

Fall Prevention

Course Description

This three hour course is intended to provide clinicians with the most current in-depth information with respect to fall prevention, assessment and treatment using biophysical agents in conjunction with therapeutic exercises, balance and ADL training. The course materials and clinical protocols prepare the clinician to design and implement skilled, evidence-based rehabilitation programs for the patient populations at risk for falls.

Course Objectives – Intended Learning Outcomes

Upon completion of this course the participant will have the ability to:

- Describe the prevalence, risk factors, cost and consequences, and differences in ADL movement patterns of fallers and non-fallers in the elderly.
- Explain the rationale, application, and outcomes of interventions that are consistent with therapy goals within the framework of the PT/OT treatment plan incorporating biophysical agents and exercise for fall prevention.
- Describe the principal rehabilitation strategies for improving balance and muscle strength while recognizing their impact on participation and functional mobility.
- Correctly select and administer the most validated and reliable fall assessment tests and measures.
- Demonstrate the correct application of Electrical Neuromuscular Stimulation for core, upper, and lower extremity muscles in fall prevention rehabilitation.
- Prepare the patient for treatment through positioning and adequate instruction including explaining to the patient the sensation, potential outcomes, and the risks and benefits expected of comprehensive treatment for fall prevention.

Audience, Educational Level, and Reference Materials

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, and other rehabilitation professionals licensed to prescribe or use biophysical agents. Less than 50% of the contents of this course deals with evaluation and therefore this course is open to PTA and OTA. There may be certain activities taught that by law cannot be performed by the PTA/OTA. This intermediate course involves extensive lab demonstrations. Individual handouts include printed and digital materials and illustrations that parallel the PowerPoint™ and lab presentations.

Continuing Education Units (CEUs)

ACP's Fall Prevention course qualifies for three clock hours of continuing education by many professional organizations, state associations, and state licensing boards. For a listing of approved provider numbers refer to the CE Approval Form or e-mail clinicaled@hanger.com.

Instructors, Course Dates, Locations, and Learning Environment

Instructor CV and dates/locations available from instructor or from ACP's Clinical Education Department. The learning environment is a fully accessible educational environment for physical impairments.

Method of Instruction, Assessment of Learning Outcomes, and Course Evaluation

Instructional methods are through lecture and lab demonstrations. Evaluation of the learner is through course attendance and passing posttest by 70% or greater. Course evaluation is by oral feedback and/or use of a written evaluation form at completion of the program.

Course Authorship

The course was developed by the Accelerated Care Plus Clinical Education Division: John Tawfik, PT, DPT, GCS, Seema Gurnani, PT, DPT, GCS, Frank Palermo MD, MPH, MBA, FAAPMR; and Ernie Escovedo OT, PAM.

ACP Contact Information

Accelerated Care Plus Corp., 4999 Aircenter Circle, 103, Reno, Nevada 89502. Phone: (800) 350-1100, (775) 685-4000, E-mail: clinicaled@hanger.com

Detailed Course Outline Fall Prevention

Sign in & Pretest (if required)

- First Hour:**
- Definition of a fall
 - Fall Prevalence, Cost, and Consequences
 - Fall Risk Factors
 - Mobility Skills in Older Adults
 - Supine-to-Sit
 - Sit-to-Stand
 - Standing Balance
 - Turning
 - Walking
 - Stair Negotiation
- Second Hour:**
- Fall Assessment, Documentation, and Objective Measures
 - Gait Speed
 - 5 Times Sit-to-Stand
 - Berg Balance Scale
 - Timed Up and Go (TUG)
 - Activities-specific Balance Confidence Scale
 - Fall Prevention Treatment Pathway
 - Interdisciplinary Approach
 - Postural Re-education
 - Range of Motion (ROM)
 - Neuromuscular Re-education
 - Neuro Re-ed Triphasic PENS
 - Muscle Re-ed NMES
 - Strengthening Progressive Resistive Exercise
 - Aerobic Exercise
 - Balance and Gait Training
 - Static Balance
 - Dynamic Balance
 - Virtual Reality Balance Training
 - Tai Chi Balance Training
 - Pilates and Yoga
 - Dual Task Training
 - OTAGO Exercise Program
 - Documentation and Reimbursement
 - Medicare Part A
 - Medicare Part B
 - Infection Control
 - Protective Barriers
 - Disinfection Procedures
 - Contraindications, Warnings, and Precautions
- Third Hour:**
- Lab demonstrations for the treatment applications covered in the course with participation by attendees using therapeutic exercise, electrotherapy, balance and gait training. The lab includes training in documentation and assessment of falls for the provision of skilled services by the therapist.

Posttest (if required)

Complete course evaluation and posttest to receive certificate of completion.



Post Operative Hip and Knee Therapy (POHK) *An Accelerated Clinical Practice Series*

Course Description

This two-hour intermediate level course for PT/PTAs and OT/OTAs provides instruction on the treatment of post-operative hip and knee population and is part of a series of Accelerated Clinical Practice courses. Through a combination of lecture and lab, this course provides the individual attention necessary for clinicians to understand how to apply biophysical agents and therapeutic exercises to address the physiologic impairments/client factors common to post-operative hip and knee orthopedic patients and the impact on individual participation, activity, and functional performance.

Course Objectives

- Recognize the increasing number of hip and knee surgeries received by aging adults
- Discuss orthopedic post-operative complications and their warning signs
- Explain the factors that contribute to inadequate therapy outcomes for hip and knee orthopedic patients
- Describe common physiologic impairments following hip fracture repair, THR, and TKA
- Demonstrate the biophysical agents and therapeutic exercises used to optimize therapy outcomes and improve individual participation, activity, and functional performance.

Audience, Educational Level and Reference Materials

This course is relevant for physical therapists, physical therapist assistants, occupational therapists, occupational therapy assistants, and other rehabilitation professionals. Less than 50% of the contents of this course deals with evaluation and, therefore, this course is open to PTA and OTA. There may be certain activities taught that by law cannot be performed by the PTA/OTA. Individual handouts include printed and digital materials that parallel the PowerPoint presentation.

Continuing Education Units (CEUs)

ACP's Post Operative Hip and Knee Therapy qualifies for two clock hours of continuing education by many professional organizations, state associations, and state licensing boards. For a listing of approved provider numbers, refer to the CE Approval Form or e-mail clinicaled@hanger.com.

Instructors, Course Dates, Locations and Learning Environment

ACP instructors are qualified PT/OT clinicians with years of experience in geriatric rehabilitation and technology. Instructor CV and dates/locations available from instructor or from ACP's Clinical Education Department. The learning environment is a fully accessible educational environment for physical impairments.

Method of Instruction, Assessment of Learning Outcomes and Course Evaluation

Instructional methods are through lecture and lab demonstrations live in-person, live remote, or online self-paced through learning management platform. Evaluation of the learner is through course attendance/completion, participation in lab or passing the posttest by 70% or greater. Course evaluation is by oral feedback and/or use of a written evaluation form at completion of the program.

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Detailed Course Outline

Sign In

Lecture - 90 minutes

- Common hip and knee orthopedic procedure statistics (10 min)
- Inadequate therapy outcomes (15 min)
- Post-operative complications (20 min)
 - Pain
 - Swelling and arthrogenic muscle inhibition (AMI)
 - Neuromuscular deactivation
- Rehabilitation treatments (45 min)

Lab - 30 minutes

- Apply TENS along L3, L4 dermatomes to treat hip or knee pain (10 min)
- Apply LVPC to counteract AMI of the knee (10 min)
- HVPC for knee swelling (10 min)

Posttest (if required)

Therapy Tests & Measures (TTM-1HR) *An Accelerated Clinical Practice Series*

Course Description

This one hour intermediate level course for PT/PTAs, OT/OTAs, and STs provides instruction on therapy outcome measures. It discusses the reasons for performing and tracking outcome measures, identifying evidence-based tests, reviews appropriate psychometric properties, and helps guide clinicians in selecting patient-specific and practice-appropriate tests and measures. Through a combination of small class size and lab activities, this course provides the individual attention necessary for clinicians to understand the importance of outcome measures in therapy practice.

Course Objectives

After course completion the participant will be able to -

- Describe the fundamental reasons to routinely use tests and measures in patient care, from individual patient, aggregate therapy, and regulatory perspectives.
- Identify high-quality tests and measures based on fundamental clinimetric properties such as reliability, validity, likelihood ratios, minimal clinically important difference, and correlation coefficients.
- Explain the limitations of outcome measures.
- Access professional resources for recommended tests and measures and documents guiding their use.
- Perform a discipline-specific test and measure commonly used in rehabilitation in accordance with standardized instructions and review the respective normative data.

Audience, Educational Level and Reference Materials

This course is relevant for physical therapists, physical therapist assistants, occupational therapists, occupational therapy assistants, and other rehabilitation professionals. Less than 50% of the contents of this course deals with evaluation and, therefore, this course is open to PTA and OTA. There may be certain activities taught that by law cannot be performed by the PTA/OTA. Individual handouts include printed and digital materials that parallel the PowerPoint presentation.

Continuing Education Units (CEUs)

ACP's Therapy Tests & Measures (1 HR) qualifies for one clock hour of continuing education by many professional organizations, state associations, and state licensing boards.

Instructors, Course Dates, Locations and Learning Environment

Instructor CV and dates/locations available from instructor or from ACP's Clinical Education Department. The learning environment is a fully accessible educational environment for physical impairments.

Method of Instruction, Assessment of Learning Outcomes and Course Evaluation

Instructional methods are through lecture and lab demonstrations. Course evaluation is by oral feedback and the use of a written evaluation form at completion of the program.

Detailed Course Outline

Sign In

Pretest (if required)

45 Minutes - Lecture

- Why Tests and Measure?
- Evidence-Based Tests & Measures
- Practical Test & Measure Considerations

15 Minutes – Lab

The participants perform a discipline-specific, standardized test and outcome measure recommended by therapy professional organizations (good psychometric properties and applicable to patients in a wide-range of diagnostic groups).

Posttest (if required)

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Accelerated Care Plus Instructors

Susan Jackson

Susan Jackson attended the University of Louisville where she graduated with a Bachelor of Health Science in Physical Therapy. Her professional experience began with Sundance Rehabilitation in acute geriatric rehabilitation. In 1998, she began to pursue patient care in the long-term care setting with Accelerated Care Plus (ACP)/Sundance Rehabilitation, as a clinical program manager where she lectured and trained staff on the use of modalities for pain management, contracture management, wound management, urinary incontinence management, and neuromuscular rehabilitation. She worked as an Area Manager with Sundance Rehabilitation and Director of Rehabilitation for Marriott Senior Living Services managing therapist productivity, caseload development, staffing, budget analysis, and marketing to hospitals and physicians. In 2004, Susan rejoined ACP/Hanger and has been able to help all therapy disciplines, nursing and administrative staff implement clinical programs throughout multiple states. Also, she has been able to pursue her love of teaching, and to educate therapy staff on evidence-based treatment options which enable the therapists to improve their treatment outcomes and to treat a broader range of patients with medically complex conditions. In 2021, Susan was named ACP Regional Manager of the Year, and in 2023 she received the Hanger Leadership Impact award. She is an APTA Certified Exercise Expert for Aging Adults, ABWM Certified Wound Specialist and certified through NASM as a Corrective Exercise Specialist.

Jeff Paddock

Jeff Paddock attended Louisiana State University, where he graduated Cum Laude with a BS in Kinesiology. He subsequently earned his Master of Physical Therapy Degree from LSU Health Sciences Center, where he served as an assistant laboratory instructor of gross anatomy. After assuming managerial and administrative roles as a physical therapist, Jeff earned his MBA from Florida State University School of Business in 2012. Jeff has clinical physical therapy experience in acute care, inpatient rehab, outpatient private practice, and industrial settings, and has treated a variety of orthopedic and neurologic conditions. Over his career, he served as an injury prevention and ergonomic consultant to several national and multinational companies (including PPG Aerospace, Rogers Corporation, Koch Industries, Gordon Food Services, UNFI, WaferTech, Analog Devices, High Liner Foods, and Hydro Extrusions.) He has also worked with dozens of multidisciplinary rehab teams and hundreds of therapists in Louisiana, Oklahoma, Texas, and Mississippi to establish evidence-based clinical programs such as Fall Prevention, Continence Improvement, and Pain Management. He is enthusiastic about geriatric rehabilitation and has been an active member of the Academy of Geriatric Physical Therapy (AGPT), for which he has served terms as a member of the Finance Committee and as the State Advocate for Louisiana. Jeff was named as a 2014 Emerging Leader Award recipient by the American Physical Therapy Association (APTA), having been nominated by the AGPT. He also coauthored the Academy of Orthopedic Physical Therapy (AOPT) publication, Current Concepts in Occupational Health: Role of Physical Therapists in Occupational Health. He is an APTA Certified Exercise Expert for Aging Adults and certified through the National Academy of Sports Medicine (NASM) as a Corrective Exercise Specialist.

Jordan Rainey

Jordan Rainey graduated from Harding University in 2014 with a Bachelor of Science degree in Athletic Training and went on to receive her Doctorate in Physical Therapy at University of Tennessee Health Science Center in 2017. Professional experience began with HealthPro Heritage at Memphis Jewish Home & Rehab Skilled Nursing Facility in 2017 and later transitioning to Kindred Healthcare at Kirby Pines Skilled Nursing Facility that included Independent Living Facilities, Independent Living Facilities, and Long-term Care Facilities for geriatric rehabilitation in 2019. She transitioned to an entirely different setting in 2020 at Janna Hacker & Associates for pediatric development. She joined Accelerated Care Plus (ACP) in 2023 where she educated and trained staff on the use of modalities for pain management, contracture management, urinary incontinence management, and neuromuscular rehabilitation. She has been able to help all therapy disciplines, nursing, and administrative staff implement clinical programs to best fit their specific patient populations.