



University of California
San Francisco

UCSF Osher Mini Medical School for The Public
MOVE BETTER, FEEL BETTER:
WHAT CAN PHYSICAL THERAPY DO FOR YOU? (COURSE #: MLL17021)
Tuesdays April 25 – May 30, 2017
7:00pm – 8:30pm
UCSF’s Parnassus Campus

Course Chairs

Lowen Cattolico, PT, MS, OCS

Clinical Instructor; Assistant Director Outpatient Rehabilitation, UCSF

Andrew Lui, PT, DPT

Associate Professor of Physical Therapy; Vice Chair for Clinical Services, UCSF

Betty Smoot, PT, DPTSc

Associate Professor of Physical Therapy; Vice Chair for Academic Programs, UCSF

Course Title: *Move Better, Feel Better: What Can Physical Therapy Do For You?*

Course Description

Many conditions, such as low back pain, dizziness, and osteoarthritis have been shown to respond as well or better to physical therapy than medications or surgery! Physical therapy often complements these interventions and offers far fewer side effects. Learn how physical therapists develop treatment plans and implement techniques that improve movement, reduce pain, restore function, and help prevent future injury in individuals of all ages and in many settings. Taught by experts from the UCSF Faculty Practice in Physical Therapy, this course will highlight the wide variety of medical conditions that physical therapists can effectively treat using the latest research and proven approaches to ensure positive outcomes.

Lecture Schedule - 7:00pm – 8:30pm			
Date	Title	Speaker	Location
April 25, 2017	<i>Train the Brain: Exploring the Brain- Body Connection in Neurological Rehabilitation</i>	Catherine Printz, PT, DPT, NCS and Monika Patel, PT, DPT, NCS	School of Nursing Building, Room 225
May 2, 2017	<i>When Your World Spins Out of Control: How Your Inner Ear and Brain Work Together for Perception, Balance, and Movement</i>	Erica Pitsch PT, DPT, NCS and Heather Bhide, PT, DPT, NCS	School of Nursing Building, Room 225
May 9, 2017	<i>Getting Under Your Skin: The Role of Fascia in Movement and Function</i>	Christopher Daprato, PT, DPT, SCS and Kenneth Leung, PT, DPT	School of Nursing Building, Room 225



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Date	Title	Speaker	Location
May 16, 2017	<i>Back to Basics: Guidelines For a Healthy Spine</i>	Stephen Baxter, PT, DPT, and Dean Yamanuha, PT, DPT, OCS	School of Nursing Building, Room 225
May 23, 2017	<i>Rebooting Pelvic Health: Staying Continent and Pain-Free</i>	Bevin Daniels, PT, DPT, OCS, Nikita Shah PT, DPT, OCS, and Kavita Mishra, MD	School of Nursing Building, Room 225
May 30, 2017	<i>“Too Fit to Fracture”: Guidelines for Skeletal Health and Aging</i>	Wendy Katzman, PT, DPTSc, OCS	School of Nursing Building, Room 225