

*This course is open to all Ensign Affiliated PT, PTA, OT, OTA and SLP free of Charge*

**YOU MUST PREREGISTER FOR THIS COURSE - REGISTRATION CLOSSES SEPT 20, 2023**

## FALL PREVENTION PROGRAM

### Course Description:

This 7-hour course is designed for therapists who intend to perform screening, examination, and treatment intervention management of older people who are at risk for falls or who have fallen. Current evidence-based practice will be explored and discussed to transition into a practical and useable format through lectures, problem-solving, case studies, video experiences, and interactive discussions.

### Learning Objectives: By the end of this course Participants will be able to:

1. Understand and relate the principles of examination, differential diagnosis, fall prevention, and specifics of a Fall Prevention Program to other team members, families, and older adults with whom you serve.
2. Skillfully and reliably apply the flow, testing and exercise techniques and progression of the Fall Prevention program in your practice setting.
3. Participate in case studies to integrate the Fall Prevention Program into your existing setting.

### TIME SCHEDULE AND PROGRAM CONTENT:

		Noon-12:30 pm	Lunch
7:30-8:00 am	Registration – Coffee and Goodies	12:30 – 2:30 pm	Fall prevention exercise techniques and progression
8:00-8:30 am	Physiology of Aging	2:30-2:45 pm	Brain break
8:30-9:30 am	Principles of Fall prevention, Evidence Based fall Prevention studies, and various Prevention Programs	2:15-3:30 pm	Break out session – Practice techniques and case studies and presentations
9:30-9:45 am	Brain break	3:30-4:00 pm	Discussion of “How to integrate into your current setting”: Flow and Testing, Exercise Implementation, and Follow up, Q & A, Wrap Up.
9:45-10:45 am	Examination & Differential diagnoses		
10:45-11:30 am	Break out session – Practice Testing & Case Studies		
11:30-Noon	Fall prevention exercise techniques and Progression.		

**Material is basic or introductory**

**Earn 3.0 CCUs/.3 CEUs**

**This workshop is scheduled from 7:30AM to 4:00PM Sunday, September 24, 2023 at The Citadel 5121 Broadway Road, Mesa AZ 85206 in the Desert Rose Room**

Register now at [buildingtherapyleaders.com](http://buildingtherapyleaders.com)

### **Instructor: Ann Newstead, PT, DPT, PhD, GCS, NCS, CEEAA**

Dr. Newstead who is American Physical Therapy board certified in Geriatrics and Neurological Physical Therapist (through 2025). She received her Vestibular Rehabilitation Certification (2008) and APTA Certified Exercise Expert in Aging Adults (2011). Dr. Newstead has been a Physical Therapist since 1979. Dr. Newstead has worked in rehabilitation inpatient, outpatient, research, educational, and home health settings, participated in clinical or didactic faculty positions (1992 – 2016). She retired from UT Health Science Center in 2010. She opened her own practice, AHNew Physical Therapy in 2017, with a focus on aging adults who has challenges with balance and walking (2017-present)