

**The Hip Bone's Connected to.....Everything!
Registration Form**

Name _____

Title: PT PTA OTR COTA ATC

Home Address _____

City _____

State _____ Zip _____

Professional License Number (include State):

Day or Cell #: () _____

Please check course location and date:

- St. Thomas, US VI February 11-12, 2012
- Greenville, SC March 2-3, 2012
- Rocky Hill, CT April 27-28, 2012
- Pigeon Forge, TN June 15-16, 2012

- \$350 Early Bird Rate
- \$380 Late (within 2 weeks of course date)

- Mail confirmation letter to above address OR
- Fax confirmation letter to:

(please print fax # clearly)

\$ _____ check enclosed or charge to

MC Visa Discover Exp. Date ____/____

Signature _____

Mail form and check (made payable to
QUEST) to:

Trudy S. Goldstein, PT
25 Mountain Rd.
Burlington MA 01803-4739



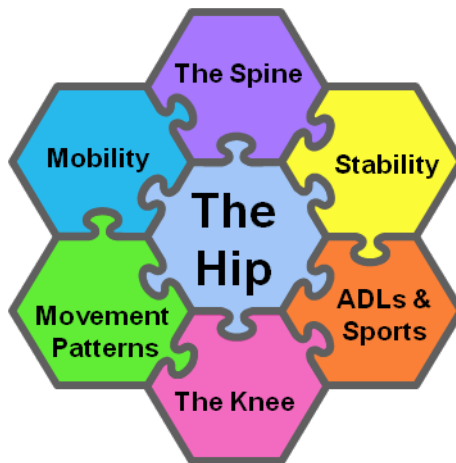
Q U E S T

Quality Educational
Seminars for Therapists

**NEW
COURSE**

**The Hip Bone's
Connected to.....
Everything!**

**Speaker:
Trudy Sandler Goldstein, PT**



Four locations in 2012:

St. Thomas, US VI—Feb. 11-12
Greenville, SC — March 2-3
Rocky Hill, CT — April 27-28
Pigeon Forge, TN—June 15-16



Course Information

This 10 hour seminar covers the latest information on the hip joint as the “link” to core stability and function. Now that the hip can be imaged in real-time, a greater understanding of the hip’s role in function as it relates to athletes in sports medicine or seniors with a fractured hip can be realized. This allows for improved rehab design with focus on local and global posture, muscle balance, and movement patterns. A critical examination of PT & OT standard and aggressive rehab programs for patients with hip fracture will also be discussed.

At the conclusion of this course, participants will be able to:

- ◆ Demonstrate how postural alignment and muscle length affect hip motion.
- ◆ Understand how the hip joint contributes to total body movement patterns.
- ◆ Identify ORIFs for hip fracture.
- ◆ Discuss rehab implications of newer surgical procedures.
- ◆ Design rehab programs to restore optimal movement patterns and function.

Course Faculty

Trudy Sandler Goldstein, PT

Ms. Goldstein has presented hundreds of orthopaedic lectures to PTs, OTs, assistants, ATCs, and nurses throughout the United States. She has authored two best selling



texts: **Geriatric Orthopaedics, 2nd ed.**, and **Functional Rehabilitation in Orthopaedics**. In 1996, she won the gold medal in the East Asia AMAU national tournament for tai chi. In 2001, she researched the effects of tai chi and OA with the University of Massachusetts. She has over 30 years of physical therapy experience in a variety of settings. Currently, she works part-time at Hebrew Senior Life in Dedham, MA.

Course Schedule

Day 1

- 8:00 *Registration and Continental Breakfast*
8:30 **The Disrespected Hip**
8:50 **Anatomy and Biomechanics of the Hip Joint**
10:00 *Break*
10:15 **The Hip Bone's Connected to...**
• **the back...the knee...everything**
10:30 **Assessing Hip Function** (lab)
11:30 **Rehab Focal Points**
12:00 *Lunch (on your own)*
1:00 **Correcting Movement Dysfunction**
• **The Hip Awakening Program** (lab)
2:30 *Break*
2:45 **Femoral Acetabular Impingement**
3:00 **Osteoarthritis of the Hip**
3:45 **Total Hip Arthroplasty**
• **surgery, precautions, and rehab**
4:45 *Adjourn for day*

Day 2

- 8:00 *Sign-in and Continental Breakfast*
8:30 **The Crisis of Hip Fracture**
8:45 **Hip Fracture Surgeries and Outcomes**
• **ORIFs, WB status, standard care**
10:00 *Break*
10:15 **New Hip Fracture Rehab Programs**
11:15 **Linking Hip Motion to Function and Sports**
• **total body programs** (lab)
12:30 *Adjourn*



Course Locations

Feb. 11-12, 2012 ● Saturday – Sunday
Schneider Regional Medical Center
9048 Sugar Estate
St. Thomas, US VI 00802

List of area hotels will be sent with confirmation.
This is high season in the Virgin Islands—please
book hotels EARLY!

March 2-3, 2012 ● Friday – Saturday
Bon Secours St. Francis Hospital
The Bernadine Center
St. Francis Drive
Greenville, SC 29601

- Room block at Towne Place Suites—Greenville
- Discounted rate: \$75/night (plus tax)
- Call 864-675-1670 by February 9th
- Free parking

April 27-28, 2012 ● Friday – Saturday
Veterans Health Care Facility
287 West Street
Rocky Hill, CT 06067

List of area hotels will be sent with confirmation.

June 15-16, 2012 ● Friday – Saturday
Holiday Inn Resort
3230 Parkway
Pigeon Forge, TN 37868

- Room block rate: \$65-85/night (plus tax)
- Group Code: QUE
- Call 800-782-3119 by May 17th
- Free parking

Registration Information

The \$350 registration fee includes breakfast, breaks, and course handouts. A confirmation letter including directions will be sent to you upon receipt of your registration form and payment. Do not buy any airline tickets until you have received your course confirmation from QUEST.

To receive the \$350 early bird rate, your registration must be received at QUEST no later than two weeks before the course date. Late registrations will be accepted based on space availability, for an additional \$30 fee. Registrations with credit card (MC, VISA or Discover) payment may be faxed to our dedicated line at (781) 272-8476.

The cancellation deadline is two weeks prior to the course date. A \$65 fee will be deducted from all refunds prior to the deadline. **There will be no refunds after the deadline.**

Educational Credit

This course meets the requirements for 10 hours of continuing education for PTs, OTs, Assistants, and ATCs and is approved by:

- AL Board of PT
- CT PT Assn.
- FL PT Assn. #CP120218077 (12.5 hours)
- NJ Board of PT Examiners #73-2012
- NY SED for PTs (14.4 hours)
- SCAPTA
- TN PT Assn. #4119 (10.5 hours)
- NBCOT for OTs and COTAs
- Board of Certification
BOC Provider #P883



QUEST Information

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