

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 • July 30-31, August 1, 2010** Cost: \$925 for 3 day course - Early discounts apply, sign up by July 7, 2010 for \$75 off!
- Evaluation and Treatment of the Shoulder Girdle October 16-17, 2010** Cost: \$425 for 2 day course - Early discounts apply, respond before September 24, 2010 for \$50 off!
- Physical Therapy Management of the Obstetric Client with Musculoskeletal Dysfunction • Nov. 5-7, 2010** Cost: \$535 for a 2½ day seminar for with \$50 off for early registration before October 8, 2010.

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

PRSR STD
US POSTAGE
PAID
DENVER, CO
PERMIT #4033

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 THREE FALL COURSES:

Trigger Point Dry Needling, Level 1

Dr. Patty Pennell, PT, ScD

Denver • July 30 – 31,
August 1, 2010

Evaluation and Treatment of the Shoulder Girdle

Joanna Goldin, PT & Jeff Coverly, PT

Denver • October 16-17, 2010

Physical Therapy Management of the Obstetric client with Musculoskeletal Dysfunction

Jill Boissonnault, PT, PhD
and Marla M. Bookhout, PT, MS

Denver • November 5-7, 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.

Evaluation and Treatment of the Shoulder Girdle

Jeff Coverly, PT and Joanna Goldin, PT

Course Description

This two day course is directed at the assessment and treatment of the shoulder girdle using a multisystem approach. Evaluation techniques include assessment of the glenohumeral, AC, and SC joints, first rib, thoracic spine, as well as assessment of soft tissues around the shoulder girdle. Diagnosis of specific pathology of the shoulder girdle including instability, impingement, and tendonitis will also be taught. Treatment will include joint mobilizations, muscle energy, myofascial release, deep friction massage, and an exercise prescription.

Biography

Jeff Coverly, PT

Jeff graduated from Boston University in 1989. Since then, he has worked in outpatient clinics in the Denver area. He has specialized his education and treatment in manual therapy techniques including high velocity manipulation, joint mobilization, MET techniques, soft tissue mobilization/myofascial release, cranial mobilization, and neuropathodynamics. Jeff has been teaching manual therapy techniques since 1993, and continues to see patients on a full-time basis at Coverly Physical Therapy, Inc.

Joanna Goldin, PT

Joanna is the owner of Sport and Spine Physical Therapy and she graduated from Physical Therapy school in London, England in 1983. Since that time, she has specialized in the treatment of orthopedic patients. She has worked in England and Australia and has been in Denver since 1992. She also lectures to other physical therapists in both the US and England. She has been a guest lecturer at conferences of the American Physical Therapy Association on two separate occasions. Joanna is now a physical therapist on the Sony Ericsson WTA women's tennis tour.

Physical Therapy Management of the Obstetric Client with Musculoskeletal Dysfunction

Jill Boissonnault, PT, PhD and
Marla M. Bookhout, PT, MS

Course Description

This 2 ½ day seminar will concentrate on enhancing your manual therapy skills with specific modifications for the pregnant client. The course provides 19 contact hours to the participant who attends.

Day 1 will prepare you to work with the obstetric population through an introduction to maternal physiology, various obstetric tests, and the birthing process. Body mechanics for the childbearing year, as well as positioning for labor and delivery will be covered.

Day 2 will include a description of the musculoskeletal changes of pregnancy and a discussion of the modifications in evaluation and treatment procedures for the pregnant client. We will review the biomechanics of the lumbar spine and pelvis prior to a half day eval and treatment lab.

Day 3 will be almost entirely lab time, focusing on muscle energy techniques and exercise for release of joint and soft tissue restrictions specific to the needs of the pregnant client.

Course participants must have previously had at least a basic course in evaluation and treatment of musculoskeletal dysfunction. Lab clothes will be necessary for Days 2 and 3.

Course Objectives

The intent of this workshop is to:

1. Review the normal musculoskeletal changes of pregnancy
2. Promote an understanding of the possible pathomechanics of the musculoskeletal system as related to pregnancy
3. Review the musculoskeletal examination with modifications for the obstetrical client
4. Broaden the scope of treatment methods for musculoskeletal problems in the pregnant client
5. Allow participants to share experiences and ideas in the treatment of the obstetrical client
6. Become familiar with common interventions during pregnancy, labor and delivery, and changes in maternal physiology.

Biography

Marla M. Bookhout, PT, MS

Marla received her B.S. degree in physical therapy from the University of Colorado in 1972 and her Masters in Orthopaedic Physical Therapy from the Institute of Graduate Health Sciences in 1982. She joined Physical Therapy Orthopaedic Specialists, Inc. in 1983 where for many years she specialized in the treatment of pregnant women with musculoskeletal problems. Marla now teaches therapeutic yoga classes in her community and uses yoga extensively in her clinical practice as well. Her writings include co-authoring a chapter in *Obstetrics and Gynecologic Physical Therapy* as well as articles in *Physical Therapy*, *The Journal of Back and Musculoskeletal Rehabilitation*, and *Orthopaedic Physical Therapy Clinics of North America*.

Jill Schiff Boissonnault, PT, PhD

Jill received her B.S. in Physical Therapy from the University of Illinois in 1976, her Masters in Orthopedic Physical Therapy from Northwestern University in 1986, and her PhD from the University of Wisconsin, Madison, in Curriculum and Instruction with a minor in Women's Studies in 2003. She has served as Treasurer, Vice President and Education Director of the Section on Women's Health, APTA and was awarded the Section's service award, the Elizabeth Noble Award, in 2000. She is immediate past President and Founder of the International Organization of Physical Therapists in Women's Health, a sub-group of the World Confederation of Physical Therapy. She has authored numerous professional articles and textbook chapters and is an Assistant Professor at the University of Wisconsin, Madison Physical Therapy Program where she teaches Seminars in Professional Issues, Service Learning, Palpatory Anatomy and women's health content throughout the curriculum.



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.*