

**Wii-Hab  
2012 Registration Form**

Name \_\_\_\_\_

Title: PT PTA OTR COTA ATC

Home Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Professional License Number (include State):  
\_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

Knight Discount Code: K- \_\_\_\_\_

Please check course location:

- Baltimore, MD June 22-23, 2012  
 Rochester, NH September 28-29, 2012  
 Atlanta, GA November 3-4, 2012

- \$435 Early Bird  
 \$470 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



## Wii-hab: Skilled Therapy in a Virtual World

**Speaker:  
Jamie P. Goldstein, PT, DPT**



Three locations in 2012:

Baltimore, MD — June 22-23  
Rochester, NH — Sept. 28-29  
Atlanta, GA — Nov.. 3-4



### Course Information

This 2-day interactive course will discuss the skilled use of the Nintendo® Wii and WiiFit+ balance systems in the rehabilitation of patients with various neurological and orthopedic impairments across the lifespan. In small groups, therapists will experience and design rehab programs for patients with UE dysfunctions, total joint arthroplasties, stroke, Parkinson's Disease, balance impairments, LE dysfunctions, visual impairments, spinal instability, and sports injuries. Other topics include infection control and safety precautions, documentation and billing concerns, helpful accessories for the clinic, and future virtual reality software.

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

- ◆ Perform optimal set-up of the Wii and Balance Board for clinical usage.
- ◆ Document the use of the Wii appropriately for reimbursement.
- ◆ Design skilled treatment programs for various impairments.
- ◆ Connect virtual world tasks to real-life function.

### Course Faculty

**Jamie P. Goldstein, PT, DPT**

Ms. Goldstein received her Clinical Doctorate in Physical Therapy from Boston University in 2007. Nationally, she has presented many lectures on the therapeutic use of the Nintendo Wii® and on musculoskeletal imaging for the therapist. She has designed new rehabilitation programs using gaming technology in the out-patient and nursing home settings for patients with both orthopaedic and neurological problems.

She has worked in a variety of settings in both a clinical and supervisory capacity, where she has been instrumental in getting therapy departments access to their own Wii Rehabilitation Stations and PACS Systems (Picture Archiving and Communication Systems). Currently, she is a staff PT in the out-patient department of Hebrew Senior Life in Dedham, MA.

## Course Schedule

### Day 1

- 8:00 *Registration and Continental Breakfast*  
8:30 **Introduction to Wii-Hab**  
9:00 **Current Research on Benefits of Wii-Hab**  
9:30 **Wii-Habilitation and Systems Theory**  
10:00 **Optimal Wii Set-Up for Clinical Usage**  
10:15 *Break*  
10:30 **Precautions, Contraindications, and Safety Concerns**
- Infection Control
  - Guarding Techniques
- 11:00 **Teaching Patients to Use Wii-Sports (lab)**
- Geriatric/Pediatric Concerns
- 12:00 *Lunch*  
1:00 **Teaching Patients to Use Wii-Sports Resort (lab)**
- UE Ortho / Neuro Impairments
  - *Break*
  - Spinal Stabilization/Postural Retraining
  - Sitting/Standing Balance Retraining
- 4:00 *Func. Restoration Using Wii-Sports Resort*  
4:45 *Adjourn for day*

### Day 2

- 8:00 *Sign-in and Continental Breakfast*  
8:30 **Wii Fit Plus™ Clinical Calibration Tips**  
9:15 **Skilled Wii-Fit Plus Interventions I (lab)**
- Yoga, Aerobics, Strength, Balance, Coord.
- 12:00 *Lunch*  
1:00 **Skilled Wii-Fit Plus Interventions II (lab)**
- Sitting/Standing Balance Retraining
  - Postural Retraining
  - UE Ortho/Neuro Impairments
  - Core Stabilization
  - Strength and Conditioning
- 3:00 **Wii Accessories for the Clinic**  
3:45 **Wii-Hab Across Treatment Settings**  
4:00 **Documentation and Billing Concerns**  
4:30 *Adjourn*

## QUEST Information

[www.questseminars.com](http://www.questseminars.com)

E-mail: [trudy@questseminars.com](mailto:trudy@questseminars.com)

Telephone: (781) 273-4978

Fax: (781) 272-8476



## Course Locations

*List of area hotels will be sent with all confirmations.*

**June 22-23, 2012 ● Friday – Saturday**  
**Kennedy Krieger Inst. High School**  
3825 Green Spring Ave.  
Baltimore, MD 21211

**September 28-29, 2012 ● Friday – Saturday**  
**Frisbie Memorial Hospital**  
11 Whitehall Road  
Rochester, NH 03867

**November 3-4, 2012 ● Saturday – Sunday**  
**WellStar Development Center**  
2000 S Park Place SE  
Atlanta, GA 30339

*"I thought the program was well presented with good content, including extensive therapeutic use of the Wii with modifications for different patient populations. I enjoyed the small groups and plenty of practice time. I learned many ways to use the Wii in all clinical settings and with all patient populations."*

— Lisa G., PT

*"I got lots of very good ideas for adaptations of the Wii in the clinic. Enjoyed being able to try things out and share thoughts with group."*

— Karen O., PT

*"My goals were definitely met. I'm returning to work with lots of ideas to try. I found out how useful the Wii will be with different diagnoses in a SNF setting. This course was great!"*

— Lynda D., COTA

Wii and WiiFit Plus are registered trademarks of Nintendo Corporation.

## Registration Information

The \$435 registration fee includes breakfast, breaks, and course handouts. A confirmation letter including directions and hotel information 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 \$35 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:

- AL Board of PT Examiners (submitted)
- GA PT Assn. (submitted)
- MD Board of PT Practice (submitted)
- NY SED for PTs/PTAs (15.5 hours)
- National Board for Certification in Occupational Therapy (NBCOT)
- BOC Provider #P883



## Workshop Attire

Participants should wear comfortable clothing and sneakers to fully participate in the labs. As it is often difficult to regulate the temperature in seminar rooms, sweatsuits or sweaters are recommended.