

# Advance Exercise Prescription: Effective Testing and Interventions for the Complex Patient

March 20-21, 2010 – UCSF, San Francisco

\$220 PTA Members

Instruction level: Intermediate

8:00 a.m. – 5:30 p.m.

\$350 PT Members

16 contact hours

**Register by March 5, 2010**

\$560 Non-Members

## SPEAKER

**Steven H Tepper, PT, PhD**, received his BS in Physical Therapy and a PhD in Experimental Pathology from the University of Maryland where he taught for 12 years before spending 13 years at Shenandoah University, where he was a professor and Director of the entry-level and transitional-DPT programs. His fields of experience include an interest in endurance testing, differential diagnosis of endurance impairments, and the effects exercise training has on disease or the prevention of disease. He has authored several chapters and peer reviewed journal articles on various topics.

## COURSE DESCRIPTION

Endurance...how do you know if your patient is safe to climb the stairs, walk across the room, or jog around the block? Is your exercise program effectively increasing your patient's endurance? Join your colleagues in the examination, selection, and administration of specific tests and measures for complex patients/clients with endurance impairment. Emphasis will be on differentiating the cause of endurance impairment. A case-based approach will be used to demonstrate the scientific basis of tests used in a variety of physical therapy settings to measure endurance across the continuum. Additional examination and interventions relevant to complex cases will be discussed. A lab will enable participants to perform different tests of endurance, vascular insufficiency, pulmonary function, and body mass index.

## COURSE OBJECTIVES

Upon completion of this course, you'll be able to:

- Differentiate probable cause and mechanism for endurance impairments.
- Review (and perform some of the) methods to examine endurance and other relevant impairments including peripheral vascular disease, O<sub>2</sub> saturation, heart rate, blood pressure, rate pressure product (HR x SBP), pulmonary function tests, minute ventilation, and oxygen consumption.
- Select the appropriate endurance test for the cases presented.
- Realize the importance of physiological monitoring of patients while at rest and during exercise.
- Differentiate when exercise/activity might be contraindicated.
- Differentiate the signs/symptoms that would cause you to limit exercise/activity.
- Prescribe appropriate exercise training programs for the given cases.
- Explain the evidence revealed in the literature for endurance training.

## REGISTRATION

Print Name (first, middle initial, last)

APTA Member #

Employer Name or Self Employed

E-mail address

Mailing Address

City

State

Zip

Daytime Telephone

Fax number

## PAYMENT

\$ \_\_\_\_\_ Registration fee (M8)

\$ \_\_\_\_\_ CAL PT Fund donation

\$ \_\_\_\_\_ CAL-PT-PAC donation

\$ \_\_\_\_\_ Total

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Tel: (916) 929.2782; Fax (916) 646.5960

CPTA accepts Visa, MasterCard, Discover and American Express. Make checks payable to CPTA. Cancellations must be received in writing. Full refund less 20% if cancellation is received 7 days before the start of the course. No refunds after March 12, 2010.

