

Registration Information

Please fill in the information below and mail it with your check or your credit card information to reserve your spot. Payment must accompany registration. Space is limited.

- Trigger Point Dry Needling, Level 1 • Feb. 26-27-28, 2010** *Cost: \$925 for three day course - Early discounts apply, reply by January 29, 2010 for \$75 off!*
- Exercise as an Adjunct to Manual Medicine • March 6-7, 2010** *Cost: \$495 for two day course - Limited to 24!*
- Therapeutic Taping for the Rehabilitation Professional April 10, 2010** *Cost: \$235*
- Trigger Point Dry Needling, Level 2 • April 30, May 1-2, 2010** *Cost: \$925 for three day course - Early discounts apply, reply by April 2, 2010 for \$75 off!*
- Clinical Neurodynamics - Lower Quarter/Upper Quarter • Lower: June 24-25, 2010 • Upper: June 25-26, 2010** *Cost: \$565 per two day course or \$1000 for both.*

Name _____
(as it will appear on certificate)

Name of Practice _____

Home Address _____

City _____ State _____ Zip _____

Home Phone _____

Work Phone _____

Fax _____

Email Address _____

Method of Payment: Check _____ Credit Card _____

Total Payment Amount _____

Credit Card: MasterCard Visa Discover

Name on & billing address of credit card (if different from above):

City _____ State _____ Zip _____

Card Number _____

Expiration Date (mm/yyyy) _____ Security Code _____

REFUNDS (minus 15%) are given after the course date, if the cancellation request is received 14 days before the course date. No refunds are granted after that date. If the course is cancelled by Therapy Concepts, a full refund will be given.

Any Questions? Call 800.667.9020 Fax: 720.493.1191

Please make your check payable and mail to:

Therapy Concepts
7340 S. Alton Way, 11-D
Centennial, CO 80112

← **All courses will be held at this location**

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Watch for our upcoming courses!

Check our website for course descriptions!
therapyconceptsinc.com

7340 S. Alton Way, 11-D
Centennial, CO 80112

THERAPY CONCEPTS INC



PRESENTS FIVE SPRING/SUMMER COURSES:

Trigger Point Dry Needling, Level 1

Dr. Patty Pennell, PT, ScD
February 26 – 27 – 28, 2010

Exercise as an Adjunct to Manual Medicine

Mark Bookhout, MS, PT
March 6 – 7, 2010

Therapeutic Taping for the Rehabilitation Professional

Dr. Dyanna Haley-Rezac / Dr. Scott Rezac
April 10, 2010

Trigger Point Dry Needling, Level 2

Dr. Patty Pennell, PT, ScD
April 30, May 1 – 2, 2010

Clinical Neurodynamics - Lower Quarter/Upper Quarter

Michael Shacklock, FACP, MAppSc, DipPhysio
Lower: June 24 – 25, 2010
Upper: June 26 – 27, 2010

Trigger Point Dry Needling, Level 1

Dr. Patty Pennell, PT, ScD

Course Description

This three day course introduces Trigger Point Dry Needling as an intervention for treating a variety of diagnoses. In the Level I course participants are introduced to the theory and physiology of myofascial trigger points, and the history of dry needling. Anatomy of each muscle will be reviewed, including the trigger points and their corresponding referral patterns. The muscle groups included in the level I course are the cervical and lumbar spine, hip, lower extremity, shoulder and forearm. This course will be limited to 20 participants and attendees will need to provide a current CV with continuing education courses listed, and a copy of their license, in order to be considered for participation in this course. All participants must have a minimum of 2 years of experience.

Course Objectives

- 1) Participant will be able to identify trigger points in the cervical and lumbar spine, hip, lower extremity, shoulder and forearm.
- 2) Perform dry needling in the above described muscle groups in a safe and effective manner.
- 3) Understand all the contraindications to dry needling.
- 4) Have a thorough understanding of the physiology of trigger points and the treatment of trigger points using Dry Needling techniques.

Biography

Dr. Patty Pennell, PT, ScD

Patty has been in practice for 16 years and owns Back to Motion Physical Therapy. Her practice focuses on manual therapy of the spine and extremities with emphasis on running injuries. She has recently completed her ScD from Texas Tech University and is involved in ongoing research there. Since the summer of 2007, Dr. Pennell has been affiliate faculty for Regis University and has recently been added as affiliate faculty for Texas Tech University. She completed her platform presentation at the 2008 AAOMPT conference in October. Dr. Pennell is past president of the Private Practice Special Interest Group and was awarded Outstanding Physical Therapist for 2007 by the Colorado State chapter.

Trigger Point Dry Needling, Level 2

Dr. Patty Pennell, PT, ScD

Course Description

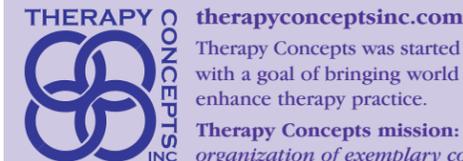
This three day course (23 contact hours) is a continuation of the Level I course and consists of a combination of lecture, testing, demonstration and a large amount of hands-on laboratory sessions. For this advanced course, participants will use the skills they have learned and practiced in the first course to treat musculature that was deemed more difficult due to various safety concerns.

Course Objectives

- 1) Define trigger points, motor banding, and neurological presentations of neuromuscular dysfunction.
- 2) Review literature supporting efficacy and treatment rationale of TDN.
- 3) Instruct application of TDN for more advanced orthopedic and neuromuscular conditions.
- 4) Review anatomy of regions to be taught in Level II course.
- 5) Discuss with participants their own experiences regarding legal and billing issues integrating TDN into their practice setting.
- 6) Discuss safety.
- 7) Discuss indications and contraindications for treatment.
- 8) Discuss specific treatment rationale for various diagnoses.

This course will benefit Physical therapists, medical doctors, and doctors of osteopathy who work with patients suffering from chronic musculoskeletal conditions.

This course will be limited to people who have taken the Level I course and have completed their treatment logs consisting of 250 or more treatment sessions over a 5 - 6 month period. Prior to the course participants should review C. Chan Gunn's book Treatment of Chronic Pain and Travell and Simons two volumes of Myofascial Pain and Dysfunction: The Trigger Point Manual. Participants should also be prepared to share their experiences since integrating Trigger Point Dry Needling into their practice.



therapyconceptsinc.com

Therapy Concepts was started by Patty Pennell and Joanna McCreight-Goldin with a goal of bringing world renowned experts to the United States to enhance therapy practice.

Therapy Concepts mission: *Dedicated to the promotion and organization of exemplary continuing education courses.*

Exercise as an Adjunct to Manual Medicine

Mark Bookhout, MS, PT

Course Description

This two day course emphasizes the use of specific home exercises to compliment manual therapy for the acute and chronic musculoskeletal dysfunction. The course explores the interrelationship of anatomy, biomechanics and neurophysiology for the neuromusculoskeletal system. Emphasis is placed on the evaluation of the neuromotor regulation with identification of faulty movement patterns in both the upper and lower quarters.

Joint mobilization, manual stretching, self stretching exercises and neuromotor retraining exercises are demonstrated and practiced by the participants.

Course Objectives

1. Understanding the functional and anatomical connections of the upper and lower quarter musculature, proximal trunk and pelvic musculature.
2. Introduce the concept of neuromuscular imbalance as a contributor to chronic musculoskeletal dysfunction.
3. To be able to identify local versus centrally mediated causes of neuromuscular imbalance.
4. To be able to interpret and plan a treatment strategy to correct faulty movement patterns in the upper and lower quarter.
5. To learn specific exercises to refine neuromotor control in both the upper and lower quarter.

This course is designed to enhance your manual therapy practice by applying specific exercises to joint dysfunctions. All manual therapy practitioners would gain great insight into the benefits of exercise for manual medicine.

Biography

Mark Bookhout, MS, PT

Mark Bookhout received his Certificate in Physical Therapy from the Mayo Clinic in 1977 and his Master's Degree in Orthopedic Physical Therapy from the Institute of Graduate Health Sciences in Atlanta, Georgia in 1982. In April of 1983 he co-founded Physical Therapy Orthopedic Specialists, Inc., a private practice physical therapy clinic which specializes in evaluation and treatment of spinal dysfunction.

Mark Bookhout has taught numerous courses throughout the United States since 1981. In 1992, Mr. Bookhout developed a course on exercise as a compliment to manual therapy techniques as part of the Michigan State Continuing Medical Education Program. He is currently an Adjunct Associate Professor in the Department of Physical Medicine and Rehabilitation at the College of Osteopathic Medicine at Michigan State University in East Lansing, Michigan.

Mr. Bookhout has authored numerous articles regarding the evaluation and treatment of patients with thoracic and low back pain and is the co-editor of the 6th Edition of Bourdillon's Spinal Manipulation. He has also published an exercise book with Dr. Philip Greenman entitled "Exercises for Musculoskeletal Dysfunction."

Clinical Neurodynamics - Lower Quarter/Upper Quarter

Michael Shacklock, FACP, MAppSc, DipPhysio

Course Description

Being the originator of the concept of neurodynamics in physiotherapy, Michael Shacklock has expanded the concept to link with the musculoskeletal system. Based on his innovative new top rated and internationally acclaimed text, these widely hosted hands-on courses have been running for over five years and are offered globally, in the USA, Canada, UK, Scandinavia and Nordic regions, Europe, India, South America and Australia. These practical hands-on courses take the therapist from the old concepts of neural tension to a new concept of neurodynamics. Shacklock's neurodynamic concept is presented clearly and methodically and offers the clinician new techniques for diagnosis and treatment of musculoskeletal problems with a neural component. The Shacklock concept helps the therapist select and perform new diagnostic and treatment techniques without provoking symptoms and progresses from the highly restricted patient to the athlete. These are illustrated with practical demonstrations and real-time imaging videos of neural movement techniques, collected exclusively by Michael Shacklock and the Neurodynamic Solutions (NDS) faculty. This lab/practical course offers monday morning neurodynamic solutions for the therapist in musculoskeletal practice. Some specific disorders that will be addressed are: cervical radiculopathy and cervicobrachialgia, thoracic outlet syndrome, lateral elbow pain, medial elbow pain, carpal tunnel syndrome, lumbar radiculopathy, piriformis syndrome, hamstring injury, knee pain and heel pain/tarsal tunnel syndrome.

Therapeutic Taping for the Rehabilitation Professional, an Evidence-Based Approach

Dr. Dyanna Haley-Rezac / Dr. Scott Rezac

Course Description

Therapeutic taping has been used for over 100 years to improve function, reduce pain and prevent injury. This session will cover theory and practical application of proprioceptive taping based on current evidence utilizing techniques introduced by a variety of leaders in the fields of physical therapy and athletic training including McConnell, Mulligan, Kenso Kase (Kinesio®) and athletic taping. It will be all-inclusive for orthopedic, neurologic, pediatric and lymphedema conditions. Emphasis will be on clinical reasoning and critical thinking vs. cook-book approach. Included will be a discussion of billing and reimbursement. Please wear appropriate clothing as this session is primarily lab and will include taping for the entire spine and extremities.

Course Objectives

Upon completion of this session:

1. Participants will be able to select appropriate patients for taping interventions relative to indications and contraindications.
2. Participants will be able to select and apply appropriate taping techniques based on patient presentation and functional limitations.
3. Participants will be able to assess efficacy of taping application objectively.
4. Participants will be able to discuss current evidence with regard to utilizing taping techniques.
5. Participants will be able to objectively document techniques applied for billing and reimbursement.

Biography

Dr. Dyanna Haley-Rezac, PT, DPT, OCS, CSCS, CKTP

Dr. Scott Rezac, PT, DPT, OCS CSCS CKTP, CEAS

Dr. Dyanna Haley-Rezac graduated Cum Laude from West Virginia University with a Bachelor of Science in Exercise Physiology in 1998 and from Slippery Rock University in Pennsylvania in 2001 with her Doctor of Physical Therapy. She is also an Affiliate Faculty member at Regis University Doctor of Physical Therapy Program.

Dr. Scott Rezac graduated with his Bachelor of Science in Kinesiology and Health Promotion from California State Fullerton in 1998 and his Doctor of Physical Therapy in 2001 from University of Southern California. He is also a Certified Ergonomics Assessment Specialist.

Both Dyanna and Scott have received their Board Certifications as Orthopedic Specialists from the American Board of Physical Therapy Specialties. Both are Certified Strength and Conditioning Specialists and are Certified Kinesio Taping Practitioners. Dyanna and Scott are guest lecturers and Advisory Board Members for Pima Medical Institute Physical Therapist Assistant Program in Denver. They are both members of the American Physical Therapy, National Strength and Conditioning Association and American Academy of Orthopedic Manual Physical Therapists. The Rezacs are co-owners of Rezac & Associates Physical Therapy, LLC in Colorado Springs, CO.

Memorial Lecture - October 2006, UK. Michael has been published numerous times and received many awards for his work on clinical neurodynamics from around the world.

Course Objectives

1. Lab/practical sessions with demonstrations and practicing of techniques
2. New neural testing and treatment techniques
3. New systematic diagnosis and treatment approach
4. Integration of neural techniques with the musculoskeletal system
5. Systematic progressions from low to high levels of performance
6. Scientific support with evidence based research and real-time videos of nerve movement.

Biography

Michael Shacklock, FACP, MAppSc, DipPhysio

Michael is the Director and Founder of Neurodynamic Solutions (NDS) which has the express purpose of disseminating and developing improved knowledge of neurodynamics in clinical practice. He graduated in 1980 from Auckland Technical Institute (now Auckland University of Technology) and went on to achieve his Graduate Diploma in Advanced Manipulative Therapy in 1989 from the University of South Australia. He received his Master of Applied Science from the University of South Australia 1993 where his dissertation was on neurodynamic sequencing. He is now a Fellow of the Australian College of Physiotherapists (by original contribution, monograph), 2007 and is in private practice concentrating as a musculoskeletal physiotherapist, in Adelaide, South Australia. Michael has given numerous keynote and other invited presentations at international conferences around world, including the Dr Alf Breig Memorial Lecture - September 2007, Sweden, and the Gregory Grieve Memorial Lecture - October 2006, UK. Michael has been published numerous times and received many awards for his work on clinical neurodynamics from around the world.