New Advances in Exercise Rehabilitation for the Knee and Ankle

**COURSE OBJECTIVES**

Participants will be able to:

- Create patient specific exercises and progressions
- Specifically dose exercises for tissue repair, local circulation, motor learning, coordination, endurance and strength training
- Design knee exercises related to specific muscle facilitation patterns, length/tension relationships and multiple resistance training involving the low back, hip and knee
- Progress exercises from mobilization to stabilization for the knee and ankle
- Describe the evidence based implications of hip dyskinesia on knee and ankle function

**THINKING POINTS**

- When is a knee really a lumbar/hip patient?
- Why is isometric work initially used for every protocol, when it works against every primary early training goal?
- Why is elastic resistance a poor choice for early knee rehabilitation?
- How can tendinopathies be chronic when tendons heal in 4-6 weeks?
- How does my teaching style delay motor learning and retention?
- Why is balance affected by an ankle sprain?
- Why do patellofemoral tracking issues persist even when recruitment between the VMO and vastus lateralis is balanced?

**COURSE INSTRUCTOR**

Bill Hayner  
PT, OCS, FAAOMPT  
Bill received his Bachelor’s of Science in Physical Therapy from the University of Vermont in 2000. After graduation, he began practicing in an outpatient orthopaedic clinic affiliated with a small community hospital in upstate Vermont. Bill joined MTI in August 2002 as a staff physical therapist after moving to Seattle with his wife. Between 2002 and 2005 he completed intensive residency and fellowship training for the Doctor of Manual Therapy certificate degree programs offered by the Ola Grimsby Institute (OGI). In 2007, Bill completed a one-year certification program in exercise science from the Ola Grimsby Institute.

See more at about Bill at: https://reg131.imperisoft.com/OlaGrimsby/ProgramDetail/3237363834/Registration.aspx#sthash.YCzZrW7p.dpuf

**The STEP Course Series**

Take courses in any order.

- Shoulder and Elbow (STEP 1)
- Hip and Pelvis (STEP 3)
- Cervical Spine (STEP 5)
- Ankle and Knee (STEP 2)
- Lumbar Spine (STEP 4)
- Upper Cervical Spine, TMJ and Ocular Systems (STEP 6)
Certification in Rehabilitative Exercise (CREx)

The CREx is a process of combining 6 prerequisite seminars culminating in a weekend of review and examination. Requirements include:

- Complete all 6 STEP seminars
- Complete a home study test after each seminar associated with the seminar, additional videos and required reading from the STEP course book series (www.lulu.com)
- Submission of a unique exercise from concepts of each seminar unit
- Complete a final project (protocol, literature review or case study)
- Written and practical examination
- Upon successful completion of all areas and demonstration of competency and safety, the Physical Therapist will be issued a Certification in Rehabilitative Exercise and will be able to use the “CREx” letters after their name indicating the earned specialization
- Open to PTs, PTAs, OTs and ATCs

TEXTBOOKS AVAILABLE ▶
search “Ola Grimsby” at www.lulu.com or Amazon.com