

**The Aging Knee
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 and date:

- Bowie, MD Feb. 28-29, 2008
- Pigeon Forge, TN September 19-20, 2008
- Myrtle Beach, SC October 4-5, 2008
- Rocky Hill, CT December 4-5, 2008

- \$345 Early Bid
- \$375 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

presents

The Aging Knee

**Speaker:
Trudy Sandler Goldstein, PT**



Four locations in 2008:

Bowie, MD — Feb. 28-29
Pigeon Forge, TN — Sept. 19-20
Myrtle Beach, SC — Oct. 4-5
Rocky Hill, CT — Dec. 4-5



Course Information

This 2-day seminar will discuss the evaluation and rehabilitation of adult and geriatric patients who have dysfunctions of the knee. Practical treatment strategies will be recommended for older patients with knee fractures, osteoarthritis, meniscal injuries, patellofemoral disorders, TKA, and tendinopathies. An update on the newer mini-invasive surgeries and their effect on rehabilitation programs is also discussed.

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

- ◆ Discuss changes which occur at the knee due to age and pathology.
- ◆ Discuss the forces acting on both the patellofemoral and tibiofemoral joints.
- ◆ Kinesio-Tape the knee to decrease edema and pain.
- ◆ Design a rehab progression to maximize tissue healing.
- ◆ Design rehab programs to optimize function and gait.

Course Faculty

Trudy Sandler Goldstein, PT

Ms. Goldstein is the founder and director of QUEST. Nationally, she has presented many orthopaedic lectures to PTs, OTs, Assistants, ATCs, and nurses. She received dual bachelor degrees in Physical Therapy and Biology from the University of Connecticut in 1978. She is a Third Degree Black Belt Instructor in the martial arts and teaches Tai Chi to patients and well-elders in the Boston area. She has authored two best selling texts: *Geriatric Orthopaedics, 2nd ed.* and *Functional Rehabilitation in Orthopaedics*. Ms. Goldstein has over 29 years of clinical and supervisory experience in rehab, home care, and outpatient physical therapy and is now practicing part-time in Lexington, MA.

Course Schedule

Day 1

- 8:00 *Registration and Continental Breakfast*
8:30 **Anatomy & Biomechanics of the Knee**
10:00 *Break*
10:15 **Evaluation of the Knee**
11:15 **Rehabilitation Considerations**
 - Surgical Approach: open, mini, arthroscopic

12:00 *Lunch*
1:00 **Knee Fractures**
2:30 *Break*
2:45 **Total Knee Arthroplasty**
4:15 *Adjourn for day*

Day 2

- 7:30 *Sign-in and Continental Breakfast*
8:00 **Osteoarthritis**
9:30 *Break*
9:45 **Meniscal Injuries**
10:30 **Update on Tendons and Ligaments**
11:00 *Break*
11:15 **Patellofemoral Dysfunction**
 - Exercise progression
 - Kinesio taping lab

12:45 *Adjourn and Award 10 Contact Hours*

Suggested Audience

PTs, OTs, Assistants, and other health professionals who work with elderly clientele.

QUEST Information

www.questseminars.com

E-mail: tsgoldstein@erols.com

Telephone: (781) 273-4978

Fax: (781) 272-8476



Course Locations

Contact the hotel directly and mention **QUEST Seminars** to register in the **QUEST room block**.

Feb. 28-29, 2008 • Thursday – Friday
Comfort Inn Hotel & Conference Center
4500 Crain Highway
Bowie, MD 20716
(301) 464-0089

- Discounted rate: \$109.80/night (plus tax)
- Hotel cut-off date: January 27th
- Restaurant and exercise room
- Free parking

Sept. 19-20, 2008 • Friday – Saturday
Holiday Inn Resort
3230 Parkway
Pigeon Forge, TN 37868
(800) 782-3119

- Discounted rate: \$78/night (plus tax)
- Hotel cut-off date: August 18th
- Indoor pool and restaurant
- Minutes from outlets and Dollywood

October 4-5, 2008 • Saturday – Sunday
NHC Health Care—Garden City
9405 Hwy 17 Bypass
Murrells Inlet, SC 29576

- Call QUEST for list of area hotels
- 10 minutes from Myrtle Beach
- Free parking

December 4-5, 2008 • Thursday – Friday
Veterans Health Care Facility
287 West Street
Rocky Hill, CT 06067

- Call QUEST for list of area hotels
- Conveniently located off of I-91
- Free parking

Registration Information

The \$345 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 \$345 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:

- Maryland Board of PT Examiners
- Tenn. PT Assn. #1813
- SCAPTA (submitted)
- National Board for Certification in Occupational Therapy (NBCOT)
- NATA Board of Certification (Provider #P883)



Workshop Attire

Participants should wear comfortable clothing allowing easy access to the knee. As it is often difficult to regulate the temperature in seminar rooms, sweatsuits or sweaters are recommended.