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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 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

#7126 Specific Functional Skills and Gait Training for Hip Pain

Instructor: Damien Howell PT, DPT, OCS

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

Delivery Options:
Live Webinar or Self-Study Options

Motivations, Inc.

SUMMARY: Choosing interventions to alleviate pain and impairment without using interventions to address deviant movements can result in returning to previous functional activities using the same less than optimal movement patterns. This course presents specific movement/functional skill training for hip pain which can be more effective in the short term and long term than therapeutic exercise alone – faster results, more durable. This course can facilitate prioritization of choice of interventions to meet clinician's time constraints and productivity demands to achieve effective and efficient outcomes. Shares verbal cueing, prompting, and feedback principles to alter movement deviations. The goal of the intervention is to replace long-standing pain-provoking movements and alignments with pain-free versions. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: Damien Howell PT, DPT, OCS experience is in academic, clinical, and continuing education teaching. His graduate studies were at the University of Pennsylvania; Virginia Commonwealth University; and Washington University St. Louis with Academic appointments at Indiana University and Virginia Commonwealth University.

As an active clinician, he is eager to engage with curious attendees, sharing what he has learned from his experience, including mistakes he has made. He has led international peers to peer mentoring programs. Examples of his teaching are available at Physiopedia Plus.com.

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 postures and positions that occur during daily activities when gluteal tendons are in a relatively lengthened position, and alternative positions to mitigate the load on the tendons.
2. Demonstrate progression from therapeutic exercises to integration with specific/functional skill gait training for individuals with hip pain.
3. Given an individual with hip pain describes strategies and tactics of adding load, decreasing load, and modifying movement patterns to optimize movement capacity.
4. State verbal cues, prompts, and feedback to use during specific/functional skills training associated with hip pain which has an internal focus of attention, an external focus of attention, which uses terminology that is visual, auditory, or kinesthetic/tactile.
5. Demonstrate utilization of the “whole, part, whole method of motor learning” and “contrast exploratory learning” designed to alter movement deviations associated with hip pain.
6. Given a complaint of hip pain and the person self-reported specific functional limitations observe the painful movements analyze and judge whether the observed movements are deviant or less than optimal.

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. Approved Provider #PENDING. 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 ON NEXT PAGE...

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

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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 Minutes: postures positions mitigating load on tendons – Objective #1
- 20 Minutes: Integration exercise with specific functional skills training - Objective #2
- 20 Minutes: Load management modifying movement patterns optimize movement capacity – Objective #3
- 20 Minutes: Motor learning principles for specific functional skill training – Objective #4
- 20 Minutes: Whole, part, whole method of motor learning” & “contrast learning – Objective #5
- 20 Minutes: Case study examples - Objective # 6
- 10 Minutes: Discussion questions

Lectures with videos of case examples will occur. Approximately 15 minutes per objective for a total of 90 to 120 minutes in either live video conferencing or in person. Time will be allowed for Socratic discussion. Multiple choice questions for self-assessment and feedback are available. I am happy to provide an option for voluntary mentoring post course presentation with the following objectives

1. Given past or current clients with musculoskeletal hip pain, that you have seen or are seeing, share via email the barriers to implementing the concepts presented in this course with the course instructor and/or a fellow course attendee.
2. Given the material presented in this course share/teach one of more of the course objectives with/to a peer

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.