

HOW TO REGISTER

Complete the following and mail to the address below.

Exercise for Rehabilitation & Training

Name: _____

(Please Print Clearly)

___ Alumni ___ CI/CCCE ___ Clinician

Address: _____

Phone No. _____

Email: _____

Check No.: _____ Amount: _____

MAKE CHECK PAYABLE TO SAMUEL
MERRITT UNIVERSITY

Mail registration and check to:

Veronica Paniagua,
Administrative Assistant
Samuel Merritt University
Department of Physical Therapy
450 30th Street, Suite 3706
Oakland, CA 94609
Fax 510-869-6282

REGISTRATION DEADLINE:
OCTOBER 19, 2009



Cut

Samuel Merritt University - DPT
450 30th Street, Suite 3706
Oakland, CA 94609



SAMUEL MERRITT
UNIVERSITY

**DOCTOR OF
PHYSICAL THERAPY
PROGRAM**
ALUMNI AND CLINICAL
INSTRUCTORS
APPRECIATION DAY

**EXERCISE FOR
REHABILITATION &
TRAINING**

TAUGHT BY
RAFAEL F. ESCAMILLA,
PT, PhD

Health Education Center
400 Hawthorne Ave.
Oakland, CA

November 7, 2009

INTRODUCTION

The faculty at Samuel Merritt University truly value the efforts of the clinicians who provide clinical education to our students. As an expression of our gratitude, we are offering this continuing education course to our clinical faculty, as well as our alumni, at a reduced rate.

We want to support both our clinical faculty and our alumni in their continued learning. We will be offering a continuing education course annually. We plan to provide programming that will serve all practice settings. Your input on topics and timing of courses is valuable to us. We would like to develop a closer relationship with our alumni to support their continued professional growth. We look forward to developing a stronger alliance.

Gaye Raymond, ACCE
Department of Physical Therapy
Samuel Merritt University

COURSE DESCRIPTION

With limited treatment times becoming the norm, it is important to maximize our exercise interventions. This presentation explores the different types of exercise; principles of resistance and biomechanics related specifically to the knee and shoulder joints; principles of plyometrics with specific exercise recommendations for core strengthening; and finally, specific exercise and aerobic training recommendations for youth, middle aged and elderly individuals.

FACULTY

Rafael F. Escamilla, PT, PhD is currently a Professor of Physical Therapy at California State University, Sacramento. He provides continuing education courses related to exercise, biomechanics, EMG and joint specific exercise protocols. His grant awards and research provide the basis for his presentations. He practices at Results Physical Therapy & Training Center in Sacramento

WHO SHOULD ATTEND?

Open to PTs, PTAs, PT/PTA students, OTs, COTAs. Six contact credits hours available, 0.6 CEU. (Approval Pending) Attendees will receive a certificate of completion.

COURSE SCHEDULE

Saturday, November 7, 2009

8:30 am Registration and Continental Breakfast

9:00 am – 12 pm- Morning Session

12:00 pm – 12:45 pm - Lunch

12:45 pm – 4:00 pm - Afternoon Session

FOR MORE INFORMATION

Gaye Raymond PT, MS
ACCE & Assistant Professor
510-869-8734 or graymond@samuelmerritt.edu

REGISTRATION INFORMATION

Fee: \$25.00 for CCCEs /CIs and alumni; \$95.00 for other clinicians. Priority registration will be given to CCCEs/CIs. Fee includes course materials, continental breakfast and lunch. Cancellation policy:

Individuals must request a refund 72 hours prior to the beginning of the course.

COURSE OBJECTIVES:

- To provide an overview of different types of exercise and biomechanical principles that can be used with pathology related to the ACL, patello-femoral & shoulder joints
- To discuss principles of plyometrics with specific exercise progressions employed for core strengthening.
- To discuss principles of resistance training specific to youth and elderly; and, aerobic training specific to middle-aged and elderly people.

SAMUEL MERRITT UNIVERSITY

Please visit our website (www.samuelmerritt.edu) to learn more about the Doctor of Physical Therapy Program at Samuel Merritt University. You may visit this website for directions to Samuel Merritt University as well.

We look forward to seeing you at the event. Thank you from all of us in the Physical Therapy Department at Samuel Merritt University.