

INSTRUCTOR:

John Krusenklous currently owns Tennessee Sports Medicine Group, a private practice in Knoxville, Tennessee. He is a 1983 graduate of the University of Texas Health Science Center, San Antonio. He serves as adjunct professor in the Exercise Science and Biomechanics Department of the University of Tenn.-Knoxville. He has been an orthopedic consultant for DeRoyal Corporation for the past 12 years working on product design and development. He has lectured extensively at sports medicine conferences and presented workshops at the International Biomechanics Conference. He has co-authored multiple research articles and is actively involved in research. He has been board certified as an Orthopedic Specialist since 1988.



**REGISTRATION
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TO REGISTER, DETACH THIS COMPLETED REGISTRATION FORM AND SEND IT ALONG WITH PAYMENT TO:
TENNESSEE PHYSICAL THERAPY ASSOCIATION
4205 HILLSBORO RD. SUITE 317
NASHVILLE, TN 37215
PHONE: (615) 269-5312
TO REGISTER BY FAX:
FAX # (615) 297-5852

FOR MORE INFORMATION:
PHONE (423) 202-5417 OR GO TO
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**SPONSORED BY THE
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**DOES ANATOMICAL
NORMAL EXIST?
IMBALANCES OF THE LOWER
EXTREMITY—PHYSIOLOGICAL
CONSEQUENCES AND
INTERVENTIONS**



August 28 - 29, 2010

Hosted by:

**REHAB PLUS -WELLNESS CENTER
200 MED TECH PKY—SUITE 115
JOHNSON CITY, TN 37604**

COURSE OVERVIEW

This course provides a unique integration of the biomechanical relationships of the lower kinetic chain. The concepts and principles are presented in a manner that emphasizes clinical applicability. Emphasis is placed on:

- Functional Anatomy
- Joint arthrokinematics and osteokinetics
- Tissue physiology and reactivity
- Correlation of clinical examination findings to closed chain presentation and gait analysis
- Clinical pathways designed to treat the biomechanical cause of overuse injuries
- Current and innovative approaches to diagnosis and treatment of pathologies resulting from weight bearing stresses will be presented.

Rehabilitation professionals will find the information and skills immediately applicable in treating lower extremity pathology, sports injuries, or individuals with gait disturbances.

—FACULTY—

John Krusenklau, P.T., O.C.S.

This course has been approved for 1.5 CEUS (15 contact hours) by the TPTA.

Approval Number: 3190

COURSE SCHEDULE

DAY ONE

- 8.00-8.30: Introduction and Opening Remarks
8.30-9:30: Normal Structure & Function of the Lumbopelvic - Hip Complex and Lower Extremity
9.30-10.00: Gait Evaluation - Normal Arthrokinetics
10.00-10.20: Break
10.20-11.00: Pathomechanics on Compensatory Patterns of Misalignment of the Lumbopelvic -Hip Complex
11.00-12.00: Functional Strengthening and Active Isolated Flexibility Treatment Program for Hip Lumbopelvic - Hip Complex
12.00-1.00: Lunch
1.00-2.30: Clinical Examination Lab
- Hip External Rotators
 - Thoracolumbar Fascia
 - Hip Abductors, Adductors
 - Hip Flexors, Hip Extensors
- 2.30-3.00: Video Gait Evaluation
3.00-3.20: Break
3.20-5.00: Biomechanics of the Knee
- Tibiofemoral and Patellofemoral Joint Soft tissue Mobilization
 - Active Isolated Flexibility and Release
 - Augmented Fibrotic Release

DAY TWO

- 8.00-8.30: Review of Osteokinetic/Arthrokinematics of the Proximal Lower Extremity
8.30-10.00: Biomechanics of the Foot and Ankle
10.00-10.20: Break
10.20-12.00: Algorithmic Approach to Clinical Examination of the Lower Extremity - Open Chain, Closed Chain Integrated to Gait Evaluation
12.00-1.00: Lunch
1.00-2.00: Foot and Ankle Joint Mobilization
2.00-3.00: Active Isolated Flexibility Program of Distal Lower Extremity
3.00-3.20: Break
3.20-3.45: Foot Orthosis
3.45-4.45: Overuse Pathologies of Lower Extremity
4.45-5.00 Closing Remarks / Questions

COURSE FEES

APTA MEMBER-\$300.00

NON-MEMBER-\$350.00

NOTE:

Due to limited space and lab sessions, enrollment is on a first-come, first serve basis.

Refunds (less a \$50.00 processing fee) are granted if a signed request is received two weeks prior to the course.

TRAVEL INFORMATION

Holiday Inn
101 W. Springbrook Dr.
Johnson City, TN 37604
(423)282-4611

Comfort Suites
3118 Browns Mill Rd.
Johnson City, TN37604
(423)610-0010

Courtyard Marriott
425 Hamilton Place
Johnson City, TN 37604
(423)262-0275

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