The Eclectic Approach to Upper and Lower Quarter Assessment and Treatment

Continuing Education Course

16.0 Hours

ABOUT THE INSTRUCTOR

Dr. Eron Religioso III, DPT, MS, MTC, CertMDT, CFC, CSCE, FMS, FMT, FAAOMPT, graduated from D'Youville College in 1998 with a dual Bachelor's of Science and Master's of Science in Physical Therapy. His interests in Orthopaedics and Manual Therapy lead him to pursue a Doctor of Physical Therapy degree from the University of St. Augustine. Studying under Stanley Paris, Ph.D, PT, internationally known for his manual skills and knowledge of the spine as well as his distinguished faculty, Dr. Religioso earned his DPT and Manual Therapy Certification in 2000. He later became credentialed in Mechanical Diagnosis and Treatment of the Spine in 2000.

Dr. Religioso became certified in evaluation and treatment of oromaxillary, craniofacial, and temporomandibular pain in 2005; this from extensive training and certification from Dr. Mariano Rocabado, PT, of Chile, one of the world’s foremost experts in treatment of temporomandibular joint dysfunction. Later in 2005, Dr. E obtained Fellow status in the American Academy of Orthopaedic Manual Physical Therapists and serves as a mentor for future Fellows through Evidence in Motion’s Fellowship in OMPT program.

He recently became certified in FMS level 1 in December 2011 and expects certification in level 1
of the Selective Functional Movement Assessment soon. In January 2013, Dr. Religioso became an official FMT level 2 certified Rock Doc, a state of the art method of kinesiotaping. From 2013 to 2014, Dr. Religioso took 3 of the 4 base courses from The Postural Restoration Institute. In 2014, he became certified in use of the Capnotron, a device to help breathing pattern disorders. In addition he started Level 1 of both RedCord Neurac, and KinetaCore Functional Dry Needling with plans to take both Level 2s in 2015.

Dr. Religioso is adjunct faculty of SUNY at Buffalo, where he teaches orthopaedic manual physical therapy in the DPT program. He foundedthemanaualtherapist.com to help mentor and teach professionals around the world and physioanswers.com to help educate consumers and the general public on the profession of physical/physiotherapy. Dr. Religioso owns EDGE Mobility Marketplace, home of EDGE Mobility System along with webinars and other PT/Rehab/Fitness products; it also includes Stop Thought Viruses, for individuals in chronic/persistent pain states. He also is an importer of high quality Mirror Boxes for pain, arthritis, stroke rehab, and neuroorthopaedic problems.

In 2013, The Eclectic Approach went international along with an extensive US Tour. This continued in 2014 with courses in Vancouver, BC, Quebec City, ON, Santiago, Chile, and Manila in the Philippines. In 2015, The Eclectic Approach seminars also launched in Rome, with plans for the series to be offered throughout Europe. Also in 2015, Erson teamed up with long time colleague and friend, Chris Nentarz, to offer Mobility 2 Perform, 4 hour seminars for CrossFit, Runners, Coaches, Athletes, and Weekend Warriors alike to improve their health and mobility through self assessment, resets, and reinforcements.

Lastly, Dr. E is now offering his services as both an online clinical mentor to clinicians, travelling OMPT Fellowship mentor, online patient consultations, and online consultation and website development along with LeBauer Consulting and his media company, UpDoc Media.

PARTICIPANT LEARNING EXPERIENCE

Presentation will be didactic for pain science and research review, and movement classification
using a Repeated Motion Exam and Movement Screen. After the lecture, the remainder will be lab breakout sessions. Patient cases will be incorporated into the course to aid in understanding and allow for application of knowledge to a clinical scenario. A variety of audiovisual aids may be used to augment presentation of material including slides, and video.

ASSESSMENT OF LEARNING

Evaluations will include written examinations and a round robin evaluation of treatment techniques at the end of the day

COURSE DESCRIPTION

This course is an introduction incorporates movement assessment via a Repeated Motions exam and a comprehensive Movement Screen. The course emphasis is on Modern Manual Therapy, Pain Science Education and patient self treatment. Treatment includes use of the EDGE/EDGEility Tools for Instrument Assisted Soft Tissue Manipulation, Spinal Manipulation and Mobilization, and Neurodynamics to promote movement and decrease pain. Clinical Practice Patterns of movement dysfunction will be taught for assessment and treatment. The course is 30% lecture and 70% lab.

OBJECTIVES

Upon successful completion of this course the participant will:

1. Demonstrate an understanding of modern manual therapy with neurophysiologic mechanisms

2. Will be able to evaluate and treat common movement pattern dysfunctions in both the upper and lower quadrants of the body

3. Use traditional soft tissue manipulation, functional release, compression wrapping and instrument assisted soft tissue manipulation, joint manipulation and other orthopaedic manual therapy treatments to increase the compliance of patient HEP

4. Understand the indications and contraindications to IASTM, spinal manipulation, neurodynamics

5. Be able to prescribe patient self treatment with mode and patient education

6. Be able to give the patient informed consent for treatment

7. Use a Movement Screen and a Repeated Motions Exam for Test and Re-Test of the Patient’s Function and Symptoms

CONTINUING EDUCATION CREDITS

16.0 Hours