

The Physical Therapy Association of Washington announces
**“OBESITY: How Physical Therapy Can be Used
to Prevent and Treat Obesity”**

A three-session audio conference series presented in partnership with
The Cardiovascular & Pulmonary and Acute Care Sections of the American Physical Therapy Association

Tuesday, March 9, 23, and April 6, 2010

10 to 11:30 a.m. Pacific Time

<p>Session I Tuesday, March 9, 2010 <i>Register by March 5</i></p>	<p>"Childhood Obesity, Cardiovascular Risk Factors, and Prevention Programming" by Jim Farris, PT, PhD, Author/Speaker</p>
<p>Session II Tuesday, March 23, 2010 <i>Register by March 19</i></p>	<p>"How Physical Therapists Address Obesity in Clinical Practice" by Ira Gorman, PT, MSPH and Susan Scherer, PT, PhD</p>
<p>Session III Tuesday, April 6, 2010 <i>Register by April 2</i></p>	<p>"Physical Therapy for the Client Pre- and Post-Operative Following Bariatric Surgery" by Tamara L. Burlis, PT, DPT, CCS</p>

Course Objectives

"Childhood Obesity, Cardiovascular Risk Factors, and Prevention Programming" - March 9

- ▶ Describe and discuss the prevalence of children who are overweight or obese in relation to the health care implications of treating a relatively young generation that is at risk for a number of lifestyle diseases;
- ▶ Identify and discuss the cardiovascular risk factors associated with obesity in the child and adolescent populations;
- ▶ Discuss and summarize the literature related to effective programs aimed at the prevention and control of obesity in children;
- ▶ Be familiar with procedures and outcome measures utilized in the assessment of intervention programs aimed at preventing or controlling obesity in children;
- ▶ Realize the importance of parental perceptions and influences on the body mass status of their children;
- ▶ Value the need for collaboration with other health care professionals, marketing, public relations, and outcome assessment for implementing and maintaining a comprehensive intervention program;
- ▶ Incorporate the successful components and outcome measures of intervention programs into the design of an intervention program that will fit the needs of your local population.

"How Physical Therapists Address Obesity in Clinical Practice" - March 23

- ▶ Understand the prevalence of obesity and implications for health and function;
- ▶ Describe methods for measuring obesity in physical therapy screening and examination;
- ▶ Identify current guidelines for obesity management related to physical activity and weight loss;
- ▶ Discuss risk factor monitoring for patients with obesity receiving physical therapy;
- ▶ Identify ways of incorporating tracking of obesity in physical therapy outcome measurement;
- ▶ Describe opportunities for prevention of obesity related problems in the public and physical therapy patients.

"Physical Therapy for the Client Pre- and Post-Operative Following Bariatric Surgery" - April 6

- ▶ Understand the prevalence and implications for health and function of obesity;
- ▶ Discuss the prevalence of bariatric surgery and potential complications effecting the musculoskeletal system;
- ▶ Design appropriate screening, examination and exercise interventions pre and post bariatric surgery;
- ▶ Identify mobility impairments, functional limitations and disabilities and methods to address interventions;
- ▶ Create strategies and educational materials to supplement a group exercise intervention and promote long term adherence to physically active lifestyles.

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REGISTER BY:

March 5
for Session I
March 19
for Session II
AND
April 2
for Session III

THREE SIMPLE WAYS TO REGISTER
BE SURE TO INCLUDE ALL INFORMATION REQUESTED BELOW:

1. Register on-line at: www.ptwa.org/conference
2. Fax the completed form below to (360) 352-7298
3. Mail to PTWA, 208 Rogers ST NW, Olympia, WA 98502

Please register by session deadline to guarantee that you receive confirmation details and handouts.

You must contact us by seven days prior to the session date if you have special needs or require additional assistance or accommodation to participate in this audio conference.

Confirmations with calling instructions will be sent via email. *

Please type or print legibly all information below

PT Practice/Facility Name: _____

Contact Person: _____ APTA # _____ Nonmember

Address: _____

City/State Zip Code: _____

Phone: _____ Fax: _____

Email*: _____

Number of Participants Expected to Attend from your Practice: _____

Select Your Session(s) -- REGISTER FOR MORE THAN ONE AND SAVE!!!

- | | | |
|--------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------|
| <input type="checkbox"/> Tuesday, March 9, 2010 | Session I: "Childhood Obesity, Cardiovascular Risk Factors, and Prevention Programming" | Register by March 5 |
| <input type="checkbox"/> Tuesday, March 23, 2010 | Session II: "How Physical Therapists Address Obesity in Clinical Practice" | Register by March 19 |
| <input type="checkbox"/> Tuesday, April 6, 2010 | Session III: "Physical Therapy for the Client Pre- and Post-Operative Following Bariatric Surgery" | Register by April 2 |

REGISTRATION FEE AND CANCELLATIONS: <small>This fee includes one dial-in connection. Additional fees will be charged if there are multiple dial-ins. Written requests for refunds received on or before the registration deadline for each session will receive a 50% refund, less a \$50 processing fee for the cancelled session. Fees are non-refundable after this date; There are no refunds for no-shows.</small>	1 Session	2 Sessions	3 Sessions
Member	\$139	\$269	\$379
Non-Member	\$195	\$377	\$539

Check (payable to PTWA) VISA MasterCard

Cardholder's name (print) _____

Card Number _____/_____/_____/_____ Exp. Date _____

Signature _____