

## Series Description

In cooperation with the faculty in the Physical Therapy Department at UT Southwestern's School of Health Professions, this series of residency-based continuing education programs was developed on a clinical reasoning model and emphasizes evidence-based examination and treatment. The content is based on the "head-to-toe" description of advanced clinical practice as described by the orthopedic section of the APTA. The subject matter emphasizes the development of therapeutic exercise interventions and manual therapy skills. The courses are laboratory intensive with an appropriate student to instructor ratio that accommodates all levels of experience and allows ample practice time. The use of case studies and continuous open discussion facilitates learning and the adoption of proven practice patterns. The goal of the series is to provide physical therapists with a comprehensive continuing professional education course and fully prepare them for the ABPTS Orthopedic Specialty Exam. Previous attendees have enjoyed a 90% pass success rate.

## Course Notebook

A comprehensive course CD-ROM is provided for each participant with appropriate and detailed reference material.

## Course Schedule

The courses will be held over five weekends during 2016. Each program runs from approximately 8:00 AM – 5:00 PM on both Saturday and Sunday. An additional 50 hours of structured independent learning is also provided.

## Additional On-line Resources

Independent studies to learn at your own pace from home!

<b>Ethics and Professional Responsibility</b>	.2 CCUS
Medical Screening for the Physical Therapist	.3 CCUS
Foot-Ankle Anatomy	.3 CCUS
Knee Osteoarthritis	.2 CCUS
Knee Meniscal Injuries	.2 CCUS
Achilles Tendinopathy	.2 CCUS
Plantar Fasciitis	.2 CCUS
Lateral Ankle Instability	.2 CCUS
Femoroacetabular Impingement Syndrome	.2 CCUS
Principles of Joint Mobilization	.2 CCUS
Functional Anatomy of the Shoulder	.3 CCUS
Subacromial Impingement Syndrome	.2 CCUS
Examination-Treatment of the Hand and Wrist	.3 CCUS

Convenient access to web based content relevant to your practice needs. Only \$12.<sup>50</sup> per contact hour to meet your re-licensure requirements.

### Home Exercise Manual for the Rehabilitation Professional

Over 470 illustrated exercises in a 143-page binder providing a comprehensive library of common rehabilitation exercises.



## Course Highlights

- Differential Diagnosis, Clinical Reasoning, and Medical Screening
- Vestibular Therapy/Balance
- Pharmacology/Radiology
- Neural Dynamics and Pain Science
- Anatomy, Biomechanics, Pathomechanics, Examination, Intervention, and Post-Op Management of the:
  - Temporomandibular Joint
  - Cervicothoracic Spine and Rib Cage
  - Shoulder
  - Elbow, Wrist, and Hand
  - Lumbopelvic Spine
  - Hip
  - Knee
  - Foot-Ankle
- Pediatric Orthopedics
- Bracing/Taping/ Orthotics
- Outcome Measurement Tools and Functional Testing
- Critical Analysis, Research Design, and Evidence Based Practice

## Learning Objectives

Following the completion of the series the participants will be able to:

- Integrate clinical reasoning skills based on the best current evidence into their practice management
- Conduct an effective and efficient subjective interview and comprehensive physical examination
- Implement evidence-based interventions based on evaluative findings
- Differentiate pathological conditions of the upper and lower quadrant
- Perform effective manual therapy techniques including soft tissue mobilization and joint manipulation
- Prescribe appropriate therapeutic exercise programs
- Critically analyze current scientific literature

## Education Program CCU Approval

The residency program educational provider is approved by the Texas Board of Physical Therapy for all continuing education program content.

**Series Fee: \$1500**

**CEU Credit: 128 hours**

(under \$12 per credit hour)

Individual course registrations are available on a space available basis. Register for a single course for \$425, two courses for \$800, three course for \$950, or four courses for \$1300.

## Program Faculty



### Ed Mulligan, PT, DPT, OCS, SCS, ATC Residency Program Director

Dr. Mulligan has been involved in orthopedic-sports physical therapy, athletic training, and clinical education for the past 35 years. His undergraduate degree is from the University of Nebraska and he received his physical therapy training at UTMB – Galveston. He completed the post-professional master's degree program at TWU -Dallas in 1995 and his transitional DPT at Regis University in 2008. He was recognized as a clinical specialist in sports physical therapy by the APTA in 1988, served as the Chair for the Sports Physical Therapy Council of the American Board of Physical Therapy Specialists from 2010-11, and is the lead author of the current description of specialty practice for sports physical therapy. He was certified as a clinical specialist in orthopedic physical therapy in 2009 and is the Director of both the Sports and Orthopedic Physical Therapy Residency Programs at UT Southwestern Medical Center in Dallas. He currently serves on the board of the APTA's Residency and Fellowship Education. He is an Associate Professor with joint appointments in the Physical Therapy and Orthopedic Surgery Departments. He has authored numerous textbook chapters and had his research published in multiple physical therapy and orthopedic surgery journals.

### Jason Zafereo, PT, PhD, OCS, FAAOMPT

Dr. Zafereo is an Assistant Professor at UT Southwestern and completed his PhD at Texas Women's University. In 2015. He received his BA in Biology from Baylor University and his Master of Physical Therapy from UT Southwestern Medical Center in Dallas. Jason received his fellowship training in orthopedic manual physical therapy from The Manual Therapy Institute. A board certified specialist in orthopedics, Mr. Zafereo's clinical interests include orthopedic manual therapy with an emphasis in treatment of the neck and low back. He is an expert in chronic pain and had his research published in peer-reviewed journals.

### Emily Middleton, PT, DPT, SCS, OCS, CSCS

Dr. Middleton is the sports medicine satellite site coordinator and sports physical therapy residency coordinator for the UT Southwestern faculty practice in Richardson, TX. Her undergraduate degree is in Community Health Promotion from Northern Arizona University where she was a Division I Women's Volleyball athlete. She completed the DPT program at UT Southwestern Medical Center in 2011 and subsequently completed a one year residency in orthopedics. She is a certified clinical specialist in both orthopedics and sports PT by the APTA. Emily's clinical focus is on the treatment of the hip and return to sport based programming. She is a published author and regular speaker at the TPTA and Combined Section conferences.

### Julie DeVahl, PT, DPT, OCS

Dr. DeVahl is an Assistant Professor and the Director of Clinical Education at UT Southwestern. She received her B.S. in PT from the University of North Dakota in 1978, a M.S. from the University of Minnesota in 1984, and her DPT last year from Texas Tech. She joined the faculty of UT Southwestern as the Director of Clinical Education in 2002 and has been teaching continuing education courses on electrotherapy and temporomandibular dysfunction throughout her career. She is currently conducting research on the impact of lifelong learning in physical therapy.

[www.continuing-ed.cc](http://www.continuing-ed.cc)

**Advanced Physical Therapy Practice  
Clinical Orthopedic Residency Education Series  
Registration Form**

Name \_\_\_\_\_

Physical Therapy License No. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Day Time Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

FAX: ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail \_\_\_\_\_

Tuition fee for entire series of weekend courses is \$1500. Alternatively, a monthly installment payment of \$800 due by April 1<sup>st</sup> with \$350 due on May 1<sup>st</sup> and June 1<sup>st</sup> is available. Register for a single course for \$425, two courses for \$800, three courses for \$950, or four courses for \$1300. Individual course registration fees are due one week prior to the class date. Please make check payable to "continuing ED" and send to 1901 Pintail Parkway; Euless, TX or call 817-488-2061, or visit our web site to pay by credit card ([www.continuing-ed.cc](http://www.continuing-ed.cc)).

- Management of the Cervicothoracic Spine – April 9-10, 2016
- Management of the Shoulder, Elbow, & Wrist-Hand - June 4-5, 2016
- Management of the Lumbopelvic Complex – July 9-10, 2016
- Management of the Hip/Knee – August 20-21, 2016
- Management of the Foot/Ankle, Functional Evaluation, and Pediatric Orthopedics – October 8-9, 2016

Detailed information such as specific agenda, course location, hotel accommodations, and directions will be conveyed in a confirmation letter to registered participants.

These educational opportunities are open to all licensed physical therapists and represent the didactic portion of a formal orthopedic residency program accredited by the APTA. Physical Therapist Assistants are welcome to attend with a Physical Therapist. All CCU hours are approved by the TPTA. For more information on employment as an orthopedic resident at UT Southwestern please contact Ed Mulligan.

**For more information:**

**continuing ED**

1901 Pintail Parkway; Euless, TX 76039

E-Mail Address: [mulliganpt@tx.rr.com](mailto:mulliganpt@tx.rr.com)

Phone: 817-488-2061 FAX: 817-684-7201

**REFUND and CANCELLATION POLICY**

Individuals who find it necessary to cancel may receive a refund, less a \$250 for the course series or \$50 for individual courses. To receive a refund you must submit written notification at least 7 days before the first program date. The course sponsor reserves the ability to cancel the course within 15 days or in the event of circumstances beyond our control and assumes no responsibility for additional expenses incurred by the participants. In the event of cancellation, a full tuition refund will be provided.

**7th Annual  
Manual Therapy and  
Orthopedic Rehabilitation  
Advanced Physical  
Therapy Practice**



**Clinical Orthopedic Residency Education Series**

**A comprehensive means to prepare for the American Board of Physical Therapy Specialization's Orthopedic Clinical Specialist Exam**

**Program Location:**

The Institute for Sport & Spine Rehabilitation  
1101 Ohio Dr., Suite 110  
Plano, TX 75093

For more information on education programming or the UT Southwestern Orthopedic Physical Therapy Residency please visit our web site at

[www.continuing-ed.cc/residency-course](http://www.continuing-ed.cc/residency-course)

**Register Now!**

Limited Seating is Available

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1901 Pintail Parkway  
Euless, TX 76039



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Clinical Orthopedic Residency Education Series — 2016**  
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