

GEM Staffing

GEM EDUCATIONAL RESOURCES (GERI)
Presents

Exercise, Function, & Wellness Principles for Older Adults

8 CEUs - for PT, PTA, OTR, COTA

COURSE DESCRIPTION

This course will explore evidence-based strategies for improving health and functional capacity in older adults, including both the well and those with common medical conditions. Specifically, this course will present strategies for conducting a comprehensive examination of patients with various rehabilitative problems, including systems review and exercise prescription. Outcomes measures for objective determination of changes in functional capacity will be discussed. The evidence supporting exercises programs for conditions such as osteoarthritis, osteoporosis, obesity, and impaired balance will be presented. Case studies and interactive activities will allow participants the opportunity to design plans of care for individuals with complex conditions, including congestive heart failure, chronic obstructive pulmonary disease, and diabetes mellitus. The issues of compliance and adherence to exercise as it relates to the older adult population will be explored. The course will also present information on how to document for maximum reimbursement.

Speaker: Ellen Strunk, PT, MS, GCS

Saturday, March 20, 2010

**CE Education for Therapists -
8 CE Credits**

Holiday Inn O'Hare

5615 N Cumberland Ave, Chicago, IL

7:30am-4:30pm

Lunch will be provided

Seminar Fees: \$150 on or before 12/15/09

\$200 after 12/15/2009



773-444-0400/773-663-8355

*Designed especially for Physical Therapists, Physical Therapy Assistants,
Occupational Therapists, Certified Occupational Therapy Assistants.
The focus is on maintaining quality patient care.*