

## Learning Objectives:

At the conclusion of this course the participant will be able to:

- Understand the characteristic changes that occur in soft tissue and posture that are a natural part of aging.
- Discuss some of the myths surrounding the use of manual therapy in older populations.
- Identify the principles of soft tissue mobilization and manual physical therapy.
- Demonstrate soft tissue mobilization techniques for the shoulder, cervical-thoracic spine and chest regions.
- Demonstrate select mobilization/manipulation techniques to address mobilization/manipulation techniques to address joint dysfunctions at the upper thoracic spine, the first rib, the lower and upper cervical spine and the shoulder complex.
- Demonstrate select soft tissue mobilization techniques for the shoulder, cervical-thoracic spine and chest regions.
- Demonstrate muscle energy techniques to address muscular imbalances at the neck and shoulder complexes.
- Understand some of the challenges to employing EBP in the treatment of shoulder pathology including diagnostic accuracy and level of evidence paradigms.



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Blue Sky Therapy

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# Shoulder Rehab & Manual Therapy

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Saturday, June 20, 2009  
8:00am— 5:00pm



### **MEET THE INSTRUCTORS**

Ken Learman, PT, PhD, OCS, COMT, FAAOMPT: Ken received his BSPT at SUNY- Buffalo, his MEd in Health Education at Penn State University and his PhD in Sports Medicine at the University of Pittsburgh. In addition, Ken is a board certification specialist in orthopedic physical therapy, a certified orthopedic manual therapist through the Maitland-Australian Physiotherapy Seminars (MAPS), and a fellow in the American Academy of Orthopedic Manual Physical Therapists. Ken is currently an Assistant Professor of Physical Therapy at Youngstown State University where he is responsible for teaching the manual therapy content in the curricula and serves as a senior instructor and certification examiner for MAPS having presented over 50 weekend seminars nationwide. He is currently actively involved in manual therapy research on manipulation and Proprioception.

### **MEET THE INSTRUCTORS**

Megan Donaldson PT, PhD is an Assistant Professor of Physical Therapy at Walsh University, where she teaches medical screening, evidence based practice, and musculoskeletal examination and treatment in their DPT program. She earned her BS/ MS degrees at D'Youville College and her PhD from the Nova Southeastern University from Ft. Lauderdale FL. She will complete her manual physical therapy residency and fellowship program from Daemen College in Buffalo, NY in June. She is active in clinical practice in outpatient orthopedic clinic in Canton, Ohio. She is a Certified Senior Strength Trainer (C.S.S.T) from the International Weightlifting Association (IWA) and has presented several courses on evidence based practice for multidisciplinary therapy services.

### **CEU Approval**

This course is appropriate for PT, PTA, OT and COTA professionals. It has been approved by the Ohio OT/PT/AT Board - PT approval #09S0533 for 6.75 CEU's and OT approval #090482 for 7 CEU's

**Saturday, June 20, 2009**

Lake Park Therapy Gym  
5100 Harroun Road  
Sylvania, OH 43560

### **Course Duration**

Registration/check-in  
8:00 AM – 8:30 AM

Course  
8:30 AM to 12:00 PM

12:00 AM — 1:00 PM LUNCH

Course  
1:00 PM to 5:00 PM

To register – please e-mail:  
[corporate@blueskytherapy.net](mailto:corporate@blueskytherapy.net)

or phone Mary Beth Poweski  
330.702.0110 Ext. 23