



ExPAAC— Focus

This is an evidence based course covering current research and aging issues as related to each of the four preferred practice patterns:

- Musculoskeletal
- Neuromuscular
- Cardiopulmonary
- Integumentary

Common diagnoses, pharmacological interventions and implications for physical therapy will be addressed.

This course provides excellent instruction for physical therapists planning to sit for Geriatric Board Certification, physical therapy assistants pursuing Advanced Clinical proficiency, or any practitioner looking to improve his or her clinical skills with older adults.

Offered as a pre-course session, *ExPAAC Focus* is designed to bring physical therapists up to date on the aging process prior to participating in the ExPAAC conference.

This course may be taken separately for continuing education units or in conjunction with ExPAAC.

Pre-course Schedule

- 8:00-8:30
Welcome/Continental Breakfast
- 8:30-9:45
Aging: where are we & where are we going
Speaker*: Marilyn Moffat
- 10:00-11:30
Musculoskeletal
Speaker: Karen Kemmis
- 11:30-12:30 Lunch (on your own)
- 12:30-2:00
Neuromuscular
Speaker: Deb Kegelmeyer
- 2:25-3:45
Cardiopulmonary
Speaker: Bill Staples
- 4:00-5:30
Integumentary
Speaker: Jill Heitzman
- 6:30-8:30
Off campus wine tasting & hors d'oeuvres
Additional payment and registration required; transportation available

**Speaker bios on the reverse page.*

Course Objectives

Upon completion of this course you will be able to:

1. Understand current trends in aging
2. Recognize biological and pathological changes associated with aging
3. Integrate examination and intervention strategies for the geriatric client using the Guide to Physical Therapist Practice
4. Analyze evidence to determine applicability of new techniques in PT practice with an aging client.

ExPAAC Focus Registration

Registration fee for *ExPAAC Focus* is \$125 for APTA Section on Geriatrics members and \$150 for non-members, payable by credit card or check.

Registration deadline for *ExPAAC Focus* is July 1, 2010. Class size is limited, so register early!

To register for *ExPAAC Focus*, ExPAAC, on-campus housing and the Wednesday evening wine tasting, visit www.expaac.org.

For more information, e-mail inquiries@expaac.org or contact Stephanie Fritz at (317) 791-5930.

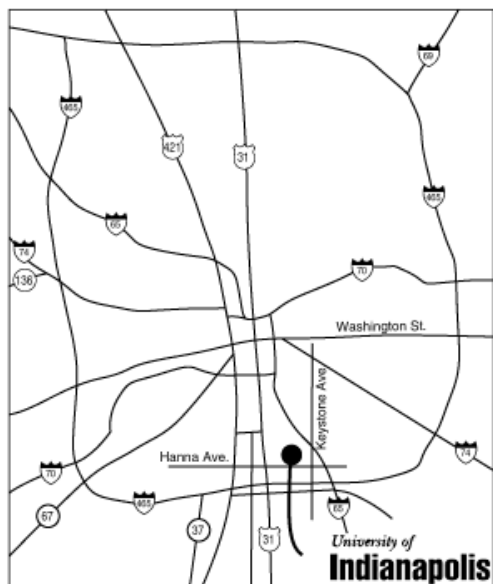
Housing

You may register for on-campus housing at the University of Indianapolis ONLY if you are also attending the entire ExPAAC Conference (July 29-31). For details about on-campus housing, visit www.expaac.org.

For lodging off campus, contact the Holiday Inn Express—Indianapolis South at (800) 315-2621 or (317) 783-5151. Ask for the ExPAAC rate of \$77 per night.

Note: Although there will be conference-sponsored transportation to and from the Holiday Inn Express during the ExPAAC conference, transportation will NOT be available on Wednesday, July 28. Contact the Holiday Inn Express for information about their shuttle service.

Visit <http://www.uindy.edu/maps/> for directions and a campus map.



ExPAAC Focus Speakers

Marilyn Moffat PT, DPT, PhD, DSc(hon), CSCS, CEEAA is chair of the Section's Program for Physical Therapists Exercise Experts Aging Adults. She is currently President of the World Confederation for Physical Therapy and Past-president of the APTA.

Karen Kemmis PT, DPT, MS, CDE is co-chair of the CEEAA program and is employed by Upstate University Health System in Syracuse, NY, specializing in diabetes and osteoporosis.

Deb Kegelmeyer PT, DPT, MS, GCS is an Associate Clinical Professor at Ohio State University, chair Geriatric Specialty Council of ABPTS, Distinguished Educator Award 2009. Awarded a fellowship in geriatric research.

Bill Staples PT, DPT, MS, GCS is Assistant Professor at University of Indianapolis, has served on the Section Board for nine years, and is a frequent author in *Gerinotes*, as well as a national lecturer. He earned the Distinguished Educator Award in 2006.

Jill Heitzman, PT, DPT, GCS, CWS, FACCWS is a charter member of the Wound Management SIG and has written and lectured on the topic of the aging integumentary system at universities and health facilities across the nation.



**Exercise and Physical Activity
in Aging Conference:**
Blending Research and Practice

ExPAAC Focus

ExPAAC Pre-conference Programming

University of Indianapolis
Martin Hall #150
Wednesday July 28, 2010
8:00am-5:30pm

www.expaac.org

Email: inquiries@expaac.org

