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Group rate	Register 20 or more	\$40
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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 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 #7420 Clinical Practice Guidelines for Neck Pain

Instructor:

Theresa A. Schmidt,
PT, DPT, MS, OCS, LMT, CEAS

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

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: Participants will be introduced to the current evidence-based approach to management of neck pain using Clinical Practice Guidelines from the Orthopaedic Physical Therapy Section of the American Physical Therapy Association with clinical reasoning. As payers and medical practitioners increasingly depend on evidence-based Guidelines, clinicians must utilize published recommendations when selecting examination tools and designing therapeutic programs to direct functional outcomes and to optimize documentation for reimbursement. CPGs are intended to complement the clinical reasoning process of clinicians, not to provide a mandated protocol for making decisions about patient management. Understand the terminology and recommendations used in the CPG for neck pain. Participants will learn to select the proper impairment categories for your patients with neck pain for a more accurate match to their medical diagnosis. Once impairment categories are identified, the participant will gain the ability to choose intervention which will promote functional outcomes, such as improved participation in ADLs, IADLs, and leisure pursuits. Recognize what intervention types to utilize for specific impairment categories based on current evidence to successfully address neck pain and its related limitations. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: **Theresa A. Schmidt, DPT, MS, OCS, LMT, CEAS, CHy, DD** is a board-certified specialist in orthopedic physical therapy, a massage therapist, personal trainer, clinical exercise specialist, certified ergonomic assessment specialist and clinical hypnotherapist. Dr. Schmidt is founder and president of Flex Physical Therapy in Long Island, NY. She has served as faculty of Physical Therapy at Touro College and adjunct professor at CUNY Queens College and Nassau Community Colleges. She founded Educise Resources Inc., a professional continuing education and health enhancement company. She has presented for numerous organizations, including APTA, AMTA/NY, NYSSMMT, IDEA, ACE, The New Center for Wholistic Health Education, Cross Country Education Inc. and the Council of Licensed Physiotherapists. Dr. Schmidt graduated with Highest Honors from Long Island University's BS-MS Program in Physical Therapy in Brooklyn, NY. She received her Massage Therapy diploma from the New Center for Wholistic Health Education and Research in Manhasset, NY. *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 the current clinical practice guidelines (CPG) for patients with neck pain (LBP) as developed by the orthopedic section of the American Physical Therapy Association.
2. Understand how to conduct an examination for patients with neck pain and interpret the results to diagnose anatomical and functional impairments and classify people into the associated impairment-based category.
3. Select intervention strategies to address activity restriction limitations and functional mobility impairments based on the CPG classification of impairments for neck pain.
4. Provide intervention to maximize functional outcomes, specifically related to ADLs, IADLs, and leisure pursuits.

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.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# **03663**. 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.

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.

- 30 min: Development of Clinical Practice Guidelines, CPG by APTA, definition of CPG, clinical prediction rule (CPR), CPG impairment measures, interventions to address limitations and structural and functional impairments.
- 30 min: Discussion of proper use of evidence-based functional outcome measures, and physical impairment analysis measures to document exam findings and measured response to therapeutic interventions
- 30 min: Categorization of neck pain conditions as to the CPG impairment classification, discussion of selecting ICD and ICF classifications for neck pain
- 30 min: Discussion of effective intervention types to improve limitations for specific impairment-based diagnostic categories. Example: For radicular or non-radicular categories describe CPG recommendations for provisions of patient education, manual therapy, neuromuscular and movement reeducation, traction, TENS, and therapeutic exercise. Summary of professional organization guidelines for neck pain management with case study examples.

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.