To Treat or Not to Treat?

Mastering the Recognition of and Response to Contraindications and
Termination Points for Physical Activity

Presenter: Steven H. Tepper, PT, PhD, FAPTA

Course description: Evidence has shown that early mobilization decreases the risks of prolonged bed rest and length of stay in the hospital, both of which lower the cost of care, prevent decline in health, and improve their quality of life. However, a balance must be achieved between mobilizing the patient and maintaining their safety. This presentation will review common contraindications and termination points for activity and exercise, and provide hints to recognize both obvious and subtle signs and react in the most appropriate way. With case presentations, we will have the opportunity to work together as colleagues and decide whether to initiate, continue, or terminate activity.

November 18, 2017, 8am – 5pm
University of Delaware, STAR Health Complex
540 S. College Avenue, Rm 231
Newark, DE 19711

*100% of profits will benefit either the Marquette Challenge for PT Research or a memorial for the anatomical donors of the UDPT program (pending approval).

An intermediate-level course. 7.5 CEU Direct-Contact Hours
(approved in DE and PA and seeking approval in MD)

Cancellation of the course will result in full refund of registration fee.

Registration:
$150 per participant; $40 discounted student rate

(Check can be made payable to "UDPT Club" and sent to "Stephanie Michael, University of Delaware Physical Therapy Program STAR Health Sciences Complex 540 S. College Avenue Rm 210B, Newark, DE 19713")

***Lunch is provided***

Please email Salena Jacob, SPT (smjacob@udel.edu) to register for the course.

Dr. Tepper is President of Rehab Essentials, which runs the transitional DPT program at the University of Montana. Dr. Tepper received his BS in Physical Therapy and a PhD in Experimental Pathology from the University of Maryland. He taught at University of Maryland for 12 years and then spent 13 years at Shenandoah University where he was a professor and Director of the entry-level and transitional-DPT programs. Currently, he is a “freelance” professor at various PT programs across the country. His fields of experience include endurance testing, differential diagnosis of endurance impairments, and the effects of exercise training on disease and its prevention. He has authored several chapters and peer-reviewed journal articles on various topics. His professional highlights include President of the Cardiovascular and Pulmonary Section of the APTA, Task Force Member on Clinical Practice Guidelines III for the APTA, recipient of the Cardiovascular and Pulmonary Sections Linda Crane Merit Award, University of Maryland Alumnus of the Year (2003), Robert C. Bartlett Award for Innovation in Fundraising from the Foundation for Physical Therapy (2005), and a Lucy Blair Service Award recipient (2013). In 2016, Dr. Tepper was awarded the Charles M. Magistro, Distinguished Service Award from the Foundation for PT, and was named a Catherine Worthingham Fellow of the American Physical Therapy Association in 2016. Dr. Tepper has a passion for teaching and meeting new people.