

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

יתקיים בביה"ס לפיזיותרפיה אסה"ר 15-17.3.2020 בין השעות 08:30-16:30

Marilyn Moffat PT, DPT, PhD, DSc, GCS, CSCS, CEEAA, FAPTA Professor, New York University

Karen Kemmis PT, DPT, RN, MS, GCS, CDE, CEEAA, FAADE

### COURSE DESCRIPTION

This three-day course will encompass both didactic and laboratory practice sessions to enhance knowledge and skill in the optimum management of aging adults.

The number of aging adults with impairments, functional limitations, participation restrictions, and disability will affect physical therapist (PT) practice. Exercise is the single most effective intervention physical therapists can use to positively impact these changes in the aging patient/client. With more aging adults seeking PT services, it will become imperative to maximize the results of PT interventions and capitalize upon the opportunities presented.

The course will provide functional tests and measures for aging adults in the areas of aerobic capacity/endurance, anthropometric characteristics, balance, gait, mobility, mental function, muscle performance, posture, range of motion, with normative data to provide evidence-based baseline information to support the need for interventions. These interventions should be supported by research for best practice. The course will provide the knowledge needed for scientifically prescribing safe and effective exercise prescriptions of appropriate intensity for aging adults in the areas of aerobic conditioning/endurance training, balance, coordination, and agility training; posture training; flexibility training; gait and locomotion training; and muscle performance training (strength, power, endurance). The course will also analyze the barriers and motivators for exercise and a knowledge of the evidence-based practice for selected patient/client populations (those with cancer, cardiovascular disorders, endocrine disorders, obesity, pulmonary disorders, and frailty).

#### עלות הקורס:

1,300 ₪ לחבר עמותה.

1,700 ₪ למי שאינו חבר עמותה.

עלות הברות שנתית בעמותה 390.6 ₪

על מנת להיות חבר עמותה ולקבל את כל ההטבות, העזרה, התמיכה והמידע כל השנה!  
**יש ללחוץ כאן** להירשם כחבר/ה ולקבל את ההנחה כבר בקורס הזה.

להרשמה לקורס [לחצו כאן](#) לתקנון ביטולים [לחצו כאן](#)

**ההרשמה מוגבלת ל-50 משתתפים, כל הקודם זוכה !!**

## **PART I - Functional Examination**

The objectives of this part include:

1. Comprehension of demographics related to older adult populations, including disease trends and growing disability
2. Knowledge of the anatomical and physiological changes in the aging cardiovascular/pulmonary, musculoskeletal, neuromuscular, hormonal, genito-urinary, and integumentary systems and nutritional changes
3. Awareness of aging characteristics
4. Analysis of the aging adults and fitness, aging adults and physical activity, functional requirements for community-living aging adults, and growing disability
5. Identification of the slippery slope of aging
6. Knowledge of the predictors of successful aging
7. Knowledge of the components of the physical therapist examination (history, systems review, tests & measures)
8. Knowledge of ways of choosing the best test and measure for examination of aging adults
9. Analysis of and skill in each of the following specific tests and measures:
  - a. Aerobic capacity/endurance
  - b. Anthropometric characteristics
  - c. Balance
  - d. Gait
  - e. Mobility
  - f. Mental function
  - g. Muscle performance
  - h. Posture
  - i. Range of motion
  - j. Sensory integrity
  - k. Multipurpose

## **PART II - Exercise Prescription**

The objectives of this part include:

1. Awareness of the functional markers of fun, function, frailty, and failure
2. Knowledge of the responses to exercises in each of the following areas:
  - a. Body systems
  - b. Morbidity/mortality
  - c. Quality of life/functional abilities
  - d. Old old/Frail elders/Critically ill
3. Analysis of the components of physical therapist exercise prescription
  - a. Warm-up/cool down
  - b. Physical stress theory
  - c. Exercise principles
  - d. Prescribing exercise [Frequency, Intensity, Time, Type (FITT)]
4. Analysis of and skill in each of the following areas of exercise for older adults:
  - a. Aerobic conditioning/endurance training
    - i. Definition ii. FITT iii. Progression iv. Evidence
  - b. Balance, coordination, and agility training
    - i. Definition ii. FITT iii. Evidence
  - c. Posture training
    - i. Definition ii. FITT iii. Evidence
  - d. Flexibility training
    - i. Definition ii. FITT iii. Evidence
  - e. Gait and locomotion training
    - i. Definition ii. FITT iii. Evidence
  - f. Muscle performance training (strength, power, endurance)
    - i. Definition ii. FITT iii. Evidence

## **PART III – Motivation, Special Populations, Complementary Activities**

The objectives of this part include:

1. Analysis of barriers to effective exercise prescription
2. Understanding of the motivators for exercise
3. Knowledge of evidence-based practice for selected patient/client populations
  - a. Cancer
  - b. Cardiovascular disorders
  - c. Endocrine disorders
  - d. Musculoskeletal disorders
  - e. Neuromuscular disorders
  - f. Obesity
  - g. Pulmonary disorders
  - h. Frailty
4. Skill in exercise applications to specific conditions

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

Dr. Moffat 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) during which time she was instrumental in the development of the "Guide to Physical Therapist Practice" and the "Normative Model for Physical Therapist Education". She is a Geriatric Clinical Specialist, a Certified Strength Conditioning Specialist, a Certified Exercise Expert for Aging Adults, and a certified BoneFit Professional. She established the APTA Section on Geriatric's Certification Program for Physical Therapists as Exercise Experts for Aging Adults and served as its first co-chair for four years. Dr. Moffat is currently a member of the American College of Sports Medicine Exercise is Medicine® work group. 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*. She also completed a 4-book series known as the *Musculoskeletal Essentials*, *Cardiovascular/Pulmonary Essentials*, *Neuromuscular Essentials*, and *Integumentary Essentials* for physical therapy clinicians and students. Dr. Moffat has received numerous national and international awards and has had 3 awards named after her – the Marilyn Moffat Leadership Award of the American Physical Therapy Association, the Dr. Marilyn Moffat Distinguished Service Award of the New York Physical Therapy Association, and the Marilyn Moffat Service Award of the North America/Caribbean Region World Confederation for Physical Therapy. She is a Catherine Worthingham Fellow of the APTA, presented the Mary McMillan Lecture, and is a recipient of the WCPT's Mildred Elson Award.

**Karen Kemmis, PT, DPT, RN, MS, GCS, CDE, FAADE**

Dr. Karen Kemmis is a Physical Therapist, Certified Diabetes Educator, and adjunct professor at SUNY Upstate Medical University in Syracuse, New York. She is currently the Joslin Education Team Leader and Diabetes Care and Education Specialist at Upstate Medical University. She has worked at the Syracuse affiliate of the Joslin Diabetes Center and University Endocrinologists for 24 years. She earned bachelor and doctorate degrees in physical therapy at SUNY Upstate Medical University and a master's degree in exercise physiology from Syracuse University. Dr. Kemmis is also a registered nurse. She specializes in physical therapy and exercise prescription for aging adults, those with diabetes, osteoporosis, orthopedic conditions, and with balance dysfunction. She was co-chair and an instructor for the Certification as Exercise Experts for Aging Adults program for the American Physical Therapy Association's Section on Geriatrics. She is Immediate Past-President of the Diabetes Care and Education Specialists (DCES) and is a Fellow of the American Association of Diabetes Educators (now DCES). She has presented nationally and internationally on diabetes and osteoporosis, has authored chapters on the aging musculoskeletal system and physical therapy for osteoporosis, is a frequent resource and contributor for the National Osteoporosis Foundation, and is a media spokesperson and blogger for the AADE. She utilizes Pilates exercise for rehabilitation in her practice.