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Tai Chi Fundamentals Adapted Program, Day 1: Basic Moves Training

Section: Academy of Geriatric PT

Session Code: GR-P1-5639

Date: Tuesday, January 22, 2019

Time: 8:00 AM - 5:30 PM

Location: Marriott Marquis

Room: Scarlet Oak

Registration Fee Required: 2A

Speaker(s): [Kristine Hallisy, PT, DSc](#)

Session Type: Preconference Courses

Session Level: Basic

Description:

The Tai Chi Fundamentals® (TCF) Adapted Program is an adaptable, accessible program for learning tai chi. Suitable for individuals with a wide range of abilities, it includes instruction in 3 versions: standing with optional side support, standing with walker support, and seated. All movements are taught in a neurodevelopmental progression and can be modified to accommodate individual needs. The TCF program includes 3 elements: 1) Basic Moves, a series of exercises taught in simple-to-complex progression that train postural alignment, body mechanics, and energetic components of tai chi; 2) Tai Chi Fundamentals Short Form, a flowing sequence of tai chi movements based in Yang-style tai chi; and 3) Mind/Body Skills Training which fosters attention and focus to promote a calm observant state of mind, awareness of posture, and breathing and physical relaxation. The course will feature lecture, lab, clinical application via case studies, group discussion, and partner teaching practicums for implementing tai chi for individual or group training for rehabilitation, wellness, and community-based settings. Attendees who have demonstrated ability to teach Basic Moves will receive a TCF Program Basic Moves Certificate of Completion. The course qualifies as partial contact hours (16 of 30) for fulfillment for TCF instructor certification.

Learning Objectives: Upon completion of this course, you will be able to:

1. Learn, perform, and implement all 3 versions of TCF Adapted Program Basic Moves.
2. Perform TCF Adapted Program Short Form, Part 1.
3. Analyze the biomechanics and functional and therapeutic benefits of tai chi.
4. Lead centering, breathing, and posture awareness exercises based on tai chi principles.

5. Appraise the evidence for implementation of tai chi across the physical therapy continuum of care.
6. Apply tai chi to physical therapist practice utilizing the WHO ICF Model (outcome tools, documentation, and reimbursement strategies).

CEU: 1.6

Tai Chi Fundamentals Adapted Program, Day 2: Basic Moves Training

Section: Academy of Geriatric PT

Date: Wednesday, January 23, 2019

Time: 8:00 AM - 5:00 PM

Location: Marriott Marquis

Room: Scarlet Oak

Registration Fee Required: 2A

Speaker(s): [Kristine Hallisy, PT, DSc](#)

Session Type: Preconference Courses

Session Level: Basic

Description:

The Tai Chi Fundamentals® (TCF) Adapted Program is an adaptable, accessible program for learning tai chi. Suitable for individuals with a wide range of abilities, it includes instruction in 3 versions: standing with optional side support, standing with walker support, and seated. All movements are taught in a neurodevelopmental progression and can be modified to accommodate individual needs. The TCF program includes 3 elements: 1) Basic Moves, a series of exercises taught in simple-to-complex progression that train postural alignment, body mechanics, and energetic components of tai chi; 2) Tai Chi Fundamentals Short Form, a flowing sequence of tai chi movements based in Yang-style tai chi; and 3) Mind/Body Skills Training which fosters attention and focus to promote a calm observant state of mind, awareness of posture, and breathing and physical relaxation. The course will feature lecture, lab, clinical application via case studies, group discussion, and partner teaching practicums for implementing tai chi for individual or group training for rehabilitation, wellness, and community-based settings. Attendees who have demonstrated ability to teach Basic Moves will receive a TCF Program Basic Moves Certificate of Completion. The course qualifies as partial contact hours (16 of 30) for fulfillment for TCF instructor certification.

Learning Objectives: Upon completion of this course, you will be able to:

1. Learn, perform, and implement all 3 versions of TCF Adapted Program Basic Moves.
2. Perform TCF Adapted Program Short Form, Part 1.
3. Analyze the biomechanics and functional and therapeutic benefits of tai chi.
4. Lead centering, breathing, and posture awareness exercises based on tai chi principles.
5. Appraise the evidence for implementation of tai chi across the physical therapy continuum of care.
6. Apply tai chi to physical therapist practice utilizing the WHO ICF Model (outcome tools, documentation, and reimbursement strategies).

CEU: 1.6

Applying a Comprehensive Approach to Successful Aging

Section: Academy of Geriatric PT

Session Code: GR-P2-5887

Date: Wednesday, January 23, 2019

Time: 8:00 AM - 5:00 PM

Location: Marriott Marquis

Room: Marquis Salon 4

Registration Fee Required: 1A

Speaker(s): [Mariana Wingood, PT, DPT](#), [Jamie Lowy, PT, MSPT, CCI](#)

[Kenneth Miller, PT, DPT](#)

[Myla \(Myles\) Quiben, PT, DPT, PhD, MS, Board-Certified Clinical Specialist in Geriatric and Neurologic Physical Therapy](#)

[Catherine Siengsukon, PT, PhD](#)

Session Type: Preconference Courses

Session Level: Intermediate

Description:

Between 2016 and 2060, the number of older adults in America is projected to increase from 46 million to over 98 million, making up 24% of our population. As people age, the risk of frailty increases, particularly if they are inactive. Frailty is described as a medical syndrome of age-associated decline in physiologic reserve and function across multiple organ systems, affecting strength, endurance, and balance. This leads to increased vulnerability to stressors and decline in health outcomes such

as falls, incident disability, hospitalization, and mortality. As physical therapists, we have the capability of addressing most of the factors that influence age-associated declines in activity, participation, and body functions and structures. However, it is important that we are able to not only identify the components of frailty but also address the associated impairments and activity limitations. The speakers will discuss the examination process, including screening and assessment tools, of weight loss, weakness, exhaustion, gait speed, and physical activity. Attendees will learn about evidence-based interventions to assist with successful aging, including nutrition, sleep health, and physical activity recommendations, as well as strategies to improve adherence to these recommendations. Hands-on labs and tabletop activities will provide opportunities apply these concepts and translate evidence into clinical practice.

Learning Objectives: Upon completion of this course, you will be able to:

1. Define and explain frailty based on the Fried's phenotype indicators.
2. Describe how lifestyle choices, including nutrition, sleep, and activity level, impact aging, noncommunicable diseases, and frailty.
3. Select and perform appropriate screens, tests, and outcomes measures on nutrition, sleep, strength, activity level, walking speed, and activity adherence for your older adult.
4. Apply appropriate evidence-based interventions to address impairments and/or functional limitations identified in the case studies presented.

CEU: 0.8

Kyphosis Management: Manual and Exercise Interventions

Section: Academy of Geriatric PT

Session Code: GR-P2-6504

Date: Wednesday, January 23, 2019

Time: 8:00 AM - 5:00 PM

Location: Marriott Marquis

Room: Marquis Salon 7

Registration Fee Required: 1B

Speaker(s): [Carleen Lindsey, PT, MS, Board-Certified Clinical Specialist in Geriatric Physical Therapy](#)

Session Type: Preconference Courses
Session Level: Intermediate

Description:

This course will give experienced therapists a practical approach to comprehensive mechanical problem solving, focusing on the patient who presents with kyphosis, often in combination with forward head, protracted shoulder girdle, dysfunctional lumbar or ileosacral alignment, and altered extremity mechanics. The speaker will focus on developing manual interventions and exercise prescription to promote mechanical wellness and optimal bone health. Lab sessions will feature flexible curve kypholordosis measurement; selected soft tissue releases; PNF with deep tissue mobilization; thoracic, lumbar, and ISJ muscle energy techniques; manual therapy with contract/relax; and postural and ADL exercise interventions. Video and slide case presentations, as well as class member examples will be utilized for specific clinical problem solving. The personal mechanical health of the individual attendee will be addressed throughout the course. Patient case studies will help clinicians develop an overall comprehensive treatment approach by appropriately combining manual therapy techniques, flexicurve analysis, and exercise. This course is designed for the PT to immediately apply the information in the clinical setting to patients with kyphosis, osteoporosis, and/or postural restrictions.

Learning Objectives: Upon completion of this course, you will be able to:

1. Evaluate and treat mechanical impairments focusing on kyphosis, forward head, muscle imbalance, and spinal and peripheral malalignments, using the area of greatest restriction sequencing concept and the flexible curve for accurate measurement of kypholordosis.
2. Apply passive physiologic intervertebral mobilization, osteopathic spinal muscle energy techniques, joint mobilization with contract/relax, and other manual therapy techniques best suited for treatment of both frail and hardy patients with kyphosis.
3. Design biomechanically efficient exercise and ADL intervention programs to effect positive postural change.
4. Integrate exercise and manual techniques with specific attention to your own posture and mechanics as well as the patient's.

CEU: 0.8

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