

Exercise is Regenerative Medicine: A Functional Kinetic Chain Approach

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Course Director

Presenter



Motion for Life >>>

Course Workshop Assistants

Alanna Pokorski, PT DPT, Nicholas Ruschmann, MSPT

Rebecca Korosi, PT ATC DPT and Julie Wolfley, PT, DPT, OCS

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November 13, 2021

Hyatt Place Hotel

5020 Main Street

Snyder NY 14226

Target Audience: Physicians (DO/MD)

DCs, PAs, NPs, PTs, DPTs, PTAs, ATCs and Personal Trainers

CME: Accreditation for Physicians (DO/MD), PA and NP: approved for 7.5 *AMA PRA Category 1 Credit(s) TM*



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University at Buffalo School of Medicine and Biomedical Sciences and Catholic Health System.

The University at Buffalo Jacobs School of Medicine and Biomedical Sciences is accredited by the ACCME to provide continuing medical education for physicians.

CERTIFICATION

The University at Buffalo Jacobs School of Medicine and Biomedical Sciences designates this live activity for a maximum of **7.5 *AMA PRA Category 1 Credit(s) TM***. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CEU: Chiropractic by D'Youville College: Approved for 8.5 hours



CEU: Physical Therapy by Sport Physical Therapy of New York: Approved for 9 hours



Registration Fee: \$495 USD for DC/DO/MD/PT/DPT

Includes course handouts and lunch

Learning Objectives:

At the conclusion of this presentation participants should be able to:

1. Use the MAT-7 to evaluate the functional kinetic chain;
2. Perform a detailed shoulder, hip and knee examination;
3. Use exercise as a regenerative treatment for labral and meniscal tears.

Agenda

7:30-8:00 am	Registration
8:00-8:30 am	Introduction
8:30-10:00 am	Movement Assessment Tests-7 (MAT-7)
10:00-10:15 am	Break
10:15-12:00 am	Shoulder Evaluation and Treatment
12:00-1:00 pm	Lunch – Included
1:00-2:45 pm	Hip Evaluation and Treatment
2:45-3:00 pm	Break
3:00-4:30 pm	Knee Evaluation and Treatment
4:30-5:00 pm	Discussion, Questions and Answers
5:00 pm	Course Adjourns