

COURSE TITLE

Date: TBS For Seminars / At Attendee convenience On Line

Location:

Instructor: Dr Dan Reyes DC, CCSP, NASM, DACRB, CIRS, FMS 1

Hours:

PROGRAM DESCRIPTION

The 123REHAB Active Model Series is proud to offer CEU's both with On Line availability and Hands-On Seminars. The series is based on delivering the necessary skills related with Rehab, Testing, Exercise Prescription and the Guidelines set forth by the American Chiropractic Rehab Board. Each seminar is related and promotes Certification in the Active Model Process.

PROGRAM GOALS & OBJECTIVES

Upon successful completion of this program, the registrant will be able to:

1. Evaluate a client in regards to Functional Ability, Physical Fitness and Common Conditions Management
2. Appropriately address each client individually and appropriately Prescribe a Successful Rehab Program
3. Successfully document and bill appropriately through the Active Model Process, utilizing all 5 Factors of the Healing Process, including but not limited to: Therapy Modalities, Soft Tissue Manipulation and Manipulative Therapy, Stretching Techniques, Exercise Techniques, and Nutrition

PROGRAM TOPICS

Please select which of the following topics your program covers:

X Ethics x Proper & Ethical Billing and Coding x Adjustive Technique x Differential Diagnosis

X Documentation/ Record Keeping x Rehabilitation x Nutrition Risk Management x PNF x Taping

FORMAT

PowerPoint, lecture, hands-on training.

OUTLINE

CCRA: Certified Chiropractic Rehab Assistant Program

Program:

- 1) Initial Seminar is Basic Physiology including:
 - a. Anatomy
 - b. Biomechanics
 - c. The Natural Degenerative Process
 - d. Healing
- 2) On line 1
 - a. Guidelines of Therapeutic Exercise
 - b. Posture
- 3) Seminar 2:
 - a. Patient Communication
 - b. Common Injuries (Cases)
 - c. Therapy Modalities

- d. Billing Codes
- 4) On line 2
- a. Coding
 - b. Documentation
 - c. Ethics
- 5) Seminar 3
- a. Biomechanics or Walking
 - b. Upper Cross
 - c. Lower Cross
 - d. STM Techniques
- 6) On line 3
- a. STM Techniques
 - b. ROM Techniques
 - c. Tubing / Gymball Rules and Guidelines
- 7) Seminar 4 – Hands on with billing, documentation, performance.
- a. Pre-Reactivation Program
 - b. Reactivation Program
 - c. Stage I
 - d. Stage II – Upper, Lower, Spinal, Lumbar, Cervical
- 8) On line 4
- a. Common Conditions
 - b. Nutrition
 - c. Testing Guidelines
- 9) Seminar 5
- a. Stage III
 - b. Testing and reports
 - c. Chiropractic Guidelines
 - d. Chiropractic Techniques
- 10) On Line 5
- a. Review
 - b. Written Exam
- 11) Seminar 6 -Final Practical Exam

DACRB- Diplomat of the American Chiropractic Rehab Board

Program:

- 1) Seminar 1
 - a. History of the Active Model and the ACRB
 - b. Importance of the Active Model
 - c. The Degenerative Process
 - d. Pre-Reactivation Program

- 2) Online 1
 - a. Therapeutic Exercise Guidelines
 - b. Biomechanics of Walking

- 3) Seminar 2
 - a. The Functionality of the Healing Process
 - b. Factor 1-Passive Modalities
 - c. Muscle Function Physiology
 - d. Plastic Deformation

- 4) Seminar 3
 - a. NDP- Upper
 - b. Factor 2- STM / CMT Upper C/S
 - c. Postural Evaluation Importance
 - d. Upper Cross
 - e. Stage I- Upper

- 5) Online 2
 - a. Stability, Mobility, Motor Control
 - b. Floor Exercises

- 6) Seminar 4
 - a. NDP- Upper Cont.
 - b. Factor 3- PNF / CMT Upper C/S
 - c. STM Techniques Upper
 - d. Lower Cross

- 7) Seminar 5
 - a. NDP- Lower
 - b. Factor 2- STM / CMT Lower L/S
 - c. Postural Evaluation Importance

- d. Stage I- Lower
 - e. Muscle Testing Guidelines
- 8) Online 3
- a. Flexibility
 - b. Gym Ball
- 9) Seminar 6
- a. NDP- Lower Cont.
 - b. Factor 3- PNF / CMT Lower L/S
 - c. STM Techniques Lower
 - d. Muscle Testing- Upper / Lower
 - e. Stage II- Upper
- 10) Seminar 7
- a. Qualitative and Quantitative Measures
 - b. True KT Management
 - c. Upper Extremity / C/S Protocol
 - d. Stage II – C/S
- 11) Online 4
- a. Kinesio Taping
 - b. Postural Corrections
- 12) Seminar 8
- a. Cardiovascular Testing – Calculating the OFBR
 - b. Biometrics and Optimum Macro Calculations in Rehab
 - c. Factor 5- Nutrition Needs in Rehab
 - d. Biometrics and Macro calculations
 - e. Lower Extremity / L/S Protocol
- 13) Seminar 9
- a. Somato-Visceral / Visceral-Somatic Relationships
 - b. FIT Principle
 - c. Report Writing
 - d. Insurance Keys
 - e. Patient Management – Passive to Active
- 14) Online 5
- a. Upper Cross

b. Lower Cross

15) Seminar 10

- a. Rehab Progression
- b. Stage III
- c. Home RX – Flexibility / Strength
- d. Documents Review for ACRB Exam
- e. Written Exam



16) Practical
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REFERENCES

1. American College of Sports Medicine: *ACSM's Guidelines for Exercise Testing and Prescription*, ed.
2. American College of Sports Medicine: Position stand: physical activity and bone health. *Med Sci Sports Exerc* 36:1985-1986, 2004.
3. American Physical Therapy Association: Guide to Physical Therapist Practice, ed. 2. *Phys Ther* 81:9–744, 2001.
4. Baker, SM, et al: Patient participation in physical therapy goal setting. *Phys Ther* 81:1118–1126, 2001.
5. Basmajian, J (ed): *Physical Rehabilitation Outcome Measures*. Toronto: Canadian Physiotherapy Association in cooperation with Health and Welfare Canada and Canada Communications Group, 1994.
6. Fletcher, GF, et al: AHA Scientific Statement: Exercise standards for testing and training. *Circulation* 104(14):1694–1740, 2001
7. Frank, C, et al: Physiology and therapeutic value of passive joint motion. *Clin Orthop* 185:113–125, 1984. Philadelphia: Wolters, Kluwer/Lippincott Williams & Wilkins, 2010.
9. Colby & Kisner, *Therapeutic Exercise: Foundations and Techniques*, 6th Ed., Chapters 4-6, F. A. Davis Company Philadelphia, PA 19103

* If a comprehensive, hour-by-hour outline of your program already exists, we can confirm if it would be sufficient for submission to state boards.