

Behind the Screen:  
Fostering Collaborative Efforts between Medical and Exercise Professionals

Presentation Outline

As medical care becomes more nationalized, the entry point in to the classic healthcare hierarchy for many patients will shift from traditional sources such as physicians and physical therapists to athletic trainers and exercise professionals while reductions in third party payment for surgeries and traditional medical treatments will force many in the medical community to seek new options for patient care.

The development of movement screens and their use as an assessment tool can provide both medical and exercise professionals with a common language, a means of sharing patient information in a real time manner that greatly reduces the need to “translate” the data communicated between partners in a patient’s rehabilitative program.

Although many in the athletic community have embraced movement screens, their associated corrective drills and their power as a predictive tool, how does the screen apply in a more traditional, non-athletic rehabilitation program? How can “functional” exercise movements be used to mitigate surgical or pharmacological treatments? When is it time for an exercise professional to refer the individual in to a more structured diagnostic setting, especially when cost to that patient may be an over whelming factor?

Dr John, DiMuro, DO, MBA, a pain management specialist and Mark Toomey, CSCS, partners in Exercise Intervention™, have used movement screenings as a “shared language” for the last two years. They will present detailed accounts and actual patient cases showing how movement screenings can be used to facilitate, for non-athletes, the unfettered flow of accurate, relevant and timely information between doctors and trainers; sometimes, that flow is literally the difference between life and death.

Why the traditional healthcare hierarchy sabotages the attempts of dedicated members of both the exercise and medical communities is covered, as well as a new approach, one that values not only the patients’ ability to pay, but also their commitment to participate in their recovery.

Their presentation will include detailed video and imaged evidence of why a challenging and significant functional exercise program, while in the past considered contra-indicated, may be safely prescribed to a non-athlete patient.

A step by step diagnostic process developed and implemented by Dr DiMuro in conjunction with the use of movement screening will be explained in detail, along with videos of actual patient progress.

The importance of focusing on precision in therapeutic exercise, supported by fluoroscopic images will show how, once a course of treatment is determined, it can best be implemented.

For many in-clinic physical therapists, referral sources are captive, but what does one do if he or she works within an independent practice? What are some of the simple steps that should be taken to make sure everyone involved in the patient's treatment "buy in" to the program? A few simple steps that eliminate many of the issues an independent practitioner faces are covered within Behind the Screen.

This presentation will be conducted in a Socratic manner, encouraging audience members to ask specific questions, even challenge some of the material presented.



Dr. DiMuro (left) is a Board Certified Anesthesiologist and Pain Medicine expert who specializes in advanced interventional pain treatments for all types of pain conditions. He grew up in central New Jersey prior to attending medical and business school in Philadelphia. He has an M.B.A. in health care management from St. Joseph's University and completed his internship at the Tampa Bay Heart Institute. He was chief resident during his Anesthesiology residency at Georgetown University in Washington, D.C. prior to completing a pain medicine fellowship at the world-renowned Memorial Sloan-Kettering Cancer Center in New York City.

At this time, Dr. DiMuro serves as the Chief of Pain Medicine at Carson City/Lake Tahoe Medical Center and Sierra Surgery Hospital and was selected to serve on the Carson

Tahoe Hospital Cancer Committee. He continues to work in private practice and lectures nationally for the Kimberly Clark Company.

Mark Toomey (right) is a fitness instructor from Reno, Nevada. He serves as a Subject Matter Expert (SME) in fitness and conditioning for the United States Navy and the United States Marine Corps. He is the Director of Operations for Dragon Door Publications, a producer of cutting edge material on strength and conditioning and acts as a Senior Instructor for the RKC, the first and largest entity specializing in kettlebell and body weight exercise instruction. Mark is an NSCA Certified Strength and Conditioning Specialist and a certified CK-FMS practitioner.