



2010 Weekend Workshop

Strain-Counterstrain Techniques for the Extremities

15 CEUs

Friday, Jan. 15 - Sunday, Jan. 17, 2010 • Sheraton-Fort Worth • Fort Worth, TX

Presented by the NATA Continuing Education Committee

The Weekend Workshop is an Advanced Level* course offering theoretical concepts, opportunities for laboratory practice, and integration of strain-counterstrain techniques with specific applications to the extremities. To provide intensive yet practical information, the workshop will focus on strain-counterstrain techniques for the pelvis and hip; knee, ankle & foot; shoulder, elbow, wrist and hand. This knowledge corresponds to the domain for treatment, rehabilitation and reconditioning.

*Advanced Level requires previous experience/exposure to strain-counterstrain techniques.

Featured Speakers

Steve McCauley, ATC, LAT, CSCS

Phil Ford, ATC, PES

Kristen Sutton, MS, ATC

Friday, Jan. 15, 2010

2 p.m. - 4 p.m. Registration

4 p.m. - 4:15 p.m. *Welcome & Introductions*

4:15 p.m. - 5:30 p.m. Neurophysiology Behind Strain-Counterstrain

5:30 p.m. - 6:45 p.m. Theory & Evidence Base of Strain-Counterstrain

6:45 p.m. - 8 p.m. Dinner

8 p.m. - 10 p.m. 1st Rotation for Lab

Blue Group: Pelvic & Hip

Green Group: Knee, Ankle & Foot

Red Group: Shoulder, Elbow & Wrist/Hand

Saturday, Jan. 16, 2010

9 a.m. - 11 a.m. 1st Rotation for Lab (continued)

11 a.m. - 11:15 a.m. Transition / Break

11:15 a.m. - 12:15 p.m. 2nd Rotation for Lab

Blue Group: Knee, Ankle & Foot

Green Group: Shoulder & Elbow

Red Group: Pelvic & Hip

12:15 p.m. - 1:45 p.m. Lunch

1:45 p.m. - 3:45 p.m. 2nd Rotation for Lab (continued)

3:45 p.m. - 4 p.m. Transition / Break

4 p.m. - 5:30 p.m. 2nd Rotation for Lab (continued)

5:30 p.m. Dinner (on your own)

Sunday, Jan. 17, 2010

7 a.m. - 9 a.m. 3rd Rotation for Lab

Blue Group: Shoulder & Elbow

Green Group: Pelvic & Hip

Red Group: Knee, Ankle & Foot

9 a.m. - 9:15 a.m. Break

9:15 a.m. - 11:30 a.m. 3rd Rotation for Lab (continued)

11:30 a.m. - 11:45 a.m. Questions / Answers

11:45 a.m. - Noon Wrap-up & Evaluations



Hotel Information

The Sheraton Fort Worth Hotel and Spa offers an ideal location in the heart of downtown Fort Worth. A short shuttle ride takes you to Sundance Square, with plentiful restaurants and world-class entertainment. This comfortable new hotel combines the best technological innovations with the warmth of Texas tradition. Rooms have been reserved at the special discounted rate of \$105 (single/double occupancy) and \$120 (triple/quad occupancy) per night plus 15% tax*, through NATA's housing bureau, Global Reservations, Inc. A limited number of rooms are available, so please make your reservations as early as possible. **To reserve, go to www.nata.org/education/workshops** and click "Weekend Workshop" or complete and return the enclosed housing form via fax to 972-259-4103 or mail to GRI, 807 W. Pioneer Drive, Irving, TX 75061-7433. **To secure the NATA discount, housing requests must be received by Dec. 12, 2009.** After this date, reservations will be processed on a "space and rate available" basis. See the Hotel Reservation Form on the next page for more information. *Tax subject to change.

Sundance Square in Downtown Fort Worth

In Sundance Square, you'll discover something for everyone. The many restaurants appeal to all palates and range from casual to elegant atmospheres. Each block is lined with notable stores, and this area is home to two live theaters, several museums and art galleries, a movie theater, a comedy club and the impressive Bass Hall, one of the world's finest concert and performance halls. A feeling of excitement, innovation and fun creates a unique experience set against a breathtaking, historic downtown backdrop. www.sundancesquare.com

Appropriate Attire

Participants should wear appropriate laboratory attire (e.g. sweat suits, T-shirts, gym shorts, sports bra) to adequately expose the extremities.

Ground Transportation

SuperShuttle and City Shuttle provide transportation from DFW Airport. Courtesy phones are located throughout the baggage claim area; fares average \$16-\$17 for one-way transportation to the Sheraton Fort Worth Hotel from DFW Airport. Taxi service is available for approximately \$60 one way.

Registration

Minimum of 70 registrants is required. Maximum number of registrants is 110. **REGISTRATION FORM AND COMPLETE PAYMENT MUST BE RECEIVED IN ORDER TO CONFIRM A REGISTRATION.**

Cost

Early Bird rate: \$225 per person • Postmarked after Dec. 11: \$275 per person

Registration fee includes educational sessions and workbook, plus dinner on Friday and lunch on Saturday. All other meals are on your own. Early bird registration ends Dec. 11, 2009. Registration ends Dec. 31, 2009.

Refund Policy

Full refunds will be honored only if a written request (signed fax will be acceptable) is received by NATA no later than Tuesday, Dec. 15. Requests received after Dec. 15 but no later than Dec. 29 receive a 50 percent refund. Requests received after Dec. 29 cannot be honored.

Registration Options

Three registration options are available for the Weekend Workshop: mail, fax or online. When registering by mail or fax, send your completed registration form and payment as instructed below. **To register online, visit www.nata.org/education/workshops** and click on "Weekend Workshop." A completed registration form and payment must be received in order to confirm registration.

Name/Credentials _____
Institution _____
Position/Title _____
Address _____
City _____ State _____ Zip _____
Phone _____ Fax _____
E-mail _____ Member Number _____

Payment (select one)

Check enclosed in the amount of: \$ _____

Bill my: MasterCard Visa AmEx Discover

Name on Card: _____

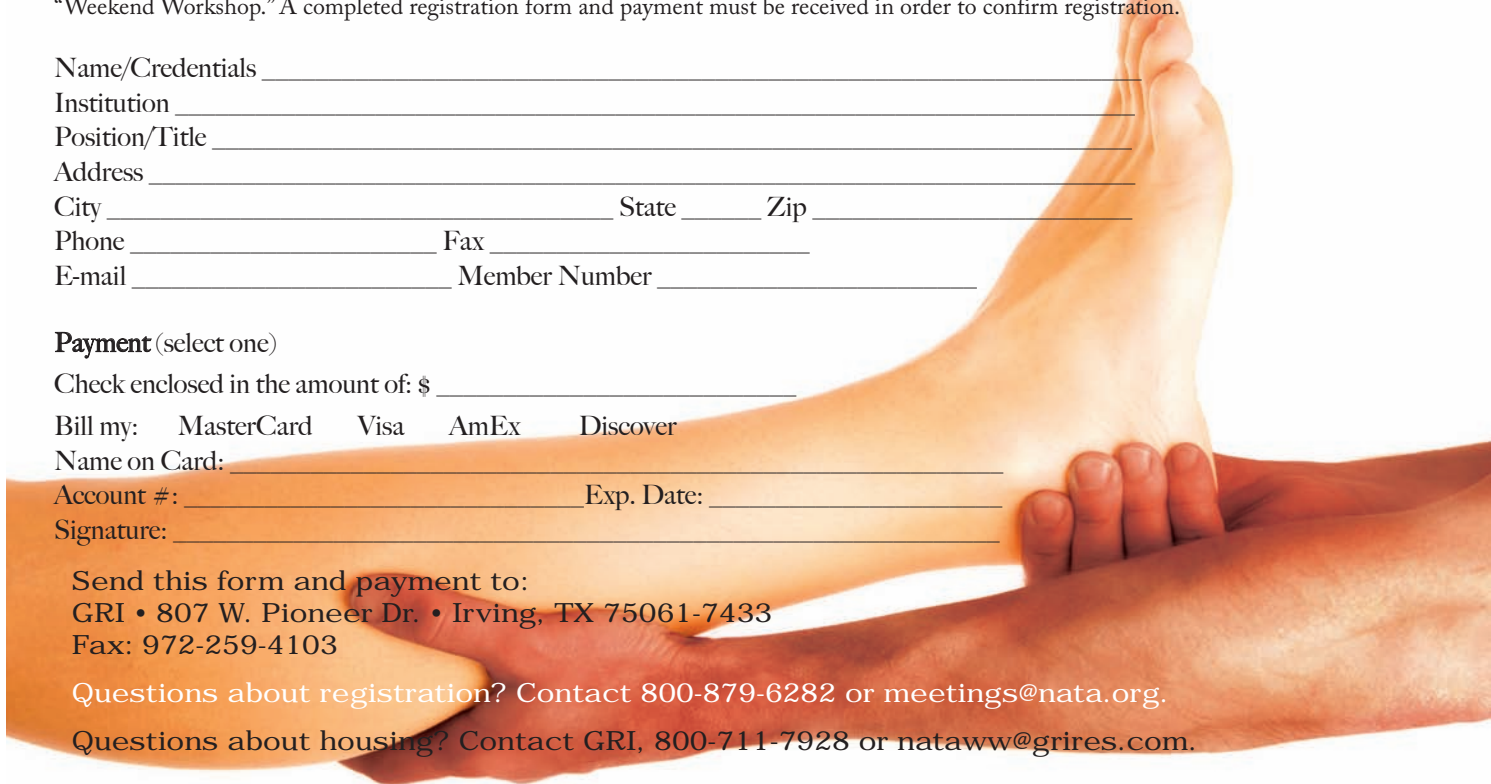
Account #: _____ Exp. Date: _____

Signature: _____

Send this form and payment to:
GRI • 807 W. Pioneer Dr. • Irving, TX 75061-7433
Fax: 972-259-4103

Questions about registration? Contact 800-879-6282 or meetings@nata.org.

Questions about housing? Contact GRI, 800-711-7928 or nataww@grires.com.





HOTEL RESERVATION FORM

Sheraton Fort Worth Hotel & Spa

Fort Worth, TX



NATA guest room rates at the Sheraton Fort Worth Hotel & Spa are \$105 (single/double) and \$120 (triple/quad)* per night, which includes complimentary Internet usage in guest rooms and hotel's public spaces. *Does not include 15% tax (subject to change).

The deadline to secure NATA's discounted rate is Dec. 12, 2009. After that date, reservations are according to space and rate availability. All reservations must be guaranteed with a major credit card or one night's room and tax provided by check payable to Global Reservations, Inc.

3 Ways to Make Your Reservation:

Online:

www.nata.org/education/workshops

(Click "Weekend Workshop")

Fax: 972-259-4103

Mail: Global Reservations, Inc.

807 West Pioneer Drive

Irving, TX 75061-7433

Housing questions?

- Call 800-711-7928 or 972-253-9889

- E-mail nataww@gires.com

Extended Stay

A limited number of NATA discounted rooms are available for dates before and after the workshop.

Confirmation/Changes/Cancellations

Contact GRI if you do not receive your reservation acknowledgement within 48 hours of submitting your housing request. All changes and cancellations must be sent in writing directly to GRI.

Sheraton Fort Worth's Cancellation Policy

To cancel a reservation at the Sheraton Fort Worth and avoid a late cancellation fee, notice is required by 5 p.m. CST (at minimum) 48 hours prior to your arrival date. Notify GRI in writing of your change or cancellation.

Space is limited! Book a room ASAP!

Room Request

Name: _____

Credentials: _____ Member #: _____

Institution: _____

Position/Title: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Fax: _____

E-mail: _____

Occupancy (*circle one*) Single Double Triple Quad

Bed Type Request (*circle one*) King 2 Queen beds

Special Needs (*please list*) _____

Arrival Date: _____ Departure Date: _____

Roommate #1

Name: _____

Phone: _____ E-mail: _____

Roommate #2

Name: _____

Phone: _____ E-mail: _____

Roommate #3

Name: _____

Phone: _____ E-mail: _____

Required Room Guarantee Provided by:

____ Check enclosed/mailed payable to GRI in the amount of \$ ____.

(Check must be received at GRI by Dec. 12.)

____ Please use credit card (*circle one*): AmEx Discover MasterCard Visa

Name on card: _____

Card #: _____

Expiration date: _____

Signature: _____