

The Rehab Series Schedule for 2014

Seminar Number & Topic(s) Covered	Coursework Fulfilled	Date	NUHS Trimester Week
✓ 1: Corrective Exercise vs. Functional Exercise; Movement Analysis Introduction	Elective	January 18-19th	Spring Tri: Week 2
✓ 2: Strength Training with KB, barbell, & DBs.	Spine & Extremities (Split)	February 8-9 th	5
✓ 3: Aerobic Endurance	Elective	February 22-23rd	7
✓ 4: IASTM: Soft Tissue Evaluation	Extremities	March 29-30 th	12
5: Cervical & Thoracic Spine Assessments	Spine	May 10-11 th	Summer Tri: Week 1
6: Lumbopelvic Hip Complex	Spine	June 7-8 th *	5
7: Upper Extremities	Extremities	June 21-22 nd	7
8: Lower Extremities	Extremities	August 2-3 rd *	13
9: Post Surgical Rehab: Knee, Spine, Ankle, and Shoulder	Spine & Extremities (Split)	September 20-21 st	Fall Tri: Week 3
10: Neck/Head Trauma & TMJ	Spine	October 4-5 th	5
11: Functional Capacity Evals.	Elective	October 25-26 th	8
12: Special Populations: Geriatrics, Arthritides, etc.	Elective	November 8-9 th	10
13 Mock Oral Practical		Time and Dates TBD	

Location: Major Chiropractic & Sports Sciences
927 W. Liberty Drive
Wheaton, IL 60187

Courses are approved by the American Chiropractic Board of Rehabilitation.

**Upon completion of courses listed above, the enrollee will be eligible to sit for the
Diplomate exam through the ACRB.
Exam information and pricing can be found at acrb.org**

Course Information

Saturdays: 1-7pm (6.0 hours earned)

Sundays: 8am-2pm (6.0 hours earned)

12.0 Hours earned per seminar

CEU's are available through National University of Health Sciences

Course Instructed by Thomas J. Solecki DC DACBSP DACRB ICSSD CSCS CES PES CKTP ART MUA

Rehab Course Outline

1. Corrective Exercise vs. Functional Exercise

This aspect of the course focuses on correcting dysfunctional and faulty movement patterns while at the same time emphasizing functional exercises that are specific for the athlete, client, or patient's needs.

Saturday

1-3pm: Defining corrective & functional exercise strategies.

3-5pm: Building the patient from the ground up.

5-7pm: Progression and regression strategies.

Sunday

8-10am: Review and practice corrective & functional exercises.

10am-12pm: Assessment of functional goals for objective data.

12-2pm: Introduction to movement analysis.

2. Aerobic Endurance

This course breaks down the physiological variables in an aerobic endurance training program, including cardiovascular, respiratory, and musculoskeletal systems. Upon completed this portion, you will be able to prescribe aerobic endurance training programs for patients or clients for their specific need.

Saturday

1-3pm: Review of physiology of energy systems.

3-5pm: Why aerobic endurance is needed.

5-7pm: Assessing heart rates inside of exercise.

Sunday

8-10am: Neurological adaptations to aerobic training.

10am-12pm: Program design for aerobic athletes.

12-2pm: Progression and regression strategies.

3. Strength Training (with Barbells, dumbbells, and Kettlebells)

This portion of the program teaches the anaerobic techniques of Olympic Weightlifting, strength training, resistance training, and Kettlebell training. Emphasis will be placed on technique and progression of function goals.

Saturday

1-3pm: Review of basic anatomy & physiology.

3-5pm: Neurological adaptations to strength training.

5-7pm: Detraining, overtraining responses to strength training.

Sunday

8-10am: Verbal cues and techniques for Olympic-style lifts.

10am-12pm: Training for strength and power.

12-2pm: Variations in usage of the Kettlebell in exercise.

4. IASTM: Soft Tissue Evaluation

This portion of the program will be focused on the Instrument Assisted Soft Tissue Mobilization and its effects with patient care. There will be hands-on learning for each technique to learn how to integrate and apply the concepts with current manual therapy techniques in order to improve patient outcomes.

Saturday

1-3pm: History of IASTM

3-5pm: Review of inflammation and healing principles.

5-7pm: Practical application of IASTM in neuromusculoskeletal conditions.

Sunday

8-10am: Review of IASTM and practical application.

10am-12pm: Integration into clinical situations.

12-2pm: Practical application in common conditions.

5. Cervical & Thoracic Spine Assessments

This portion focuses on the clinical conditions and disorders that pertain to the cervical and thoracic spine, including whiplash injuries. Rehabilitative strategies will be taught in order to compliment the manual therapies already in use in the clinical setting.

Saturday

1-3pm: Review of cervical spine anatomy and biomechanics.

3-5pm: Common clinical conditions to rehabilitate.

5-7pm: Practical application of strategies learned.

Sunday

8-10am: Review of thoracic spine anatomy and biomechanics.

10am-12pm: Common clinical conditions to rehabilitate.

12-2pm: Practical application of strategies learned.

6. Lumbopelvic Hip Complex

This portion of the course addresses the major role of the lumbar spine, pelvis, and abdominal musculature involved in proper lumbar spine stabilization. This course also addresses the significance of hip mobility and the association it has with impaired functional movements.

Saturday

1-3pm: Review of lumbar spine, pelvis, and hip anatomy.

3-5pm: Biomechanics of the lumbopelvic hip complex.

5-7pm: Lumbar spine stabilization strategies.

Sunday

8-10am: Assessing hip mobility

10am-12pm: Improving lumbar spine stability.

12-2pm: Review and practical application of lumbopelvic hip complex rehabilitative strategies.

7. Upper Extremities

This course addresses the common clinical findings involving the upper extremity, including the shoulder, scapulae, elbow, and wrist along with the rehabilitative strategies that are involved with each condition.

Saturday

1-3pm: Review of upper extremity anatomy.

3-5pm: Biomechanics of upper extremity motion.

5-7pm: Establishing shoulder stability with proper thoracic spine mobility.

Sunday

8-10am: Functional goals and outcome measures.

10am-12pm: Practical application of upper extremity therapeutic exercise.

12-2pm: Practical application of progression and regression for upper extremity cases.

8. Lower Extremities

This course focuses on the common clinical conditions, disorders, and injuries located in the lower extremity, including the hip, knee, ankle, and foot. An emphasis will be made in a joint-by-joint approach with global functional goals for conditions involving the lower extremity.

Saturday

- 1-3pm: Review of lower extremity anatomy.
- 3-5pm: Biomechanics of the lower extremity.
- 5-7pm: Balance, strength, and power training.

Sunday

- 8-10am: Discussing differences between postural orthotics and functional orthotics.
- 10am-12pm: Practical application of lower extremity therapeutic exercises.
- 12-2pm: Practical application of progression and regression for lower extremity cases.

9. Post-Surgical Rehabilitation: Spine, Knee, Ankle and Shoulder

This course is designed to provide insight on the post-surgical rehabilitative strategies for the spine, knee, ankle, and shoulder. Functional goals for patient progression will also be addressed as per the proper guidelines dictated by the current research in the field of rehabilitation.

Saturday

- 1-3pm: “Pre-hab” goals prior to surgery.
- 3-5pm: Progression and regression objective data.
- 5-7pm: Acute strategies for post-surgical rehabilitation.

Sunday

- 8-10am: Orthopedic surgery procedures and techniques;
Guest Speaker: **TBD**
- 10am-12pm: Functional goals and clearance.
- 12-2pm: Practical application of therapeutic exercise.

10. Head Trauma and TMJ

This course utilizes evidence-based guidelines and discusses the current clinical evaluation and treatment approaches to the management of head trauma, including post-concussive syndromes. The primary objective of this program is to improve practitioner’s ability to identify presentations of head trauma and temporomandibular joint (TMJ) injuries and to apply the guidelines necessary to manage or co-manage the condition(s).

Saturday

- 1-3pm: Review of head, neck, and TMJ anatomy.
- 3-5pm: RTP guidelines for rehabilitation of head trauma.
- 5-7pm: Rehabilitative strategies for TMJ disorders/conditions.

Sunday

- 8-10am: Evaluation of the different types of concussions.

10am-12pm: Concussion tests, screens, and measurable data.
12-2pm: Return to play guidelines.

11. Functional Capacity Evaluations

This portion of the course focuses on the evidence-based outcome measures in worker's physical capabilities and tolerances following a work-related injury. Standardized protocols will be emphasized for the proper rehabilitation for patients involved in work-related injuries in order to fulfill the return to work guidelines without re-injury.

Saturday

1-3pm: Qualifications for physical capacity and functional capacity evaluations.

3-5pm: Documentation of the evaluations.

5-7pm: Physical Capacity Evaluation: Step-by-step process on how and what is needed in performing the examination.

Sunday

8-10am: Performing Waddell's Sign, endurance testing, strength testing, and static tolerance tests.

10am-12pm: Functional outcomes & goals. Pain mapping and diagrams.

12-2pm: Recap: How this evaluation is essential for all Personal Injury, auto accident, work compensation and post-surgical spinal cases.

12. Special Populations

This course focuses on the clinical conditions associated with special populations, including geriatrics, pregnancy, arthritides, auto-immune diseases. Program design and exercise variations will be discussed to assist the practitioner in the rehabilitative treatment of these conditions.

Saturday

1-3pm: Development of walking programs.

3-5pm: Rehabilitative strategies for pregnancy, auto-immune conditions and arthritides.

5-7pm: Strength training program design for pregnancy, auto-immune, and arthritides.

Sunday

8-10am: Rehabilitative strategies for geriatrics.

10am-12pm: Strength training program design for geriatrics.

12-2pm: Practical application for therapeutic exercise for all special populations.

Requirements to obtain Diplomate credential:

- Completion of seminar attendance:
 - 45 hours - Spine
Seminar #'s: 3,5,6,9, & 10 (Totaling 54 hours)
 - 45 hours – Extremities
Seminar #'s: 3,4,7,8, & 9 (Totaling 54 hours)
 - 48 hours - Rehabilitative associated electives
Seminar #'s: 1,2,11, & 12 (Totaling 48 hours)
 - 12 hours - Online McKenzie Method Overview course (FREE)
- Completion of two (2) online examinations
- Completion of oral examination.
- Submission and acceptance of a rehabilitative relevant case study.

***The cost of the seminar portion of the program is separate from the cost of the examinations. Once seminars hours are completed, the payment for the examinations can be processed through the ACRB. The cost for the examinations to culminate the Diplomate specialty is \$1,499.00. Payment options are available.**

References used throughout program

- Baechle, Thomas R., and Roger W. Earle. *Essentials of Strength Training and Conditioning*. Champaign, IL: Human Kinetics, 2008. Print.
- Beck, Randy W. *Functional Neurology for Practitioners of Manual Therapy*. Edinburgh: Churchill Livingstone, 2008. Print.
- Hyde, Thomas E., and Marianne S. Gengenbach. *Conservative Management of Sports Injuries*. Sudbury, MA: Jones and Bartlett, 2007. Print.
- Kisner, Carolyn, and Colby, Lynn Allen. *Therapeutic Exercise: Foundations and Techniques*. Philadelphia: F.A. Davis, 2012. Print.
- Liebenson, Craig. *Rehabilitation of the Spine: A Practitioner's Manual*. Philadelphia: Lippincott Williams & Wilkins, 2007. Print.
- McGill, Stuart. *Low Back Disorders: Evidence-based Prevention and Rehabilitation*. Champaign, IL: Human Kinetics, 2007. Print.
- Yeomans, Steven G. *The Clinical Application of Outcomes Assessment*. Stamford, CT:

Appleton & Lang, 2000. Print.