

*Total Knee Replacement*

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*Introduction*

- Introduction/Anatomy

*Diagnosis*

- Osteoarthritis
- Rheumatoid Arthritis
- Post Traumatic Arthritis
- Valgus Knee
- Varus Knee

*Treatment*

- Total Knee Replacement
- Recovery Guidelines

*Preoperative Exercises*

- Intro. To Physical Therapy
- Quadriceps Sets

- Hamstring Sets
- Gluteal Sets
- Heel Slides
- Straight Leg Raises
- Terminal Knee Extension

*Postoperative Information*

- Introduction
- Preparation for Admission
- Recovery
- Pain Control
- Diet & Nutrition
- Physical Therapy
- Resuming Daily Activities
- Discharge from the Hospital
- Going Home
- Do's and Don'ts
- Future of Your New Joint

*Postoperative Exercises*

- Intro. To Physical Therapy
- Hip Flexion, Standing
- Hip Abduction, Standing
- Knee Extension, Sitting
- Knee Flexion, Sitting
- Knee Flexion, ROM, Wall Slide
- Knee Flexion, Prone, Lateral Hamstrings
- Knee Flexion, Prone
- SLR Flexion, Standing
- SLR Flexion, Supine
- SLR Flexion, Hip, ER
- SLR Flexion, Hip, IR
- Step-ups, Forward
- Step-ups, Lateral
- Quad/Hamstring Co-contraction
- Knee Flexion, Standing
- Knee Bend, Partial, Single Leg

*Occupational Therapy*

- Introduction
- Toilet Transfer
- Tub Transfer
- Car Transfer

*Conclusion & Surveys*

- Conclusion
- SF-12
- SF-36
- Patient Satisfaction Survey
- Test Your Knowledge

*Total Hip Replacement*

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*Introduction*

- Introduction/Anatomy

*Diagnosis*

- Osteoarthritis
- Rheumatoid Arthritis
- Post Traumatic Arthritis
- Avascular Necrosis
- Congenital Condition

*Treatment*

- Total Hip Replacement
- Recovery Guidelines

*Preoperative Exercises*

- Intro. To Physical Therapy
- Quadriceps Sets
- Hamstring Sets

- Gluteal Sets
- Hip Flexion
- Hip Abduction
- Foot & Ankle Pumps

*Postoperative Information*

- Introduction
- Preparation for Admission
- Recovery
- Pain Control
- Diet & Nutrition
- Physical Therapy
- Total Hip Replacement Precautions
- Resuming Daily Activities
- Discharge from the Hospital
- Going Home
- Do's & Don'ts
- Future of Your New Joint

*Postoperative Exercises*

- Intro. To Physical Therapy
- Hip External Rotation, Sitting
- Hip Flexion, Sitting
- Hip Flexion, Standing
- Hip Abduction, Standing
- Bent Knee Fallouts
- Bridging
- Hip Extension, Standing
- Knee Extension, Sitting
- Hip Hiking, Supine
- Quad/Hamstring, Co-contraction
- Knee Flexion, Standing

*Occupational Therapy*

- Introduction
- Sponge Bathing
- Pants
- Socks & Shoes
- Toilet Transfer
- Tub Transfer
- Car Transfer

*Conclusion & Surveys*

- Conclusion
- SF-12
- SF-36
- Patient Satisfaction Survey
- Test Your Knowledge



**Carpal Tunnel Syndrome**

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*Introduction/Anatomy*

- Introduction
- Anatomy of the Wrist

*Diagnosis*

- Carpal Tunnel Syndrome
- Fractures & Other Systemic Conditions

*Diagnostic Tests*

- Orthopedic Evaluation
- Nerve Conduction Study
- X-Rays

*Surgical Options*

- Introduction
- Open Release
- Endoscopic Release
- Risks, Benefits & Realistic Expectations

*Nonsurgical Options*

- Nonsurgical Introduction
- Wrist Immobilization
- Medications
- Massage

*Operative Selections*

- Outpatient Information
- Recovery
- Rehabilitation

*Exercises*

- Intro. To Physical Therapy
- Differential Tendon Gliding
- Hook Fist
- Salute
- Straight Fist
- Full Fist

- Median Nerve Gliding
- Therapy Putty Introduction
- Gross Finger Flexion
- Gross Finger Extension

*Conclusion & Surveys*

- Conclusion
- SF-12
- SF-36
- Patient Satisfaction Survey
- Test Your Knowledge

**Knee Arthroscopy**

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*Introduction/Anatomy*

- Introduction
- Anatomy of the Knee

*Diagnosis*

- ACL Injury
- Meniscal Tears
- Bucket Handle
- MCL Injury
- Loose Bodies

*Diagnostic Tests*

- Introduction
- X-Rays
- MRI

*Treatment*

- Arthroscopic Knee Surgery
- ACL Reconstruction Surgery
- Risks, Benefits & Realistic Expectations

*Operative Selections*

- The Hospital
- Recovery
- CPM
- Rehabilitation
- Weight Control

*Exercises*

- Intro. To Physical Therapy
- Straight Leg Raises
- Heel Slides

- Quadriceps Sets
- Knee Flexion
- Isometric Exercises
- Jogging

*Conclusion & Surveys*

- Conclusion
- SF-12
- SF-36
- Patient Satisfaction Survey
- Test Your Knowledge

**Shoulder Arthroscopy**

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*Introduction/Anatomy*

- Introduction
- Anatomy of the Shoulder

*Diagnosis*

- Impingement
- Labrum Tear
- Instability
- Osteoarthritis
- Rheumatoid Arthritis
- Post Traumatic Arthritis

*Diagnostic Tests*

- Introduction
- X-Rays
- MRI

*Treatment*

- Arthroscopic Overview
- Arthroscopic Acromioplasty
- Resection of Torn Labrum
- Arthroscopic Stabilization
- Debridement/Removal of Loose Bodies
- Risks, Benefits & Realistic Expectations

*Operative Selections*

- The Hospital
- Recovery
- Rehabilitation

*Exercises*

- Intro. To Physical Therapy
- Warming Up
- Restoring Flexion
- Aiding External Rotation
- Elbow Flexion
- Shoulder Extension
- Pendulum in Circles
- Pendulum Side to Side

- Abduction
- Back Scratcher
- Wall Walk
- Pretzel Twist
- Taffy Pull
- Wings
- Drawbridge

*Conclusion & Surveys*

- Conclusion
- SF-12
- SF-36
- Patient Satisfaction Survey
- Test Your Knowledge

