

**UPCOMING CONTINUING EDUCATION OPPORTUNITIES**

**Upcoming Event: The Hand, Wrist and Forearm: Current Concepts in Examination and Intervention**

**This course has been approved for 15 Contact Hours / CCUs and 1.5 CEUs**

The purpose of this course is to give the physical and occupational therapist and assistants an understanding of the examination and intervention of the hand, wrist and forearm. Special emphasis will be placed on the participants having a thorough understanding of the particular anatomy and biomechanics of this region. Examination will follow focusing on the specifics of the different pathologies seen in this region and the examination and intervention for each.

Texoma Medical Center Outpatient Physical Rehabilitation, 2111 FM 84 Denison, TX 75020

Dates: Saturday, November 5, 2011  
Sunday, November 6, 2011

**Upcoming Event: The Management and Treatment of Adults With Stroke**

**This course has been approved for 15 Contact Hours / CCUs and 1.5 CEUs**

The numbers of people who survive a stroke is increasing. This course is a beginning to advanced course designed for physical and occupational therapists and assistants who will perform examination and treatment interventions of people with various types of stroke in acute, in and out patient rehabilitation and home health settings. Current evidence-based practice will be included.

Medical Center of Lewisville, 500 West Main Street, Lewisville, TX 75057

Dates: Saturday, November 12, 2011  
Sunday, November 13, 2011

For more information about any event please contact Skip Fritz at:  
1-800-782-7961 • E-mail: lonestarc608@aol.com

P.O. Box 1209 ★ Canton, TX 75103

*Course Dated Material - Please Deliver Immediately.*

**Concepts for Ageless Movement:  
Sitting As A Healing Tool For Hip and Spine Related Pain**

Presenter: Lisa Ann McCall, RPT

**Early Registration: \$300.00**

**Course Dates:**

Registration After: Saturday, October 8, 2011: \$330.00

Saturday, October 22 - Sunday, October 23, 2011

Vonco Medical, Rehab & Fitness  
11480 Anaheim Drive Dallas, Texas 75229

**Sponsored By:**



**This Course Has Been Approved By: Texas Physical Therapy Association  
Texas State Board of Occupational Therapy Number of CEUs: 1.3 Number of Contact Hours / CCUs: 13**

**CONCEPTS FOR AGELESS MOVEMENT:  
SITTING AS A HEALING TOOL FOR HIP AND SPINE RELATED PAIN**

**Course Description:**

Health professionals are finding functional movements or “daily “movements one of the factors that directly relates to spine and joint pain, balance issues, and decrease over all wellness for many Americans today. In this workshop the therapist will learn essential elements that can be implemented in a therapy setting on 3 distinct ways of Sitting through lecture and participation in lab sessions and practical lifestyle application. Therapist will learn how to instruct and adapt Sitting exercises and postures for specific treatment goals. Appropriate documentation and billing for these Sitting functional exercises will be addressed.

**Course Learning Objectives:**

- Discuss the scientific rational of posture and the history of human movement on a global scale.
- To understand the premise of what is natural ideal posture in sitting and its relavance as a healing tool for back and hip pain.
- Discuss the important role that proprioception and relaxation play in healing and preventing postural injuries.
- Introduction to the 3 ways of sitting in Westernized Societies and how they are the foundation to more complex movements.

- Participants will understand how to optimize posture in sitting and minimize pain by differentiating postural positions through various spinal and pelvic positions to increase function in workplace and hobbies.
- Recognize and identify the mechanism of postural injuries in sitting and discuss a protocol for the prevention and treatment of a specific injury using the MBM.

**Presenter:**

Lisa Ann is a registered physical therapist who created the McCall Body Balance Method; a scientific researched approach to alleviating pain in 1995. At its core, Body Balance proclaims correct body movement is the foundation of our health. Similar to yoga and Pilates, the McCall Method, however, is based in science. Body Balance is the process of relearning the most basic and natural components of all movements. The method begins by breaking down simple, daily movements such as standing, sitting, bending, turning, lying and walking, then reassembling them to produce fluid, painless movement. These movements are the foundation to more complex moves such as a golf swing, swim stroke or running stride.

**SCHEDULE**

**DAY 1: Saturday**

- 7:30-8:00 ..... Sign-in and Continental breakfast
- 8 am -9:15 ..... INTRODUCTION: (Lecture)  
The McCall Method and what are Universal Movements?
- 9:30-11:00 ..... POSTURE: (Lecture)  
Define Optimal Posture, placement of the pelvis NOT holding the pelvis in place and key scientific principles in healthy posture/ movement.
- 11:00-12:00 ..... KEY TOOLS FOR HEALING:(Lecture)  
Understanding pain, relaxation proprioception/awareness, balance and skill
- 12:00-1:00 ..... Lunch
- 1:00-4:00 ..... 1 WAYS WE SIT: FUNTIONAL EXERCISES (Lab)
1. Sitting Forward : Lower Body Focus: a. Joint placement and b. applying the Healing Tools
  2. Sitting Forward: Upper Body Focus: a. Joint placement and b. Applying the Healing Tools
  3. Sitting Up-Right: Lower Body Focus: a. Joint Placement and b. Applying the Healing Tools

4. Sitting Upright: Upper Body Focus: a. Joint Placement and b. Applying the Healing Tools
5. Sitting Back/Reclined: Lower Body Focus: a. Joint Placement and b. Applying the Healing Tools
6. Sitting Back/Reclined: Upper Body Focus: a. Joint Placement and b. Applying the Healing Tools

**DAY 2: Sunday**

- 7:30-8:00 ..... Sign in and Continental breakfast
- 8:00-9:00 ..... REVIEW AND Q&A (Lecture)
- 9:00-10:30 ..... McCALL METHOD EXERCISES THAT AID IN THE SITTING POSTURES  
..... Break
- 10:30-12:00 ..... COMMON MISTAKES AND ANSWERS IN THE 3 SITTING POSTURES (Lab)
- 12:00-1:00 ..... Lunch
- 1:00-3:00 ..... APPLYING McCALL METHOD TO YOUR THERAPY: (Lecture) Different diagnosis that benefit from sitting as a healing exercise:  
a. Hip pain/Bursitis, b.Gluteus Medius pain/ weakness, c. S/I Joint dysfunction pain, d. Low back pain, e. Neck pain/fatigue
- 3:00-4:00 ..... Documentation and Billing/Quiz (Lecture)

**DETAILS**

**COURSE**

Concepts for Ageless Movement: Sitting As A Healing Tool For Hip and Spine Related Pain

**PRESENTER**

Lisa Ann McCall

**LOCATION**

Vonco Medical, Rehab & Fitness  
11480 Anaheim Drive  
Dallas, TX 75229

**CONTACT:**

Skip Fritz, Owner  
Lone Star Continuing Education  
P.O. Box 1209 Canton, TX 75103  
1-800-782-7961  
E-mail: skip@lonestarce.com  
www.lonestarce.com

**TUITION:**

\$300.00 - Early Registration  
\$330.00 after Saturday, October 8, 2011

**RECOMMENDED HOTELS**

We will e-mail several hotels in the area.

**TARGET AUDIENCE**

Physical Therapists and Assistants  
Occupational Therapists and Assistants

**TIME:**

Saturday, October 22, 2011 - 7:30 - 8:00 am (registration)  
Saturday, October 22, 2011 - 8:00 am - 4:00 pm (course)  
Sunday, October 23, 2011 - 8:00 am - 4:00 pm (course)

**NUMBER OF CEUs:**

1.3

**NUMBER OF CONTACT HOURS:**

13

**COURSE INCLUDES:**

Tuition cost, course notebook, continental breakfast and Certificate of Attendance

**Register for the course online at [www.LoneStarCE.com](http://www.LoneStarCE.com)**

Click on “On-Site Courses” and select the course you would like to register for.

If you prefer you can also register:

**By phone:** (800) 782-7961

**By Fax:** (903) 887-7782 (Please fill out the form below completely.)

**Or Mail:** Lone Star Continuing Education, P.O. Box 1209, Canton, Texas 75103

Please Print Clearly! Concepts for Ageless Movement

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_ License Number: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Profession: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Check (Make checks payable to Lone Star Continuing Education.)  Visa  MasterCard  Discover  American Express

Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature \_\_\_\_\_

**Please Register Early as This Course is Limited as to the Number of Therapists Who an Attend.  
We offer a group discounts for 5 or more from the same facility. \$275.00 per therapist.**