

Grand Rounds

Wednesday, February 27th, 2019

7:00-8:00am

“Suspension Exercise for Neuromusculoskeletal Disorders”

Alex Brown, PT, DPT, OCS

Michael Verdon, PT, DPT, CEEAA

St. Luke's University Hospital – Bethlehem

Priscilla Payne Hurd Education Center

Lecture Room 2

Learning Objectives

1. Explain three ways that suspension training maybe utilized in the clinical setting (15 min)
2. Correctly identify significant differences between open kinetic chain and close kinetic chain exercises (10 min)
3. Name the four main elements of neuromuscular activation treatment (10 min)
4. Classify what falls under local versus global stabilizing muscles (15 min)
5. Apply the concept of myofascial lines into everyday practice (10 min)

This course is pending approval by the Pennsylvania State Board of Physical Therapy for 1.0 hours of general physical therapy education. PA Board Approval # _____

This course is pending approval by the New Jersey Board of Physical Therapy Examiners for 1.0 continuing education credits. NJBPTE Approval # _____

This course is approved by the Pennsylvania State Board of Occupational Therapy for 1.0 hours of continuing education credit

St. Luke's University Health Network (BOC AP# P8821) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of (1) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

The St. Luke's Hospital & Health Network is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians.

The St. Luke's Hospital & Health Network designates this educational activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*[™]. Physician should only claim credit commensurate with the extent of their participation in the educational activity.

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