

## “Redefining Workplace Upper Extremity Overuse Disorders... ...Re-defining Prevention and Treatment”

**Thursday, May 13, 2010, Cumberland Club, Portland, Maine (directions below)**

5:30 to 8:30 pm

***Speaker: Lauren Hebert, DPT, OCS***  
**SmartCare PHYSICAL THERAPY, Dixfield, ME**

### **Featured Speaker**

**Dr. Lauren Hebert, DPT, OCS**, has 36 years of physical therapy experience, Board-Certified in Orthopedics, focusing on workplace musculoskeletal disorders. He has presented at more than 100 seminars nationwide on workplace musculoskeletal issues. Lauren has been a PT consultant to more than 400 workplaces, focusing on primary prevention and return-to-work tactics. He earned his physical therapy degree from University of Vermont and Doctorate in Physical Therapy from the University of New England. See resume at [www.smartcarept.com](http://www.smartcarept.com)

This session describes upper extremity overuse disorders as a nutrient pathway perfusion deficit, more of a static posture than repetitive motion issue. This includes the implications of thoracic outlet compression and other neck-shoulder inputs to distal disorders. This re-defines effective workplace MSD prevention and treatment approaches. This includes an added emphasis on aging worker issues.

### **Learner Objectives**

**Understand the role of nutrient pathway and perfusion as a contributor to workplace MSD.**

**Understand proximal inputs to upper extremity distal problems.**

**Understand the role of maintaining perfusion to working tissues as an underlying MSD prevention strategy, including specific tactics applied per anatomical structure.**

**Understand how to apply these principles to define specific conservative treatment interventions per diagnosis.**

**Apply these principles to primary (injury) and secondary (re-injury) prevention.**

### **Target Audience**

Occupational Medicine physicians, nurses, physical therapists, or other related health care professionals.

**Registration: please register by Friday, May 7.**

You may register online for dinner/presentation at [www.necoem.org](http://www.necoem.org) or by sending a check or credit card info. A reservation by fax or email is considered to be a commitment to pay and to attend.

Name(s) \_\_\_\_\_

Employer \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

\*Email \_\_\_\_\_

Fee: \_\_\_\_\_ **\$45 for Practicing Professionals**

(includes \_\_\_\_\_ **\$45 for Guests**

dinner) \_\_\_\_\_ **\$25 for Residents and Students**

Issue checks to <b>NECOEM</b> 22 Mill Street, Groveland, MA 01834
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## Payment Options:

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Inquiries:

**Voice/fax: 978-373-5597 or [NECOEM@comcast.net](mailto:NECOEM@comcast.net)**

If special arrangements are required for an individual with a disability to attend this course please contact Dianne Plantamura at [necoem@comcast.net](mailto:necoem@comcast.net) or 978-373-5597.

## Schedule for May 13

**5:30 PM Social Hour 6:45 PM Speaker**

**6:15 PM Dinner 8:30 PM Adjournment**

This activity will offer one hour of CEU nursing credit with a Certificate of Attendance from NECOEM. Reference No. 244 CMR.04, Board of Nursing Code of Massachusetts Regulations

## Registration Policies

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- Advance registration is advised. Any registration received, regardless of payment status, is considered to be a commitment to pay and to attend.
- The cancellation deadline is at the close of business on May 7<sup>th</sup>.
- Participants who register, but do not attend, are not eligible for a refund. If the registration fee has not been paid in advance, participants who do not cancel by May 8 and do not attend are responsible for the cost.

## Directions to the Cumberland Club, 116 High Street, Portland, ME 04101, (207)773-6402.

From points south:

Take the Maine Turnpike to Exit 6A, Portland I-295 North. Continue on I-295 North until Exit 6A, Forest Avenue South. At the end of the ramp, turn right and stay in right lane. Bear right at the light, Route 77 (State Street). Continue on State Street through 3 sets of traffic lights. After the third light, get into the left-hand lane. At the next light, turn left onto Spring Street. (Mercy Hospital will be on the right as you make this turn). Cross over Park Street (which is a four way stop with blinking red light). The parking lot for The Club is on the left side of the street just after the blinking red light.

From points north:

Take the Maine Turnpike to exit 14, Gardiner. This will bring you to I-95 South which will eventually turn into I-295 South. Stay on I-295 South until exit 6A, Forest Avenue South. At the end of exit ramp, turn right and stay in right lane. Bear right at the light, Route 77 (State Street). Continue on State Street through three sets of traffic lights. After the third light, get into the left-hand lane. At the next light, turn left onto Spring Street. (Mercy Hospital will be on the right as you make this turn.) Cross over Park Street (which is a four way stop with blinking red light). The parking lot for The Club is on the left side of the street just after the blinking red light.

**There are two parking lots available. One directly on the right and an additional parking lot further in on the left.**

NECOEM 2010 Events:

[May 13](#) "Redefining Workplace Upper Extremity Overuse Disorders...

...Re-defining Prevention and Treatment", Dinner Meeting, Cumberland Club, Portland, Maine

[May 18](#) "Circadian Rhythms and Submarine Worker's Performance with 12 hr Shifts, Extrapolation to Shift Workers and Time Zone Travel" Groton Naval Base, Groton, CT

[September 11](#) "Cardiovascular Disease and Firefighters", Old Sturbridge Village

[December 2-3](#) NECOEM Annual Conference, Newton Marriott

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