Clinical Applications of Therapeutic Yoga
Saturday, September 8, 2018 // 9:00 am - 4:00 pm // Check in @ 8:45 am
Spartanburg Regional Medical Center // Heart Center Auditorium
101 E. Wood Street, Spartanburg, SC 29303

This six hour introductory course is designed to assist clinicians in understanding what therapeutic yoga is and how it relates to the treatment of patients. An evidenced-based approach to therapeutic yoga will be presented so that the learner will be able to proficiently initiate appropriate effective treatment. Treatment will focus on therapeutic exercise and breathing techniques. This course will include a combination of didactic and practical learning sessions.

Instructional Method: Live

Target Audience:
Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Certified Occupational Therapy Assistants, and Interested Others

Program Objectives:
At the conclusion of this program, the participant should be able to -
• Define therapeutic yoga and how it relates to the health care professional.
• Discuss the clinical correlation between muscle imbalance and how it relates to yoga poses.
• Utilize Evidence-Based Practice in the selection of interventions for patients using yoga-related poses.
• Utilize Evidence-Based Practice in the selection of interventions for patients using yoga-related breathing techniques.
• Enhance the therapist’s therapeutic exercise skills and apply appropriate yoga poses to achieve positive outcomes.
• Progress a patient toward effective self-management through therapeutic exercise/yoga poses which is appropriate to their diagnostic category.

NOTE: Participants should wear comfortable clothes and bring a yoga mat to be able to participate in the activities. Also, please dress in layers as room temperatures often cannot be adjusted.

Program Fee:
• $0 for Upstate AHEC Members
• $90 for Non-Members

To Register:
Go to upstateahec.org and click on the CE Tab > Live Courses > September

Program Instructor:
Trudy Messer PT, OCS, RYT, CKTP, CFMT
Clinical Applications of Therapeutic Yoga
Saturday, September 8, 2018 // 9:00 am - 4:00 pm // Check in @ 8:45 am
Spartanburg Regional Medical Center // Heart Center Auditorium
101 E. Wood Street, Spartanburg, SC 29303

Agenda
9 am - 10 am Define Therapeutic Yoga
10 am - 12 pm Discuss Clinical Correlation Between Imbalance and Yoga Poses
12 pm – 1 pm Lunch (on your own)
1 pm – 2 pm Discuss Evidence-Based Practice for Selection of Yoga Poses and Breathing Techniques
2 pm – 3 pm Lab/Demonstration: Enhance Therapists’ Exercise Skills and Poses
3 pm – 4 pm Lab/Demonstration: Patient Self-Management Through Therapeutic Exercise/Yoga Poses

Continuing Education Credits

Physical Therapists, Physical Therapist Assistants: This course has been submitted to the South Carolina Chapter of the American Physical Therapy Association (SCAPTA).

Occupational Therapists, Certified Occupational Therapist Assistants: This course is under review by Upstate AHEC, an AOTA (American Occupational Therapy Association) Approved Provider of continuing education.

Others: This program is approved for 0.6 CEUs (6.0 clock hours) by Upstate AHEC and meets the SC AHEC Best Practice Standards.

Successful completion of the program requires attendance for at least 100% of the course and a completed online evaluation by the participant within 10 calendar days from the program date. No partial credit is available.

Cancellation Policy: No refunds will be given if request is received less than 48 hours prior to the program. Participant substitutions will be offered. Upstate AHEC reserves the right to cancel a continuing education course if enrollment is not sufficient to warrant offering the course. If a class must be cancelled for any reason, a full refund will be granted.

Americans with Disabilities Act (ADA): Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran’s status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, please call 864-349-1160 no later than one week before the date of the activity.