

From: James Beazell <jamesbeazell@orthopedicmanualtherapyseminars.com>

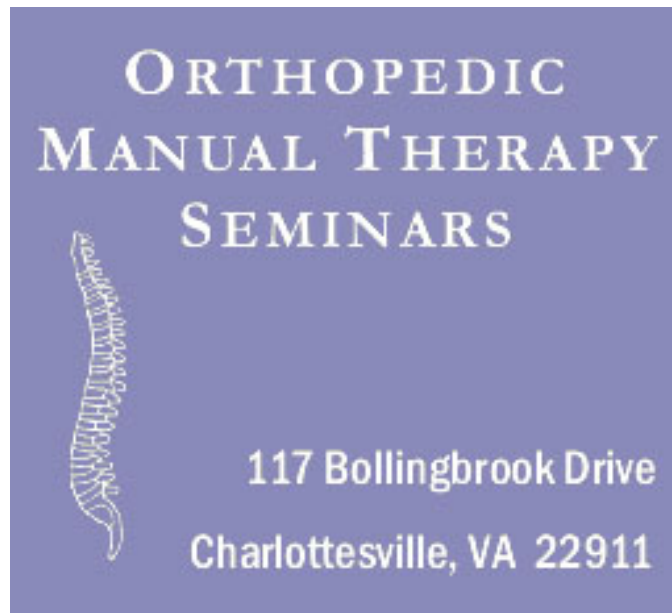
Subject: News from Orthopedic Manual Therapy Seminars

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February 2005

Orthopedic Manual Therapy Seminars Newsletter

Dear James,

As we move forward into 2005, we hope this newsletter finds you all doing well. This newsletter will focus on informing you of some recent developments here at UVA-Healthsouth and as well as some current topics in the literature.

Read on and find out about the Running Medicine Conference at the University of Virginia on March 31-April 2 as well as the Medical Exercise and Training course that will be offered at UVA-Healthsouth in Charlottesville on June 4-5.

Running Medicine Course 2005

Article Subheading

PROGRAM DESCRIPTION
Running continues to grow in popularity as the baby boom generation reaches middle age and subsequent generations participate in sports that can maintain their health and fitness throughout the life span. As these athletes of all ages

encounter injuries and obstacles to optimum performance, the body of scientific knowledge and medicine must stay abreast of these developments. The topic of sports medicine is particularly important to runners who are avid athletes and strive for excellence. Many of them are not willing to accept limitations such as rest or decreased mileage etc as adaptations to their workout regime. Therefore, this year's conference focuses on the biomechanics of the foot and ankle, gait evaluation, orthotics and the physiologic considerations that affect the health and success of runners. **TARGET AUDIENCE** Primary care physicians, orthopaedic, sports medicine, physical medicine and rehab physicians, nurse practitioners, physician assistants, physical therapists, athletic trainers, coaches and other professionals interested in maintaining and promoting the health of runners.

EDUCATIONAL OBJECTIVES Through participation in this conference, the participants will have an opportunity to: 1. Describe the biomechanics of running 2. Review the dynamic elements of gait evaluation on healthy and injured runners 3. Identify the components of the running shoe and its effects on gait evaluation 4. Relate the principles of orthotics to evaluation of the runner and appropriate prescribing of orthotics for prevention and treatment of common running injuries 5. Describe the biomechanical relations that are common in injured runners 6. Identify the effects of running - such as impact forces, soft tissue vibration and muscle tuning 7. Discuss the effects of skeletal alignment on running 8. Describe common overuse running injuries of the foot and ankle 9. Review the characteristics, clinical presentation and management of plantar fasciitis, and stress fractures 10. Identify the surgical considerations for the foot and ankle 11. Discuss foot first aid- assessment and treatment strategies **ACCREDITATION** The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The University of Virginia School of Medicine designates this educational activity for a maximum of 12 category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the

activity. The University of Virginia School of Medicine awards 0.1 CEU per contact hour to each non-physician participant who successfully completes this educational activity. The CEU (Continuing Education Unit) is a nationally recognized unit of measure for continuing education and training activities that meet specific educational planning requirements. The University of Virginia School of Medicine maintains a permanent record of participants who have been awarded CEUs.

[Follow this link below to the University of Virginia CME page](#)

Medical Exercise Training

by Article
Author

Alan Evans, MOMT, PT



COURSE ANNOUNCEMENT Orthopedic Manual Therapy Seminars presents Medical Exercise Training: A Laboratory Based Course Instructor: Alan Evans, PT, MOMT, MCSP Dates: June 4th and 5th, 2005 Times: Saturday 9:00-5:00, Sunday 9:00-4:00 Location: University of Virginia-Healthsouth 545 Ray C. Hunt Drive, Suite 210 Charlottesville, Virginia Cost: \$250 dollars, deposit \$100 due by May 10, 2005 Final \$150 due on November 13 Information: Contact Jim Bezell UVA-Healthsouth 545 Ray C. Hunt Drive, Suite 210 Charlottesville, VA 22903 434-243-0350 "This course is designed to expose participants to the theory and application of medical exercise training following the system designed by Odvar Holten. It will address histological, physiological and neurological factors which influence the selection and progression of exercise, and will be lecture/lab format. Exercise prescription for the spine and extremities will be

discussed, with precautions, contraindications and adjuncts to treatment included." Mr. Evans is Clinical Director and Coordinator of Clinical Education in Miami, FL. He received his Bachelors Degree in Physiotherapy from Queen Margaret College, Scotland in 1991. He then worked in the outpatient orthopedic setting in Canada and the US before completing his Fellowship in Birmingham, AL with Dr. James Andrews. Alan has also completed four years of post graduate education in orthopedic manual therapy, through the Ola Grimbsy Institute, with whom he has served as an assistant instructor. He has lectured throughout North America and the UK. Mr. Evans teaches in both the shoulder and elbow curriculums. VPTA Type one hours have been approved

Send payments to: OMTS 117 Bollingbrook Drive Charlottesville, VA 22911

Update on Real Time Ultrasound Biofeedback

James Beazell

Research initiative



The application of exercise in spinal patients has been well documented in the recent literature, both for lumbar, sacroiliac and cervical patients. Biofeedback in physical therapy has been utilized to help retrain patients with muscle contraction in pelvic floor dysfunction, balance disorders and stroke. Real time ultrasound is a non invasive modality that is used by the medical profession to scan patients during pregnancy, scan the heart and to evaluate musculoskeletal conditions such as tendinopathy or muscle tears. More recently this technology has been utilized to assist in giving biofeedback to patients with different dysfunctions. Recent articles have introduced the use of real time ultrasound (RTUS) to evaluate changes in muscle size in both lumbar and cervical muscles. The use of this technology has been reported in the literature to identify abnormal activation in patients with low back pain versus normals. The ability to assist patients in the activation of these specific stabilizing muscles may aid in the recovery from back or neck injury. The utilization of real time ultrasound for biofeedback has been reported in a case study of an elite athlete. Previous studies have looked at changes in cross sectional area of the multifidus as a result of specific interventions but no studies have looked at the possible benefit of using RTUS as biofeedback for patients.

Kermode F. Benefits of utilising real-time ultrasound imaging in the rehabilitation of the lumbar spine stabilising muscles following low back injury in the elite athlete--a single case study. *Physical Therapy in Sport* 2004;5:13-6. Ferreira PHM, Ferreira MLM, Hodges PWP. Changes in Recruitment of the Abdominal Muscles in People With Low Back Pain: Ultrasound Measurement of Muscle Activity. [Miscellaneous Article]. *Spine* 2004;29:2560-6. Dietz HP, Wilson PD, Clarke B. The use of perineal ultrasound to quantify levator activity and teach pelvic floor muscle exercises. *International Urogynecology Journal*.12(3):166-8; discussion 168-9, 2001.

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