

How do I register?



By Phone:
Call **(800) 791-0262** and provide the information requested on the registration form.



By Mail:
Complete the registration form and mail it to **Motivations, Inc.**



On the Web:
Visit www.motivationsceu.com to register!

Motivations, Inc. www.motivationsceu.com
Or fax: (815) 371-1499, Questions? (800) 791-0262

Updated: 9-7-22

Prices	Web	Onsite
Group Discount – Five or more registrations	\$75	\$175
Individual Registration	\$75	\$225

Course # Course Title

Date(s) Location

Name Discipline

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

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

Cancellation Policy: Motivations, Inc. reserves the right to cancel a course up to 14 days prior to the course, with full refund, if insufficient numbers of participants have registered for the course. Registrants may cancel up to 14 days prior to the course and transfer their tuition to any Motivations, Inc. course, or receive a full refund. Any cancellations within two weeks prior to the course will receive a refund less \$100 for administrative costs.

Circle One: VISA MASTERCARD AMEX Discover

Name on Card _____

Account Number _____ Exp. Date _____

Signature _____ Billing Address Zip Code _____



Motivations, Inc.

Accredited Continuing Education Courses

P: (800) 791-0262
F: (815) 371-1499
admin@motivationsceu.com
www.motivationsceu.com

National Credentials

Motivations Inc. works with the following CEU approval sources.
See individual brochures with approval information by course.



TEXAS
PHYSICAL THERAPY
ASSOCIATION



ONSITE COURSE

#131 Orthopedic Rehabilitation for the Lower Extremity...

Treatment for common injuries or impairments to
Lumbopelvic, hip, knee, foot and ankle

Instructor:

Robert Donatelli PhD, PT, OCS

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

Two hours of pre-reading
Two hours video recording
Four hours **LIVE** web conference
11:00 AM – 4:00 PM ET
8:00 AM – 1:00 PM PT

SUMMARY: While there are many approaches to common orthopedic concerns, this course will focus on proven techniques for restoring function to the Lumbopelvic, hip, knee, foot and ankle after injury or impairment. Lumbar pelvic control and power in the hips and lower legs are essential for improvement in function and the reduction of injuries. The course will review the anatomy and mechanics of the Lumbopelvic, hip, knee and foot and ankle that pertain to balance, stability, and power. An overview of balance systems evaluation and perturbation training with emphasis.

Several different types of lower extremity dysfunctions, including hip labral tears, ACL rehab, Patella and Achilles tendinopathy, shin splints, soleus syndrome, cuboid syndrome, and abnormal foot mechanics will be presented with rehabilitation programs. Foot orthotic intervention and prescription will be discussed. Neuromuscular training and eccentric strengthening will be demonstrated in lab and developed into rehab concepts. Evidence based evaluation tools will be developed into and extensive assessment of muscle imbalance within the Lumbopelvic, hip, knee and foot and ankle. Implementation of rehabilitation programs individualized according to evaluative findings will be reviewed/discussed and demonstrated in case studies, utilizing the research based findings discovered through the course. Learners will leave with knowledge to implement treatment for these common orthopedic injuries for best results with their patients.

INSTRUCTOR: Robert Donatelli, PhD, PT, OCS is in private practice with Georgeta Donatelli MS, PT, at Las Vegas Physical Therapy & Sports. Dr. Donatelli was the personal physical therapist for Andy Roddick for 8 years. He was a physical therapist for the PGA Tour, the ATP tour, a consultant for the Philadelphia Phillies, Montreal Expos, Milwaukee Brewers and the physical therapist for the Champions Tour of Tennis with Jimmy Connors and John McEnroe. He is the editor of Physical Therapy of the Shoulder 5th Edition, Dr Donatelli is presently working on a new book: Foundations of Orthopedic Rehabilitation with co-editor Dr. Harvey W. Wallmann. Dr. Donatelli also lectures throughout the US and internationally on orthopedic and sports rehab topics.

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

1. Describe the inter-relationship of Lumbopelvic stability and hip and lower leg power.
2. Identify research studies that support the evidence basis of this course.
3. Identify the importance of eccentric exercises in the treatment approaches for muscle imbalance and tendinopathy of the Trunk, hip, knee, ankle, and foot.
4. Describe normal and abnormal mechanics of the hip, knee, foot and ankle.
5. Fabricate foot orthotics to treat lower extremity overuse injury and improve balance
6. Demonstrate and perform an assessment of the balance systems in the orthopedic patient.
7. Demonstrate and perform a comprehensive evaluation of the Lumbopelvic, hip, knee and foot and ankle.
8. Describe and demonstrate neuromuscular training concepts.
9. Improve your business with unique techniques, products, and new evidence-based modalities.

FORMAT: This is a 8-hour course equivalent to .8 CEUs. Motivations Inc is an approved provider by The Texas Chapter of the APTA and many additional state and chapter approvals.

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 8 Category A hours/CEU's.

AGENDA:

120 minutes **PRE-READING:** In preparation for the course materials will be provided for pre-reading articles will be furnished equivalent to 2 hours of learning

120 minutes **Recorded Video: #7131 Biomechanics of the Foot – Orthotics Prescription**

30 minutes Anatomy and Biomechanics of the Foot and Ankle

30 minutes Overuse Injuries and tendopathy of the lower extremity. Evidenced based approach to tendinopathy treatments

30 minutes Foot orthotics fabrication – the seven tests

30 minutes Foot orthotics prescription and case presentations emphasizing individualization of orthotic prescription.

Web Lecture **Live web conference presentation**

90 minutes Anatomy of the CORE - Hip

60 minutes New Concepts in ACL Rehabilitation

90 minutes Understanding Overuse Injuries of the Lower Extremity

Certificates: Certificate are furnished from completion online evaluation survey sent by auto email as a PDF document.

Course Offerings

For information about course locations and dates,
visit our website at www.motivationsceu.com