

## FUNCTIONAL EXAMINATION AND EVIDENCE-BASED EXERCISE PRESCRIPTION FOR AGING ADULTS

**13-15/3/2016 - ביה"ס לפיזיותרפיה באסף הרופא**

עלות הקורס:

950 ₪ לפיז' חברי העמותה עד ה 01.03.16 ✓

1,100 ₪ לפיז חברי העמותה מה 01.03.16 ✓

1,300 ₪ לפיז' שאינם חברים בעמותה ✓

**[להרשמה לחץ כאן](#)**



### **MARILYN MOFFAT**

PT, DPT, PhD, DSc (hon), GCS, CSCS, CEEAA, FAPTA

Dr. Marilyn Moffat, a recognized leader in the United States and internationally, is a practitioner, a teacher, a consultant, a leader, and an author. She is a Full Professor of Physical Therapy at New York University, where she directs both the professional doctoral program (DPT) and the post-professional graduate master's degree program in pathokinesiology. She is in private practice in the New York area. Dr. Moffat is immediate Past-president of the World Confederation for Physical Therapy, and she coordinated the efforts to develop international guidelines for physical therapist educational programs and standards of physical therapy practice around the world. She has given over 800 professional presentations throughout her practice lifetime, and she has taught and provided consultation services in many areas around the globe.

Dr. Moffat completed a six-year term as the President of the American Physical Therapy Association (APTA) in 1997 during which time she was instrumental in the development of the "Guide to Physical Therapist Practice" and the "Normative Model for Physical Therapist Education". Amongst her many publications are two books for the lay audience - *American Physical Therapy Association's Book of Body Maintenance and Repair* and *Age-Defying Fitness*.

Dr. Moffat has received numerous national and international awards and has had 3 awards named after her.

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### **לוח זמנים משוער**

#### **Day 1 13/3/16 – Functional Examination**

8:30-9:00 Registration

9:00-10:30

Introduction; changes of aging; functional requirements for community-living aging adults; predictors of successful aging

Physical therapist examination

Aerobic capacity/endurance tests and measures

Anthropometric tests and measures

Balance tests and measures

10:30-10:45 Break

10:45-12:15

Balance tests and measures (cont)

Gait tests and measures

Mobility tests and measures

Mental function tests and measures

12:15-1:15 Lunch

1:15-3:15

Muscle performance tests and measures

Posture tests and measures

Range of motion tests and measures

Sensory integrity tests and measures

Multipurpose tests and measures

3:15-3:30 Break

3:30-5:00

Practical laboratory

#### **Day 2 14/3/16 – Exercise Prescription**

8:30-9:00 Registration

9:00-10:30

Introduction and responses to exercise

Exercise principles

Exercise prescription – aerobic exercise

Lab – aerobic exercise (circuit training)

Exercise prescription – balance training

10:30-10:45 Break

10:45-12:15

Lab – balance training  
Exercise prescription – posture training  
Lab – posture training

12:15-1:15 Lunch

1:15-3:00

Exercise prescription – flexibility training  
Lab – flexibility training  
Exercise prescription – gait training  
Lab – gait training  
Exercise prescription – muscle performance (strength, power, endurance)

3:00-3:15 Break

3:15-5:00

Lab – muscle performance intensity determination; muscle performance training

## **Day 3 15/3/16 – Special Patient Considerations**

8:30-9:00 Registration

9:00-10:30

Barriers and motivators  
Cardiovascular disorders (hypertension, peripheral vascular disorders, stroke)  
Lab – cardiac rehab  
Endocrine disorders

10:30-10:45 Break

Musculoskeletal disorders  
Lab – thoracic kyphosis  
Musculoskeletal disorders (cont)

10:45-12:15

Musculoskeletal disorders (cont)  
Lab – TKA rehab and Glut exercises

12:15-1:15 Lunch

1:15-2:45

Musculoskeletal disorders (cont)  
Lab – Yoga for Low Back

2:45-3:00 Break

3:00-5:00

Neuromuscular disorders  
Lab-Sensorimotor agility program  
Wrap up

**מצפים ומתרגשים לראותכם !**