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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course #	Course Title	
Webinar Date		
Name	Discipline	
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Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.



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P: (800) 791-0262

F: (815) 371-1499

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WEBINAR

#7130 Improving Forward Head Posture Performance in Adults of All Ages

Instructor: Trent Brown, MOT, OTR/L, BCG, ATP, CFPS, CGCP

Audience: Physical Therapists, Occupational Therapists, and Assistants

Delivery Options:
Live Webinar or Self-Study Options

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SUMMARY: Understanding the “aging of posture” and what we as clinicians can do is often overlooked and misunderstood. Dysfunctional cervical posture develops from a myriad of sources but believe it or not, we can do something about it, even in limited sessions and with an aged population. Poor neck and head posture leads to pain, poor socialization, increased falls, poor balance, and even depression. Additionally, due to an increasingly sedentary lifestyle and electronic use, forward head posture (FHP) is becoming more prevalent among ALL age groups.

We will analyze imaging of common pelvic, thoracic and cervical postural dysfunction. We will learn how to measure FHP utilizing fast, repeatable, and acceptable strategies. Finally, fill your toolbox with evidence-based manual treatment strategies to inhibit, lengthen, and activate specific structures for long term successful correction of FHP deviations seen in the clinical setting.

Course instruction method includes: lecture, demonstration, videos, and question/answers.

PRESENTER: Trent Brown, MOT, OTR/L, ATP, CGCP, CFPS, BCG, is an occupational therapist and the only holder of a board certification in gerontology (BCG) from the AOTA in Utah. Trent also holds a certification as an assistive technology professional (ATP) from RESNA and advanced certifications as a fall prevention specialist and geriatric care professional from Evergreen National Certifications. He completed his undergraduate and graduate work at the University of Utah with a thesis on joint arthroplasty. He is employed by the Department of Health and Human Services (DHHS) as an assistant office director with a focus on developing and operating quality improvement programs. Trent has over 19 years of clinical experience in skilled nursing, transitional care, acute, inpatient rehab, and home health settings. He has provided continuing education courses for tens of thousands of clinicians throughout the country in conferences, private clinics, and specialty conferences. Trent is a tenured clinician and lecturer on a myriad of topics including joint arthroplasty, core stability, documentation, aging, functional mobility and gait, ethics, postural alignment, and fall reduction. Trent is also a peer reviewer for the journal "Topics in Geriatric Rehabilitation" and a guest reviewer for the "American Journal of Occupational Therapy".

Financial— Receives a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Discover the causes of FHP across the spectrum of age and activity and the role of clinicians to reduce or limit these causes.
2. Learn standardized, repeatable assessments to accurately measure FHP in minutes.
3. Identify the negative biomechanical, social, cognitive, and mental effects of FHP and how it impacts functional participation
4. Learn evidence-based manual treatment strategies to inhibit, lengthen, and activate specific anatomy that limit or reduce dysfunctional FHP.
5. Analyze learned strategies through a FHP case study.

FORMAT: This is a 3-hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study.

For Live courses, the content is presented via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the “raise hand” feature for live discussion.

For Recorded courses, learners will not be able to participate in real time with questions.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# PENDING. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Intermediate Level, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA

For course dates, times and registration, please visit: www.motivationsceu.com

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AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

OBJECTIVE	CONTENT	TIME	SPEAKER	METHOD
Discover the causes of FHP across the spectrum of age and activity and the role of clinicians to reduce or limit these causes.	- Posture analysis - Images - Lateral Pelvic Tilt - Posture of aging - Muscle Fiber shortening - Iliopsoas - Biological sex and falls (anterior vs posterior pelvic tilt) - Sherrington's Law	25 minutes	Trent Brown, MOT, OTR/L, ATP, CFPS, CGCP, BCG	Lecture Images Discussion
Study common associations of dysfunctional posture and how it impacts biomechanical, social, cognitive, and mental effects of participation in life.	- Impact of FHP - Biomechanics/Pain - Eye gaze and social participation (primitive and tonic labyrinthine reflex) - Posture and depression/mood - Power posture poses and how they reflect health - PMRF	30 minutes	Trent Brown, MOT, OTR/L, ATP, CFPS, CGCP, BCG	Lecture Images Discussion
Learn standardized assessments to accurately measure FHP and Kyphosis in minutes	- Measuring FHP - Angle & ruler	10 minutes	Trent Brown, MOT, OTR/L, ATP, CFPS, CGCP, BCG	Lecture/Video Demo Discussion Video
Learn evidence-based manual treatment strategies to inhibit, lengthen, and activate specific anatomy to limit or reverse dysfunctional forward head posture	- NASM approaches - Inhibit, lengthen, activate, integrate - FHP - Nuchal Ligament - SCM stretch - Cervical extension - Functional integration	45 minutes	Trent Brown, MOT, OTR/L, ATP, CFPS, CGCP, BCG	Lecture Images Video Demo Discussion

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Implement learned strategies through a real case study.	• Implementation of strategies with patient experiencing FHP • 7 sessions = substantial FHP reduction • Q & A • Wrap-up	10 minutes	Trent Brown, MOT, OTR/L, ATP, CFPS, CGCP, BCG	Lecture Images Discussion
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Post-test: 30 Minutes Research, identify, and submit your post-test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain and save your auto-emailed certificate for your files.