

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/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 discussion format. Handouts, lunch and snacks are included with registration.

Course Objectives:

1. Identify common orthopedic pathologies encountered at the knee and shoulder.
2. Discuss the various causes of patellofemoral pain and shoulder impingement syndrome pathologies.
3. 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 either patellofemoral pain or shoulder pain.
4. Discuss the biomechanical considerations related to the prescription of hip and knee strengthening exercises.

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

Knee and Shoulder Pain: Biomechanics, Examination and Treatment.

Saturday August 28, 2021

8:30 to 5:00

8 hours of LIVE CE

Lunch provided

Benefit course for:
**Blackfeet Volunteer
Medical Corps**

Sponsored by:

Fox College

Tinley Park Campus
18020 S. Oak Park Avenue
Tinley Park, IL 60477



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Course Schedule:

8:15 – 8:30 am	Registration
8:30 – 8:35	Welcome and introduction
8:35 – 11:00	Knee anatomy, biomechanics and patellofemoral pain syndrome
11:00 – 12:00	Knee Exercises
12:00 – 12:30	Lunch Provided
12:30 to 2:30	Shoulder anatomy, biomechanics and shoulder impingement syndrome
2:30 - 4:00	Case Study: Parsonage Turner Syndrome in a PT
4:30 - 5:00	Questions and answers session
5:00 pm	Adjourn



Speaker:

Ricardo A. Fernandez PT, PhD, OCS, CSCS is a clinician, lecturer and researcher. 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 18 states. He has also lectured internationally in Aruba, Ethiopia, Peru, and Vietnam and has volunteered to treat patients in Honduras and Nicaragua.

Fundraising courses for **Blackfeet Volunteer Medical Corps**. Blackfeet Volunteer Medical Corps is a not-for-profit organization providing medical care and construction services to the Blackfeet Nation of northwestern Montana. Founded in 2000, the Corps has spent over a decade treating thousands of patients and completing dozens of construction projects on the Blackfeet Reservation in and around Browning, Montana.

Registration Form:

<u>Professionals accepted:</u>	<u>Course fee:</u>
PTs/PTAs	\$200
Fox College graduates	\$150
PT students/PTA students	\$50

Name

Address

PT PTA SPT SPTA (Please circle one)

Phone

E-mail

Method of Payment:

Check or money order payable to
"Blackfeet Volunteer Medical Corps"

Class size is limited to 32
-Masks must be worn
-Social distancing with one empty seat between guests

Mail registration and payment to:

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