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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.

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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Motivations, Inc.
Accredited Continuing Education Courses

P: (800) 791-0262
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WEBINAR #7144 New Concepts in ACL Rehabilitation

Instructor:
Dr. Robert Donatelli, PhD, PT

Audience:
Physical Therapists, Assistants,
and Athletic Trainers

Delivery Options:
Live Webinar or Self-Study Options

SUMMARY: This course looks at considerations for improving rehabilitation following ACL surgical repair. The course discusses surgical intervention, assessment, eccentric loading concepts in remodeling collagen fibers. In addition the course will cover techniques to improving the three balance systems somatosensory, oculomotor and dynamic vision. An emphasis on reduced pain during treatment will be discussed.

The course will also cover promotion of increasing knee flexion angles to facilitate hamstring control of anterior shearing forces, and strengthening the posterior lateral hip muscles which help to enhance dynamic balance. Instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: **Dr. Robert Donatelli, PhD, PT** has experience as National Director of Sports Rehabilitation Physiotherapy Associates, personal physical therapist for Andy Roddick, ATP tour, physical therapist for the PGA Tour, consultant for the Philadelphia Phillies and Milwaukee Brewers, Clinic Director of an outpatient facility providing Sports and Orthopedic rehabilitation, and Physical Therapist for the Champions Tour of Tennis with Jimmy Connors and John McEnroe. He is the editor of Physical Therapy of the Shoulder 4th Edition, Orthopedic Physical Therapy 3rd Edition, and the 2006 textbook Sports Specific Rehabilitation. Dr. Donatelli also lectures internationally on orthopedic topics.

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

1. Understand the different somato-sensory and Ocular motor balance systems and how they can reduce the risk of re-tearing ACL.
2. Identify the risk factors in rehabilitation related to ACL tears.
3. Identify exercises that are important to the rehab of post rehab ACL.
4. Avoid certain exercises that put more strain to the ACL.
5. Identify the benefits of eccentric loading exercise.
6. Identify the anterior shearing forces to the ACL – open /closed chain exercises.
7. Identify hip strength of the posterior lateral hip muscles and understand the importance of these muscle groups.

FORMAT: This is a 3-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.

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.

- 10 min: Introduction
- 20 min: Anatomy of the knee
- 15 min: Literature review of ACL post-surgery return to activities
- 45 min: Exercise - Eccentric loading and ALC rehab
- 30 min: Balance systems and the importance in Rehab

Post-test: 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. (Allow 30 minutes for these completion tasks.)