

## About the Instructor

Wayne has been in clinical practice since 1975, and private (orthopedic) practice since 1977. He has played an instrumental role in the evolution of orthopedic, manual therapy practice in the United States and is internationally recognized as an expert in the assessment, treatment and prevention of spine pain and cumulative trauma disorders. He was a founding member of the McKenzie Institute and instrumental to introducing Mulligan manual therapy to the United States and United Kingdom. He is currently President, Director of Treatment, Ergonomic and Research Services for Duffy-Rath Physical Therapy, PC. in Syracuse, NY. He has provided continuing education workshops, lectures, and presentations for > 30 years; in 2004 Wayne was recognized as one of the 20 most influential orthopaedic physical therapist.

## The Duffy-Rath System®

The Duffy-Rath System® (DRS) was first developed by Wayne & Jean in 1984 for the primary, secondary and tertiary prevention of MSD onsite in industry. DRS has serviced thousands of workers throughout the United States and Canada for a full cross section of corporate and industrial clientele; ranging from the office worker, to light and heavy manufacturing to the construction industry.

*Our mission is the prevention of musculoskeletal and lifestyle-related disorders and disability through education, training and research.*



6701 Manlius Center Rd  
Suite 111  
East Syracuse, NY 13057

**DRPT**

# Assess - Treat - Prevent Repetitive Strain/ Cumulative Trauma Disorders of the Limbs



Presented By:

**Wayne Rath, PT, Dip MDT**

**June 9 & 10, 2012**

**EverFit Physical Therapy  
Westampton, NJ**

**13 Contact Hours**

**NYS Education Dept. Approved Provider**

**NJSBPTE Approved (# 108- 2010)**

**BOC Recognized (P-3606)**

**California PTB Approved Agency for CE**

*Providing Quality Continuing Education for  
Practicing Clinicians for > 30 years*

# A system that connects non-operative treatment and prevention for long-term efficacy!

## Course Location & Schedule

EverFit Physical Therapy  
1934 Burlington Mt. Holly Rd (Rt 541)  
Westampton, NJ  
Local Contact: Jen Contreras  
(856) 829—0015 jen@everfitnj.com

Registration 8:45 AM  
Morning Session 9AM—12:00  
Afternoon Session: 1:00—5:00 PM

Bring appropriate clothing for the upper and lower limb (proximal to distal) assessment and treatment lab sessions that start on the morning of the first day and continue throughout the weekend.

For More Information:  
wayne@duffyath.com or www.duffyath.com

The workshops are extremely well received, enjoyable, informative and provide tools that the clinician can use immediately to help their patients.

**Testimonial:** "After 15 years of practice and many seminars later, I can honestly say the Duffy-Rath courses are the most logically organized, intelligently researched, masterfully presented, and clinically relevant. The wealth of information presented and the expert skills demonstrated on real patients have transformed my model of practice." Troy Marsh, PT, Cert MDT, Utah.

## About the Course

This workshop provides the participant with a system to assess, treat (non-operative) and prevent (primary, secondary and tertiary) 10 of the most common repetitive strain injuries that affect the limbs; these MSD are: 1) shoulder impingement, 2) elbow epicondylar disorders, 3) carpal tunnel syndrome, 4) De-Quervain's Syndrome, 5) Trigger Finger, 6) OA 1st CMC, 7) Pelvic Girdle Pain Disorders, 8) DJD Hip, 9) DJD Knee and 10) Plantar Fasciitis.

**Workshop Goal:** Promote a systematic, prevention-oriented and non-operative approach to the treatment of 10 common repetitive strain disorders affecting the limbs.

**Instructional Objectives:** upon completion of this activity, participants will be able to:

- 1) Perform the DRS examination for each musculoskeletal region of the upper and lower limbs.
- 2) Identify the distinguishing clinical characteristics required to diagnose the 10 MSDs from stage 1 to stage 3 presentations.
- 3) Identify the indication for each of the 6 treatment strategies.
- 4) Perform manual and therapeutic techniques to achieve biomechanical control, restore ROM, normalize muscle contraction and/or restore function for the 10 MSDs.
- 5) Identify the most common and relevant cautions and contraindications to physical therapy treatment of CTD/RSI of the limbs.

## Registration Form

(Westampton, NJ — June 2012)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail: \_\_\_\_\_

**Tuition:** \$ 350 (US)

**Discounts:** ≥ 3 Registrants \$ 300

PT Students: \$ 250

**Check Payable To:** DRPT, PC

**Mail To:** 6701 Manlius Center Rd  
Suite 111 East Syracuse, NY 13057

Or Register Online: [www.duffyath.com](http://www.duffyath.com)

Detach this panel and return with check.

Refunds for cancelations deduct a \$ 50 administrative fee (must be > 10 days prior to first day of workshop), or full credit to attend another workshop of equal value.