



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

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Using Biomechanical Principles of Therapeutic Exercises in Rehabilitation



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

Sunday
March 03, 2019



Register

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PROGRAM

- 07:30 A.M. Registration and Coffee
- 08:00 A.M. The Clinical decision process related to interventions
- 08:30 A.M. Managing pain during the rehabilitation process
- 09:15 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. Concept of periodization and strength training in rehabilitation
- 01:15 P.M. Applied Anatomy of major muscles of upper extremity
- 02:00 P.M. Exercise selection in upper extremity rehabilitation
- 02:45 P.M. Break
- 02:55 P.M. Applied anatomy of major muscles of lower extremity
- 03:30 P.M. Exercise selection in lower extremity rehabilitation
- 04:15 P.M. Core strengthening and exercise selection
- 05:00 P.M. Summary and Q &As



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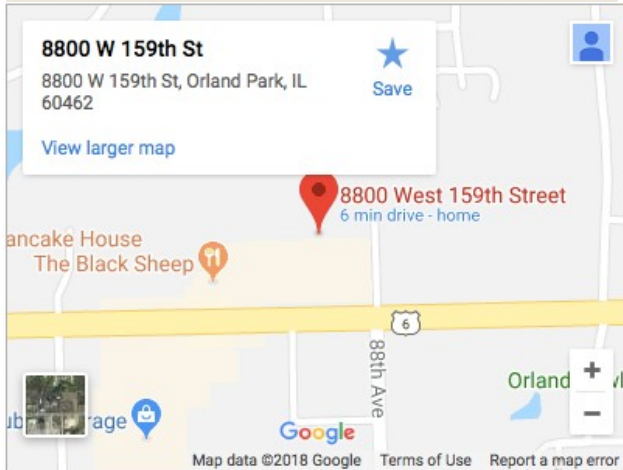
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This educational offering qualifies for 8 CE contact hours.

LOCATION:

Georgios Banquets, Quality Inn & Conference Centre

8800 W 159th St, Orland Park, IL 60462



From North or East: I 55 to Lagrange Road South, go 5 miles and come to 159th street, go East on 159th street to 88th Ave, turn Left in to the banquet hall.

From West: I355 to I 80 East, exit on 96th Ave (called Lagrange Rd, or US 45 North), come to 159th street, go East on 159th street to 88th Ave, turn Left in to the banquet hall.



REGISTRATION:

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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

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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 40 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:

SINGLE REGISTRANT \$ 125

2 TO 4 \$ 105

5 to10 \$ 100

