

ENSIGN SERVICES, Inc.



BUILDING THERAPY LEADERS

Training is intended for PTs, PTAs, OT, OTAs

Sponsored by EnsignTherapy.com and open to all Ensign Therapists Free of Charge

Registration Closes September 4th, 2023 – Material is basic or introductory

Innovative Interventions to Prevent Falls and Improve Balance Outcomes:

One in four older adults falls each year in the United States, costing \$50 Billion annually. In spite of epidemic and costly consequences, it can be challenging to engage older adults in proactive steps intended to prevent falls.

Enhance your clinical toolbox by adding evidence-based and innovative treatment options that will engage your patients. This hands-on, intervention-focused, 1-day course will update participants on novel strategies that can be applied clinically for immediate improvements in patient engagement and balance outcomes.

Upon completion of the course, participants will be able to:

1. Identify modifiable risk factors that can be targeted to prevent falls.
2. Use functional outcome measures as a means to motivate patients to improve their functional mobility.
3. Incorporate vestibular assessment and treatment to improve vestibular hypofunction, spatial awareness and orientation.
4. Modify exercises to increase or decrease balance difficulty to appropriately challenge your patients and facilitate progress toward therapy goals.
5. Incorporate sensorimotor integration techniques to improve spatial and body awareness.
6. Utilize current evidence base to improve clinical efficacy of fall prevention efforts.

Saturday September 9th, 2023-Registration begins at 8am

8:30am-10:00am	Part I Introduction, Prevalence, Risk Factors	1:30-2:30pm	Part IV Physiological Considerations
10:00-10:15am	Break	2:30-2:45pm	Break
10:15-12:00	Part II Environmental Modifications	2:45-3:15pm	Part V Evidence Based exercise interventions
12:00-12:30pm	Lunch	3:15-3:30pm	Part VI Red Flags – the need for further workup
12:30-1:30pm	Part III Behavioral Considerations; Outcome Measures	3:30-4:00pm	Part VII Further Resources
		4:00-4:30pm	Part VIII Practical Application

Date/Location Saturday September 9th, 2023 8:30am-4:30pm

Course Location: Douglas County -Castle Rock Library 100 S Wilcox St, Castle Rock, CO 80104

Earn 7 CCUs/.7 CEUs

Pre-registration is required – register at BuildingTherapyLeaders.com/courses

Instructor: Dr. Catherine Lewan first started her pelvic floor training with the Women’s Health Foundation in 2006, as a certified Pilates instructor and fitness studio owner. She went on to earn a Doctorate in Physical Therapy from the University of Illinois at Chicago in 2010, with elective emphasis in Women’s Health. She completed capstone pelvic floor coursework through the American Physical Therapy Association Section on Women’s Health and founded the Pelvic and Abdominal Health Program at Andersonville Physical Therapy in Chicago, IL, where she managed the program and saw a variety of pelvic, neuro and orthopedic patients for nearly eight years, while mentoring student interns and new grads. Catherine continues to mentor budding pelvic PT’s and sees patients in an outpatient private practice setting while planning and teaching a variety of CE courses incorporating Pilates, Yoga, and Pelvic Health.

Equipment recommendations

Participants should bring a large beach towel and gait belt to be used for lab exercises. Some exercises will be demonstrated using a laser head lamp device that facilities or participants can purchase (optional) to use for lab participation and patient care: