



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Geriatric Rehab 108

**Sub-Title:** 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

**Course Length:** 2 hours

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

**Educational Level:** Introductory, Intermediate, Advanced

**Course Objectives:**

At the conclusion of the course, participants will be able to:

- Differentiate normal and abnormal postures
- Understand age-related changes that influence spinal alignment
- Explain common spinal conditions such as osteoporosis, spinal osteoarthritis and spinal stenosis
- Understand the role of therapy in managing patients with postural dysfunctions
- Become familiar with evaluation, diagnosis, prognosis and developing plan of care with patients with postural dysfunction
- Examine external supports used with patients with postural dysfunction

**Outline of Content:**

**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 WITH

**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

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

**Course Completion Requirements:**

A minimum 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, you will receive your certificate of completion and AOTA eligible CEUs.

**AOTA Classification Codes:**

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

**Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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