

**Australian-Maitland Approaches to
Orthopaedic Manual & Manipulative
Physical Therapy**



Time Tested, Evidence Based

***Upper Quarter Differential
Diagnosis: Cervical Spine and
Peripheral Joint Treatment***

July 15-16, 2011

***Lower Quarter Differential
Diagnosis: Lumbar Spine and
Peripheral Joint Treatment***

August 12-13, 2011

**Friday evening, 6-9 p.m.
Saturday, 9 a.m.-6 p.m.
In Salt Lake City, Utah**

Instructor

Krista J. Clark, PT, FAAOMPT

A Letter From Krista J. Clark

Dear Colleague,

Several physical therapists asked me to make my OMPT workshops more available.

These inquiries have increased with new CEU requirements for PT license renewal, the approaching May 31, 2011, deadline and looking ahead to 2013. So I am delighted to invite you to attend two workshops.

Open solely to physical therapists, these workshops will enhance clinical assessment knowledge, manual PT treatment technique repertoire and handling skills.

The skills you learn may be applied to patient populations in many settings, including home health, geriatrics, pediatrics and neurological rehab.

Research to support these evidence-based treatment approaches will be referenced.

The courses are an opportunity to invest in yourself and your career through the high-level knowledge and expertise you gain.

I look forward to meeting you.



Course Descriptions & Objectives

You will learn subjective and objective examination and clinical reasoning – when to use the appropriate tests, how to interpret the examination results and treatment responses to differentiate and treat spinal, peripheral and neuromeningeal components of a condition.

- **Upper Quarter Class:** Cervical and upper thoracic spinal, shoulder, elbow and wrist mobilization and manipulative techniques, including basic UE neuromeningeal mobilization (nerve gliding) techniques.
- **Lower Quarter Class:** Lumbar and lower thoracic spinal, hip, knee and ankle mobilization and manipulative techniques, including basic LE neuromeningeal mobilization techniques.

Course Contents

Day 1 6-9 p.m.

- Clinical reasoning-assessment principles of differentiation precautions/contraindications
- Subjective examination
- Pain patterns and pain diagrams
- Planning the objective examination
- Overview of objective examination, differential diagnosis and selective tissue differentiation
- Spinal palpation - mobilization

Day 2 9 a.m.-6 p.m.

- Principles of screening for medical conditions
- Grades of movement
- Spinal and peripheral joint examination, mobilization and manipulative techniques
- Neuromeningeal mobility tests
- Case studies: examination and treatment technique application and practice



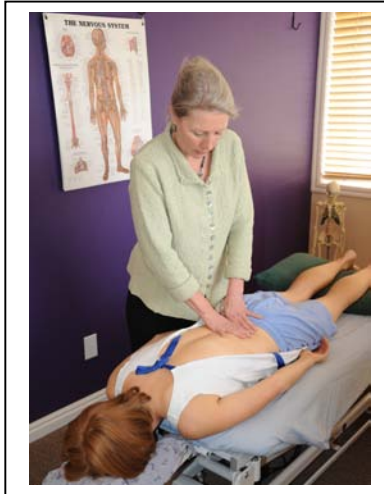
**UPTA & WY Approved
Continuing Education for
Physical Therapists
11 credit hours per course**

Course Format

The courses will be taught in a lecture, laboratory and case study format. Class size will be small to allow you to receive individual feedback from the instructor. This individual instruction will help you develop your manual PT handling skills and mobilization techniques.

Course Location:

The courses in July and August will be at Canyon Rim Physical Therapy, 6360 S. 3000 E., Suite 125. Salt Lake City. The location is subject to change to Park City, (less than 45 minutes drive from the original location).



About the Instructor

Krista J. Clark, PT, FAAOMPT

After attending the University of Utah, Krista Clark received her physical therapy degree at University of Health Sciences/The Chicago Medical School in 1984. She completed the Kaiser Hayward Physical Therapy Residency/Fellowship Program in Advanced Orthopedic Manual Therapy in 1989. She served on the executive board of the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT), 2001-04. In 1991, she began teaching continuing education courses in orthopedic manual PT for physical therapists in the San Francisco Bay area. In Chapel Hill, NC, she continued to teach and was co-founder of Synergistic Health Center, a multi-disciplinary integrative health center working with mind-body-spirit. Her current private practice, Wellspring Physical Therapy, is in Midway, UT.

Course participants must be licensed physical therapists. Enrollment is limited.

Tuition: \$375 per course; \$350 per course for both

Registration Form

Name: _____

Address: _____

City: _____

State: _____ **ZIP:** _____

Phone: _____

E-Mail: _____

PT license # _____ **State of licensure** _____

Registration: Deadline is 10 days before each course. After that, call or e-mail for space availability. Confirmation will be sent via e-mail.

Cancellation Policy: 7 days prior to course, full tuition can be applied to another course or refunded, less \$30 handling fee. A full refund will be made if no space is available or if the course is cancelled.

UQ DDX, _____ **LQ DDX May 20-21**
 _____ **July 15-16** _____ **August 12-13**

_____**Check enclosed, payable to:**
Wellspring Physical Therapy Seminars

Bill my _____ **Visa** _____ **MasterCard** _____ **Disc**

Card # _____

Expiration Date _____ **Total \$** _____

Send registration to:

**Wellspring Physical Therapy Seminars
 37 W. Main St., Midway, UT 84049**

Or fax on a secure line to: 435- 657-0330

Ph. 435-657-0123 kjclark@wellspringptutah.com

Look for future courses, including a year-long course, Evaluation & Treatment of the Vertebral Column & Extremities, which will meet a Friday evening and Saturday all day once a month for 12 months.

www.wellspringphysicaltherapyutah.com

<http://www.facebook.com/pages/Wellspring-Physical-Therapy-and-Seminars/118067921603373>