Management of the Elbow for Orthopaedic Physical Therapy

Emory Orthopedic Physical Therapy Residency Program
Ryan Balmes, PT, DPT, OCS, SCS, FAAOMPT
August 14, 2016
8:00 AM – 5:00 PM
7.0 Continuing Education Hours (0.7 CEU)

Course Description and Objectives

This 1-day evidence based course is a comprehensive study of the elbow joint and its associated soft tissues and skeletal structures, and its management within orthopaedic physical therapy practice. The course is heavily lab-based and will emphasize clinical evaluation and treatment skills for common musculoskeletal conditions and pathology affecting the elbow joint. An emphasis will be placed on differential diagnosis and best practice, as determined by the research literature. Management interventions will focus on manual therapy, select upper extremity neurodynamics and exercise techniques that can be applied immediately into a participant’s practice.

Upon completion of this course, participants will be able to:

1. Correctly identify the functional anatomy of the elbow, inclusive of associated joints, soft tissue, and skeletal structures, during post test analysis and lab sessions
2. Correctly identify the biomechanics of the elbow complex during post-test analysis and lab sessions
3. Report best practice evaluation and treatment techniques as determined by current evidence during case study discussion & lab sessions.
4. Demonstrate improved clinical reasoning for common elbow musculoskeletal conditions as based upon standards within Description of Specialty Practice for Orthopaedic Physical Therapy during lab sessions and case study discussion.
5. Describe and accurately perform clinical special tests with known diagnostic utility during lab sessions.
6. Given the most current evidence, participants will design a treatment plan and perform interventions for patients, including but not limited to manual therapy, UE neurodynamics and exercise prescription, with elbow pain or dysfunction during lab sessions and case studies

Audience: This course is appropriate for physical therapists, physical therapy residents and physical therapy assistants with an intermediate skill and knowledge level in elbow pathology.

Instructor Biography

Ryan Balmes, PT DPT, OCS, SCS, FAAOMPT
Physical therapist and American Physical Therapy Association (APTA) member, Dr Ryan Balmes is a board-certified clinical specialist in sports and orthopedic physical therapy. He currently practices in Atlanta through his new private practice, ENDVR Sports Physical Therapy, and serves as membership secretary for APTA’s Georgia Chapter.

Dr. Balmes earned both his doctor of physical therapy (DPT) degree and his bachelor’s degree in exercise and sports science from the University of Florida. Immediately following graduation, Dr Balmes completed an
orthopedic physical therapy residency at Louisiana State University Health Shreveport and an orthopedic manual therapy fellowship in sports rehabilitation at MVP Physical Therapy in Tacoma, Washington. He is a fellow of the American Academy of Orthopaedic Manual Physical Therapists.

Dr Balmes is passionate about working with athletes and mentoring and teaching physical therapy students and new professionals. He has treated athletes from recreational to the professional levels. Notable work includes the W-League Seattle Sounders, the WNBA Atlanta Dream, and the NFL Players’ Association. Dr Balmes strongly believes that living an active and healthy lifestyle unleashes the powerful potential of humankind.

### Course Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30-8:00 AM</td>
<td>Registration and light breakfast</td>
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<tr>
<td>8:00-10:00</td>
<td>Anatomy and Biomechanics</td>
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<tr>
<td>10:00 – 12:00 PM</td>
<td>Elbow conditions: Patient presentations &amp; assessment measures</td>
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<tr>
<td>12:00-1:15</td>
<td>LUNCH on your own</td>
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<tr>
<td>1:15-2:30</td>
<td>Elbow conditions: Patient presentations and assessments (cont)</td>
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<tr>
<td>2:30-4:00</td>
<td>Manual therapy techniques and exercise interventions</td>
</tr>
<tr>
<td>4:30-5:00 PM</td>
<td>Post Test and Questions</td>
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### Registration and Payment

- Registration fees include instruction, course materials, breakfast and snacks. Lunch is on your own.

- In order to assure your security, our registration and payment systems are kept separate. In your email registration confirmation, you will receive detailed payment instructions.

- Cash and checks, payable to Emory University, must be received in our office **within 10 business days** of your registration, or your spot within the course will be **forfeited**.

**Tuition and Fees**

- Emory (Select) Employee: $200.00
- Emory DPT CI (2011-2016) or Alum: $200.00
- Unaffiliated PT/PTA: $225.00

*If you also register & pay for the August 2016 “Dx & Mngt of TMJ” and/or “Innovative Shoulder” courses, you may receive an additional $25.00 discount off tuition by entering the following coupon code during registration: AUGUST2016

- **Register Now!**
  [https://form.jotform.com/61816586732969](https://form.jotform.com/61816586732969)

Registration closes on Thursday, August 11, 2016.

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Presented by Ryan Blames, PT, DPT, OCS, SCS, FAAOMPT