

Real time musculoskeletal ultrasound imaging: applications to inform physical therapist practice

Saturday February 9th, 2019

PT Program, *Midwestern University*
555 31st Street
Downers Grove, IL 60515

This course is open to all licensed physical therapists. All attendees are eligible to earn 8 hours of CEU.

Early registration until 12/02/18 is available for:

- 1) Clinical Instructors and Clinical Site Coordinators who have hosted a PT student from Midwestern University's Physical Therapy Program within the last 3 years
Or
- 2) Alumni of the Downers Grove Midwestern University Physical Therapy Program

Course Faculty

Teresa Elliot-Burke, PT, M.H.S., WCS is an Assistant Professor and Academic Clinic Coordinator in the Physical Therapy Program at Midwestern University. She has over 40 years' experience as a physical therapist primarily in orthopedics, administration, and pelvic health. She has utilized RTUS in the clinic and classroom for student education, research, and patient treatments.

Thomas Dillon, PT, DPT, OCS is a Clinical Instructor in the Physical Therapy Program at Midwestern University. He has over 8 years of outpatient orthopedic experience, including management, pre and post-op treatment protocols, and student clinical education. He has utilized RTUS in the outpatient setting for over two years in student education, clinical research, and patient care.

Janey Prodoehl, PT, Ph.D. is a Professor in the Physical Therapy Program at Midwestern University. She has over 25 years of experience as a physical therapist primarily in out-patient orthopedic settings with a focused interest in orofacial pain and headache. Her RTUS experience and interests lie in the use of it for informing clinical decision making and for clinical research. She is a member of the Imaging Special Interest Group through the Academy of Orthopedic Physical Therapy.

Patti Treworgy, RDMS, RMSK is a certified musculoskeletal and abdominal ultrasound specialist for Fujifilm SonoSite, Inc. with over 12 years' experience in RTUS use. She has proctored multiple sonography courses and is a lead trainer for Fujifilm SonoSite Inc.

Course Description

This 8-hour course introduces the use of musculoskeletal real time ultrasound imaging (MSK RTUS) for physical therapists by providing didactic and hands-on practical application of MSK RTUS to enhance clinical decision making and physical therapist practice. Participants will learn the fundamentals of MSK RTUS imaging. At the end of the course participants will be able to apply biofeedback and cueing concepts in their clinical practice even if they do not yet have access to an MSK RTUS unit. To facilitate learning, a combination of lecture, demonstration and hands on lab practice will be used. This course will be taught by faculty from the Physical Therapy Program at Midwestern University who have been using MSK RTUS in their teaching and clinical practice, with contributions from a licensed sonographer.

Please dress to allow skin access to lumbar spine, abdomen and foot/ankle to enhance the learning process.

Course Schedule

8:00-8:30	Check in (coffee available)
8:30-9:30	Introduction to MSK RTUS imaging
9:30-10:15	Transversus abdominis imaging and cueing demo
10:15-10:30	Break (water and coffee available)
10:30- 11:30	Transversus abdominis imaging and cueing lab
11:30-12:15	Lunch (provided)
12:15-12:45	Lumbar multifidus imaging and cueing demo
12:45-1:45	Lumbar multifidus imaging and cueing lab
1:45-2:00	Break (water and juice available)
2:00-2:30	Achilles and plantar fascia imaging demo
2:30-3:30	Achilles and plantar fascia imaging lab
3:30-4:15	Application of MSK RTUS to PT Practice
4:15-5:00	Case studies and Q&A

Course Objectives

By the conclusion of this course, participants will be able to:

1. Describe the principles of MSK RTUS imaging
2. Demonstrate appropriate transducer selection and orientation during MSK RTUS imaging
3. Demonstrate appropriate patient positioning and image adjustments to enhance image quality during MSK RTUS imaging
4. Demonstrate effective and efficient MSK RTUS imaging of specific muscle groups in the spine, abdomen and at the foot and ankle.
5. Demonstrate how MSK RTUS can be used to inform clinical decision making for cueing and patient feedback of contractions involving the multifidus and transversus abdominis musculature.
6. Describe how MSK RTUS can be used to inform prognosis and progression of physical therapy exercises and activities for individuals with Achilles tendonitis and plantar fasciitis.
7. Discuss evidential support for the use of MSK RTUS imaging to clinical practice.

Registration, Pricing & Dates

Early registration will be offered through December 2nd to Cl's and SCCE's serving the MWU PT Program (who have hosted a PT student from Midwestern University's Physical Therapy Program within the last 3 years) and to MWU PT Program alumni on a first come first served basis. After December 2nd, 2018, registration is open to all physical therapists until space is filled. All participants are eligible for CEUs.

Until December 2nd:

\$80* PTs who are Cls, SCCE's, and MWU PT Program Alumni (early registration)

https://online.midwestern.edu/public/eventreg.cgi?event_no=5924

After December 2nd:

\$180* Any PT APTA member or \$200* PT Non-APTA member

https://online.midwestern.edu/public/eventreg.cgi?event_no=5923

*All proceeds to support the Physical Therapy Legacy Scholarship at MWU which is awarded to a second year Midwestern University Downers Grove Physical Therapist student that has demonstrated the highest levels of the Core Values of the Physical Therapy profession including professionalism, leadership, service, and scholarship.

Question? Please call PT Program Office 630-515-6462