Course description

This one-day seminar is designed for physical therapists and aims to provide the most current evidence-based and integrated practice frameworks for the medical and rehabilitation management of hip and knee osteoarthritis, knee arthroplasty (TKA), and partial and total hip arthroplasty (THA). Teamwork and coordination of care are critical to optimal patient outcomes. As data is increasingly being collected and reported regarding patient safety, satisfaction and outcomes, it is incumbent upon the entire orthopaedic care team across the continuum of care to be accountable for results. Where effective collaboration and care coordination occur, patient outcomes and satisfaction increase. Through a collaborative physician-therapist team presentation, participants will experience didactic presentation, surgical videos, and case study and panel discussion of common post-operative complications. Participants will gain knowledge on the most up-to-date medical and surgical approaches to hip and knee osteoarthritis and arthroplasty. Current literature will be reviewed to support application of evidence-based practice into rehabilitation treatment plans. The concepts and principles taught in this course will enhance the participant’s rationale and selection of outcome tools and treatment techniques for post-surgical patients. At the completion of the presentation, participants will be able to return to the clinic and incorporate evidence-based therapeutic principles and techniques into existing expertise in joint replacement rehabilitation.

Learning objectives

After attending this educational activity, participants should be able to:

1) Outline standard evaluation and differential diagnosis of hip and knee osteoarthritis.
2) Discuss pharmacologic and non-pharmacologic management of hip and knee osteoarthritis.
3) Relate emerging technologies in the conservative management of hip and knee osteoarthritis.
4) Discuss contemporary prostheses for THA and TKA.
5) Understand current technological advances and surgical approaches to THA and TKA.
6) Apply evidence-based practice into treatment for patients with hip or knee osteoarthritis, knee arthroplasty, or hip arthroplasty.
7) Identify common arthritic and post-surgical rehabilitation challenges for the hip and knee, and develop strategies to successfully overcome these challenges.
8) Identify objective testing and functional assessments relevant to surgical/non-surgical hip and knee diagnoses.
9) Discuss how to facilitate optimal patient care coordination for common post-surgical complications and challenges through case study and panel discussion.

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Agenda

7:30 am  Breakfast and Registration

8:00 am  Medical Management of Hip Osteoarthritis: Conservative Management, Pharmacology and Emerging Technologies
          David M. Mochel, MD

8:15 am  Surgical Management of the Hip: Contemporary Prostheses, Technology Advancements, Traditional and Minimally Invasive Approaches With Surgical Videos
          Charles L. Lupo, MD
          William R. Sterba, MD

9:30 am  Break

9:45 am  Rehabilitation Best Practices for Hip Arthroplasty: Evidence-Based Techniques and Strategies, Addressing Common Barriers to Progress, Functional Assessments and Outcome Measures
          Melissa Buckley, PT, DPT, MSPT, MHA
          Kimberly Lueken, PT, DPT, OCS

11:00 am Panel Discussion on Hip Post-Operative Care Coordination
          David M. Mochel, MD
          Charles L. Lupo, MD
          William R. Sterba, MD
          Melissa Buckley, PT, DPT, MSPT, MHA
          Kimberly Lueken, PT, DPT, OCS

1:00 pm  Medical Management of Knee Osteoarthritis: Conservative Management, Pharmacology and Emerging Technologies
          David M. Mochel, MD

1:15 pm  Surgical Management of the Knee: Contemporary Prostheses, Technology Advancements, Traditional and Minimally Invasive Approaches With Surgical Videos
          Charles L. Lupo, MD
          William R. Sterba, MD

2:15 pm  Break

2:30 pm  Rehabilitation Best Practices for Knee Arthroplasty: Evidence-Based Techniques and Strategies, Addressing Common Barriers to Progress, Functional Assessments and Outcome Measures
          Cynthia Rechenmacher, PT, MS, CLT-LANA

3:30 pm  Panel Discussion on Knee Post-Operative Care Coordination
          David M. Mochel, MD
          Charles L. Lupo, MD
          William R. Sterba, MD
          Cynthia Rechenmacher, PT, MS, CLT-LANA

4:30 pm  Adjourn

12:00 pm  Lunch (on your own)
Faculty

**Charles L. Lupo, MD**
Board-Certified Orthopaedic Surgeon
Northwestern Medicine Regional Medical Group

**David M. Mochel, MD**
Board-Certified Orthopaedic Surgeon
Northwestern Medicine Regional Medical Group

**William R. Sterba, MD**
Board-Certified Orthopaedic Surgeon
Northwestern Medicine Regional Medical Group

**Melissa Buckley, PT, DPT, MSPT, MHA**
Lead Physical Therapist
Northwestern Medicine Central DuPage Hospital

**Kimberly Lueken, PT, DPT, OCS**
Board-Certified Orthopaedic Clinical Specialist
Physical Therapist
Northwestern Medicine Central DuPage Hospital

**Cynthia Rechenmacher, PT, MS, CLT-LANA**
Physical Therapist
Marianjoy Rehabilitation Hospital, part of Northwestern Medicine

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**David M. Mochel, MD, FACS**, graduated from the University of Illinois at Urbana-Champaign with a Bachelor of Science degree in Biology. He earned his medical degree from the University of Illinois College of Medicine at Rockford and completed an Orthopaedic Surgery residency at the Grand Rapids Orthopaedic Surgery Residency Program in Grand Rapids, Michigan. He joined OAD Orthopaedics in 1993, and the group subsequently became part of Northwestern Medicine Regional Medical Group. Dr. Mochel is an orthopaedic surgical specialist with expertise in hip and knee joint replacement/arthroplasty, reconstruction and revision surgery. He currently specializes in the non-surgical care of hip and knee osteoarthritis. Dr. Mochel has served as both a member of the Northwestern Medicine Central DuPage Hospital Board of Directors and chairman of Central DuPage Hospital’s Orthopaedic Department. He is certified by the American Board of Orthopaedic Surgery and is a fellow of both the American Academy of Orthopaedic Surgeons and the American College of Surgeons. Dr. Mochel maintains medical staff privileges at Central DuPage Hospital in Winfield. He currently functions as the medical director of the Orthopaedic Institute at Central DuPage Hospital, and he holds an academic appointment at Northwestern University Feinberg School of Medicine. Dr. Mochel has no relevant financial or non-financial relationships to disclose.

**Charles L. Lupo, MD**, graduated from the University of Illinois at Urbana-Champaign with a Bachelor of Science degree in Integrative Biology. He earned his medical degree from the University of Illinois at Chicago College of Medicine, completed an Orthopaedic Surgery residency at the University of Pittsburgh Medical Center, and completed fellowship training in Total Joint Replacement at the Anderson Orthopaedic Research Institute in Washington, DC. Dr. Lupo is an orthopaedic specialist with a specific expertise in hip and knee replacement, complex adult reconstructive procedures of the hip and knee, and revision joint replacement surgeries. He is certified by the American Board of Orthopaedic Surgery, and a member of the American Society of...
Hip & Knee Surgeons and the American Academy of Orthopaedic Surgeons. Dr. Lupo joined Northwestern Medicine Orthopaedics in 2015 and currently has medical staff privileges at Central DuPage Hospital in Winfield and Northwestern Medicine Delnor Hospital in Geneva. Dr. Lupo has no relevant financial or non-financial relationships to disclose.

William R. Sterba, MD, graduated from the University of Notre Dame with a Bachelor of Science degree and earned his medical degree from Tulane University School of Medicine in New Orleans. Dr. Sterba completed his internship and Orthopaedic Surgery residency at the Henry Ford Health System in Detroit followed by a Sports Medicine fellowship at the University of Texas-Houston. During his fellowship, he served as Rice University’s team physician for all varsity athletics and assistant physician to the Houston Rockets. Dr. Sterba is an orthopaedic surgeon specializing in sports medicine, specifically hip and knee injuries and conditions. He has expertise in arthroscopy/advanced arthroscopy but has narrowed his practice interest to focus primarily on joint replacement of the hip and knee, and hip fracture management. He is experienced in DAA hip arthroplasty, total knee arthroplasty, and robotic-assisted total hip and knee arthroplasty. Dr. Sterba joined this practice in 2006, and he is board certified by the American Board of Orthopaedic Surgery with a subspecialty certificate in Orthopaedic Sports Medicine. He has completed recertification in Adult Joint Reconstruction. He is a member of the American Academy of Orthopaedic Surgeons, the Arthroscopy Association of North America, and the Association of Hip and Knee Surgeons. Dr. Sterba maintains medical staff privileges at Central DuPage Hospital in Winfield and Delnor Hospital in Geneva. Dr. Sterba has no relevant financial or non-financial relationships to disclose.

Melissa Buckley, PT, DPT, MSPT, MHA, is the lead physical therapist at Northwestern Medicine Central DuPage Hospital Outpatient Rehabilitation Services and has spent 19 years practicing in the field of outpatient orthopaedics and vestibular rehabilitation. She earned a master’s degree in Physical Therapy from Des Moines University in 1998 and then a doctorate in Physical Therapy from the University of St. Augustine in 2006. Ms. Buckley obtained her master’s degree in Health Care Administration from National Louis University in 2017. She has a special interest in treating patients with total knee and hip arthroplasties, sports injuries, and balance/vestibular diagnoses. Ms. Buckley has no relevant financial or non-financial relationships to disclose.

Kimberly Lueken, PT, DPT, OCS, has been practicing for 15 years. She received a Master of Science in Physical Therapy from Clarke College in 2002 and then a doctorate in Physical Therapy from A.T. Still University in 2009. Ms. Lueken obtained her Orthopaedic Clinical Specialty through the American Physical Therapy Association in 2011. She has a special interest in treating the hip and has a passion for treating patients with osteoporosis. Ms. Lueken has no relevant financial or non-financial relationships to disclose.

Cynthia Rechenmacher, PT, MS, CLT-LANA, has been practicing 24 years. She received her degree in Physical Therapy from the University of North Florida and has a postgraduate Master in Physiology degree from Benedictine University. She has a special interest in treating patients with hip and knee arthroplasty. Ms. Rechenmacher has no relevant financial or non-financial relationships to disclose.
Program details

Program location
The program will be held in the Conference Center at Marianjoy Rehabilitation Hospital’s Outpatient Pavilion, 26W171 Roosevelt Road, Wheaton, Illinois.

Directions and parking
Please visit our website at marianjoy.org/locations for directions to the conference. Free parking is available on campus.

Audience
The content of the program is appropriate for physical therapists and physical therapy assistants who treat orthopaedic conditions involving the hip and knee.

Contact hour statement
This course has been approved for 7 continuing education hours for physical therapy practitioners. The Illinois Department of Financial and Professional Regulation, Division of Professional Regulation has certified Marianjoy Rehabilitation Hospital has complied with the provisions of the Illinois statutes and/or rules and regulations and is hereby authorized to sponsor the above-named course as a Continuing Education offering. Registered Physical Therapy Continuing Education Sponsor: IDFPR License Number 216.000125

Registration fee
The fee is $99. Breakfast and refreshments are provided. Space is limited.

Registration procedure
The registration deadline is April 11, 2018.
Online: marianjoy.org/patients-visitors/classes-events
Phone: 877.926.4664
Questions: Call Jaime Gorska at 630.909.6923

Cancellation and refund policy
Prepayment prior to the start of class is required. Full refunds are granted for cancellations received at least one week prior to the start of the program. Refunds are not granted for cancellations less than one week prior to the start of the program. Classes cancelled due to low enrollment will result in a refund. Marianjoy does not assume responsibility for any other expenses incurred by the registrant.

Accessibility
Please contact the Professional Learning Institute at 630.909.6923 if you require special accommodations to enroll in or attend one of our programs.

Photo consent
Please note that photos may be taken during this class and may be used in marketing materials. Please notify the seminar coordinator at the time of registration if you do not wish to have your photo taken and used in future marketing materials.