Course Description

This course provides an evidence based recommendations for differential diagnosis, examination and management of lower quarter disorders including hip, knee and foot/ankle. Manual therapy techniques (including thrust and non-thrust mobilization) will be emphasized in addition to exercise prescription for patients with lower quarter disorders. Clinical decision making and regional interdependence will also be discussed. Please come dressed in lab attire. This course is restricted to licensed physical therapists.

Course Information

Date: November 9-10, 2013

Location:
Temple University – Health Campus
Pharmacy Building, Room 276

Time: 8:00 AM—5:00 PM

CEU's: Approved for CEU in PA

Cost: $350

How to Register
To register, email ptconedu@temple.edu with the following:
1. First/Last Name
2. Physical Therapy License State and Number
3. Course Name
4. Date of Course
5. Email
6. Phone Number

Course Restricted to Licensed PTs

Orthopaedic Manual Physical Therapy for Patients with Lower Extremity Disorders

November 9-10, 2013

Dr. Heidi Ojha, PT, DPT, OCS, FAAOMPT

Hosted by
Temple University
Department of Physical Therapy
## Course Schedule

### Day 1:
- **7:30 - 8:00 AM**: Registration
- **8:00 - 8:15**: Introduction
- **8:15 - 9:00**: Differential diagnosis and screening
- **9:00 - 10:45**: Hip Examination
- **10:45 - 11:00**: Break
- **11:00 - 12:00**: Hip Intervention and Manual Therapy
- **12:00 - 1:00 PM**: Lunch
- **1:00 - 2:00**: Hip Interventions
- **2:00 - 3:00**: Knee Examination
- **3:00 - 3:15**: Break
- **3:15 - 5:00**: Knee Interventions and Manual Therapy

### Day 2:
- **8:00 - 9:00 AM**: Review of previous material
- **9:00 - 10:00**: Ankle/Foot Examination
- **10:00 - 10:15**: Break
- **10:15 - 12:00**: Ankle/Foot Intervention and Manual Therapy
- **12:00 - 1:00 PM**: Lunch
- **1:00 - 2:30**: Lower Quarter Neurodynamic Assessment and Interventions
- **2:30 - 2:45**: Break
- **2:45 - 4:30**: Lower Quarter Cases
- **4:30 - 5:00**: Review and Course Wrap-up

## About The Instructor

*Heidi Ojha PT, DPT, OCS, FAAOMPT*

Dr. Ojha received her Bachelors and Masters in Physical Therapy from Boston University in 2001. She began her clinical career at Santa Clara Valley Medical Center in San Jose, California while she earned her Certification in Orthopedic Manual Therapy (COMT) through Maitland Australian Physical Therapy Seminars at Kaiser, Hayward. Subsequently, she has graduated from both the orthopedic clinical residency program in 2006 and the Post-Professional Doctor of Physical Therapy program in 2007 at the University of Southern California. She completed two six month advanced course series in Manual Therapy and Movement Science and integrates this knowledge into her ongoing practice. She is a board certified Orthopedic Clinical Specialist and is an active member of the American Physical Therapy Association.

### Contact Us?

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