

FACULTY

Terry Bemis, PT, MS, Cert MDT has been teaching manual therapy courses since 1992. Bemis graduated from the U.S. Army/Baylor University Program in Physical Therapy in 1985 followed by numerous job assignments in the military. He then earned a M.S. in Biomechanics from the College of Osteopathic Medicine at Michigan State University in 1992. It was during this time period that he had the honor of training under Philip Greenman, D.O. Additional certifications include being recognized as an Orthopedic Clinical Specialist (OCS) by the APTA in 1995 and in Mechanical Diagnosis and Therapy by the McKenzie Institute in 2002. Terry retired from the U.S. Army in 1997 after 21 years of service. He currently works at Care Partners Inc., a rehabilitation hospital in Asheville where he provides Physical Therapy for a wide variety of conditions. He is an experienced educator and clinician who enjoys sharing his knowledge with others in a simple and understandable way.

2019 DATES & LOCATIONS

- April 27/28** Nashville, TN (Hermitage)
Summit Medical Center
- June 22/23** New York, NY - Garden City
Metro Physical Therapy
- Oct. 5/6** Dallas, TX
Medical City Dallas Hospital
- Nov. 9/10** Washington, DC
NovaCare Rehabilitation

A list of area hotels will be sent with confirmation. Please utilize hotel brand websites for guaranteed best rates.

AUDIENCE

This is an *introductory level* workshop designed for **OTs, OTAs, PTs, PTAs and ATs**. **NOTE:** *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

CANCELLATION POLICY

POLICY: Registration fee less a \$75 administrative charge is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNI is NOT responsible for registrants non-refundable airfare, accommodations or fees.

MANUAL THERAPY OF THE UPPER EXTREMITY

JOINT & SOFT TISSUE MOBILIZATION

FACULTY

TERRY BEMIS
PT, MS, Cert. MDT



THE THERAPY **NETWORK** SEMINARS

www.TNSeminars.com

OBJECTIVES

1. Identify the anatomical and biomechanical foundations for manual therapy in the upper extremity.
2. Perform joint mobilizations to the shoulder girdle, elbow and wrist.
3. Perform soft tissue mobilizations to the shoulder girdle, elbow and wrist.
4. Be able to instruct and perform functional exercises to reinforce applied manual therapy techniques for the shoulder girdle, elbow and wrist.
5. Demonstrate correct grading and oscillation techniques for joint mobilization
6. Identify precautions and contraindications for using manual therapy.

SEMINAR DESCRIPTION

Injuries to the upper extremity cause impairments that often contribute to significant disabilities and functional limitations. Rehabilitation professionals who properly apply manual therapy techniques and exercises are giving their patients the best opportunity to rehabilitate their injuries. This two day course will enable the participant to understand the role of manual therapy in rehabilitation of the upper extremity and apply manual and exercise techniques appropriately. The interaction between the instructor and participant is the foundation for an active learning environment. The course will provide the optimal continuing education experience equipping the participant to apply these techniques immediately when they return to the clinic. Additionally, they will be able to use the anatomical, biomechanical, and neuromuscular basis to further develop their manual therapy skills.

PARTICIPANTS COMMENTS

"My 3rd manual therapy course and finally someone got it right. Great mixture of lecture and lab. Instructor was so approachable and made himself available to everyone. Will highly recommend"

"Demo-Practice, Demo-Practice... hands on was invaluable. Thank you so much for enhancing my practice skills. Awesome"

"Labs were outstanding. Instructor approachable and in touch with class needs and learning styles"

EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT, AT and Assistants**. BOC Board of Certification, Inc. Approved Provider # P-2563. AOTA Approved Provider of Continuing Education # 3073 *The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA*



COURSE SCHEDULE

SATURDAY

8:00	Registration and Continental Breakfast
8:30	Evidenced Based Practice Muscular Imbalances and Joint Dysfunction
9:00	Anatomy and Biomechanics of the Shoulder Girdle Video of Shoulder Motion
9:45	LAB: Shoulder Palpation
10:00	BREAK
10:15	Evaluation
10:30	Principles for Manual Therapy: -Shoulder Impairments that may respond to Manual Therapy -Precautions and Contraindications -How to Start and How to Finish -Joint Mobilization -Soft Tissue Mobilization
12:00	LUNCH (on your own)
1:00	LAB: Manual Techniques for the Shoulder Girdle and Related Exercises Glenohumeral Joint AC Joint SC Joint Scapular Thoracic
3:15	BREAK
3:30	LAB: Manual Techniques for Shoulder (cont)
5:00	Clinical Pearls
5:30	Adjourn

SUNDAY

8:00	Soft Tissue Techniques and Exercises for the Shoulder Girdle
10:15	BREAK
10:30	Anatomy and Biomechanics for the Elbow, Wrist and Hand
11:45	LAB: Elbow, Wrist and Hand Palpation
12:00	LUNCH (on your own)
1:00	LAB: Manual Techniques and Exercises for the Elbow and Wrist
3:00	Break
3:15	LAB: Manual Techniques and Exercises for the Hand
4:00	Case Studies
5:00	Adjourn

REGISTRATION

Manual Therapy

Please note the course location you are attending:
* _____

Bring a Buddy Registration: \$395 p/p

(No Deadline) Must be done simultaneously

Early Registration: \$445

Postmarked **30 days** prior to date of course

Late Registration: \$495

Postmarked within 30 days of course date

4 WAYS TO ENROLL

BY MAIL

Mail registration and payment to:
Therapy Network, Inc.
217 Paragon Pkwy, #201
Clyde, NC 28721

BY PHONE

1.800.785.1855

BY FAX

SECURE DIGITAL
928.222.0578
(Credit Cards Only)

ON-LINE

www.TNSeminars.com

Name: _____

PT PTA AT OT OTA

Home Add: _____

City: _____ State: _____

Zip _____

Cell Ph: _____

Email: _____

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Make check/money order payable to:
Therapy Network, Inc.

Charge my credit card: VISA MC AMEX DISC

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I agree to comply with the card holder agreement