**DIAGNOSTIC CRITERIA FOR DEGENERATIVE JOINT DISEASE (DJD)**

- American Medical Association (AMA) Guidelines
- Arthritis Foundation’s guidelines

**PATIENT PRESENTATION**

- Medical history
- DJD v. Rheumatoid Arthritis v. Gout
- Other arthritic conditions

**THE PATHOPHYSIOLOGY OF DJD IN:**

- Weight bearing joints
- Non-weight bearing joints
- The spine

**JOINT CONSERVATION**

- Silver Sneakers
- Ergonomic work and home environments
- Biomechanics
- Positional awareness

**TECHNIQUES TO MAINTAIN MOBILITY**

- Motion is lotion
- Muscle balance
- Diet and supplements
  - Super foods
  - Over the counter supplements

**MEDICAL MANAGEMENT**

- Medication
  - Benefits
  - Risks

**SURGICAL**

- Arthroscopy
- Total joint arthroplasty
  - Total hip
  - Total knee
  - Total shoulder
  - Conventional
  - Reverse
  - Ankle
  - MCP replacement

**PHYSICAL THERAPY MANAGEMENT**

- Pre-Hab
  - Introduction of assistive devices
  - Pre-op exercise program
  - Smoking cessation
  - Weight reduction
  - Motivational interviewing techniques

**TOTAL JOINT REGIMENS**

- Acute care post-op
  - Post-op teaching
  - Gait instruction specific to intervention
  - Exercise programs
  - Critical pathways
  - Precautions

**OUT PATIENT REHAB**

- Program Goals
- Design of exercise regimen
- Scar care management
- Outcome measure
- Gait Progression
  - Household v. community ambulation
  - Addressing the “What can I do?”
  - Mature adult
  - Middle aged adult

**CONVALESCENCE**

- 1+ year to complete recovery
- Activity guideline
- Quality of life
- Cost benefits of activities

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**OBJECTIVES**

1. Summarize the commonly-experienced condition of degenerative joint disease.
2. Explain focused history taking techniques and examination methods to create diagnostic skills for evaluation of upper and lower extremity degenerative joints.
3. Evaluate the decision-making processes regarding conservative and surgical treatment options for patients with degenerative joints.
4. Obtain methods to effectively educate patients regarding: the arthritic process, treatment options, recovery steps, and long-term expectations.
5. Describe recovery and rehabilitation stages to counsel and consult patients.
6. Determine the strategies to share with patients to optimally prevent or delay arthritic changes.

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**Therapeutic Strategies for Degenerative Joint Disease**

**Overcoming Pain and Improving Function**

<table>
<thead>
<tr>
<th>HANDS</th>
<th>SHOULDERS</th>
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<tbody>
<tr>
<td>HIPS</td>
<td>KNEES</td>
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**DIAGNOSTIC TECHNIQUES & CLINICAL CLUES FOR THE EVALUATION OF DJD**

- Rehabilitation and recovery techniques to return adult patients to active lifestyles
- Case studies and practice labs

**MEDICATION**

- Benefits
- Risks

**SURGICAL**

- Arthroscopy
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**LIVE SEMINAR SCHEDULE**

- 7:30 Registration/Morning Coffee & Tea
- 8:00 Program begins
- 11:50 - 1:00 Lunch (on your own)
- 4:00 Program ends
- 10 – 15 minute mid-morning and mid-afternoon breaks

For locations and maps, go to www.pesirehab.com, find your event, and click on the seminar title.

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**GRAND RAPIDS, MI**

Monday, March 13, 2017

**LANSING, MI**

Tuesday, March 14, 2017

**STERLING HEIGHTS, MI**

Wednesday, March 15, 2017

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SCHANE MALECHA, PT, DPT, MS, CSCS, maintains a current clinical practice for Aegis Therapies and has assisted many degenerative joint patients to accomplish their rehabilitation goals. Past professional experiences include insights gained working in inpatient, rehabilitation, home health and orthopedic/sports medicine clinic settings. Through these roles, she also worked as staff clinician and director responsibilities. Dr. Malecha also contributes his time to the Journal of Orthopaedic and Sports Physical Therapy as a reviewer. He is a member of the American Physical Therapy Association’s Advisory Panel of Education. He graduated from Massachusetts General Hospital’s Institute of Health Professions with a doctorate, received his Masters Degree in Science from the University of Wisconsin-LaCrosse, and a B.A. in Biology/Pre-Medicine from Mary’s University of Minnesota. Dr. Malecha is certified by the NSCA as a strength and conditioning specialist. As a sought-after speaker, he enjoys sharing his knowledge with interdisciplinary audiences around the country.

Speaker Disclosures: Financial: Shane Malecha has an employment relationship with Aegis Therapies, and has assisted many degenerative joint patients to accomplish their rehabilitation goals. Past professional experiences include insights gained working in inpatient, rehabilitation, home health and orthopedic/sports medicine clinic settings. Through these roles, she also worked as staff clinician and director responsibilities. Dr. Malecha also contributes his time to the Journal of Orthopaedic and Sports Physical Therapy as a reviewer. He is a member of the American Physical Therapy Association’s Advisory Panel of Education. He graduated from Massachusetts General Hospital’s Institute of Health Professions with a doctorate, received his Masters Degree in Science from the University of Wisconsin-LaCrosse, and a B.A. in Biology/Pre-Medicine from Mary’s University of Minnesota. Dr. Malecha is certified by the NSCA as a strength and conditioning specialist. As a sought-after speaker, he enjoys sharing his knowledge with interdisciplinary audiences around the country.

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