

“Continuity of Care - Eastern and  
Western philosophies to care for the  
patient in pain”

Chiropractics, Fitness Experts, Physical Therapy and Rehabilitation

SATURDAY, October 17, 2009

8:00am-8:30am	<b>Registration</b>	Exhibits Open
8:30AM-8:45AM	<b>Welcome and Faculty Introductions: Michelle Byers, PES</b>	
8:45AM-9:30AM	<b>Pilates Practicum</b> Jenn Messina-Deitch, NASM, CPT - Café of Life healthy mindfulness and focus Improved health of the practitioner improves your ability to help your patients	
9:30AM - 10:15AM	<b>Eastern and Western Medicine Co-existing - Continuity of Care</b> Josh Deitch, DC - Café of Life Working closely with healthcare practitioners to address patient needs and improve outcomes of care - working together as a team to address pain, wellness, healthfulness and mindfulness	
10:15AM-10:45AM	<b>Tea and Water Break</b>	
10:45AM-11:30AM	<b>Orthopedics and the Athletic Patient</b> PT - lecturer - Rodney Heschong, PT - Mill Valley Physical Therapy and Sports Rehabilitation Working with highly active patients to address current injuries and healing while avoiding future overuse injuries	
11:30AM-12:15AM	<b>Pain Management</b> Dr. Holly Kelly, MD - PM&R - Marin Orthopedics and Sports Medicine The effect of inadequate pain management on healing and wellness. What is available - holistic, stimulation, nutraceutical, pharmaceutical - what to be aware of.	
12:15AM-12:45PM	<b>Lunch</b>	
12:45PM-1:30PM	<b>Geriatric Orthopedics</b> PT-lecturer - Rodney Heschong, PT - Mill Valley Physical Therapy and Sports Rehabilitation Addressing the special needs of the Geriatric patient - awareness of comorbid conditions, balance and caregiver support	
1:30PM-2:15PM	<b>Eastern and Western Medicine Co-existing - Continuity of Care</b> Panel Discussion: Jenn Messina-Deitch, Rodney Heschong, PT, Josh Deitch, DC and Holly Kelly, MD Panel to discuss the dynamic of working together as a team to address pain, wellness, healthfulness and mindfulness (Fitness, Physical Therapy, Chiropractic and Traditional Medicine)	
2:15 PM - 3:30 PM	<b>KT Tape - lecture and hands on session</b> Lecturer - Chris Harper, PT KT Tape lecture followed by hands-on demonstration and practicum	
3:30 PM - close	<b>All sessions close</b>	