

**Spinal Interventions: Getting to the Core
Registration Form**

Name _____

Title: PT PTA OTR ATC

Home Address _____

City _____

State _____ Zip _____

Professional License Number (include State):

Day or Cell: () _____

Please check course location and date:

Somerville, NJ January 21-22, 2012

Framingham, MA March 24-25, 2012

Peterborough, NH June 2-3, 2012

\$435 Early Bird Rate

\$465 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 

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Seminars for Therapists

**NEW
COURSE**

**Spinal Interventions:
Getting to the Core**

**Speaker:
Clare Safran-Norton, PT, PhD**



Three locations in 2012:

Somerville, NJ — Jan. 21-22

Framingham, MA — March 24-25

Peterborough, NH — June 2-3



Course Information

This 2-day workshop covers the latest information on the rehabilitation of spinal dysfunctions which occur across the life-span. The course will incorporate the use of therapeutic exercise, taping, soft-tissue techniques and neuromuscular motor control in order to restore pain-free function. Interventions will include differential diagnoses based on clinical presentation/pathology and will emphasize core stabilization throughout the lumbo-pelvic and cervico-thoracic regions.

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

- ◆ Discuss how spinal anatomy relates to spinal diseases.
- ◆ Apply taping techniques to support motor function.
- ◆ Apply lumbar stabilization exercises to enhance motor control.
- ◆ Design a multi-dimensional treatment program to promote patient function.

Course Faculty

Clare Safran-Norton, PT, PhD, MS, OCS

Clare Safran-Norton has presented numerous workshops and lectures on musculo-skeletal topics to PTs and PTAs nationally. She has been a professor in orthopedics at a Boston graduate physical therapy program for over 20 years and has numerous papers published. Currently, she is the lead research PT for a national multi-centered trial and is also a Clinical Specialist at Brigham and Women's Hospital in Boston, MA.



Course Schedule

Day 1

- 8:00 *Registration and Continental Breakfast*
8:30 **Principles of Core Stabilization**
9:00 **Anatomy of the Lower Quadrant**
9:30 **Core Stabilization of Lower Quadrant** (lab)
10:30 *Break*
10:45 **Lumbo-Pelvic Pathologies**
 - clinical presentations
 - case studies (lab)
12:00 *Lunch (on your own)*
1:00 **Restoring Function with Stabilization**
 - integration of ther-ex interventions (lab)
2:00 **Taping Techniques for Lumbo-Pelvic** (lab)
3:00 *Break*
3:15 **Anatomy of the Upper Quadrant**
3:45 **Core Stabilization of Upper Quadrant** (lab)
4:30 *Adjourn for day*

Day 2

- 7:30 *Sign-in and Continental Breakfast*
8:00 **No Simple Answers**
8:30 **Cervico-Thoracic Pathologies**
 - clinical presentations
 - case studies (lab)
10:15 *Break*
10:30 **Stabilization of the Upper Quadrant** (lab)
11:00 **Taping for Cervico-Thoracic** (lab)
11:30 **Connecting the Trunk & Extremities** (lab)
12:00 *Lunch (on your own)*
1:00 **Posture and Stabilization**
2:15 *Break*
2:30 **Stabilization and Function**
3:00 **Adapting Interventions Across the Lifespan**
4:15 *Adjourn*

QUEST Information

www.questseminars.com

Email: trudy@questseminars.com

Telephone: (781) 273-4978

Fax: (781) 272-8476



Course Locations

Jan. 21-22, 2012 • Saturday – Sunday
Somerset Medical Center
Fuld Auditorium
110 Rehill Ave.
Somerville, NJ 08876

List of area hotels will be sent with confirmation.

March 24-25, 2012 • Saturday – Sunday
Metrowest Medical Center
Medical Arts Building
65 Lincoln Street
Framingham, MA 01701

List of area hotels will be sent with confirmation.

June 2-3, 2012 • Saturday – Sunday
Monadnock Community Hospital
452 Old Street Road
Peterborough, NH 03458

Please call the Jack Daniels Motor Inn at
(603) 924-7548 (minutes from the hospital)
for overnight accommodations.
Rooms are usually under \$150/night.



Registration Information

The \$435 registration fee includes taping supplies, breakfast, breaks, and 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 \$435 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 13 hours of continuing education for PTs, OTs, Assistants, and ATCs and is approved by:

- NJ Board of PT Examiners #16-2012
- NY SED for PTs (15.6 hours)
- NBCOT for OTs and COTAs
- Board of Certification
BOC Provider #P883



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