



**Course Title:** Geriatric Rehab 108 - Impaired Posture

**Course Description:** Geriatric Rehab 108, Impaired Posture, is a 2-hour course designed for the clinician working in geriatrics in the acute care environment. This course will cover various aspects of posture and postural dysfunction that may occur throughout the aging process. This clinically-relevant information will provide the clinician with the proper knowledge and foundation to be better equipped to treat and diagnose geriatric patients with postural impairments and help to design effective treatment plans.

**Target Audience:** OT / OTA and other healthcare professionals

**Course Type:** Video vs. Text-based

**Educational Level:** Beginner, Intermediate, Advanced

**CE Hours:** 2 contact hour / .2 ceu

**Course Prerequisites:** None

**Course Author / Instructor:** Guccione, PT, PhD, DPT / Brown, MS, OTR/L, CHT

**Learning Objectives:**

**Hour #1**

Introduction

Normal Posture

DEVIATIONS FROM OPTIMAL POSTURE

Forward Head Posture Thoracic Kyphosis

Consequences of Less Than Optimal Posture

Age-Related Changes in Body Structure and Function

THE ROLE OF POSTURE IN COMMON SPINAL CONDITIONS

Spinal Osteoarthritis Spinal Stenosis

PHYSICAL THERAPY MANAGEMENT OF THE PATIENT

**Hour #2**

POSTURE DYSFUNCTION

History Alignment Range of Motion Strength

Respiratory Function Interventions Balance

CHANGING FAULTY POSTURE: EVALUATION, DIAGNOSIS, PROGNOSIS, AND PLAN OF CARE

Therapeutic Exercise to Correct Faulty Postural Muscle Imbalances Interventions Targeting ADL

Exercise Instruction Resources External Supports

Summary

**Course Completion Requirements:**

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

### **Additional Course Information**

**Course Registration:** Register for Free at [www.OnlineCE.com](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto:info@onlinece.com) for special needs requests and assistance.

**Refund Policy:** There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

**Cancellation Policy:** Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

**Course Date and Location:** This is an independent course that is available 24/7 on-demand at [www.OnlineCE.com](http://www.OnlineCE.com).

**Required Materials and Equipment:** Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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