

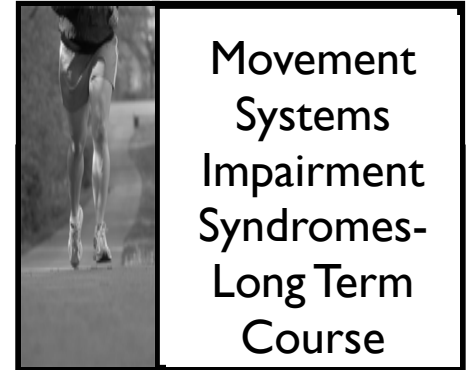


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Arizona OrthoSports Physical Therapy

PO BOX 10837
Glendale, AZ 85318

Mary Kate McDonnell PT, DPT, OCS is Associate Director of Clinical Practice and Fellowships in Physical Therapy as well as Assistant Professor of Physical Therapy and Orthopedic Surgery at Washington University in St. Louis, MO. She received her Bachelor of Science in Physical Therapy from St. Louis University in 1981, Master of Health Science (1985) and Clinical Doctorate of Physical Therapy from Washington University in St. Louis (2003). She became Board Certified in Orthopedics by the APTA in 1996 with recertification in 2004. Her area of clinical research includes diagnosis and examination of musculoskeletal conditions. She maintains a clinical practice at Washington University specializing in the treatment of musculoskeletal conditions with special focus on upper quarter impairments. She established an APTA Clinical Fellowship Program in Diagnosis and Management of Movement Impairment Syndromes at Washington University in 2007. She has worked extensively in collaboration with Shirley Sahrmann PT, PhD, FAPTA in the development of Movement System Impairment Syndromes.



Movement Systems Impairment Syndromes- Long Term Course

Use of the Movement System Impairment approach for examination and treatment of musculoskeletal pain is based upon the premise that a significant component of the stress that causes tissue injury is the result of movement. Movement impairments can be manifested by several different mechanisms: 1) amount of movement is excessive; 2) timing of the movement is asynchronous with the functional requirements for the joint and/or 3) the number of repetitions of the movement exceeds the tissue's capability. The key to determining the mechanism of injury and the source of the symptoms is through a systematic examination that focuses on the function of the muscles and joints surrounding the injured tissues.

Six (6) weekend courses:

August 7-8, 2010
September 18-19, 2010
October 16-17, 2010
January 8-9, 2011
February 19-20, 2011
March 19-20, 2011

Course Description

August 2010:
 Principals and concepts of Movement System Impairments
 Muscular, motor control, biomechanical adaptations contributing to Movement Impairment Syndromes
 Lumbar Movement System Impairment Syndromes (introduction)
 Evaluation skills lab

September 2010:
 Lumbar Movement System Impairment Syndromes (continued)
 Hip Movement System Impairment Syndromes
 Lumbar and Hip Diagnostic Category Grids
 Lower Quarter Evaluation
 Assignment of case study – Lower Quarter

October 2010:
 Lower Quarter Case Study Presentations
 Lower Quarter Evaluation Practical
 Knee Movement System Impairment Syndromes
 Knee Diagnostic Category Grids

January 2011:
 Scapula Movement System Impairment Syndromes
 Glenohumeral Movement System Impairment Syndromes
 Scapula and Glenohumeral Diagnostic Category Grids
 Upper Quarter Evaluation
 Assignment of case study- Upper Quarter

February 2011:
 Cervical Movement System Impairment Syndromes
 Thoracic Movement System Impairment Syndromes
 Cervical and Thoracic Diagnostic Grids
 Considerations for the TMJ

March 2011:
 Research Considerations for MSI
 Upper Quarter Case Study Presentation
 Upper Quarter Evaluation Practical

This 6 weekend course over 9 months will focus on concepts, examination/evaluation and diagnosis of movement system impairments. The course will have required readings, case presentations and skills testing to ensure competency. The classes will include both lecture and hands-on practical lab format.

Tuition: The cost for the 6 session course is \$1500.00 . The tuition can be paid in full at the time of registration or in 3 installments. Registration is completed with an \$500.00 down-payment when registering for the course. An additional \$500.00 to be paid at the 1st session and the remaining amount at the 3rd session. **There are no individual session fee rates. Once enrolled in the class, each participant is responsible for the entire course fee.**

Location and Time: All class sessions will be held at:

In Motion Physical Therapy
 and Wellness
 15015 West Bell Road #101
 Surprise, AZ 85374

Schedule: Saturday starting promptly at 9 AM and ending at 6 PM. Sunday beginning at 9 AM and ending at 2 PM. A 1 hour lunch break is planned with plenty of food options nearby.

Registration: Registration is on a first come, first served basis. The class size is limited to 25 participants to ensure adequate instructor to participant ratio. Registration checks should be made out to: Arizona OrthoSports Physical Therapy.

Inquiries:
 All inquiries should be directed to:

Karen Donahue PT, DPT
 Arizona OrthoSports Physical Therapy.
 Office phone: 623-433-8856
 Fax: 623-433-8860
 E-mail: azospt@aol.com

CEU Credit: BOC CEU approval (P3149). Accepted by the Arizona State Board of Physical Therapy.




Sign up for: Price
 Movement System Impairment Long Term Course \$1500.00

Name _____
 Address _____

 Phone _____

Method of Payment Initial Payment amount:
 Check
 Visa
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Credit Card # _____ Exp. date _____
 Signature _____



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