

העמותה לקידום הפיזיותרפיה שמחה וגאה להזמין להירשם ליום עם ד"ר מרלין מופט:

"FALL PREVENTION STARTS WITH PHYSICAL THERAPIST INTERVENTION"

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בשעות 8:30-15:00

The objectives of this presentation include:

1. The definitions of balance and falls
2. Analysis of the risk factors for falls
3. Understanding of fall grading and fall injuries
4. Comprehension of the anatomical and physiological changes related to falls and balance
5. Analysis of and skill in each of the following specific tests and measures:
 1. Aerobic capacity/endurance
 2. Balance
 3. Gait
 4. Mobility
 5. Muscle performance
 6. Multipurpose
6. Analysis of and skill in each of the following areas of exercise for older adults:
 1. Aerobic conditioning/endurance training
 1. Definition
 2. FITT
 3. Progression
 4. Evidence
 2. Balance, coordination, and agility training
 1. Definition
 2. FITT
 3. Evidence
 3. Posture training
 1. Definition
 2. FITT
 3. Evidence
 4. Flexibility training
 1. Definition
 2. FITT
 3. Evidence

5. Gait and locomotion training
 1. Definition
 2. FITT
 3. Evidence
6. Muscle performance training (strength, power, endurance)
 1. Definition
 2. FITT
 3. Evidence

עלות לחבר עמותה: 160 ₪. עלות למי שאיננו חבר: 210 ₪.

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