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ATHLETIC TRAINERS

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## We Hear You!

Many customers have reached out to us stating their appreciation that At Home Seminars still offers hard copy reading materials for continuing education. There are fewer and fewer companies that continue to offer courses in this format, but we still do! If you don't want to watch a webinar or read from a computer or tablet, we have solutions for you!

Our courses are no longer approved for Nevada Physical Therapy credit and only a limited number are approved for Ohio Physical Therapy credit. This is due to restrictions with text-based courses.

**It is extremely important that you verify the approval status of a course in your state and profession before you order.**

You can do this checking our website at **www.athomeseminars.com**. Click on the green boxes for Physical Therapists, Occupational Therapists or Athletic Trainers. Then select the state(s) you are licensed in.

**Remember that not all courses are available in all formats. Some of our previously offered courses have been retired and some are only available in electronic download format.**



Courses offered by At Home Seminars are valid and/or pre-approved in most states including: AK, AL, AR, AZ, CA, CO, CT, DE, DC, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NE, NV, NH, NJ, NM, NY, NC, ND, OK, OH, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WV, WI & WY for either PT and/or OT CE credit. At Home Seminars is an approved continuing education provider for the Hand Therapy Certification Commission, the Illinois PT & OT Boards, the Indiana Occupational Therapy Board, the Texas PT Board, the New York PT Board, the California PT Board, and is a member of the NBCOT Professional Development Registry.

Not all courses are approved by the Physical and Occupational Therapy Boards in all states for the hours listed in this catalog and some restrictions may be present.

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## **Step 1: Pick out your courses and check their approval status for your state.**

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At Home Seminars submits our courses to states for pre-approval of continuing education units when possible. Some states have restrictions on the number of home-study hours that can be utilized for license renewal or have approved some of our courses for different lengths than we requested or have even denied course approvals. Although we make every attempt to have the most recent information on course requirements, states are often changing their requirements and we are not notified. **It is solely the responsibility of our customers to check on the approval status of a course for their state before ordering and to know the restrictions their state may have for license renewal.**

## **Step 2: How would you like to place your order?**

You can place your order online, by fax or by telephone 24 hours/day or mail your order to us. **Mail your order and pay by check or money order to save 15% (see page 27)**

## **Step 4: How would you like to take your test?**

You can take your test online, fax your answer sheet to us, or mail your test to us. All tests are processed in our office within 24 business hours regardless of how they are received. Testing online is free and you will find out immediately if you passed or failed and can print your certificate. Every course is automatically set up for online testing when ordered.

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Do you want to receive your course as a downloadable file or have your order shipped by Priority Mail, UPS, or "Best Shipping" to let us choose the best way to ship.

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order you have received  
You need to make a return  
You need help logging into your online  
account or forgot your password

You have problems with a certificate  
You have questions about how home  
study courses work or need general  
information  
You have a large, complex order  
(multiple Share A Courses)  
You are using a purchase order  
You have problems downloading a  
course  
You have a "unique" question or  
problem

***At Home Seminars Administrative Offices are open  
9am-6pm PST; Monday-Friday***



# Stroke Rehabilitation: A Function-Based Approach

These courses are offered in cooperation with Elsevier Health and utilize the textbook, "Stroke Rehabilitation: A Function-Based Approach, 4th Edition" by Glen Gillen, EdD, OTR, FAOTA.

Extensively updated with the latest research in assessment and intervention, these essential courses present an evidence-based and application-based approach that integrates

background medical information, samples of functionally based evaluations, and current treatment techniques and intervention strategies to help you confidently manage the growing number of stroke rehabilitation clients.

**Module 1 (Course #781):** covers pathophysiology, medical management and acute rehabilitation of stroke survivors, psychological aspects of stroke rehabilitation and improving participation and quality of life through occupation.

**Module 2 (Course #782):** covers the task-orientated approach, activity-based interventions in stroke rehabilitation and approaches to motor control dysfunction.

**Module 3 (Course #783):** covers trunk control, balance impairments and vestibular rehabilitation when performing stroke rehabilitation.

**Module 4 (Course #784):** covers upper extremity function and management and rehabilitation technologies to promote upper limb recovery after a stroke.

**Module 5 (Course #785):** covers edema control, splinting applications and functional mobility after a stroke.

**Module 6 (Course #786):** covers gait awareness, management of visuospatial impairments to optimize function, and the impact of neurobehavioral deficits on ADLs.

**Module 7 (Course #787):** covers enhancing the performance of ADLs after a stroke, the treatment of cognitive-perceptual deficits using a function-based approach and managing speech and language deficits after a stroke.

**Module 8 (Course #788):** covers parenting after stroke, driving and community mobility, dysphagia and sexual function and intimacy.

**Module 9 (Course #789):** covers adaptation for ADLs, leisure activity participation after stroke, seating and wheelchair prescription and home evaluation and modifications.

These courses are approved for 8.0 contact hours each. *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.*

Instructional Level: Intermediate

8.0 contact hours

Any single module

Electronic Download

**Course #(ie..781)**

**Course #+ E (ie..781E)**

**\$119.95**

**\$103.95**

**BUY A BUNDLE PACK AND SAVE UP TO \$350!!**

# Stroke Rehabilitation: A Function-Based Approach (continued from previous page...)

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## Rehab Combo Pack:

2 X 8 contact hours (16 hrs)  
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(Specify Module #s) (ie..781/782)  
\$227.95

Electronic Download  
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(Specify Module #s) (ie..781/782)  
\$191.95

## Rehab Bundle Pack:

4 X 8 contact hours (32 hours)  
**Course #REHAB4BUNDLE**  
(Specify Module #s)  
\$384.95

Electronic Download  
**Course #REHAB4BUNDLE-E**  
(Specify Module #s)  
\$349.95

## Rehab Triple Pack:

3 X 8 contact hours (24 hrs)  
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(Specify Module #s)  
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Electronic Download  
**Course# REHAB4TRIPLE-E**  
(Specify Module #s)  
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## Rehab Value Pack:

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(Save Up To 33%)

Electronic Download  
**Course #REHAB4VALUE-E**  
\$674.95 (Save Over \$250!)

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## Functional Fitness for Older Adults

This course is offered in cooperation with Human Kinetics and includes the soft-back textbook, "Functional Fitness for Older Adults" by Patricia A. Brill, PhD, c2004. This textbook is an illustrated guide for activity professionals working with adults over the age of 65, especially those who are unable to complete activities of daily living because of poor functional levels. This course includes a variety of specialized activity programs designed to improve upper and lower body strength, balance, range of motion, and functional performance. Extensive research has verified that the guidelines and programs are safe and will result in significant functional gains for most participants, improving their health-related quality of life.

Specific guidelines are included for working with older adults with: arthritis, COPD, depression, diabetes, heart disease, hypertension, osteoporosis and stroke. The exercise instructions, abundant illustrations, and program guides put all the information you need for teaching exercises and leading programs at your fingertips. This course is the most comprehensive guide available for building your repertoire of programs for improving the overall quality of life for older adults. 128 pages. This course is approved for 6.0 contact hours. Instructional Level: Beginner/Intermediate. This course is only available as an electronic download. This course is not approved for Ohio PT credit.

6.0 contact hours  
Electronic Download

**Course #804E**

\$79.95



# Geriatric Physical Therapy

These courses are offered in cooperation with Elsevier Health and utilize the textbook, "Geriatric Physical Therapy, 3rd Edition" by Andrew A. Guccione, PT, PhD, DPT, APTA, Rita Wong, EdD, PT and Dale Avers, PT, DPT, PhD.



These courses offer a comprehensive presentation of geriatric physical therapy science and practice, with practical information on aging-related changes in function, the impact of these changes on patient examination and evaluation, and intervention approaches that maximize optimal aging. It emphasizes evidence-based content that you can use throughout the patient management process and includes the foundational knowledge you need for clinical success.

**Module 1 (Course #761):** covers foundations of geriatric care, demography, mortality, and morbidity of older adults, the physiology of age-related and lifestyle-related decline, geriatric pharmacology and exercise and physical activity for older adults.

**Module 2 (Course #762):** covers contexts for examination and interventions including patient management principles, sensory and cognition changes in the older adult, evaluation of the acute and medically complex patient, motivation and patient education and the families of older adults.

**Module 3 (Course #763):** covers evaluation, diagnosis and the plan of care including assessments of aerobic capacity, endurance, joint mobility, muscle performance, motor control, posture, ambulation, functional mobility, balance and falls.

**Module 4 (Course #764):** covers special problems and interventions including impaired integumentary integrity, urinary incontinence, pain management, lower-limb orthoses and prosthetic management for older adults with lower limb amputations.

**Module 5 (Course #765):** covers special populations and the continuum of care including wellness for the aging adult, home health, hospice, the senior athlete and older adults with developmental disabilities.

These courses are approved for 15.0 contact hours each. *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.*  
Instructional Level: Intermediate (Note: these courses are not approved for Ohio PT credit)

15.0 contact hours

Any single module

**Course #(ie..761)**

**\$224.95**

Electronic Download

**Course #+ E (ie..761E)**

**\$194.95**

**BUY A BUNDLE PACK AND SAVE UP TO \$425!!  
(Bundle Pricing on Next Page...)**

# Geriatric Physical Therapy (continued from previous page...)

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## Geriatric Combo Pack:

2 X 15 contact hours (30 hrs)  
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\$419.95

Electronic Download  
**Course# GERICOMBO-E**  
(Specify Module #s) (ie..761/762)  
\$359.95

## Geriatric Bundle Pack:

4 X 15 contact hours (60 hours)  
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(Specify Module #s)  
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Electronic Download  
**Course #GERIBUNDLE-E**  
(Specify Module #s)  
\$659.95

## Geriatric Triple Pack:

3 X 15 contact hours (45 hrs)  
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(Specify Module #s)  
\$579.95

Electronic Download  
**Course# GERITRIPLE-E**  
(Specify Module #s)  
\$539.95

## Geriatric Value Pack:

5 X 15 contact hours (75 hrs)  
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\$749.95 (Save \$425!!)  
(Save Over 30%!!)

Electronic Download  
**Course #GERIVALUE-E**  
\$699.95 (Save Over \$275!)

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## Fallproof!, 2nd Edition



### What Others Say...

"...If you're going to take a class on balance and fall prevention, this is the class you need to take...by far the most valuable course I've taken (home study or live) in years..."

This course is offered in cooperation with Human Kinetics and includes the hardback textbook, "Fallproof!, 2nd Ed" by Debra J. Rose, c2010. The 2nd edition of FallProof! is a practical guide to implementing a multidimensional balance and mobility training program to address the increasing incidence of falls among older adults. This edition is a research-based resource with a range of balance and mobility assessments and detailed instructions on implementing the FallProof! program.

The second edition contains everything that made the original edition so popular and the FallProof! program so widely recognized and well received. This book continues to be the only text to address the multiple dimensions that contribute to balance and mobility. This research-based approach has been field tested and has shown considerable success in a range of instructional settings, including community-based and residential care environments. 291 pages+DVD. This course is approved for 12.0 contact hours. Instructional Level: Beginner/Intermediate. This course is not approved for Ohio PT credit.

12.0 contact hours  
Electronic Download **Course #810E** \$159.95

# Physical Rehabilitation in Arthritis

This course is offered in cooperation with Elsevier Science and utilizes the textbook “Physical Rehabilitation in Arthritis” c2004 by Joan M. Walker, PhD, MA, Dip TP, BOT, Certifs in PT (NZ) and Antoine Helewa, MSc (Clin Epid), PT. This exciting book is devoted to the treatment of patients with arthritis and rheumatic diseases. The textbook discusses epidemiology, diagnostic information, pharmacology, surgical interventions, and management and rehabilitation issues.

Module 1 (**Course #716**) covers the history of arthritis, epidemiology, pathophysiology, diagnosis and medical management of conditions with arthritis and assessment of joint disease.

Module 2 (**Course #717**) covers pharmacology, surgical interventions, juvenile rheumatoid arthritis, rheumatoid arthritis and ankylosing spondylitis.

Module 3 (**Course #718**) covers osteoarthritis, chronic muscle pain syndromes, patients with multiple joint involvement, splinting, orthotics, psychosocial factors, community-based physical rehabilitation and special topics in clinical research.

These courses are approved for 7.0 contact hours each. *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.*

Instructional Level: Beginner/Intermediate. These courses are not approved for Ohio PT credit.

*We recommend that these modules be taken in order as later chapters refer to previous ones in discussion and treatment issues.*

7.0 contact hours

Any single module

Electronic Download

**Course # (ie..716)**

\$104.95

**Course # +E (ie..716E)**

\$90.95

## BUY A BUNDLE PACK AND SAVE UP TO \$40!!

### Arthritis Combo Pack:

2 X 7 contact hours (14 hrs)

**Course # ARTHCOMBO**

(Specify Module #s) (ie..716/717)

\$199.95

Electronic Download

**Course# ARTHCOMBO-E**

(Specify Module #s) (ie..716/717)

\$169.95

### Arthritis Bundle Pack

3 X 7 contact hours (21 hrs)

**Course # ARTHBUNDLE**

\$274.95 (**Save \$40!**)

Electronic Download

**Course# ARTHBUNDLE-E**

\$249.95



**What Others Say...** "...These courses are excellent for any clinician who deals with patients with arthritic conditions; A group that gets larger every day..."

# Muscle Energy Techniques, 4th Ed

This course is offered in cooperation with Elsevier Science and utilizes the textbook, “Muscle Energy Techniques”, 4th Edition by Leon Chaitow, ND, DO. These courses set out clear, practical and clinical guidelines for all students and practitioners wishing to use muscle energy techniques as part of their patient management. These techniques can be widely used with problems ranging from hypertonicity and muscle tightness to joint dysfunction and joint capsule adhesions.

Module 1 (**Course 778**): Covers how to use MET and applies the techniques to assessing and treating postural muscles

Module 2 (**Course 779**): Covers how to use MET and applies the techniques to assessing and treating joints

These courses are approved for 15.0 contact hours each. *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.*

Instructional Level: Intermediate.

15.0 contact hours

Any single module

Electronic Download

(ie..Course #778)

Course # + E (ie..778E)

**Reduced  
Price!**

\$224.95

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2 X 15 contact hours (30 hrs)

Electronic Download (30 hrs)

Course #METBUNDLE

Course #METBUNDLE-E

**\$389.92**

\$359.95

# Positional Release Techniques

This course is offered in cooperation with Elsevier Science and utilizes the softback textbook, “Positional Release Techniques”, 3rd Edition by Leon Chaitow, ND, DO. This course describes the basis and practice of positional release techniques, a non-invasive technique with potential for instant responses in cases of acute spasm and pain. These techniques are among the simplest soft tissue techniques to learn and the most useful to practice. The text provides a comprehensive and up to date presentation of the techniques. The DVD ROM (plays only on a PC) includes video clips of the author demonstrating the application of the different techniques. 264 pages and DVD-ROM. This course is approved for 15.0 contact hours. Instructional Level: Beginner/Intermediate. *Note: The textbook utilized in this course is out-of-print and only a softback version is available.* This course is not approved for Ohio PT credit.

15.0 contact hours

Electronic Download

Course #729

Course #729E

\$224.95

\$194.95

# Manual Interventions for Thoracic Outlet Syndrome

How much do you know about thoracic outlet syndrome? This course describes the different types of TOS and their symptoms. Discover other techniques besides the traditional thoracic outlet syndrome tests to help evaluate and treat this disorder. This course focuses on manual therapy techniques to evaluate and treat thoracic outlet syndrome in your patients and includes a section on therapeutic exercises to assist in your patient’s recovery. 42 pages. Instructional Level: Beginner/Intermediate.

Richard D. Asaro, PT, DPT, MTC, CEAS

4.0 contact hours

Electronic Download

Course #904

Course #904E

\$59.95

\$51.959

Order Anytime! (877) 246-5545

# Knee Anatomy and Biomechanics

Reviews anatomy and biomechanics of the human knee with discussion of movements of flexion, extension and axial rotation. 23 pages. This course is valid for 2.0 contact hours. This course is not valid for Ohio PTs. Instructional Level: Beginner.

Jeffrey K McCamman, BS, MPT

2.0 contact hours

**Course #203** \$29.95

Electronic Download

**Course #203E** \$25.95

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# Hip Anatomy and Biomechanics

Reviews anatomy and biomechanics of the human hip with discussion of movements of flexion, extension and rotation, musculature and accessory structures. 24 pages. This course is valid for 2.0 contact hours. This course is not valid for Ohio PTs. Instructional Level: Beginner.

Jeffrey K McCamman, BS, MPT

2.0 contact hours

**Course #204** \$29.95

Electronic Download

**Course #204E** \$25.95

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# Ankle Anatomy and Biomechanics

Reviews anatomy and biomechanics of the human ankle with discussion of musculature, ligamentous structures and movements of flexion, extension, inversion and eversion. 21 pages. This course is valid for 2.0 contact hours. This course is not valid for Ohio PTs. Instructional Level: Beginner

Jeffrey K McCamman, BS, MPT

2.0 contact hours

**Course #205** \$29.95

Electronic Download

**Course #205E** \$25.95

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# Shoulder Anatomy and Biomechanics

Reviews anatomy and biomechanics of the human shoulder. 29 pages. This course is valid for 3.0 contact hours. This course is not valid for Ohio PTs. Instructional Level: Beginner

Jeffrey K McCamman, BS, MPT

3.0 contact hours

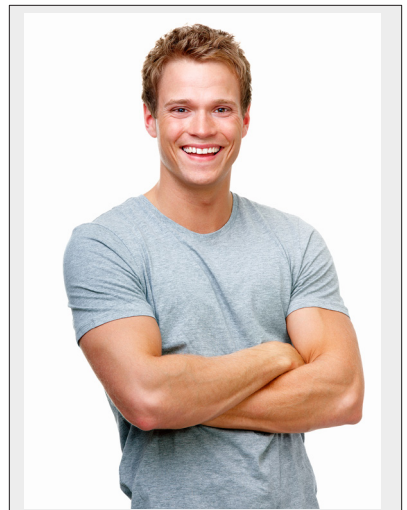
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## What Others Say...

"...These great refresher courses provided me an inexpensive solution to the few remaining hours of continuing education I needed before I could renew my license. I was surprised how much information I had forgotten!..."

# Current and Popular Concepts in the Evaluation and Non-Operative Treatment of the Lumbar Spine

Jeffrey P Larson, PT, ATC

## Part 1: Anatomy & Biomechanics of the Lumbar Spine

Discusses the basic anatomy and biomechanics of the lumbar spine and prepares the student for Part 2 & Part 3. 35 pages. This course is approved for 4.0 contact hours. This course is not approved for Ohio PT credit. Instructional Level: Beginner.

4.0 contact hours  
Electronic Download

**Course #207**  
**Course #207E**

\$59.95  
\$51.95



**What Others Say...** "...I found these courses easy-to-follow, and concise with great illustrations. This is a great way to do CEUs..."

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## Part 2: Common Pathologies of the Lumbar Spine

Discusses the common pathologies of the lumbar spine including fractures, lumbar strains and sprains, bony structural deficits including spondylolysis and spondylolysis, vertebral disc pathologies, degenerative diseases of the lumbar spine, ankylosing spondylitis and fibromyalgia. 24 pages. This course is approved for 3.0 contact hours. Instructional Level: Beginner.

3.0 contact hours  
Electronic Download

**Course #208**  
**Course #208E**

\$44.95  
\$38.95

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## Part 3: Improving Lumbar Neuromuscular Efficiency: Objectives of Treatment Plans

Discusses objectives of creating treatment plans and treatment for pathologies of the lumbar spine. Topics include work hardening, sport-specific training with emphasis for restoring proprioception to the lumbar spine. 28 pages. This course is approved for 3.0 contact hours. Instructional Level: Beginner

3.0 contact hours  
Electronic Download

**Course #209**  
**Course #209E**

\$44.95  
\$38.95

# Rehabilitation for the Postsurgical Orthopedic Patient, 3rd Edition



**What Others Say... "...Truly excellent courses for those in orthopedic rehab!...."**

These courses are offered in cooperation with Elsevier Health and utilize the textbook, "Rehabilitation for the Postsurgical Orthopedic Patient, 3rd Edition, by Lisa Maxey & Jim Magnusson. Replacing 2 of our most popular courses from the 2nd Edition, this new edition provides current, evidence-based guidelines to designing effective rehabilitation strategies. Coverage of each condition includes an overview of the orthopedic patient's entire course of treatment from pre- to post-surgery. For each phase of rehabilitation, this book describes the postoperative timeline, the goals, potential complications and precautions,

and appropriate therapeutic procedures.

**Module 1 (Course #771):** covers shoulder acromioplasty, anterior capsular reconstruction, rotator cuff repair and rehabilitation, and superior labral anterior/posterior repair.

**Module 2 (Course #772):** covers total shoulder arthroplasty, extensor brevis release & lateral epicondylectomy, reconstruction of the ulnar collateral ligament with ulnar nerve transposition and platelet rich plasma therapy.

**Module 3 (Course #773):** covers primary flexor tendon repair in the digit, carpal tunnel release, transitioning the throwing athlete back to the field, and anterior cervical discectomy and fusion.

**Module 4 (Course #774):** covers posterior lumbar arthroscopic discectomy, lumbar spine fusion and lumbar spine disc replacement.

**Module 5 (Course #775):** covers total hip arthroplasty, hip arthroscopy, hip ORIF, ACL reconstruction and arthroscopic lateral retinaculum release.

**Module 6 (Course #776):** covers meniscectomy and meniscal repair, autologous chondrocyte implantation, ORIF of the patella, total knee arthroplasty and lateral ligament repair of the ankle.

**Module 7 (Course #777):** covers ORIF of the ankle, ankle arthroscopy, achilles tendon repair and bunionectomies.

These courses are approved for 10.0 contact hours each. *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.*

Instructional Level: Intermediate

10.0 contact hours

Any single module

Electronic Download

**Course # (ie..771)**

**Course # + E (ie..771E)**

**\$149.95**

**\$129.95**

# Rehabilitation for the Postsurgical Orthopedic Patient (cont. from previous page...)

**BUY A BUNDLE PACK AND SAVE UP TO 35%!!**

## Postsurgical Combo Pack:

2 X 10 contact hours (20 hrs)  
**Course # POSTSURGCOMBO**  
(Specify Module #s) (ie..771/772)  
\$279.95

Electronic Download  
**Course# POSTSURGCOMBO-E**  
(Specify Module #s) (ie..771/772)  
\$239.95

## Postsurgical Bundle Pack:

4 X 10 contact hours (40 hours)  
**Course #POSTSURGBUNDLE**  
(Specify Module #s)  
\$479.95

Electronic Download  
**Course #POSTSURGBUNDLE-E**  
(Specify Module #s)  
\$439.95

## Postsurgical Triple Pack:

3 X 10 contact hours (30 hrs)  
**Course # POSTSURGTRIPLE**  
(Specify Module #s)  
\$389.95

Electronic Download  
**Course# POSTSURGTRIPLE-E**  
(Specify Module #s)  
\$359.95

## Postsurgical Value Pack:

7 X 10 contact hours (70 hrs)  
**Course #POSTSURGVALUE**  
\$679.95 (Save 35%!!)

Electronic Download  
**Course #POSTSURGVALUE-E**  
\$649.95

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## The Sacroiliac Joint

Richard D. Asaro, PT, DPT, MTC, CEAS

The sacroiliac joint has long been touted as a significant factor in generating pain in the low back region. Studies have shown up to 40% of low back pain may be due to involvement of the sacroiliac joint. Learn to detect, restore and stabilize asymmetrical changes of the pelvis with these exciting new courses!

### Part 1: Manual Evaluation of the Sacroiliac Joint

Discusses the anatomy, kinematics, reliability of evaluative techniques and evaluation techniques of the sacroiliac joint. 41 pages. Instructional Level: Beginner/Intermediate

4.0 contact hours	<b>Course #902</b>	\$59.95
Electronic Download	<b>Course #902E</b>	\$51.95

### Part 2: Manual Correction & Treatment of the Sacroiliac Joint

Continuing from Part 1, this course discusses the mobilization and manipulation techniques of positional faults and therapeutic exercise techniques to treat the sacroiliac joint. 25 pages. Instructional Level: Beginner/Intermediate

4.0 contact hours	<b>Course #903</b>	\$59.95
Electronic Download	<b>Course #903E</b>	\$51.95

# Physical Therapy of the Shoulder

This course is offered in cooperation with Elsevier Science and utilizes the textbook, "Physical Therapy of the Shoulder, 5th Ed", edited by Robert A. Donatelli, PhD, PT, OCS. Dr. Donatelli is a certified Orthopedic Clinical Specialist with over 30 years of clinical hands-on experience.

This textbook is the leading reference on the shoulder and is now completely up-to-date with state-of-the-art rehabilitation and surgical techniques. It is an essential resource to the therapist, providing valuable information on functional anatomy, the mechanics of movement, neurologic, special, and surgical considerations and evaluation and treatment. This new edition provides new information, concepts, and evaluation of physical therapy and dysfunction based on the APTA Guide to Physical Therapy Practice, 2nd Ed and integrates these practice patterns with rehabilitation of the shoulder. **These courses are essential to therapists treating shoulder injuries in all rehabilitation settings!**



Module 1 (**Course #731**) covers the mechanics of movement and evaluation including the guide to practice, functional anatomy and mechanics, throwing injuries and examinations and evaluation of the shoulder.

Module 2 (**Course #732**) covers neurologic considerations including the interrelationship of the spine, rib cage and shoulder, neural tissue evaluation and treatment, sensory integration and neuromuscular control of the shoulder and evaluation and treatment of brachial plexus lesions.

Module 3 (**Course #733**) covers special considerations including impingement syndrome and impingement-related instability, frozen shoulder, evaluation and rehabilitation of rotator cuff pathologic conditions and rehabilitation and visceral pain referred to the shoulder.

Module 4 (**Course #734**) covers treatment approaches including manual therapy, muscle length testing and electromyographic evidence for manual strength testing and exercises for the shoulder, rotator cuff repairs and surgical approaches to shoulder instabilities.

*Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.* Instructional Level: Beginner/Intermediate. These courses are not approved for Ohio PT credit.

8.0 contact hours

Any single module

**Course # (ie..731)**

\$119.95

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**Course # +E (ie..731E)**

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\$191.95

# Physical Therapy of the Shoulder

(continued from previous page...)

## Shoulder Triple Pack:

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**Course# SHLDRTRIPLE5-E**

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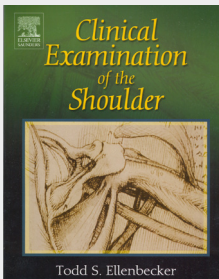
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## Clinical Examination of the Shoulder



**What Others Say...**  
"...A great resource for shoulder special tests, right at your fingertips...."

This course is offered in cooperation with Elsevier Science and utilizes the hardback textbook, "Clinical Examination of the Shoulder", c2004 by Todd S Ellenbecker, MS, PT, SCS, OCS, CSCS. This exciting course gives the student a valuable tool for assessing shoulder dysfunction. In addition to instability, impingement, labral, rotator cuff and biceps tests, the course also covers strength testing, subject rating scales and a complete analysis of sports techniques. The course discusses new labral and instability tests and discusses the tests with up-to-date references and case studies. **This course is must-have reference for physical therapists, occupational therapists and athletic trainers!** 210 pages. Instructional Level: Beginner/Intermediate. This course is not approved for Ohio PT credit. This course is only available as an electronic download.

8.0 contact hours

Electronic Download

**Course#721E**

\$103.95

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## Shoulder Pathologies: The Rotator Cuff

This course focuses on the rotator cuff, describing methods of injury, identification of injury and treatment foundations. 16 pages. This course is approved for 1.5 contact hours, 2.0 contact hours for PTs in Louisiana and District of Columbia and 1.0 contact hours for Maryland PTs. Instructional Level: Beginner.

Jeffrey K McCamman, BS, MPT

1.5 contact hours

Electronic Download

**Course #301**

**Course #301E**

\$21.95

\$19.50

# Athletic and Sport Issues in Musculoskeletal Rehabilitation

These courses are offered in cooperation with Elsevier Health and utilize the textbook, “Athletic and Sport Issues in Musculoskeletal Rehabilitation” by David J. Magee, PT, PhD, Robert C. Manske, PT, DPT, S, James E. Zachazewski, PT, DPT, ATC, and William S. Quillen, PT, PhD.

These courses provide expert insight and clear rehabilitation guidelines to help you manage injuries and special medical needs unique to your athletic clients. Contributions from leading physical therapists, athletic trainers, physicians and orthopedic surgeons give you a comprehensive, clinically relevant understanding of common sports-related injuries and help you ensure the most effective therapeutic outcomes. **These courses are essential to everyone on the sports medicine team!**



**Module 1 (Course #751):** covers preparation and prevention in sports medicine including the role of the sports medicine team, pre-participation physical fitness profiling, psychosocial aspects of youth sports and nutrition counseling and athletes.

**Module 2 (Course #752):** covers preparation and prevention in sports medicine including environmental considerations for sports, use of ergogenic aids in sports and sports drug testing issues.

**Module 3 (Course #753):** covers applied biomechanics of cycling, golf, jumping and tennis.

**Module 4 (Course #754):** covers applied biomechanics of soccer, running, swimming and baseball pitching.

**Module 5 (Course #755):** covers management of sports injury and illness including delayed-onset muscle soreness, medical conditions in sport, dermatologic considerations in athletics and protective equipment in sports.

**Module 6 (Course #756):** covers management of sports injury and illness including sports related concussions, traumatic injuries to the cervical spine, maxillofacial injuries and abdominal and thoracic injuries.

**Module 7 (Course #757):** covers special populations and epidemiology including the female athlete, musculoskeletal dance medicine and science, the athlete with disabilities, and selected rehabilitation needs of the masters athlete.

**Module 8 (Course #758):** covers applied biomechanics of common weight training exercises, taping for athletics and rehabilitation and applied sports injury epidemiology.

These courses are approved for 8.0 contact hours each. *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.*

Instructional Level: Intermediate. These courses are not approved for Ohio PT credit.

8.0 contact hours

Any single module

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**Course # (ie..751)**

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**Course #+ E (ie..751E)**

\$103.95

# Athletic & Sport Issues in Musculoskeletal Rehabilitation (continued from previous page...)

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(Specify Module #s) (ie..751/752)  
\$191.95

## Athletic Bundle Pack:

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**#ATHLETICBUNDLE** (Specify  
Module #s) Module #s)  
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Electronic Download

**Course #ATHLETICBUNDLE-E**  
(Specify Module #s)  
\$349.95

## Athletic Triple Pack:

3 X 8 contact hours (24 hrs)  
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(Specify Module #s)  
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**Course# ATHLETICTRIPLE-E**  
(Specify Module #s)  
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(**SAVE OVER 33%!!**)

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## Strength Band Training

This course is offered in cooperation with Human Kinetics and utilizes the textbook, "Strength Band Training, 3rd Edition" by Phil Page and Todd Ellenbecker, c2020

Whether you are training in the gym, at home or on the road, Strength Band Training shows you how to maximize strength, speed, and flexibility. Fea-

turing more than 160 exercises and 27 fitness and sport-specific workouts, you will discover why strength bands are the ultimate tool for targeting, isolating, rehabilitating and developing every major muscle group.

This new third edition includes new chapters on training for older adults and rehabilitation, training tips connecting research to specific exercises and injury prevention recommendations. The exercises allow you to add resistance in multiple directions for routines that simulate sport-specific demands, improve strength, enhance movement, or target muscles to help prevent or recover from common injuries. 246 pages. This course is approved for 4.0 contact hours. Instructional Level: Beginner/Intermediate. This course is only available as an electronic download.

4.0 contact hours

**Course #814E**

\$51.95



# Strength Ball Training, 3rd Ed

This course is offered in cooperation with Human Kinetics and utilizes the textbook, “Strength Ball Training, 3rd Edition” by Lorne Goldenberg and Peter Twist, c2016.

Who says the best can’t get better? The third edition of Strength Ball Training delivers more exercises, programs, assessments, and videos for better results! Preferred by elite athletes, fitness experts, and strength and conditioning specialists, stability and medicine ball exercises are essential to developing core power, strength, balance, coordination, and stability. Strength Ball Training presents those exercises along with instruction and advice on achieving results.

Inside you will find assessments to help you determine your current ability level and corrective exercises that address deficiencies. The exercises can be sequenced to create individual programs that target specific regions or enhance total-body performance. You’ll learn to incorporate equipment such as cables, bands, and dumbbells for added versatility and increased resistance. Watch as the authors demonstrate the most complex and advanced exercises in the 50 online video clips. Strength Ball Training also includes sample programs with a full array of strength, flexibility, and balance challenges that will test you to your very core. 330 pages and access to over 90 minutes of online video clips. This course is only available as an electronic download.



4.0 contact hours

Electronic Download

Course #812E

\$51.95

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# Athletic Taping and Bracing



This course is offered in cooperation with Human Kinetics and utilizes the textbook, “Athletic Taping and Bracing, 3rd Ed and the DVD “Sport Taping Basics”, 2nd Ed. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the included textbook clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. It also contains step by step instructions for 46 taping and wrapping procedures, including elastic

kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The video clips bring the book to life by visually demonstrating 32 specific taping procedures, each being shown in its entirety without disruption. 136 pages and 94 minute of instructional videos. This course is approved for 10.0 contact hours. Instructional Level: Beginner/Intermediate. This course is only available as an electronic download. This course is not approved for Ohio PT credit.

10.0 contact hours

Electronic Download

Course #801E

\$129.95

# Physical Therapy for Children

This course is offered in cooperation with Elsevier Science and utilizes the textbook, "Physical Therapy for Children, 4th edition" by Suzann K. Campbell, PT, PhD, FAPTA. From the basics of pediatrics to clinical applications, this book presents evidence-based coverage of treatment information in a convenient and concise format. The textbook follows the practice pattern categories of the Guide to Physical Therapist Practice and focuses on the additional information you need to know when treating children.



Module 1 (**Course #735**) covers the management of musculoskeletal impairments in pediatrics including juvenile idiopathic arthritis, spinal conditions, congenital muscular torticollis, osteogenesis imperfecta, muscular dystrophy, limb deficiencies and amputations, sports injuries in children and more!

Module 2 (**Course #736**) covers the management of neurologic impairment in pediatrics including developmental coordination disorder, motor and intellectual disabilities, cerebral palsy, brachial plexus injuries, spinal cord injuries, myelodysplasia, traumatic brain injuries, brain tumors and more!

Module 3 (**Course #737**) covers the management of cardiopulmonary conditions including cystic fibrosis, asthma, thoracic surgery and children requiring long-term mechanical ventilation, the educational environment, the burn unit, the special care nursery and the transition to adulthood for youth with disabilities.

These courses are approved for 15.0 contact hours each *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.* Instructional Level: Intermediate. This course is not approved for Ohio PT credit.

15.0 contact hours

Any single module

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**Course # (ie..735)**

**Course #+E (ie..735E)**

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**Course #CHILDBUNDLE4-E**

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# Promoting Legal and Ethical Awareness



This course is offered in cooperation with Elsevier Science and utilizes the textbook "Promoting Legal and Ethical Awareness: A Primer for Health Professionals and Patients" ©2009 by Ron Scott, PT, JD, EdD, LLM.

Covering the legal and ethical issues involved with patient care, this book provides you with a framework for making important health-related decisions on patient care. It includes the latest information on HIPAA, IDEA, ADA and the No Child Left Behind Act.

Module 1 (**Course 407**) covers legal and ethical foundations and malpractice.

Module 2 (**Course 408**) covers intentional torts, criminal law, and legal and ethical issues in employment.

Module 3 (**Course 409**) covers business law and ethics, legal and ethical issues in education, informed consent and life and death decision making.

These courses are approved for 4.0 contact hours each. *Note: When ordering a module or an electronic download version, only the selected chapters are included in the reading materials.* Instructional Level: Beginner/Intermediate. These courses are not valid for Ohio PT credit.

Any single module (ie..407)

4.0 contact hours

Electronic Download

**Course # (ie..407)**

**Course #+E (ie..407E)**

\$59.95

\$51.95

## BUY A BUNDLE PACK AND SAVE!!

### Legal Combo Pack:

2 X 4 contact hours (8 hrs)

**Course #LEGALCOMBO**

(Specify Module #s) (ie..407/408)

\$111.95

Electronic Download

**Course #LEGALCOMBO-E**

(Specify Module #s) (ie..407/408)

\$95.95

### Legal Bundle Pack:

3 X 4 contact hours (12 hrs)

**Course #LEGALBUNDLE**

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**Course #LEGALBUNDLE-E**

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# Common Phrase Translation: Spanish for English Speakers

Learn to break the language barrier between you and your patients and improve your cultural competency! This exciting course has over 700 English to Spanish phrases for Physical and Occupational Therapists to use during evaluation and treatment in Acute Care, Rehab, SNF, Out Patient, Adult Day and Home Health settings. Categories include Openings and Closings, Evaluation and Treatment, Anatomy, Neuromuscular, Sensation, Activities of Daily Living, Prosthetics, Wheelchair Mobility, Ambulation, Gross Motor Skills, Seated Exercises, Precautions for Weight Bearing and Hip Replacements, Self Feeding and Swallowing and more! 112 pages. Course includes audio CD of phrases to assist with learning (Not available with electronic download versions). This course is approved for 5.0 contact hours. Specify PT or OT version when ordering. Instructional Level: Beginner



**What Others Say...** "...this is an excellent course and clinical resource for clinicians and facilities who frequently have Spanish-speaking clients..."

Jacqueline Thrash, OTR

5.0 contact hours	<b>Course #405PT or 405OT</b>	\$74.95
Electronic Download	<b>Course #405PTE or 405OTE</b>	\$64.95

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## Cardiovascular Nutrition & Fitness

Significant updates in every chapter make the new 7th edition of this comprehensive course on detecting, diagnosing and preventing cardiovascular disease even more essential to fitness professionals. Topics include: etiology of atherosclerosis and hypertension; dietary risk factors: fat, fiber, sodium; cholesterol-lowering drugs; diet and exercise programs for risk reduction; and cholesterol in children.

**This course is essential for therapists working in cardiac rehabilitation, fitness or conditioning programs!** This course is approved for 10.0 contact hours.

Instructional Level: Intermediate/Advanced



Ellen Coleman, MA, MPH, RD, CSSD

10.0 contact hours	<b>Course #501</b>	\$149.95
Electronic Download	<b>Course #501E</b>	\$129.95

# Diet, Exercise & Fitness

This 8th edition of one of our most popular courses focuses on new International Olympic Committee recommendations for carbohydrate and protein intake and timing and explains the 2010 Dietary Guideline and new MyPlate food guidance system. New additions throughout the course include new research on caffeine as a performance enhancer; new cautions about antioxidant supplements and much more! This course is approved for 10.0 contact hours. Instructional Level: Intermediate/Advanced



Ellen Coleman, MA, MPH, RD, CSSD

10.0 contact hours  
Electronic Download

**Course #502**  
**Course #502E**

\$149.95  
\$129.95

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## Practical Nutrition for Fitness Professionals

Nutrition, for many people, is a realm of confusion, quackery and pseudo-science. The 5th edition of this course will help you recognize misinformation when you see it. How's your basic nutrition knowledge? Do you really know what vitamins, minerals, fats, proteins and carbohydrates are and do? This entry level or refresher course helps fitness professionals understand all key nutrition concepts and terminology, and presents current research and standards of practice on exercise, weight control and osteoporosis. This course is approved for 7.0 contact hours. Instructional Level: Beginner/Intermediate.

Dale Ames Kline, MS, RD, CNSD

7.0 contact hours  
Electronic Download

**Course #505**  
**Course#505E**

\$104.95  
\$90.95

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## Nutrition for Young Athletes

**Essential for working with schools, parents, and competitive athletes!** This new 6th

edition provides guidelines for boosting performance, limiting risk and promoting healthy development in young exercisers and competitors. Topics include: the relationship of motor development to sports activities; assessing nutrient

needs; energy production; fluid and electrolytes; weight control, dieting and much more. This course is approved for 10.0 contact hours. Instructional Level: Advanced



Suzanne A. Nelson, ScD, RD

10.0 contact hours  
Electronic Download

**Course #509**  
**Course #509E**

\$149.95  
\$129.95

# Nutrition for the Elderly

Research updates and new studies highlight this course's new 7th edition focusing on nutrition for older people. Covers all aspects of nutrition care, including sociopsychological factors, risk of malnutrition, and government nutrition program guidelines. Includes handouts. Topics: assessing nutrition needs; macro-and micro-nutrients; consequences of obesity, diabetes, hypertension, cancer, osteoporosis, pulmonary disease; nutrient-drug interactions and more. This course is approved for 10.0 contact hours. Instructional Level: Advanced



Liz Friedrich, RD, LDN

10.0 contact hours  
Electronic Download

**Course #508**  
**Course #508E**

\$149.95  
\$129.95

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# Osteoporosis Prevention & Treatment



Up to one-third of women will be diagnosed with osteoporosis, with complications that are painful, disfiguring and debilitating. Surprisingly, men and younger women, particularly vegetarians, athletes and chronic dieters, are also at risk. This 4th edition course focuses on diagnostics, preventive and treatment modalities, as well as promising research developments. Includes case studies and appendices suitable for use as handouts. Topics include: bone physiology; risk factors; preventive exercise, diet and supplementation regimes; diagnostic tests and techniques; hormone replacement therapy and much more. This course is approved for 10.0 contact hours. Instructional Level: Intermediate/Advanced

Nancy Gustafson, MS, RD, FADA

10.0 contact hours

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