

## About the Instructors



Dr. Terry L Rzepkowski, PT, MS, BS, is a Doctoral prepared licensed physical therapist (N.Y. & FL.) with specialization in Orthopedic Home-care Physical Therapy.

In 1982 he received my B.S. in PT from Ithaca College. He received an advanced Masters in 2000 and a DPT in 2005 from Rocky Mountain University of Health Professions in a hybrid educational model. Throughout his 33 year career Dr. Rzepkowski has specialized in Orthopedics, specifically: Sports Medicine, Total Joint Replacement Surgery, and Musculo-skeletal out-patient rehab as an independent private practitioner. He has worked on world champion professional water skiers and served, high school athletic training staffs, and also served as an acute care staff therapist on post-operative orthopedic units and as a trauma traction specialist. Dr. Rzepkowski has served in the capacity of rehab director at several acute care hospital and home care agencies, he has owned an outpatient physical therapy private practice from 1986-2000, and held the position of regional vice president over a 7 state territory for a large national provider of therapy program management. His current role as total joint replacement team specialist in Orthopedics at a Home-care agency in Tampa FL, provides a platform for staying abreast of the latest techniques and protocols utilized in total joint care rehab. In addition to his years of experience in orthopedic rehab, Dr. Rzepkowski served 8 years as the Program Director of a PTA program in Tampa responsible for instruction in the areas of Anatomy, Kinesiology, Test and Measures, Therapeutic exercise, and has spoken annually at local C.E.U. conferences focusing on a variety of orthopedic related topics. Dr. Rzepkowski currently works as an associate professor of foundational anatomy also providing instruction in Kinesiology and Differential Diagnosis for the OTD and DPT hybrid educational programs at Nova Southeastern University's Tampa Campus.

### Registration & Cancellation Policy

Mobility Masters, Inc. reserves the right to cancel the course up to 10 days prior to the course date. In the event of cancellation by Mobility Masters, Inc., tuition will be refunded in full. Cancellations received at least one week prior to the seminar are refundable less \$20 administrative charge per registrant. For cancellations received later, a credit will be issued toward a future seminar. Please note that if you register and do not attend, you are liable for full payment. Substitutions permitted. Providing seats are available, on site payments of credit card or cash only may be made with a late fee of \$15. Mobility Masters, Inc. and its co-sponsors are not responsible for expenses incurred by an individual due to unforeseen circumstances beyond our control regarding cancellations.

**MOBILITY MASTERS, INC.**  
P.O. Box 1681  
Thomasville, GA 31799  
[www.mobilitymastersinc.net](http://www.mobilitymastersinc.net)



## Evaluation of Knee and Hip Conditions with Orthopedic Considerations, Surgical Procedures, and Physical and Occupational Therapy Interventions

For **PT's, PTA's, OT's, and COTA's** in Georgia, Florida, & Alabama

*Returning Speaker:*

**Terry Rzepkowski, B.S., M.S., DPT.**

*Sat. April 22nd - Sun. April 23, 2017  
8:00 A.M. - 5:00 P.M.*

**Please Note the New Location:**

**\*Archbold Memorial Hospital in the Williams Auditorium  
915 Gordon Ave. Thomasville, Georgia\***

**Florida PT's, PTA's, OT's, and COTA's  
Do you need hours?**

18 contact hours (1.8 CEUs) pending approval by FPTA\*  
15 contact hours (1.5 CEUs) pending approval by GOTA  
for Intermediate Direct patient care \*

\*Accreditation of this course does not necessarily imply that FPTA or GOTA supports the views of the presenter or the sponsors.

## Course Description

This course will involve anatomical, kinesiological, functional, orthopedic, surgical, with pre and post-operative considerations of the structures pertaining to the Hip and Knee. The relationship of proximal pelvic force couples along with the structural characteristics of the acetabulum, meniscus, hip/knee musculature, and normal gait will be reviewed. Mechanism of injury, presentation and clinical testing for hip and knee impairments will precede presentation and discussion of surgical interventions for: labral and meniscal repair, hip fracture repair, total joint replacement procedures, approaches, and revisions. The role of physical therapy interventions in conservative management and post-surgical management of hip and knee procedures will address acute (precautions and positioning), post-op considerations and complications, sub-acute and rehab progression timelines in the post-subacute phases.

## Course Objectives

1. The role of pelvic force couples in pelvic stabilization required for normal gait.
2. The role of the gluteal and knee muscles in closed chain function during normal movement.
3. The mechanisms of hip and knee injury both insidious and acute with the structures compromised.
4. The clinical procedures (tests) for targeting compromised structures affecting the hip and knee.
5. Conservative physical therapy interventions, progression, and rationale in management of common hip and knee conditions.
6. Surgical procedures at the hip and knee for: labral and meniscal repair, hip fracture repair, total joint replacement procedures, and revisions.
7. Post-operative medical management with physical therapy interventions for hip and knee surgeries including, positioning, precautions and progressions from acute to post sub-acute.

## Cost & Course Credits

Cost **\$315** per person (if registered before March 24.)  
**18** contact hours (1.8 CEUs) pending approval by FPTA\*  
**15** contact hours (1.5 CEUs) pending approval by GOTA for Intermediate Direct Patient Care \*

\*Accreditation of this course does not necessarily imply that FPTA or GOTA supports the views of the presenter or the sponsors.

## Course Schedule

**\*Archbold Memorial Hospital in the Williams Auditorium  
915 Gordon Ave. Thomasville, Georgia\***

### Saturday | April 22

**7:30-8:00** Registration

**8:00-9:00** Assessment of the Orthopedic joint patient

**9:00-10:00** Pathology review and Hands on application of Orthopedic special tests and their findings

**10:00-10:15** Break

**10:15-11:00** Correlation of special test findings with Diagnostic imaging results

**11:00-12:00** Pre-op considerations of: Conservative therapies, function and pain level, surgical options, physical co-morbidities, and relative bone density.

**12:00-1:00** Lunch

**1:00-2:00** Video presentations of surgical procedures Including: Hip Arthroscopic procedures: FAI, and Acetabular labral repair

**2:00-3:00** Total Hip Arthroplasty (THA), conventional posterior and lateral approaches Anterior THA and THA revision

**3:00-3:15** Break

**3:15-4:00** Knee Arthroscopic procedures: partial meniscectomy, meniscal repair, ACL reconstruction, bio ingrowth cartilage

**4:00-4:30** Total Knee replacement (TKA) conventional and sub vastus, uni & bi compartment

**4:30-5:00** The future of joint replacement with custom implants, computerized and robotic assisted hip, knee and ankle replacement.

### Sunday | April 23

**7:30-8:00** Registration

**8:00-9:30** Hands on treatment sessions for the acute through the subacute phase of recovery

**9:30-10:30** Hip: Immediate post-op exercises and progressions for the conventional and anterior approach hips including transfer considerations.

**10:30-10:45** Break

**10:45-12:00** Sub-acute: Progression of core pelvic strengthening, proximal trunk stability, proprioceptive, balance, coordination activities, return of normal gait mechanics

**12:00-1:00** Lunch

**1:00-3:00** Knee: Immediate post-op exercises and progressions for surgical repair procedures and TKA conventional and subvastus approach and forms of stretching.

**3:00-3:15** Break

**3:30-4:45** Sub-acute: Knee: Progression of flexibility exercises, patellar mobilization, demonstration of patella femoral taping, the importance of proper footwear, proprioceptive, balance, coordination activities, return of normal gait mechanics.

**4:45-5:00** Questions and Wrap up

**Questions? Call 229-225-1441.**

Ask about our group rate for 6 or more registering together.

## To Register:

Complete the following form and...

- 1) Fax to (229) 226-6480 or
- 2) Mail to P.O. Box 1681  
Thomasville, GA 31799

**\*If mailing, registration must be postmarked on/before  
March 24, 2017 to receive the discount.**

### Choose one:

- Before March 24th 2017\* \$315.00  
 After March 24th, 2017\* \$330.00

Name (NOTE: All registrants are automatically entered into an email and mailing list.)

Address (Billing Address for CC Payment)

City State Zip

Phone

E-mail

State & License #

Employer

Employer Fax #

**Method of Payment:** (please check one)

- Check                       MasterCard  
 Cash                          Discover  
    Visa

Credit Card # Exp Date

Authorized Signature