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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

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

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 webinar. After that time, a credit for a future Motivations event may be awarded.

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WEBINAR

#7107 HEAD to Elbow: Upper Quarter best rehabilitation treatment ideas

Instructor:

Marsha Rutland, PT, ScD, OCS, COMT, CSCS

Audience:

Physical Therapists, Occupational Therapists,
Assistants and Athletic Trainers

Delivery Options:

Live Webinar or Self-Study Options

Motivations, Inc.

SUMMARY: This webinar course explores the clinical anatomy implications combined with physiological and motor control principles to functional application of rehabilitation for optimal results. Current evidence-supported information, combined with an anatomical review of the cervical, shoulder, and elbow structures, biomechanics of exercise, neural mobilization, therapeutic exercises, stretching techniques, and clinical pearls help participants create best rehabilitation programs for conditions for the upper quarter. Physiological principles of the healing stages of body tissue and its effect on rehabilitation are combined with recent research on best exercises. Diagnoses covered include: whiplash associated disorders, cervical pain conditions, rotator cuff pathologies, shoulder instabilities, scapular dyskinesia, tendinopathies of the elbow. Participants will be better equipped to provide the best evidence supported treatment techniques and apply them immediately in the clinic. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: MARSHA RUTLAND, PT, Sc.D., MEd, OCS, COMT, C-DN, CSCS is a professor of Physical Therapy at Hardin-Simmons University DPT program. She received her BS in Physical Therapy from the University of Texas Health Science Center at Dallas (1979), Master of Education degree from Hardin-Simmons in Sports & Recreation Management (2002) and an Sc.D. in Physical Therapy with emphasis in Orthopedics from Texas Tech University (2008). She is certified as an Orthopedic Clinical Specialist (OCS) through the APTA (2003) and recertified in 2013 and has her certification as an orthopedic manual therapist (COMT) for extremities through IAOM (2007). Additionally, she is a Certified Strength and Conditioning Specialist (2003). Dr. Rutland is also a Certified Dry Needler through the IAOM. Dr. Rutland's 40 years of clinical experience is in a variety of settings, with mainly outpatient orthopedics x last 20+ years. She was a Clinical Instructor for 20 years and was recognized in 2002 by the Texas Consortium for Physical Therapy Clinical Education, Inc. as an outstanding Clinical Instructor. Her teaching responsibilities include Clinical Anatomy I and II, Diagnostic Imaging, Healthcare Management. Dr. Rutland's research interests include anatomy, orthopedic assessment, and treatment issues. *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 at least 3 deep and 3 superficial cervical muscles, their attachments, and their function.
2. Given a patient with a headache, cervical whiplash disorder, or cervical radiculopathy, integrate at least 3 appropriate treatment techniques for this course to address the pathology.
3. Correctly identify the anatomic structures of the shoulder that are responsible for impingement.
4. Discriminate at least 3 best rehabilitation techniques between impingement syndrome, rotator cuff syndrome, and shoulder instabilities so patients can improve reaching and lifting techniques.
5. Recognize and describe at least 2 anatomical considerations of elbow and wrist.
6. Develop an appropriate rehabilitation program for elbow epicondylitis using at least 4 techniques discussed in this course to improve dressing and ADL skills.
7. Identify at least 2 relationships between the effects of postural dysfunction and neural retraining with rehabilitation.

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. Instructors present the live course content 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.

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.



OT CEU's: Motivations Inc. is an AOTA Approved Provider of professional development. Provider # **12369**. This Live and Distance Learning—Interactive and Distance Learning—Independent and Blended/Hybrid 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.

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.

- 5 min: Introduction
- 15 min: Physiological considerations, Clinical cervical anatomy
- 20 min: Cervical treatment techniques (creative treatment ideas with deflated beach ball, eye exercises, stretching, soft tissue mobilization, therapeutic exercise, neuromuscular rehabilitation)
- 15 min: Clinical anatomy of the scapula and shoulder
- 30 min: Treatment options for shoulder conditions, Review of best exercises supported with evidence
- 15 min: Clinical anatomy of the wrist/hand with elbow.
- 15 min: Treatment options for conditions affecting the elbow
- 5 min: Questions

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