

## FACULTY

**R**HETT SCHWEITZER, DPT, OCS, MTC, RYT is a clinician, educator and author and considered one of the leading experts in the treatment and prevention of upper and lower extremity injuries in the country.

Rhett is a Board-Certified Doctor of Physical Therapy, a certified manual therapist and registered yoga teacher with 18 years' experience. He owned a successful orthopedic physical therapy practice for over a decade in Florida before deciding Colorado would be his home.

Dr. Schweitzer was a professor at the University of South Florida, has lectured at several national academic conferences, including the 2017 University of Florida Running Medicine Conference, and has written several textbook chapters on physical therapy related topics. Dr. Schweitzer specializes in sports injuries (especially shoulder, knee, and ankle), running injuries, and back and neck pain.

## 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**.

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Therapy Network Seminars is an AOTA Approved Provider of professional development (**Provider #3073**). This live/hands-on seminar is offered at 15 contact hours/1.5 CEUs. Introductory level, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.



## 2023 DATES AND LOCATIONS

**Sept. 9/10**      **Seattle, WA (Lynnwood)**  
Northwest Return To Work

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

## AUDIENCE

This is an **intermediate level** workshop for **PTs, PTAs, OTs, OTAs 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.

# INTEGRATING YOGA CONCEPTS INTO ORTHOPEDIC REHABILITATION

## FACULTY

**Rhett Schweitzer**  
DPT, OCS, MTC, RYT



Therapy **NETWORK** SEMINARS

[www.TNSeminars.com](http://www.TNSeminars.com)

## OBJECTIVES

Identify the relevant anatomy and how therapeutic yoga affects these different anatomical structures.

Identify ways to incorporate yoga practice into a clinical setting.

Identify maladaptations in breathing patterns in order to appropriately address breath as an adjunct treatment to therapeutic yoga.

Identify functional therapeutic yoga techniques specific to patients' needs and diagnosis.

Demonstrate various yoga poses and identify variations of each pose for different clinical goals such as joint mobility, muscle flexibility, motor control, strengthening, and balance.

Demonstrate effective poses for various common outpatient populations and conditions, including geriatrics, fall prevention, scoliosis, arthritis, sports, and chronic pain.

## SEMINAR DESCRIPTION

The benefits of yoga for musculoskeletal injuries are well-known and evidence-based. Yet, as medical practitioners, we do not get this unique and effective knowledge in our traditional schooling. This course, written and taught by a 20-year experienced board-certified orthopedic doctor of physical therapy and a certified yoga instructor, has the aim of integrating the key therapeutic benefits of yoga that are not taught in non-yoga schools into the established framework of the medical practitioner. The author explains in detail why and how integrating these key yoga concepts will immediately improve your patient outcomes. Participants will learn how yoga positively affects mobility, strength, motor control, endurance, and motivation—all factors we, as clinicians, are trying to improve in our patients on a daily basis.

Specific populations and conditions that will be covered include, but are not limited to, geriatric and fall prevention, scoliosis, arthritis, sports, chronic pain, and breathing techniques.

This hands-on, 85% lab, active course is designed for the clinician seeing a myriad of conditions in the outpatient clinic. This course is for adult orthopedic conditions and therefore will not cover pediatric or neurological conditions.

## COURSE SCHEDULE

### Day 1

- 8:00 Registration and Continental Breakfast
- 8:30 Integrating yoga concepts into rehabilitation.
- 9:00 Principles of therapeutic yoga: anatomy, biomechanics & prop use
- 10:00 BREAK
- 10:15 **LAB** - Posture and movement assessment with a yoga lens
- 11:00 **LAB** - Clinical application of mindfulness meditation
- 12:00 LUNCH (on your own)
- 1:00 **LAB** - Therapeutic yoga for common spinal conditions
- 3:00 BREAK
- 3:15 **LAB** - Therapeutic yoga for common lower extremity conditions
- 5:30 Q & A and Adjourn

### Day 2

- 8:00 Assessment of breathing patterns for the yoga therapy client:
- 8:45 **LAB** - Proper breathing techniques
- 10:00 BREAK
- 10:15 **LAB** - Yoga therapy for scoliosis
- 11:00 **LAB** - Yoga therapy for geriatric clients and fall prevention
- 12:00 LUNCH (on your own)
- 1:00 **LAB** - Yoga therapy for common upper extremity conditions
- 3:00 BREAK
- 3:15 Case Based Interventions and demonstration
- 5:00 Q/A and Adjourn

## PARTICIPANTS COMMENTS

"Dr. Schweitzer has influenced my treatments greatly with his knowledge and super fun delivery of the information. I am a yoga instructor, but you don't have to be to get a ton from this seminar!"  
— Marsha C., DPT, RYT

## REGISTRATION

### MTFE

**Note the location you are attending:**

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**Bring a Buddy Registration: \$445 p/p**

(No Deadline) Must be done simultaneously

**Early Registration: \$495**

Postmarked 30 days prior to date of course

**Late Registration: \$545**

Postmarked within 30 days of course date

### 4 WAYS TO ENROLL

Mail registration and payment to:

**BY MAIL**

**Therapy Network, Inc.**

**168 Twisted Trail**

**Waynesville, NC 28786**

**BY PHONE**

**1.828.452.0068**

**BY FAX**

**SECURE DIGITAL**

**928.222.0578**

(Credit Cards Only)

**ON LINE**

**www.TNSeminars.com**

Name: \_\_\_\_\_

PT PTA OT OTA AT

Home Add: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip \_\_\_\_\_

Cell Ph: \_\_\_\_\_

Email: \_\_\_\_\_

**To Receive your Confirmation**  
Make check/money order payable to:  
**Therapy Network, Inc.**

**Charge my credit card: VISA MC AMEX DISC**

CC # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CV2 \_\_\_\_\_

Signature: \_\_\_\_\_

I agree to comply with the card holder agreement