

**WCPT Short Courses**  
**Directory of Volunteer Speakers**

Topic 1	Topic 2	Course Title	Course Info	1st Name	2nd Name	Qualification	Country
ED: General	ED: QUALIFYING ED	Education	Program development/curriculum design/assessment; teaching and learning issues; scholarship of teaching and learning; educational research; interdisciplinary education; higher education administration; mentorship; development of women leaders in higher education	Gail	Jensen	PhD, FAPTA	USA
GH: COMMUNITY BASED REHABILITATION		Community Based Rehabilitation (CBR) and the role of Physiotherapists in CBR	The 2- day course will focus on understanding the CBR Concept including the principles and reference will be made to the relevant International documents for disability issues and CBR. The CBR goals, objectives activities will be discussed in details. Participants will analyse the strength and weaknesses of CBR. The roles of various stakeholders with specific emphasis on the roles of physiotherapists will be discussed and share experiences. Participatory methods of training will be utilized throughout the training and these will include modified lectures, group discussions and presentation in plenary. CBR photos and video depicting a bit of the Ugandan experience will be viewed. At the end of the course the participants will develop a way forward in regard to physiotherapists' participation in their countries' CBR programmes. Handouts and references will be given.	Barbara	Batesaki	BA, Dip Physiotherapy	Uganda
PI: INTERNATIONAL CLASSIFICATION OF FUNCTIONING (ICF)		The International Classification of Functioning, Disability and Health: what it is and how to use it.	The aims of the workshop are: 1 to provide an introduction to the classification, content and uses, for those physiotherapists who have limited knowledge of the WHO International Classification of Functioning, Disability and Health; 2 to expand awareness of ICF applications amongst those who have some experience of the classification; and 3 to share ideas about the way forward for the implementation of the ICF in the profession. A combination of lecture, interactive discussion, case studies and exercises will be used to meet the needs of the participants. The latest information from the WHO and its Functioning and disability reference group will be used.	Catherine	Sykes	MSc, MCSP, DipTP	
PI: PROFESSIONAL ETHICS		Ethics	Ethics; clinical reasoning; moral reasoning; pedagogical issues	Gail	Jensen	PhD, FAPTA	USA
PP: CARDIOTHORACICS	PP: RESPIRATORY / PULMONARY	Pathology and Rehabilitation (DVT, POAD, CHF, MI, Angina, COPD, Renal Failure)	This evidenced based course will describe the medical disorders, cover reliable and valid examination tools for understanding the level of impairment/functional limitation and give currently accepted treatment options. A combination of lecture, continual participant interaction, laboratory of clinical examination and case study approach will be utilized. Utilizing clinical signs/symptoms for progressive rehabilitation interventions and their potential outcomes will be covered. Prevention of these common pathologies will be covered as well. Further information available online	Steven	Tepper	PhD, BS	USA

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PP: CARDIOTHORACICS	PP: RESPIRATORY / PULMONARY	Advanced Exercise: Effective Testing and Interventions for the Complex Patient	<p>Endurance...how do you know if your patient is safe to climb the stairs, walk across the room, or jog around the block? Is your exercise program effectively increasing your patient's endurance? Join your colleagues in the examination, selection, and administration of specific tests and measures for complex patients/clients with endurance impairment. Emphasis will be on differentiating the cause of endurance impairment. A case-based approach will be used to demonstrate the scientific basis of tests used in a variety of physical therapy settings to measure endurance across the continuum. Additional examination and interventions relevant to complex cases will be discussed. A lab will enable participants to perform different tests of endurance, vascular insufficiency, pulmonary function, and body mass index.</p> <p>Upon completing this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Differentiate probable cause and mechanism for endurance impairments.</li> <li>• Review (and perform some of the) methods to examine endurance and other relevant impairments including peripheral vascular disease, O<sub>2</sub> saturation, heart rate, blood pressure, rate pressure product (HR x SBP), pulmonary function tests, minute ventilation, and oxygen consumption.</li> <li>• Select the appropriate endurance test for the cases presented.</li> <li>• Realize the importance of physiological monitoring of patients while at rest and during exercise.</li> <li>• Differentiate when exercise/activity might be contraindicated.</li> <li>• Differentiate the signs/symptoms that would cause you to limit exercise/activity.</li> <li>• Prescribe appropriate exercise training programs for the given cases.</li> <li>• Explain the evidence revealed in the literature for endurance training.</li> </ul>	Steven	Tepper	PhD, BS	USA
PP: CRITICAL CARE		Rehabilitation of Patients with Burns	This course provides an overview of burn rehabilitation from the admission of the patient to care to the long term follow up of the patient. It encompasses examination, plan of care (including evidence based interventions), related to the number of impairments that accompany a burn injury. Examples of common impairments are the burn injury itself, wound contraction, scar formation, loss of mobility, changes in range of motion, decreases in strength, and deconditioning. A review of psychological issues that patients face will also be discussed.	Scott	Ward	PhD, BA	USA
PP: IMAGING & DIAGNOSTICS	PP: MUSCULOSKELETAL: General	Diagnostic Imaging for Physical Therapists: Nice to Know or Need to Know	This could be a 1 or 2 day course. This seminar provides an overview of diagnostic imaging as it relates to physical therapist practice. A number of patient case scenarios will be presented highlighting the potential impact imaging findings may have on physical therapist's clinical decision-making.	William G.	Boissonnault	PT, DHSc, FAAOMPT	USA
PP: MUSCULOSKELETAL: General		Medical Screening by Physical Therapists: Recognizing When A Patient Referral to a Physician is Necessary	The patient you are seeing for low back pain; should you be suspicious of occult cancer or infection? An important element of physical therapist's clinical decision making is recognizing symptoms and signs that suggest physician contact is warranted regarding a patient's health status. This seminar will help prepare the therapist to assume the role of a responsible practitioner working within a collaborative medical model.	William G.	Boissonnault	PT, DHSc, FAAOMPT	USA
PP: MUSCULOSKELETAL: General	PP: ANATOMY & PHYSIOLOGY	Connective Tissue Response to Mechanical Loading, How PT Influences Healing at the Cellular Level	This course will be a review the biology of healing of musculoskeletal tissues (bone, tendon, muscle, ligament, and cartilage) and presentation of our current knowledge of cellular responses to tension, compression, and biomechanical energy. Emphasis will be on the proper timing and controlled magnitude of intervention to optimize outcomes.	Sharon L	Dunn	PhD, MS, BS	USA

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PP: MUSCULOSKELETAL: Lower Limb		The McConnell Patellofemoral Treatment Plan	<p>This two day course examines the mechanics of the lower limb, particularly patellofemoral mechanics, and the management of patello-femoral pain.</p> <p>The aim of this course is to produce within the participants a working knowledge and understanding of the following:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lower limb mechanics with emphasis on the patellofemoral joint.</li> <li><input type="checkbox"/> Various elements of motor control theory.</li> <li><input type="checkbox"/> Patellofemoral pain (PF), what creates it and how to assess it.</li> </ul> <p>An understanding of these is necessary for a therapist to satisfactorily assess and treat patients with patellofemoral pain.</p> <p>Upon completion of this course, participants should be able to perform the following:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Assess patellar orientation.</li> <li><input type="checkbox"/> Evaluate the integrity of the lateral structures.</li> <li><input type="checkbox"/> Evaluate eccentric quadriceps control.</li> <li><input type="checkbox"/> Explain simply to a patient with PF pain the mechanics of the patellofemoral joint and suggest a possible mechanism for the patient's pain.</li> <li><input type="checkbox"/> Stretch tight lateral structures.</li> <li><input type="checkbox"/> Tape a patient's patella to correct alignment.</li> <li><input type="checkbox"/> Differentiate between fat pad irritation and patellar tendinitis.</li> <li><input type="checkbox"/> Tape for patella tendinitis, fat pad irritation and Osgood-Schlatters.</li> <li><input type="checkbox"/> Demonstrate specific Vastus Medialis Oblique (VMO) training to a patient.</li> <li><input type="checkbox"/> Teach a patient taping, stretching and specific VMO exercises.</li> <li><input type="checkbox"/> Progress the exercise program.</li> <li><input type="checkbox"/> Manage a patient with osteoarthritis of the knee</li> </ul>	Alfio	Albasini	PostGradDip Manip Therapy	Switzerland
PP: MUSCULOSKELETAL: Lower Limb	PP: MUSCULOSKELETAL: Spine	Foot and Chronic Lumbar and Leg Pain	<p>We try to develop and understanding of lower limb mechanics and the effect these mechanics have on foot, patellofemoral, hip and low back pain management.</p> <p>After an appropriate assessment of foot, knee hip and lumbar spine we are focusing on treatment with an multiple approach:</p> <ul style="list-style-type: none"> <li>- mobilization of the foot, hip, SIJ, and lumbar spine joints</li> <li>- taping foot, hip, SIJ and Lumbar Spine</li> <li>- functional training with help of EMG unit device especially for : <ul style="list-style-type: none"> <li>i. pelvic girdle area,</li> <li>ii. multifidus</li> <li>iii.transversus abdominis</li> </ul> </li> </ul>	Alfio	Albasini	PostGradDip Manip Therapy	Switzerland
PP: MUSCULOSKELETAL: Lower Limb		Functional Biomechanics of the Lower Quarter: Implications for Movement Dysfunction and Musculoskeletal Injury	<p>Altered lower quarter mechanics are frequently implicated as being contributory to various musculoskeletal conditions. An understanding of how abnormal limb function can contribute to the mechanisms of specific joint dysfunction is essential for the evaluation and treatment of common orthopaedic disorders. This evidence-based course will utilize focused laboratory sessions to review the anatomy and mechanics of the lower kinetic chain, particularly in relation to specific pathologies of the ankle, knee and hip. Emphasis will be placed on current research findings in the areas of gait analysis, lower limb function, and joint biomechanics. Implications for the evaluation and treatment of various musculoskeletal conditions also will be addressed. Participants will be provided with practical information to "take back" to the clinic, including the opportunity to develop observational gait analysis skills</p>	Chris	Powers	PhD, MA, BA	USA
PP: MUSCULOSKELETAL: Lower Limb		Knee Advance Course	<p>This course deals with knee sport injuries: examination and treatment protocols. Degenerative Joint diseases will be discussed with the recent treatment techniques.</p>	Ghazi A	Sarhan	PT, MS, DPT	Bahrain
PP: MUSCULOSKELETAL: Lower Limb		The McConnell Patellofemoral Treatment Plan	See entry for Alfio Albasini	Michael	Shacklock	MSc	New Zealand

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PP: MUSCULOSKELETAL: Lower Limb	PP: MUSCULOSKELETAL: Spine	Foot and Chronic Lumbar and Leg Pain	See entry for Alfio Albasini	Michael	Shacklock	MSc	New Zealand
PP: MUSCULOSKELETAL: Spine		Evidence-Based Stabilization of the Cervical and Lumbar Spine	This two-day workshop focuses on spinal stabilization theory, biomechanics, evaluation techniques, and therapeutic exercises for the cervical and lumbar spine. Through the use of lecture, laboratory, and case studies, participants will be able to incorporate current research regarding spinal stabilization into their clinical practice.  Objectives: Upon completion of the course, participants will: 1. Identify stabilization theories, current research and how to incorporate course content into clinical practice 2. Recognize indications, contraindications, and precautions for stabilization training 3. Demonstrate the ability to perform a variety of cervical and lumbar evaluation techniques and stabilization exercises 4. Demonstrate effective use of stretching and manual therapy techniques to complement stabilization training	Justin	Berry	DPT, MSc, BSc	USA
PP: MUSCULOSKELETAL: Spine		Discover the Pelvis – Level 1: Integrating Clinical Expertise and Research for Restoring Optimal Pelvic Function	A 2 day introductory evidence based course that reviews the recent advances in science and presents a clinical application for assessment and treatment based on the integrated model. This course presents a structural framework for clinical decision making which enables the therapist to decide when and why different treatment interventions should be applied for successful rehabilitation. Based on specific assessment tests, the clinician will learn how to integrate joint mobilization techniques, myofascial release techniques, stabilization exercises as well as functional integration exercises into a complete multimodal program which is patient specific i.e. prescriptive - and thus most effective. On this course, this model of assessment and treatment will be applied to dysfunction within the pelvic girdle. The osteopathic model of positional dysfunction will be discussed in light of the recent advances in the lumbopelvic research. This 2 day course is based on a functional model, as opposed to one which seeks to identify pain generators. It lays the foundation for understanding and restoring movement and control within the pelvic girdle and how this impacts the rest of the body. The ultimate goal is to restore function such that there is mobility as well as stability without rigidity of posture and without episodes of collapse: "Restoring Stability with Mobility". Full details at: <a href="http://dianelee.ca/courses/pelvis.php">http://dianelee.ca/courses/pelvis.php</a> This course can also be modified to a very introductory one day format to teach along with another instructor for the second day	Diane	Lee	BSc, Advanced Diploma in Orthopaedic Manipulative Therapy	Canada
PP: MUSCULOSKELETAL: Spine		Upper Cervical Dysfunction Course	This course is designed to physical therapists to enable them to understand the various aspect of the upper cervical spine dysfunction such as headache and dizziness and integrate the knowledge and skills to manage patients with such dysfunction.	Ghazi A	Sarhan	PT, MS, DPT	Bahrain
PP: MUSCULOSKELETAL: Spine		Lumbar Spine Dysfunction	The course is an integration of different mobilization techniques and soft tissue release manoeuvres (myofacial therapy). There will be also an introduction to utilization of EMG unit (H reflex) in order to diagnose and treat nerve root compression.	Ghazi A	Sarhan	PT, MS, DPT	Bahrain
PP: MUSCULOSKELETAL: Spine		Lower Cervical Dysfunction	The course is designed for expert physiotherapist dealing with mechanical Cervical spine dysfunction. It's an integration of different mobilisation techniques and soft tissue release manoeuvres (myofacial therapy). Brachial Plexus mobilization technique will be introduced utilizing Bulter and Elvey's techniques.	Ghazi A	Sarhan	PT, MS, DPT	Bahrain

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PP: MUSCULOSKELETAL: Spine		Therapeutic Exercise for Patients with Low Back Dysfunction	This Therapeutic Exercise workshop will focus on the movement control and capacity principles that need to be considered when choosing and implementing flexibility and dynamic stability exercises for patients with low back dysfunction. The workshop is designed to improve the hands-on skill and decision making of the therapist. Sequencing exercise difficulty and providing a home exercise program to match the clinic program will be emphasized.	Patricia E.	Sullivan	DPT, PhD, MS, BS	USA
PP: MUSCULOSKELETAL: Upper Limb		The McConnell Approach to the Problem Shoulder	Learn how the static and dynamic posture of the upper extremity may contribute to the patient's signs and symptoms in the shoulder. This program will examine the influence of thoracic spine stiffness, muscle tightness and muscle control problems on shoulder girdle movement. Appropriate intervention strategies will be discussed and differential diagnosis of shoulder pain will be addressed. This two days program consists of comprehensive lecture and lab emphasizing various taping and training technique with EMG units as well as mobilizing techniques. We try to tape the head of the humerus into a more appropriate position, or we try to stabilize winging of the scapula. With the EMG unit we are trying to activate lower trapezius if this is the case, or serratus anterior if we are dealing with a scapula alata.	Alfio	Albasini	PostGradDip Manip Therapy	Switzerland
PP: MUSCULOSKELETAL: Upper Limb		The McConnell Approach to the Problem Shoulder	See entry for Alfio Albasini	Michael	Shacklock	MSc	New Zealand
PP: NEUROLOGY: General		Vestibular Rehabilitation	At the end of this course participants are expected to be able to: 1. Obtain appropriate subjective and objective assessment of vertigo. 2. Differentiate between different causes of vertigo. 3. Identify theories behind causes and treatment of BPPV, UVH, BVH and cervical vertigo. First Day Session 1 Session one will be divided into three sections. Section One includes a specific review of anatomy and physiology of the vestibular system. This review will be the base for understanding the role of the vestibular system in controlling the Posture. Section two will include differential diagnosis scheme. This scheme is a hind for the therapist to understand and to be aware of multiple systems involvement in vertigo or dizziness. It starts with differentiating between dizziness and vertigo and ended with differentiating between different diseases causing postural imbalance. In section three we will discuss BPPV in detail. BPPV will be defined and different causes, mechanism of occurrence and theories of treatment will be explored. At the end of this session we will demonstrate different physiotherapy techniques in treating BPPV. These techniques include Brandt-Daroff, Semont, Epley and manoeuvres for H-BPPV and A-BPPV. Second Day Session 2 Session two will include a definition, causes and treatment of the Vestibular Hypofunction disorders. A detailed description of the techniques used in treating unilateral Vestibular Hypofunction (UVH) and Bilateral Vestibular Hypofunction (BVH). The most popular physiotherapy two techniques; Adaptation and Compensation will be discussed in detail. At the end of the session a demonstration of the two techniques will be applied. Session 3 This session will be exclusively practical session. Participants will be divided into groups. Each group will be asked to demonstrate and practice techniques used in treating BPPV, UVH and BVH.	Redha	Dashti	DPT, MS	Bahrain
PP: NEUROLOGY: General	PP: MUSCULOSKELETAL: General	Examination and Therapeutic Exercise Intervention for Patients with Balance Dysfunction	This Therapeutic Exercise workshop will focus on the functional/activity limitations and the multiple impairments associated with balance dysfunction. The workshop can focus on the measurement of function (ambulation) and impairments (balance, tone, motor performance, and proprioception) and/or exercise intervention procedures. Patient cases can be varied i.e. patients with musculoskeletal involvement (knee/hip OA or replacement, back dysfunction) or neurological (stroke, CP) or focused on a particular clinical specialty. The course is designed to improve the hands-on skill of the therapist.	Patricia E.	Sullivan	DPT, PhD, MS, BS	USA

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PP: PAEDIATRICS: General		Evaluation and Assessment of Young Children with Disabilities	Survey of instruments and clinical observation protocols used by pediatric physical therapists to measure development, sensory, and motor performance, functional tasks, joint/muscle mobility, neurological integrity, balance, and behavior. Psychometric properties and relevance for measuring clinical change are analyzed. Appropriate use of tools to determine status and develop individualized therapeutic programs is discussed.	Toby	Long	PhD, PT	USA
PP: PAEDIATRICS: General		Therapeutic Intervention with High Risk Infants	The neuropathology of movement disorders affecting the high risk premature and full term infant is discussed. Factors of maternal, fetal, neonatal, and environmental risk are identified. Objective assessment tools, appropriate therapeutic strategies, environmental adaptations, and feeding protocols used in the neonatal intensive care unit and immediately post-discharge are presented.	Toby	Long	PhD, PT	USA
PP: PAEDIATRICS: General		Contemporary Practice in Pediatric Physical Therapy	Contemporary pediatric physical therapy practice that is evidenced based embeds therapeutic strategies into natural occurring learning opportunities. This workshop will provide specific assessment and intervention strategies that promote the integration of therapy into every day activities and routines to promote functional outcomes in young children with neuromotor, sensory-motor, and other developmental disabilities.	Toby	Long	PhD, PT	USA
PP: WOMEN'S HEALTH		Introduction to Pelvic Physical Therapy	This 2 day course provides physical therapists with practical knowledge and skill in the treatment of female urinary incontinence, with an introduction to the treatment of pelvic pain. Instruction in pelvic floor muscle function, anatomy, physiology and pelvic floor muscle dysfunction will provide the clinician with skills for immediate clinical application	Cynthia E.	Neville	PT, BCIA-PMDC	USA
PP: WOMEN'S HEALTH	PP: MUSCULOSKELETAL: General	Physical Therapy for Musculoskeletal Issues in Pregnancy and Post-partum	This basic course focuses on the physical therapy treatment of musculoskeletal issues during pregnancy and postpartum. It will feature review of physiological and anatomical changes in pregnancy, and high risk diagnoses in pregnancy and their implications for physical therapy treatments. The course will feature a discussion of differential diagnosis of back and pelvic pain in pregnancy and postpartum, as well as other common musculoskeletal complaints.	Cynthia E.	Neville	PT, BCIA-PMDC	USA
PP: WOMEN'S HEALTH	PP: MUSCULOSKELETAL: General	Management of Musculoskeletal Dysfunction in the Obstetric Client	This 2 ½ day seminar is designed to provide the physical therapist with an overview of the Obstetric population and teach management skills for treatment of musculoskeletal dysfunction commonly seen during the childbearing year.  Special Considerations: As this course includes extensive lab work, all should come prepared to participate as both clinician and patient. Objectives Upon completion, participants should be able to: 1. Review the normal musculoskeletal and physiologic changes of pregnancy 2. Provide the therapist with background information on the obstetric population and birthing process 3. Promote an understanding of the possible pathomechanics of the musculoskeletal system as related to pregnancy 4. Review a PT musculoskeletal examination with modifications for the obstetric client 5. Broaden the scope of treatment interventions for musculoskeletal dysfunction in the pregnant and postpartum client	Jill	Schiff Boissor	DPhil, MS, BS	USA
RM: METHODOLOGY: Qualitative		Qualitative Research	How to; overview of strategies; role of qualitative research in mixed methods.	Gail	Jensen	PhD, FAPTA	USA
ED: CLINICAL REASONING	ED: CLINICAL EDUCATION	Clinical Reasoning/Development of Expertise	Application to education (clinical and academic); design of clinical ladders; role of narrative in capturing clinical knowledge/reasoning	Gail	Jensen	PhD, FAPTA	USA

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PP: ELECTROPHYSICAL & ISOTHERMAL AGENTS		Laser Therapy	Day 1: Introduction to Laser Therapy (including physical properties and safety) Day 2: Physiotherapy Applications for Laser Therapy (Wound Healing, Pain Management & Lymphedema Management)	Liisa	Laakso	PhD, B.Phty (Hc)	Australia
PP: ONCOLOGY & PALLIATIVE CARE		Oncology & Palliative Care	Day 1: Physiotherapy in Oncology & Palliative Care Day 2: Grief and Loss in Physiotherapy (including peer and self-management)	Liisa	Laakso	PhD, B.Phty (Hc)	Australia
PP: ELECTROPHYSICAL & ISOTHERMAL AGENTS		Electrophysical Agents	Day 1: Theory and Physical Properties of Common Electrophysical Agents Day 2: Practical Application of Common Electrophysical Agents	Liisa	Laakso	PhD, B.Phty (Hc)	Australia
PP: OLDER PEOPLE: General	PP: MUSCULOSKELETAL: General	Geriatric Orthopaedics	2 day hands on course that examines every joint in the body and how they change with age and disease. Evidence based treatment techniques of mobilisation, exercise and functional training are taught and practiced.	Carole B	Lewis	BS, MPA, MS, PhD, DPT	USA