

**REGISTRATION FORM**  
**PHYSICAL PERFORMANCE TESTING AND REHABILITATION OF THE SPINE**

**COLUMBUS, OH • Saturday-Sunday, December 1-2, 2012**

ChiroHealth Educational Seminars • 12-Hour CE License-Renewal Seminar

Name: \_\_\_\_\_  
(Please print name as you would like it to appear on badge)

Office Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_ Ohio DC Lic. # \_\_\_\_\_

Email Address \_\_\_\_\_

**SEMINAR COURSE NOTES**, will be e-mailed to register doctors one week prior to the seminar date. Course notes will be available at the seminar for late or at the door registrations **ONLY**.

**TO REGISTER BY MAIL OR FAX** (no phone registration)

- Mail completed registration form with payment to:  
**ChiroHealth Educational Seminars**  
 P. O. Box 85  
 Gates Mills, OH 44040  
 Tel: (440) 449-1020

- Fax your registration form with complete credit card information to (440) 449-1568.

**TO REGISTER ONLINE**

- Go to [www.choh.org](http://www.choh.org)
- Select *Seminars > complete the online registration*

**REGISTRATION/FEES**

Registration forms must be postmarked or faxed on or before the pre-registration date to receive the lower fee.

SATURDAY-SUNDAY, DECEMBER 1-2, 2012

- \$245 on or before 11/09/12...**Early Bird Discount**
- \$275 on or before 11/28/12
- \$315 regular fee on or at the door 11/29/12

Registration will be taken at the door. Space is limited to 60 doctors. **PLEASE REGISTER EARLY!**

**PAYMENT METHOD**

- Check Enclosed to: **ChiroHealth Educational Seminar**
- Mastercard       Visa

Account # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

(Last three digits of code on back of card)

Name \_\_\_\_\_

Signature \_\_\_\_\_

Please copy for your files

(as printed on card)

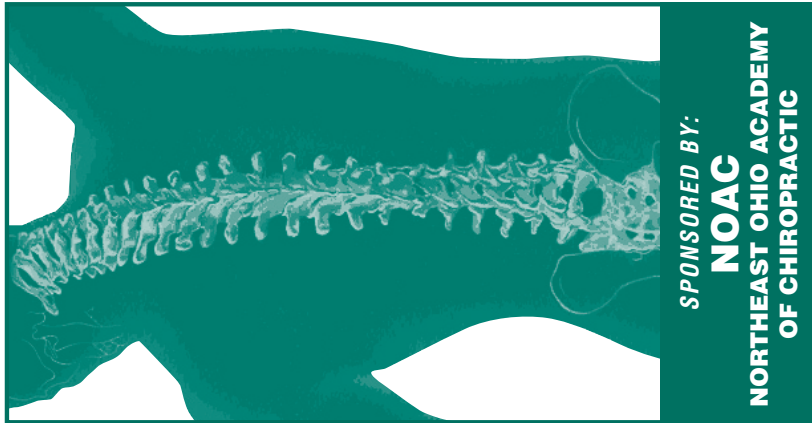
**CHIROHEALTH EDUCATIONAL SEMINARS**

P. O. Box 85  
 Gates Mills, Ohio 44040-0085  
 (440) 449-1020



**PHYSICAL PERFORMANCE TESTING AND REHABILITATION OF THE SPINE**  
**COLUMBUS, OH**  
**Saturday-Sunday**  
**DECEMBER 1-2, 2012**

12 Hour CE Ohio Chiropractic license renewal course approved by the Ohio State Chiropractic Board  
[www.chirohd.ohio.gov](http://www.chirohd.ohio.gov)



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**COLUMBUS, OH**  
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**Hilton Garden Inn**  
**Columbus-Polaris**

Located off I-71 at the south side of Exit 121

**8535 Lyra Drive**  
**Columbus, OH 43240**  
**Reservations:**  
**614-846-8884**

**SPONSORED BY:**

**NOAC**  
**NORTHEAST OHIO ACADEMY**  
**OF CHIROPRACTIC**

**CHIROHEALTH EDUCATIONAL SEMINARS**

**PRESENTS...  
 DR. STEVEN G. YEOMANS, DC, DABCO, FACO**



**PHYSICAL PERFORMANCE TESTING AND REHABILITATION OF THE SPINE**

**A WORKSHOP:**

**Spinal Stabilization • CORE Strength**  
**QFCE - Quantitative Functional Capacity Evaluation Exercises**

# PHYSICAL PERFORMANCE TESTING AND REHABILITATION OF THE SPINE

## A WORKSHOP:

Spinal Stabilization • CORE Strength

QFCE - Quantitative Functional Capacity Evaluation Exercises

## SEMINAR TIMES

Registration	Sign in at 8:30 am
Saturday Lecture	9:00 am to 6:00 pm
LUNCH ON YOUR OWN	12:30 pm - 1:30 pm
Sunday Lecture	8:00 am- 12:30 pm

*Refreshments will be provided throughout the seminar.*

**REGISTER TODAY – SEATING IS LIMITED TO 60 DOCTORS!**

SEMINAR COURSE NOTES, will be e-mailed to register doctors one week prior to the seminar date. Course notes will be available at the seminar for late or at the door registrations ONLY.

## PHYSICIAN & STAFF TRAINING TOOLS

**QFCE Manual:** The QFCE manual both includes a verbal description of each test, as well as a picture for quick reference to provide medical necessity.

**QFCE Exercises:** These are a collection of computer-generated exercise handouts or prescriptions designed to help you during rehab of a patient following the QFCE protocols. The files contain the exercises that are divided into folders named by the QFCE test number for easy identification. Modifications can be made by using a CD and blank template.

**DVD Video:** This is a “live” version of the QFCE exam. Objective: serves both as a trainer for yourself or a staff member and as a periodic update trainer as needed. It is useful for staff training, as for staff turnover.

*These two manuals will be available for purchase at the seminar and are an adjunct to the course notes that will be available for registered participants.*

## SPEAKER INFORMATION

**DR. STEVEN YEOMANS** is a board-certified chiropractic orthopedist who began his practice in 1979 by joining his father as a third generation chiropractor in Ripon, WI. Dr. Yeomans has lectured abroad and throughout the U.S. and Canada in topics including AMA guides to Impairment and Disability rating (currently 5th & 6th edition), Industrial consulting, carpal tunnel syndrome and cumulative trauma disorders, rehabilitation, whip-lash, documentation, physical therapy, outcomes assessment and orthopedics. He maintains his private practice in Ripon, WI. and continues to actively write and lecture. He is the Author of the textbook, “*The Clinical Application of Outcome Assessment*”.



DR. STEVE YEOMANS

## PROGRAM DESCRIPTION

This course is designed to train chiropractic physicians in implementing a in office rehab program into a busy office. The program teaches a system specific exercise prescriptions based upon using abnormal findings with Outcome Assessment Questionnaire tools, and QFCE (Quantitative Functional Capacity Evaluations) testing.

By using Dr. Yeomans’s method and appropriate documentation, “Medical Necessity” is established to warrant the inclusion of a in office Rehabilitation Program if home-based exercises fail to adequately return the patient to a satisfactory end-point.

The abnormal tests of the QFCE establishes proof of de-conditioning and the need for more guided rehabilitation process. The exercises-rehab prescription is based on the abnormal tests derived from the QFCE and proof of compliance, and the benefit is determined by the follow-up QFCE at four weeks. Transitioning the patient from PASSIVE to ACTIVE care.

*This rehabilitation program system makes clinical application of rehabilitation of the patient, quick, easy and simple for any doctor's office to implement immediately.*

## Please bring an exercise ball with you to the workshop.

- Spinal Rehab Principles – Failure of Home Based Exercises
- QFCE – Quantitative Functional Capacity Evaluation FCE Objective Tests – Documentation Orientation & QFCE Specific Exercises
- Pre-Test VAS
- A 3 minute STEP Test and rehab specific options
- Lumbar ROM and flexion, extension, lateral flexion, rotation biased exercise options
- Waddell Signs – understanding the classifications
- Horizontal Low Side Bridges
- Gastrocnemius / Ankle Dorsiflexion / Soleus / Ankle Dorsiflexion
- One Leg Standing Test
- Repetitive Squat Testing
- Cervical Spine ROM (inclinometer) / Grip strength
- Cervical spine strengthening methods; Nexercisor, Sphyg., Cervical Flexion Test
- Repetitive Sit-Up Test Procedure
- Hip Flexion / Modified Thomas / Iliopsoas
- Straight Leg Raise / Double Leg Raise
- Static Back Endurance Testing
- Knee Flexion Test
- Hip Rotation
- Repetitive Arch-up test.
- Post-Testing VAS
- Core Stabilization: Ball Exercise Workshop with 2-3 people per ball
- Core Stabilization: Floor Exercises Workshop with 2-4 people per group
- Troubleshooting a rehab program; inserting rehab into a busy practice setting



## REGISTRATION INFORMATION

**ADMINISTRATIVE INFORMATION:** Course Chairman, Alan L. Palgut, DC  
Phone (440) 449-1020

### REGISTRATION INFORMATION

Registration will only be accepted by the official registration form. Photocopies of the form are acceptable. ChiroHealth Educational Seminars accepts payment in the form of check, cash, MasterCard or Visa.

**NO CHECKS WILL BE ACCEPTED FOR AT THE DOOR REGISTRATION.**

### DISCLAIMERS / CANCELLATION & REFUND POLICY

A refund will be granted provided notification is in writing and postmarked no later than 14 days prior to the seminar date. A \$40.00 service fee will not be refunded. When the program has been concluded as scheduled, but the registrant did not attend nor provide a 14 day cancellation notice, tuition is non-refundable. Any returned NSF check will incur an additional bank charge of \$45.00. Every attempt is made to offer this program as publicized. However, ChiroHealth Educational Seminars reserves the right to adjust program dates, location, times, instructors, etc. to accommodate unexpected faculty or student needs, and cancel due to insufficient enrollment. For this reason, we do not recommend at the door registrations without prior confirmation of the status of this course. Attendance will be LIMITED, call ChiroHealth Educational Seminars at (440) 449-1020. ChiroHealth Educational Seminars is not responsible for any expenses incurred by the registrants due to program adjustments or cancellations. If license renewal credit is needed, please inquire if this course is approved for your state. No additional discounts or seminar transfer vouchers/credit fees apply for this NOAC sponsored seminar.

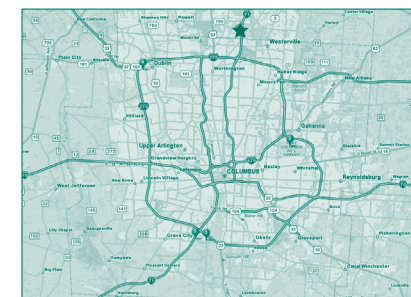
### CONTINUING EDUCATION CREDIT

12 hours of CE is certified through Northeast Ohio Academy of Chiropractic. Individuals wanting to earn CE credit must sign in, complete the attendance form and return it at the end of the seminar. Each day will begin promptly at its designated starting time. Completion certificates will be distributed to all registered participants at the conclusion of the seminar. This program has been approved for Ohio continuing education credits for license renewal by the Ohio Chiropractic Board of Examiners. You may confirm this by assessing their website at: [www.chirobd.ohio.gov](http://www.chirobd.ohio.gov)

### CONFIRMATION

A confirmation will be sent upon receipt of your paid registration either by mail or facsimile. Please allow ample travel time to guarantee on-time arrival. If you are in need of additional directions to the seminar location, please call the hotel listed below for directions or Map Quest the Seminar Hotel location for more detailed directions.

## SEMINAR LOCATIONS & ACCOMMODATIONS:



**COLUMBUS, OH**  
**Hilton Garden Inn**  
**Columbus-Polaris**

Located off I-71 at the south side of Exit 121  
8535 Lyra Drive, Columbus, OH 43240

**Reservations: 614-846-8884**

Room Rates: Block of 10 rooms @ \$112 including FULL breakfast, with the cut-off date of 11/1/12. Check the internet for lower rates.

When making reservations, inform the representative that you are attending the ChiroHealth Educational Seminar.