ramp to James Lovell St.
- Proceed one block on James Lovell St.
- Turn right on Michigan St. eastbound
- Continue east on Michigan six blocks to N. Plankinton Ave.
- Turn left onto Plankinton Ave.
- You will immediately see the parking structure entrance on your left, less than one-half block past Michigan St.

From the North (Green Bay)
- I-43 South to I-794 East
- Exit at Plankinton Ave. ramp, eastbound
- Turn left onto Plankinton Ave.
- Continue 1.5 blocks
- Parking structure entrance is on your left, one-half block past Michigan St.

From the South (Chicago)
- Head North on I-94/I-43 North to I-794 East
- Exit at Plankinton Ave. ramp
- Turn left onto Plankinton Ave.
- Continue north 1.5 blocks
- Parking structure entrance is on your left, one-half block past Michigan St.

Parking:
Ample parking for the UWM School of Continuing Education is available in the adjacent Shops of Grand Avenue parking structure. The structure is easily entered from Plankinton Avenue between Wisconsin Avenue and Michigan Street. There are also other lots and structures nearby.

Entering the center from the parking structure:
Cross over on the attached walkway. Take one of the two elevators just inside down to the 1st floor. Enter the Plankinton Arcade and proceed across the rotunda to the bank of three elevators located in the 161 W. Wisconsin Ave. entrance way. Take an elevator to the 7th floor. The receptionist on the 7th floor can direct you to the appropriate classroom.

Grand Avenue Mall parking structure discounts:
The School of Continuing Education provides a parking discount for participants in its courses/programs who park in the Grand Avenue structure. Please bring your parking gate ticket to the 7th floor reception desk to have it validated to receive a $3.00 discount. The validation means you are entitled to the special UWM rate of $6.00, regardless of day, time of day, or length of stay. The $3.00 discount can then be applied toward that $6.00 charge resulting in you paying only $3.00. (Rates subject to change.)

Accommodations:
Hotel arrangements are the responsibility of participants. A list of convenient area hotels will be included with registration confirmation.
**Group Discount:**
Three or more people (from the same place of employment) will receive 20% off of the total transaction. Registration must be completed in one payment.

**Payment:**
Courses require full payment at the time of registration. You can choose from a variety of payment methods. Payment can be made with a check, company purchase order (P.O.), money order or credit card. Checks should be made payable to “University of Wisconsin-Milwaukee.” Cash is accepted through in-person registration only. If you have not received a confirmation 3 days before the program, please call our office at 414-227-3123 or email us at chs-outreach@uwm.edu.

**Special needs:**
Please advise us at the time of registration if you have special needs. Requests will be kept confidential. If requests are received less than four weeks prior to the program date, we may not be able to accommodate you.

**Individual course information:**
To receive individual course brochures for posting at your workplace, go to www.chs-ce.uwm.edu and click the program number of the desired course. The course brochure will open as a printable PDF file. If you do not have Adobe Acrobat Reader, you can download it for free online. To receive more information mailed to your home or work address, please call 414-227-3123. Every effort has been made to ensure the accuracy of the information in this catalog. However, all information is subject to change or correction without notice. Please visit www.chs-ce.uwm.edu for the most current information and additional programs.

**General information:**
Early registration is encouraged to guarantee space and prevent course cancellation due to low enrollment. Participants are accepted on a first-come, first-served basis. Enrollment is confirmed upon receipt of registration and payment or agency guarantee of payment. The College of Health Sciences Outreach Office reserves the right to cancel any offering for which registrations are not sufficient to support budgeted expenses. Every effort has been made to ensure the accuracy of the information presented in this catalog. However, all course information, instructor designations, locations and fees described in this catalog are subject to change without notice. See our website for updates. Lunch is included only where indicated. If you have any questions, please call (414) 227-3123.

**Program cancellations/refunds:**
A full refund is issued to program participants if the program is cancelled by the College of Health Sciences Outreach Office for any reason. For cancellations made by a participant at least 14 days before the start of the program, a refund will be issued minus a $25.00 processing fee. For cancellations made within 14 days of the program, a certificate worth the value of the program (minus a $25.00 processing fee) will be issued and is valid for one year from the date of the original course.

No state tax revenue supported the printing of this document.
UWM College of Health Sciences - Outreach
Continuing Education Registration Form

Use this portion of the form to register by fax or mail.
Please register me for:

Course Title: ________________________________
Course Date: _____________________________ Course # (4 digits): ____________________

Registrant information:
Name: First: ____________________________ MI: ____________ Last: ____________________________ Phone: (____) _______ ________
Email (required): __________________________
Organization: ____________________________ Title: ________________________________
Home Address: Street/Apt: ____________________________ City: ____________________________ State: ____________ Zip Code: ____________

Payment:
Cost of course or combo package: ________________
Method:
☐ Check enclosed (payable to UWM)
☐ Check purchase order enclosed
☐ Credit/Debit Card: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover
Card Number: ____________________________ Expiration Date: ________________
Cardholders Name: ____________________________
Cardholders Signature: ____________________________
Billing Address: ____________________________

UWM Office Use
Date Received: ____________________
Order Number: ________________________

@ Online
http://www.chs-ce.uwm.edu
Find your course and use the "click here to register" link.

Fax
Fax this registration form to: (414) 227-3146 or (800) 399-4896

Phone
(414) 227-3200 or (800) 222-3623

Mail
Mail registration form to:
Noncredit Registration-UWM
Drawer No. 491
Milwaukee, WI 53293

Easy Ways to Register for Classes
Spring 2017

Noncredit Registration-UWM
Drawer No. 491
Milwaukee, WI 53293
Fax this registration form to:
(414) 227-3146 or (800) 399-4896

4 Online
http://www.chs-ce.uwm.edu
Find your course and use the "click here to register" link.

Fax
Fax this registration form to: (414) 227-3146 or (800) 399-4896

Phone
(414) 227-3200 or (800) 222-3623

Mail
Mail registration form to:
Noncredit Registration-UWM
Drawer No. 491
Milwaukee, WI 53293

Easy Ways to Register for Classes
Spring 2017

Noncredit Registration-UWM
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Fax this registration form to:
(414) 227-3146 or (800) 399-4896

4 Online
http://www.chs-ce.uwm.edu
Find your course and use the "click here to register" link.

Fax
Fax this registration form to: (414) 227-3146 or (800) 399-4896

Phone
(414) 227-3200 or (800) 222-3623

Mail
Mail registration form to:
Noncredit Registration-UWM
Drawer No. 491
Milwaukee, WI 53293

Easy Ways to Register for Classes
Spring 2017

Noncredit Registration-UWM
Drawer No. 491
Milwaukee, WI 53293
Fax this registration form to:
(414) 227-3146 or (800) 399-4896