

## Course Description:

This intermediate course will provide the physical therapist and physical therapist assistant with a review of the anatomy, biomechanics, and the latest research applications for patients with knee and shoulder impairments. The theories, signs and symptoms, and intervention strategies will be discussed for managing patients with patellofemoral pain syndrome and shoulder impingement syndrome. This course will have a lecture and laboratory format.

## Course Objectives:

1. Identify common orthopedic pathologies encountered at the knee and shoulder.
2. Discuss the various causes of patellofemoral and shoulder impingement syndrome pathologies.
3. Perform and interpret the results of an appropriate comprehensive exercise prescription of the knee and shoulder.
4. Utilize information related to the pathology of the condition, the principles of intervention, the examination results, and available literature to develop an appropriate, comprehensive intervention plan for a patient with patellofemoral pain syndrome and shoulder impingement syndrome.

Ricardo A. Fernandez  
8938 Patty Lane  
Orland Park, IL 60462

## Current Clinical Concepts of Patients with Patellofemoral Pain and Shoulder Impingement Syndrome

Saturday August 7, 2021  
8:30 to 5:00

8 Hours of LIVE CE  
Lunch and snacks included

Course Location:  
**Advanced Orthopedic and Spine Care**  
16255 S. Harlem Ave  
Tinley Park, IL 60477

8 Hours of CE

*"The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association."*

***Benefit course for:***  
**"VetsRoll"**

This course content is not intended for use by participants outside the scope of their license or regulation.



## Course Schedule:

8:00 - 8:30 am	Registration
8:30 - 8:35	Welcome and introduction
8:35 – 10:30	Knee anatomy, biomechanics review and patellofemoral pain syndrome
10:30 – 12:00	Patellofemoral laboratory
12:00 – 12:30	Lunch Provided
12:30 to 2:30	Shoulder anatomy, biomechanics review and shoulder impingement syndrome
2:30 - 4:30	Shoulder impingement laboratory
4:30 - 5:00	Question and answer session
5:00 pm	Adjourn

**Speaker: Ricardo A. Fernandez, PT, PhD, OCS, CSCS** is a clinician, researcher and lecturer. While a full-time faculty member at Northwestern University, Ricardo studied the relationship between posture and knee dysfunction as part of his doctoral work. He has been practicing as a physical therapist for 30 years and is a three-time orthopedic certified specialist Ricardo has presented over 200 professional presentations on knee and shoulder topics in eighteen states and he has also lectured internationally in Aruba, Ethiopia, Peru and Vietnam.

**Lab assistant: Michael Stakenas PT, DPT** has been practicing physical therapy since receiving his Masters of Science degree in physical therapy from Clarke University in 1999. He went on to earn his Doctorate in PT in 2004. Mike brings 22 years of outpatient orthopedic experience to Advanced Orthopedics and Spine Care, where he treats a wide variety of patients with orthopedic conditions.

**Fundraising course** to support **"VetsRoll"** "to provide CLOSURE\*GRATITUDE\*RESPECT to America's senior-most Veterans for the incredible sacrifices they have made in the name of freedom!"



## Registration Form:

<u>Professionals accepted:</u>	<u>Course fee:</u>
PTs/PTAs	\$200
PT students/PTA students	\$50

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Name

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Address

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PT PTA SPT SPTA (Please circle one)

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Phone

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E-mail

## Method of Payment

Check payable to

**"VetsRoll"**

Class size is limited to 36

Mail registration and payment to:

Ricardo A. Fernandez  
8938 Patty Lane  
Orland Park, IL 60462

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