

Certificate Of Completion

This certifies that _____ has successfully completed the **"TRANSCEND" Clinical Excellence Course for Physical and Occupational Therapists** taught by IndeFree Association. The participant named _____ has demonstrated a sound understanding of the advanced skills listed below, and has fulfilled all the requirements for this certification. The topics are listed below:

Advanced Clinical Skills Development

Critical thinking
Patient profiling
Quick-screening
Medical differential diagnosing
The Pre-screen
Resource material mgmt
Support staff/Delegation
CAIR principles of excellence
Evidence-based practice
Patient compliance

Incorporating Yoga & Pilates Into Your Clinical Movements

Basics of These Movements
Indications
Chakras and Their Implications
Documentation
Quality assurance
Contraindications/Precautions

Advanced Multi-Functional Movements

Review of the Neuromuscular Unit
Muscle Fiber Types
Exercises/Movements for Each Type
The Anatomy of a Contraction
Advanced Movement Concepts
Patient Self-Testing of Strength
National Averages
Muscle Synergies
NASM (National Academy of Sports Medicine) Concepts
The 4 Subsystems of Movement
Neuromuscular System Spiking
Co-contractions and Their Importance
The post-surgical candidate

Administration

Liability Waiver
Medical Justification
Medical Necessity
Policies & Procedures

Documentation

Efficiency with Evaluations, Daily Notes, Re-Evaluations and Discharges.
Primary Functional Impairment
Goal Setting
Audit-Proofing

Marketing and PR Development

Advertising principles
Promotions
Public relations
Fee-for-Service building

This participant is well prepared in the advanced skills of clinical performance with these advanced movement principles in their professional field.



Contact Hours: _____

Date(s) of Attendance: _____ to _____ 20____

Authorized this _____ day of _____, 20____

By 

Authorizing Signature, James Ko, PT, Lead Instructor/Founder

“TRANSCEND” Clinical Excellence Course Evaluation

Instructor Name: _____

Basic Certification Course Advanced Certification Course

Date(s) of Course: _____

City & State of Class _____

	strongly agree	agree	disagree	strongly disagree	no opinion
1. Instructor was dynamic and knowledgeable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Information was useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Materials provided were of high quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Information is practical and can be applied immediately	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Presentation was well organized and easy to follow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. The dates of this course were convenient for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. The location of this workshop was good for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I would recommend this course to other therapists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I recommend this course to PT/OT/SLP schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I would like to attend other courses offered by IndeFree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What did you like BEST about this course?

What did you like LEAST about this course?

What would you say to someone considering this course?

Your Occupation: Physical Therapist Occupational Therapist
 Speech Language Pathologist Staff Member Other:

How long have you been practicing as a therapist? ____years __n/a

Do you own your own practice? ____YES ____NO

How did you hear about the TRANSCEND Course? _____

Is there anything you would like to say to the instructors or IndeFree?
(Complete at the end of the course)

Name _____ Your home city & state _____

Email Address _____ Telephone _____

Yes, you can use my comments, videos and information in your literature.

Signature _____ Date _____

Instructor Biography

JAMES LEE KO is the head instructor and founder of this program for healthcare practitioners. He hails from Loma Linda University. He's the founder and Senior Elite therapist for the national Ko Center of Excellence Foundation. He successfully developed the STAR Physical Therapy Network in Southern California and has developed and consulted on numerous facilities across the country. He served as the Executive Ergonomic Advisor for Circuit City and Viewsonic corporations and currently directs and leads as President of the IndeFree Association. Additional professional experiences may be viewed on his curriculum vitae attached.

He's the creator and founder of the TRANSCEND Clinical Excellence Course for PT/OT's. James Ko, PT desired to offer therapists a more efficient way to manage the clinical process and systems. One that leads to improved patient outcomes and staff job satisfaction.

Through his experience as an expert witness, private practice owner, as well as his expertise in physical therapy law, documentation, martial arts, rehabilitation, and biomechanics, he began his research and produced a highly sophisticated approach to clinical excellence.

HE BELIEVES that due to the changes in health care and the proliferation of direct access, the rehab setting must change as well. We are called upon to higher standards, more scrutiny, and pressured to produce better results in shorter time frames. This presents a challenge to us all. This course exists to alleviate some of the burden and confusion therapists face so they can adapt more quickly.

HIS GOAL is to elevate the clinical skills of physical and occupational therapists and to evolve our profession as a whole.

James Ko, MPT, CEO

Lic. PT 21868

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Plano, TX 75025

(800) 801-4511 x701
(714) 724-2681 cell

EDUCATION

Loma Linda University, Loma Linda, CA
Master of Physical Therapy Graduation date: 6/96

La Sierra University & Riverside City College, Riverside, CA
Pre-Physical Therapy 9/90 – 6/92

EXPERIENCE

Professional Advisory & Development Experience

National Advisor for IndeFree Association
Executive Ergonomic Advisor to Circuit City Corporation
Executive Ergonomic Advisor to Viewsonic Corporation
Consultant/Developer Brea Community Hospital, Op/Ortho
Consultant & Developer Walnut Industrial Med Ctr, PT Division
Consultant Whittier Parents for the Develop. Handicapped
Consultant/Developer Revive Centers Sports Med Division

Private Practice History

IndeFree Physical Therapy (1/2012 – Present)
STAR Rehab Corporation, Murrieta, CA (President, 1/05 – 1/2012)
Spine Therapy And Rehab, Corona, CA (Owner, 4/01 – 10/06)
Revive Centers Physical Therapy (Owner, 2/97 – 4/01)

Certifications.

Certified Fitness Assessor (Loma Linda University)
Certified Private Practice Consultant

Accomplishments

Founder of IndeFree Association, National consulting firm
Founder of the CAIR™ System for Clinical Excellence
Contributor/Reviewer - “Atlas of Clinical Gross Anatomy” by K. Moses, MD

LEADERSHIP

President: IndeFree Association (2002-present)
President: LLU Student Government (94-95)
President: LLU Physical Therapy Class (93-94)
President: So. Cal. Korean Adventist Assoc. (91-92)
Missionary: Ecuador (3/95)
Missionary: Seoul, Korea (92-93)
Missionary: Thailand (2/06)

INTERESTS

Public Speaking (20 years experience)
Teaching (20 years)
Fitness & Weightlifting (30 years)
Tae Kwon Do (40 years)

HONORS

LLU Allied Health Professions Scholarship (95)
National Deans List (95)

“TRANSCEND” Clinical Excellence for the Physical and Occupational
Therapists

Course Bibliography

By IndeFree Association: Empowering Independence and Freedom

Blondhelm, Lane, Stephen Anderson, Andrew Levy, and James Ko. "Rehab Roundtable:

How Can Practice Owners Break into Closed Insurance Networks?" *Advance for Physical Therapy & Rehab Medicine* 19.17 (2008): 146. Print.

Dunn, Rose, Theo Haimann, and Rose Dunn. *Dunn & Haimann's Healthcare*

Management. Ninth ed. Chicago, IL: Health Administration, 2010. Print.

Flynn, Walter J., Robert L. Mathis, and John Harold. Jackson. *Healthcare Human*

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Print.

Fried, Bruce J. *Human Resources in Healthcare: Managing for Success*. Chicago: Health

Administration Pr., 2010. Print.

Knudsen, Lara. "Avoiding Three Mistakes PTs Make Staffing a Private Practice."

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Steffes, Lynn, Shmuel Tatz, James Ko, and David Straight. "Rehab Roundtable: What's

the Best Advice You'd Give to a New Practice Owner?" *Advance for Directors in Rehabilitation* 16.4 (2007): 74. Print.

Swayne, Linda E., W. Jack Duncan, and Peter M. Ginter. *Strategic Management of*

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- "National Correct Coding Initiatives Edits." *Www.cms.gov*. Centers of Medicare and Medicaid Services, n.d. Web. 1 Oct. 2011. <<http://www.cms.gov/NationalCorrectCodInitEd/>>.
- Hart, Anita C., Melinda S. Stegman, and Beth Ford. *ICD-9-CM for Physicians Volumes 1 & 2: 2012 Expert : International Classification of Diseases, 9th Revision, Clinical Modification*. [Eden Prairie, Minn.]: OptumInsight, 2011. Print.
- Chaffey, Dave. *Internet Marketing: Strategy, Implementation and Practice*. Harlow: Financial Times Prentice Hall, 2009. Print.
- Sias, Patricia M. *Organizing Relationships: Traditional and Emerging Perspectives on Workplace Relationships*. Los Angeles: SAGE, 2009. Print.
- Sommerville, Kerry L. *Hospitality Employee Management and Supervision: Concepts and Practical Applications*. Hoboken, NJ: John Wiley, 2007. Print.

“TRANSCEND”: Advanced Clinical Excellence for Physical and Occupational Therapists

Course Description

By IndeFree Association: Empowering Independence and Freedom for PT/OT

The TRANSCEND Clinical Excellence course teaches physical and occupational therapists how to elevate their skills with documentation, treatment planning, clinical pathways, exercise and movement.

The emphasis is on efficiency during the clinical pathway, evidence-based treatment planning, and faster outcomes.

As the documentation in the rehab setting gets more and more scrutinized, this class attempts to show the attendee how to document more legally and proficiently in order to minimize financial recoupments and further scrutiny.

The clinical “hands-on” portion emphasizes manual therapies that are evidence-based and proven effective.

The course introduces the exciting concepts of yoga and martial arts in the rehab setting.

The course teaches you how to apply advanced treatment planning for improved outcomes.

The certification course comes with certificate, posters, standardized testing tools, online resources, and more. So even beginners, who have basic knowledge of exercise and movement, can take this course and become confident applying the strategies in the clinical setting.

Learn more at <http://clinicalex.com>

TRANSCEND Clinical Excellence Course for PT/OT 1st Edition: Jan. 2017. Faculty. Instructor. Author: James Ko, PT, CEO, CFA
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“TRANSCEND” Clinical Excellence for Physical and Occupational Therapists

Course Objectives

By IndeFree Association

Contact Hours: **24 hours**

The course includes:

- 2 Instructors
- 1 Powerpoint presentation
- 2 Manuals – “TRANSCEND” Workbook” and “Multi-Functional Movement Workbook”
- 10 Lesson worksheets
- 12 Sample forms, tools and documents
- 1 Certificate of completion
- 1 Username and password to an online self-study guide for post-workshop reference

At the conclusion of the course, the learner will be able to...

- I. Documentation
 - 1. Demonstrate how to properly and legally complete evaluations more efficiently and proficiently.
 - 2. Demonstrate how to complete Daily Notes properly and legally with more efficiency.
 - 3. Demonstrate how to perform “self-audits” and properly grade them.
- II. Treatment Planning
 - 1. Apply a systematic method to treatment planning whereby increasing efficiency and competency.
 - 2. Understand the difference between an ineffective and effective treatment plan.
- III. Patient Interaction
 - 1. Demonstrate how to interact with a patient that reduces “drop-offs” and “no-shows”.
 - 2. Demonstrate proper words and phrases to improve patient motivation and compliance.
- IV. The “Session Value”
 - 1. Recite the essential components that determine a high session value.
 - 2. Demonstrate how to construct a daily session that incorporates the principles of high session value.
- V. Advanced MultiFunctional Movement
 - 1. Recite the benefits of movement that includes impact (such as tapping, hitting, punching and kicking).
 - 2. Outline the precautions, contraindications, and modifications of applying MultiFunctional Movement with patients in the rehab setting.

3. Describe the benefit of co-contraction at a joint complex.
 4. Describe “Nervous System Spiking” and it’s benefit for the rehab patient.
 5. Demonstrate 10 different types of advanced multi-functional movement.
 6. Demonstrate the Self-Tests for patients and the 3 levels.
 7. Identify the most common “Muscle Synergies” and how they are applied during exercise for patients in the rehab setting.
- VI. Demonstrate how to use comparable signs when using MFM, Yoga & Pilates Into the rehab setting.
1. Describe the benefits of yoga in the rehabilitation setting.
 2. Identify precautions, contraindications, and modifications when implementing yoga in the rehab setting.
 3. Demonstrate the 20 basic yoga poses along with their modifications for the rehab patient.
 4. Identify the 7 main Chakras of the body.
 5. Understand how to implement a Group Yoga Class for patients in the clinic.
- VII. Administration
1. Learn how to create Policies and Procedures for Clinical Excellence
 2. Demonstrate how to perform documentation “self-audits” and grade them properly.
 3. Recite the legal components required for documentation compliance.
- VIII. Advanced Marketing & PR Development
1. Understand the benefits of Multi-Functional Movements and how to communicate them to the public.
 2. Demonstrate how to use the marketing tools and how to respond to FAQ
 3. Outline the price points and how to adjust them for active patients versus wellness clients.

“TRANSCEND” Clinical Excellence for Physical and Occupational Therapists

Class Outline

By IndeFree Association: Empowering Independence and Freedom for PT/OT

DAY 1

8:00am

- What is “Clinical Excellence”?
- Components of Clinical Excellence
- Benefits of Clinical Excellence
- Common Mistakes Made by Most Clinics

9:00am

- Documentation that’s efficient and legally sound.
- How to decrease documentation time, the essentials.

9:30-9:45: [BREAK]

10:00am

- Evaluation Efficiency
- Daily Note Efficiency
- Re-Evaluation and Discharge Efficiency

11:00-11:15: [BREAK]

11:15am

- Audit-Proofing Your Documentation

12noon: LUNCH BREAK

1:00pm

- Treatment Planning Efficiency and Proficiency

2:30pm-2:45pm: [BREAK]

2:45pm – 4:00pm

- The C-A-I-R Method to Treatment Planning
- Evidence-Based Treatment Planning

4:00pm

- Q & A
-

DAY 2

8:00am

- Patient Interaction Skill Building
- How to improve patient compliance and motivation

9:00am

- The “Session Value”
- The main components

9:30-9:45: [BREAK]

10:00am

- Multi-Functional Movements in the Rehab Setting
- Basic Principles

11:00-11:15: [BREAK]

11:15am

- Athletic Enhancement for the Rehab Patient

12noon: LUNCH BREAK

1:00pm

- Yoga and Pilates Movements for Rehab
- Indications, Precautions & Contraindications
- Starter Movements Level 1

2:30pm-2:45pm: [BREAK]

2:45pm-4:00pm

- Yoga Movements for Rehab: Starter Movements Level 2
- Documentation
- Medical Necessity
- Disclaimer and Waivers
- Tracking Patient Response

4:00pm

- Marketing and Promotions for MultiFunctional Movement
- Q & A

DAY 3

8:00am

- Self Tests for Strength
- Baseline Testing and Logging

9:00am

- Adjunct Treatments That Enhance MFM

9:30-9:45: [BREAK]

10:00am

- Basic Movements
- 3 Levels of Difficulty
- Muscle Fiber Types
- Speed and Load Variables

11:00-11:15: [BREAK]

11:15am

- Movements with Impact Level 1: Lower Body

12noon: LUNCH BREAK

1:00pm

- Movements with Impact Level 1: Upper Body

2:30pm-2:45pm: [BREAK]

2:45pm – 4:00pm

- Athletic Performance: Subsystems of Movement
- Lateral Subsystem
- Longitudinal Subsystem
- Anterior Oblique Subsystem
- Posterior Oblique Subsystem
- Nervous System Spiking

4:00pm

- Q & A

TRANSCEND Clinical Excellence for the PT/OT 1st Edition: Jan. 2017. Faculty. Instructor. Author: James Ko, PT, CEO, CFA
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