



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Rehab 190

Course Subtitle: Therapeutic Programs for Musculoskeletal Programs Involving the Foot and Ankle

Source: Therapeutic Programs for Musculoskeletal Disorders, by James F. Wyss and Amrish D. Patel

Source Description: Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans. Chapters are written by teams of musculoskeletal physicians, allied health professionals, and trainees to underscore the importance of collaboration in designing programs and improving outcomes.

The book employs a literature-driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis. Each condition-specific chapter includes clinical background and presentation, physical examination, and diagnostics, followed by a comprehensive look at the rehabilitation program. Case examples with detailed therapy prescriptions reinforce key points.

See course outline below for details

Target Audience: PT/PTA and other healthcare professionals

Course Length: 2 hours

Course Author/Instructor: Wyss, MD, PT and Patel, MD, PT / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

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

- Outline 3 key characteristics of various foot and ankle injuries including lateral ankle sprains, chronic ankle instability, Achilles tendinopathy, posterior tibial tendinopathy, plantar fasciitis and other ankle disorders
- Summarize and list 3 treatment guidelines for all of the injuries listed above
- Define which modality is used for diagnosing each of the above pathologies

- Provide an outline of 3 exercises used in the rehab of each foot and ankle injury listed above
- Define 2 specialized techniques used for each of the foot and ankle injuries listed above

Outline of Content:

Hour #1

Lateral Ankle Sprains

Introduction
 The Rehabilitation Program
 Therapeutic Modalities
 Manual Therapy
 Therapeutic Exercise
 Specialized Techniques
 Home Exercise Program
 Summary
 Sample Case
 Sample Therapy Prescription

Chronic Ankle Instability

Introduction
 The Rehabilitation Program
 Therapeutic Modalities
 Manual Therapy
 Specialized Techniques
 Home Exercise Program
 Summary
 Sample Case
 Sample Therapy Prescription

Achilles Tendinopathy

Introduction
 The Rehabilitation Program
 Therapeutic Modalities
 Manual Therapy
 Therapeutic Exercise
 Specialized Techniques
 Home Exercise Program
 Summary
 Sample Case
 Sample Therapy Prescription

Hour #2

Posterior Tibial Tendinopathy

Introduction
 The Rehabilitation Program
 Therapeutic Modalities

- Manual Therapy
- Therapeutic Exercise
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

Plantar Fasciitis

- Introduction
- The Rehabilitation Program
- Therapeutic Modalities
- Manual Therapy
- Therapeutic Exercise
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

Other Ankle Disorders

- Introduction
- The Rehabilitation Program
- Therapeutic Modalities
- Manual Therapy
- Therapeutic Exercise
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

Instructional Methods and Formats:

Online course available 24/7 at 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 the 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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