

# Total Joint Arthroplasty and Fracture Rehabilitation

Patrick A. Tino, PT, DPT

## Faculty

Patrick A. Tino, PT, DPT is an engaging instructor experienced in evaluating and treating patients in clinical practice settings including acute care, outpatient sports and orthopedic, SNF, and home health. Pat's experience at a level 1 trauma and teaching hospital has provided him the opportunity to treat and learn from extremely complex medical conditions. He enjoys sharing his knowledge and experience with colleagues and has presented continuing education on total joint replacement and fracture rehab management, vestibular assessment & intervention, medical screening & differential diagnosis, as well as rehab management of the medically complex patient. Pat is a credential clinical instructor, a member of the APTA, and belongs to the orthopedic, neurologic, and acute care sections.

Disclosure - Financial: Patrick Tino receives an honorarium from Education Resources. Non-Financial: He has no non-financial relationships to disclose

## About this Course

Learn implications of the latest surgical approaches when designing treatment strategies and dosing and for patients post joint arthroplasty or fracture repair. There is a changing and evolving landscape for joint arthroplasty and surgical fixation of fractures which has resulted in minimally invasive procedures leading to true tissue sparing. These surgical updates have led to outpatient total joint replacements, post-op day 0, hospital-based evaluations, little to virtually no postoperative precautions and a shorter rehab course. This course will review current surgical procedures and components and their relation to rehabilitation services. We will review principles of fundamental biomechanics and its importance when designing, programming and dosing post-op and non-op exercise programs; realizing sometimes "less is more" to facilitate optimal functional outcomes. Attendees will have several opportunities for lab-breakout sessions throughout this 2-day course working their way from the hip to the knee to the shoulder. Lastly, attendees will have the option to bring one of their own case studies from their clinical practice to share with the group within a "problem-solving" theme.

## Objectives

- 1 Describe current surgical approaches and components for hip, knee, and shoulder reconstruction
- 2 Explain the biomechanical aspects of selected prosthetic joint components (including the use of cement vs. press-fit vs. bio-ingrowth) and their relation to physical therapy treatment
- 3 Interpret "yellow and red flag" findings to either support or abort physical therapy services
- 4 Apply evaluation methods and intervention strategies to optimize functional outcomes
- 5 Create 'task-specific', 'ADL-related', and functional "home-based" interventions that can be modified and manipulated to each patient's unique living environment

## Audience

Physical Therapists, Physical Therapist Assistants, Occupational Therapists and Occupational Therapy Assistants. Content is relevant to several settings including Acute, Subacute, SNF, Home Health, and Outpatient settings.

## Schedule – Day 1

<b>7:30-8:00</b>	Registration and continental breakfast
<b>8:00-9:00</b>	Historical perspectives, terms, definitions of joint replacement and fracture management for the rehab professional
<b>9:00-9:30</b>	Hip Anatomy
<b>9:30-10:00</b>	Approaches to Total Hip Arthroplasty (THA): PA, DLA, DAA, and Watson-Jones, SuperPATH
<b>10:00-10:15</b>	Break
<b>10:15-10:30</b>	Types of prosthetic components
<b>10:30-11:00</b>	Primary vs. Revision THA: variability in weight bearing and joint position angles
<b>11:15-12:00</b>	Surgical videos: THA
<b>12:00-1:00</b>	Lunch (On your own)
<b>1:00-2:00</b>	LAB: Hip Cases: special tests, joint mobs, Balance/Coordination, soft tissue/stretching, multi-angle resistance strengthening, compressive hip spica dressing, outcome measures
<b>2:00-2:30</b>	Knee Anatomy
<b>2:30-2:45</b>	Break
<b>2:45-3:00</b>	Components: fixed vs. mobile bearing, PCL retaining vs. sacrificing design
<b>3:00-3:30</b>	Primary vs. Revision Total Knee Arthroplasty (TKA): similarities vs. differences, variability in weight bearing and joint position angles
<b>3:30-4:30</b>	LAB: Knee Cases - special tests, soft tissue, PNF stretching, strengthening, joint mobs, balance/proprioception/coordination.
<b>4:30-5:00</b>	Surgical Videos: TKA

## Schedule – Day 2

<b>7:30-8:00</b>	Registration and continental breakfast
<b>8:00-8:30</b>	Shoulder Anatomy
<b>8:30-9:00</b>	Traditional vs. Reverse total shoulder arthroplasty (TSA)
<b>9:00-10:00</b>	LAB: Shoulder Cases – special tests, soft tissue, PNF stretching, multi-angle and alternating isometrics, rhythmic stabilization, joint mobs, RC strengthening, scapular stabilization manual-based techniques
<b>10:00-10:15</b>	Break
<b>10:15-10:45</b>	Surgical videos: TSA and r-TSA
<b>10:45-12:00</b>	LAB: Hip, Knee, Shoulder assessment & interventions
<b>12:00-1:00</b>	Lunch (On your own)
<b>1:00-1:30</b>	Types of Fractures: Displaced vs. Non-displaced, Unstable vs. Stable
<b>1:30-2:00</b>	UE and LE fractures and surgical fixation techniques
<b>2:00-2:30</b>	Surgical videos: Ex-Fix, IMN, Tibial Plateau, Ankle Arthrodesis/TAR
<b>2:30-2:45</b>	Break
<b>2:45-3:15</b>	LAB: Case #1 - “Cross-body” NWB challenges Exercise and Gait training
<b>3:15-4:00</b>	LAB: Case #2 - Multi-trauma: C/L-spine, Internal Organ injury.

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## Credits

This course meets the criteria for 14 contact hours (1.4 CEUs). Application has been made to the NJ Board of Physical Therapy Examiners. The PA State Board of Physical Therapy accept other state board approvals.

Approved provider by the NY State Board of Physical Therapy for 16.8 hours.

Application has been made to the FL Physical Therapy Association for 16.5 continuing education contact hours.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved provider of the FL Board of Occupational Therapy - CE Broker-16.5 hours

NBCOT professional development provider - 14 PDU's

Please contact us with any special needs requests:  
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## Locations and Dates - 2020

**Feb 22-23**      Englewood, NJ      Englewood Hospital & Medical Center

**June 13-14**      Miami, FL      Baptist Hospital of Miami

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Limited enrollment. We encourage you to register online!

**Total Joint Arthroplasty/Tino**  
Feb/NJ June/FL

**Course Registration Form**

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Needed in the event of an emergency scheduling change

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