

REG Talk (Rehabilitation Excellence in Geriatrics)

This 5-hour course, composed of 14 concise, information-packed presentations based loosely on TED talks, examines numerous aspects of rehabilitative care for older persons.

We have assembled some of the world's foremost experts on a vast array of topics germane to geriatric rehabilitation. The presenters include rehabilitation therapists, researchers, orthopedic surgeons, exercise physiologists and geriatricians.

Prior to each vignette, participants will be asked a question or asked to perform a brief task designed to help you interact with the content so that you will more easily apply the material in your specific health care setting. Take home over 15 new treatment ideas for a wide variety of patients.

REG Talk Objectives

Upon completion, participants will be able to

1. Design an effective home care program for a patient with a hip fracture.
2. Analyze the connection between osteoporosis and yoga practice and the implications for rehabilitation.
3. Develop evidence-based interventions for each of the following 3 patient conditions: stroke, Parkinson's, muscle weakness.
4. List 3 recommendations for rehabilitation made by world-renowned orthopedic surgeons.
5. Explain why dynamometry is an essential tool for rehabilitation therapists treating older adults.
6. Explain how visual imagery can be used to improve balance in older persons.
7. Develop 3 techniques for getting rehabilitation students interested in geriatrics.
8. List 3 things rehabilitation therapists need to know when working with geriatric patients.
9. Design salient features of a specialty practice in geriatrics
10. List and describe 5 quick functional tests for screening, evaluating and monitoring geriatric patients.



Using Visual Imagery Clinically to Improve Balance (25 min)

Bryan Kim, PhD Exercise Physiology, Assistant Professor of Oncology at Georgetown University Medical Center.

Resilience: Getting the Most Out of Our Patients (22 min)

Andrew A. Guccione, PT, PhD, DPT, FAPTA, Chairman of the Department of Rehabilitation George Mason University.

Are We Providing the Best Care to Our Hip Fracture Patients? (14 min)

Kathleen K Mangione, PT, PhD, GCS, Professor of Physical Therapy, Arcadia University.

Geriatric Rehabilitation Myths (14 min)

Carole B Lewis, DPT, GTC, GCS, PhD, FAPTA, Private Practice, DC; editor, *Topics in Geriatric Rehabilitation*; adjunct professor George Washington U College of Medicine.



The Latest Evidence-Based Clinical Suggestions for Stroke, Parkinson's Disease and Strength Training (20 min)

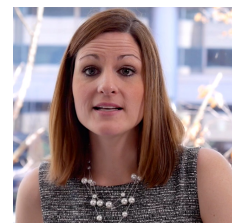
Linda McAllister, PT, GTC, Assisted Living Facility, Life Care Center of Kirkland, WA.

Aging with a Disability (21 min)

Toby Long, PhD, PT, FAPTA, Georgetown University, Center for Child and Human Development.

How to Excite Students about Geriatrics (26 min)

Elizabeth Audrey Ruckert, DPT, NCS, GCS, Assistant Professor of Health Care Sciences, George Washington University.



What Geriatricians Want Therapists to Know When Rehabbing Their Patients (10 min)

Elizabeth Cobbs, MD, Professor of Medicine, George Washington University School of Medicine.

A New Look at Rehabilitation for Osteoporosis (45 min)

Loren Fishman, MD, Medical Director of Manhattan Physical Medicine and Rehabilitation in New York City.

How to Set Up a Niche Practice in Geriatrics (22 min)

Jason B Dring, DPT, Physical Therapy & Wellness, Washington DC

Weight Bearing Exercise and Osteoporosis: Early Research, What We Know Now, and What We Still Don't Understand. (45 min)

Everett L Smith, PhD, Associate Professor Emeritus, Director of Biogerontology, School of Medicine and Public Health, University of Wisconsin-Madison.



Dynamometry Is Essential in Geriatric Rehabilitation (17 min)

Carole B. Lewis DPT, GTC, GCS, PhD, FAPTA, editor of *Topics in Geriatric Rehabilitation*, adjunct professor George Washington University College of Medicine.

Controversial Topics in Hip Fracture Rehabilitation: An Orthopedic Surgeon Perspective (12 min)

Kenneth A Egol, MD, Professor & Vice Chair Education, Departments of Orthopaedic Surgery and Hospital for Joint Diseases; Chief, Orthopaedic Trauma Service (NYU Hospital for Joint Diseases Department of Orthopaedic Surgery), NYU Langone Medical Center.

Hip Fracture Rehabilitation: An Orthopedic Surgeon's Perspective (13 min)

Joseph D Zuckerman, MD, Chairman, Walter A. L. Thompson Professor and Chairman, Department of Orthopaedic Surgery, NYU Hospital for Joint Diseases, Center for Musculoskeletal Care.

