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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		
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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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WEBINAR

#7225 Post Concussion Headache: Integrate Manual Therapy for Optimal Results

Instructor: : Dr. Theresa A. Schmidt,
PT,DPT,MS,OCS,LMT,CEAS, CHy

Audience: Physical Therapists, Occupational
Therapists, and Assistants, Athletic Trainers

Delivery Options:
Live Webinar or Self-Study Options

SUMMARY: Mild Traumatic Brain Injury (mTBI) may create chronic pain, with cognitive and physiological symptoms for months to years after injury. Between 1.5 and 3.8 million people suffer from concussions in the US, according to the CDC. Post-traumatic headache (PTH) and whiplash associated disorders (WAD) are typical symptoms after mTBI. The often relentless pain, brain fog, hypersensitivity, spasm, stiffness, dizziness, visual, vestibular motor disorders and even nausea or vomiting can be debilitating. Symptoms may interfere with sleep and contribute to anxiety, irritability and depression. Evidence indicates the significant contribution of craniocervical myofascial tension and trigger points (TPs) to symptoms of PTH. Manual therapy to address abnormal fascial tension and TPs is a key component of multifactorial rehabilitation management. Interventions including massage, soft tissue mobilization/myofascial therapy, positional release and craniosacral therapy may effectively address the neuromusculoskeletal irritation and mobility impairments that characterize PTH. Discover easy methods of soft tissue release you can apply immediately in your practice in this course. Discuss the evidence basis for incorporating manual therapy in a comprehensive plan of care to help people with PTH to live more healthy productive lives. Course instruction methods include lecture, demonstration, videos, case studies and question/answers.

PRESENTER: Dr. Theresa Schmidt is an orthopedic physical therapy specialist and massage therapist integrating traditional and alternative medicine with emphasis on manual therapy, precision exercise, wellness, Reiki, hypnosis, and mindfulness. She presented for NASA/Inomedic, Johns Hopkins, Cleveland Clinic, Vanderbilt Med, Wake Med, and professional associations. She received her doctorate at UNE and served as faculty at Touro PT Programs and CUNY Queens Colleges in NY. She is a published author, Expert Consultant, Reiki Master Instructor, and hypnotherapist in private practice at Educise® in New Hampshire. www.Educise.com. ©2021 Educise PC All rights Reserved. *Financial*— Received 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. Identify post-concussion syndrome and its relationship to post-traumatic headaches (PTH).
2. Demonstrate 5 manual therapy interventions to manage PTH.
3. Recognize the evidence for manual therapy interventions for improving outcomes for people with PTH.

FORMAT: This is a 3 contact 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.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# 03643. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Introductory 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.

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.

Minutes	Time Increment Topic Instructional Method
5	Background, & Review of Learner, Outcomes Lecture
30	Post traumatic headache Diagnosis, incidence, prevalence Examination, Red and yellow flags
30	PTH Symptoms - Dizziness - Pain - Mobility limitations - Muscle spasm - Trigger points

	- Cognitive impairment
	- Cranial nerve involvement Lecture/Interactive Discussion
30	Manual Therapy Interventions as part of a multimodal approach to PTH: Demonstrations Demonstrations Massage and acupressure Positional release (PRT)
25	Myofascial release (MFR), Soft tissue mobilization (STM) Craniosacral therapy (CST) Joint mobilization Muscle energy technique

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, review and save your auto-emailed certificate for your files.

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