

THE PRESENTERS:

TODD SCHAFFHAUSER

Todd became an above-the-knee amputee at the age of 15 as a result of cancer. Determined to regain an active lifestyle, he pursued competitive athletics for the first time in his life. In 1988, Todd qualified for the Paralympics Track and Field Team and won a gold medal by completing the 100 meter event in a time of 15.77 seconds. In the 1995 World Games in Germany, he broke his own world record by running the 100 meter in 14.55 seconds. Todd competed and medaled at three Paralympic Games.

Along with his athletic endeavors, Todd has worked in the prosthetic community for more than twenty years. He co-created the Amputee Walking School that has changed the lives of thousands of amputees, their families and rehabilitation professionals worldwide. Todd participated in the research, development and marketing of numerous prosthetic products. In 2002, he was named an honorary member of the American Academy of Orthotists and Prosthetists.

DENNIS OEHLER

Dennis became a below-the-knee amputee at the age of 24 as a result of an automobile accident. Dennis was determined to resume his athletic endeavors and qualified for the 1988 Paralympics Track and Field Team. In Seoul, Korea, he set the world record for the 100 meter event in 11.73 seconds and won gold medals in the 200 and 400 meter events. Four years later in Barcelona, he set another world record in the long jump and took silver in the 100 meter.

In 1989, Dennis co-created the Amputee Walking School designed to take amputees beyond traditional rehabilitation. This life changing program has reached more than 15,000 amputees and 75,000 therapists worldwide.

Dennis has served on the board of directors for the American Board for Certification for Orthotics and Prosthetics. In 2002, he was named an honorary member of the American Academy of Orthotists and Prosthetists.



SATURDAY, SEPTEMBER 28th
6 CONTINUING-ED HOURS

**STAMFORD HOSPITAL
WHITTINGHAM PAVILLION**

**ONE HOSPITAL PLAZA
STAMFORD, CT 06902**

In Conference Rooms 1 & 2



ADVANCED GAIT TRAINING
FOR
LOWER EXTREMITY AMPUTEES



**ONE STEP FORWARD
IS ONE STEP GAINED**

**PLEASE RSVP
STEPHANIE YURASEK**

STEPHANIE.YURASEK@EC-OP.COM or (914) 789-2740

COURSE AGENDA

- 7:30AM** Registration
- 8:00AM** Welcome and Introduction
- 8:05AM** Strengthening Techniques for the Individual with Above the Knee Amputation
- 9:45AM** Strengthening Techniques for the Individual with Below the Knee Amputation
- 11:00AM** Prosthetic Analysis and Overview of Prosthetic Devices
- 12:00PM** Lunch Provided and Sponsored by East Coast Orthotic & Prosthetics
- 1:00PM** Walking Program
- 2:45PM** Questions & Answers

(Links to course handouts available)

PARTICIPANTS

Physical Therapists and Physical Therapy Assistants, Psychiatrists, Orthotists, Prosthetists, Amputees of all ages and abilities, family members and students should attend this clinic.

CLINIC OBJECTIVES

- Identify appropriate stretching and strengthening exercises to help each amputee achieve increased flexibility and strength so he/she can function with more confidence and obtain optimal performance from prosthesis.
- Demonstrate and teach running gait for above-and below-the-knee amputees.
- Educate amputees and healthcare professionals on sports and recreational opportunities for the disabled.



TEACHING THE TEACHERS

Professionals in the field of rehabilitative therapy and sports will be introduced to exercise programs enabling them to progress amputees into more advanced techniques such as stair climbing, conditioning exercises and running. By providing such training, the therapist can introduce these principles to the amputee patient early in the rehabilitation process and thus orient him/her and their family toward an active, productive lifestyle.

CLINIC GOAL

After the clinic the PTs/PTAs, will be able to:

1. Initiate an exercise program for lower extremity amputees.
2. Teach advanced stretching and strengthening exercises for lower extremity amputees.
3. Assist prosthetic patients in meeting their strength, flexibility and fitness goals.
4. Help amputees improve their walking/running gaits through better understanding of the prosthetic device and contributing muscles.
5. Refer patients to disabled sports resources for additional outlets for recreation.

6 CONTINUING EDUCATION HOURS

FREE FOR ALL TO ATTEND

To RSVP please contact

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