

2329 – Joint Hypermobility and Knee Orthopedic Rehab

Intermediate / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 1:30-4:45 pm – 3.0 credit hours

(Classroom: 1:30-3:00 pm / Pool: 3:15-4:45 pm)

Faculty: Lynda Keane, MSc / Mary LaBarre, PT, DPT, ATRIC

COURSE DESCRIPTION: This course will provide evidence-based research for the evaluation and treatment of individuals with knee pain, including surgical and non-surgical orthopedic procedures along the spectrum of care including: hypermobility, patella dislocation, ACL repair, and joint replacement.

Mary LaBarre will be covering knee rehabilitation with all its outcomes and possibilities. Lynda Keane will look at the misunderstandings related to hypermobility and some associated implications. Together they will deliver relevant aspects of rehabilitation from the importance of supervised guided early stage pacing and stabilizing to independent normal function. The aquatic techniques and exercises will be progressive and functional resulting in improved ADLs, regaining control and improved quality of life.

COURSE OBJECTIVES:

- 1) Determine the essential guidelines for knee rehabilitation and hypermobility.
- 2) Explain some of the misunderstandings and associated implications related to specific hypermobile joints.
- 3) Explore the impact of unhelpful beliefs on hypermobility and the resultant quality of life for those individuals.
- 4) Examine the relationship of exercise, rehabilitation and the individual for knee rehabilitation or joint hypermobility.
- 5) Define various types of knee orthopedic procedures and subsequent rehab protocols.
- 6) Practice hands-on techniques specifically adapted for knee rehabilitation and hypermobility as used in aquatic therapy. Learn how to interact with the water to create the optimal experience for the individual.
- 7) Provide case studies of patients who underwent knee procedures where aquatic rehab was incorporated into rehab.

FACULTY: Lynda Keane, MSc, specializes in aquatic rehabilitation in the UK and has a bachelor's degree in sports rehabilitation and injury prevention, as well as a master's in soft tissue techniques and exercise rehabilitation. She guest lectures at a UK university on aquatic rehabilitation and works at a leisure center associated with a London hospital specializing in orthopedic, musculoskeletal and hypermobile conditions. Lynda is the UK trainer/facilitator for AquaStretch™ and has written and accredited her course with CIMSPA & the YMCA. She has developed a passion for all things myofascial since starting her PhD using AquaStretch as the chosen technique. Lynda is director of research and education in her training company A.R.E.A.

FACULTY: Mary LaBarre, PT, DPT, ATRIC, is a full-time physical therapist, specializing in aquatic-based rehab at YMCA Healthy Living Center in the Des Moines, Iowa metro area. She works with a variety of patient populations including cardiopulmonary, orthopedic, neurological, general debility, sports medicine and chronic pain diagnoses. Mary is also a certified clinical instructor and has participated in Diabetes Education programming. She has completed the ATRI Lumbar Stabilization and AquaStretch Specialty Certificate Programs.