



Indepth Clinical Seminars
17306 Cambridge Place
Tinley Park, IL 60477
(708) 612-5992

Place Stamp
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Evidence-based Effective Therapeutic Exercises for Musculo-skeletal Interventions



By: **Yakub I. Patel**, DPT,MSBA, BS, BPhysio

Sunday
August 14, 2016



Register
Phone: (708) 612-5992
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PROGRAM

- 7:30 A.M. Registration and Coffee
- 8:00 A.M. The Clinical decision process related to interventions
- 8:30 A.M. Managing pain during the rehabilitation process
- 9:15 A.M. Isometric, Isokinetic, and Plyometric Exercises in rehabilitation
- 10:15 A.M. Break
- 10:25 A.M. Functional exercise progression and functional testing
- 11:15 P.M. Applied kinesiology of exercises
- 12:00 P.M. Lunch
- 12:30 P.M. Applied Anatomy of major muscles of upper extremities
- 1:15 P.M. Rehabilitation of shoulder injuries
- 2:00 P.M. Rehabilitation of elbow and hand injuries
- 2:45 P.M. Break
- 2:55 P.M. Applied anatomy of major muscles of lower extremities
- 3:30 P.M. Rehabilitation of hip injuries
- 4:15 P.M. Rehabilitation of knee injuries
- 5:00 P.M. Summary and Q &As



This course offering complies with the criteria set in 68 Ill. Adm. Code, Section 1340.61(c) 2) and all other criteria in Ill. Adm. Code, Section 1340.61 (8 contact hours).



LOCATION:

Axon Physical Therapy and Wellness

**15868 S Lagrange Road
Orland Park, IL 60462**



From North or East: I 55 to Lagrange Road South, go 5 miles and come to 159th street, go west on 159th street for 800 ft, turn right in to the shopping plaza.

From West: I355 to I 80 East, exit on 96th Ave (called Lagrange Rd, or US 45 North), come to 159th street, go West on 159th street for 800 ft, turn right in to the shopping plaza.



REGISTRATION:

Last Name: _____

First Name: _____

Company: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

PAYMENT METHOD

Check Enclosed Visa

American Express Master Card

Name on Card: _____

Date of Expiration: _____

Card Number: _____



4 WAYS TO SEND THIS REGISTRATION:

1. E--MAIL: yakubyousof@gmail.com

2. FAX:(708)-403-4213.

3. MAIL: In-depth Clinical Seminars
17306 Cambridge Place
Tinley Park, IL 60487

4.Website: www.indepthseminars.com



INSTRUCTOR:

Yakub I. Patel, DPT,MSBA,BS,B Physio is the owner and CEO of Yousuf Enterprises, Inc. He is a highly experienced clinician with over 30 years in the field and has been a member of the American Physical Therapy Association since 1979. He holds undergraduate degrees in physical therapy and health occupations education and a graduate degree in business administration and a doctoral degree in Physical Therapy. He has worked in all clinical settings including hospitals, rehabilitation centers, out-patient clinics, and industrial rehabilitation facilities. Over the years he has developed unique ways to thoroughly investigate available research to support clinical tests and therapeutic approaches. He has been an ardent advocate of evidence-based practice.



REGISTRATION FEE:

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|--------------------------|---------------|
| SINGLE REGISTRANT | \$ 125 |
| 2 TO 4 | \$ 105 |
| 5 to10 | \$ 100 |

