



**ALAPTA  
2015 FALL CONFERENCE**

August 14-15, 2015

Renaissance Ross Bridge – Birmingham, AL

**EARLY BIRD DEADLINE – JULY 19, 2015**

**PROGRAMMING**

**TRACK I**

**EXAMINATION AND MOBILIZATION OF THE PERIPHERAL NERVOUS SYSTEM**

Speaker: Jerry Lee, PT, DC, MA

Assistant: Heather Mount, PT, DSc, certMDT, OCS

**Course Description**

This workshop will provide the participant with the basic principles & concepts of peripheral nerve evaluation, assessment & manual therapy intervention. The focus will be the peripheral nervous system of the upper and lower limb. Lecture presentation with an emphasis on laboratory sessions will guide this workshop.

**Purpose**

The goal of this workshop is to provide the clinician with a basic understanding of the examination, assessment & basic treatment options for the peripheral nervous system using manual procedures.

**Objectives**

Upon completion of the course, participants will be able to:

1. Identify & define terminology common to this form of therapeutic intervention
2. Recognize & perform the selected manual assessment & treatment protocols
3. Discuss indications, precautions and contraindications relevant to this therapeutic approach.

**About the Speaker**

Dr. Jerry Lee is a physical therapist and a Doctor of Chiropractic. He currently holds a faculty position at Alabama State University in the department of physical therapy. Dr. Lee's teaching responsibilities center around the orthopedic tract and include differential diagnosis, high velocity low amplitude thrust manipulation, clinical orthopedics, electrotherapy and introduction to therapeutic exercise. His clinical experience includes administration and primary access care orthopedic management. He is currently active as an orthopedic physical therapy consultant for an orthopedic physical therapy outpatient practice. In addition, Dr. Lee is frequently a guest presenter on the practice of orthopedic manual medicine for private clinics and university institutions.

---

## **TRACK II**

### **PEDIATRICS - A STEP AHEAD: BUILDING GAIT INTERVENTIONS FOR THE 0-3 POPULATION WITH MOVEMENT DYSFUNCTION**

Speaker: Jan McElroy, PT, PhD, PCS

#### **Course Description**

How do you maximize your time and target gait in your interventions with infants and toddlers? This course will focus on pre and early ambulation skills in a population that is predisposed to rapid and dramatic changes: the birth to three population. We will examine typical and atypical ambulation development in infants/toddlers. We will explore how best to incorporate therapeutic activities into their natural environment and routines. Current principles of gait and biomechanics will be integrated as participants learn to build intervention strategies to address ambulation early and effectively in infants and toddlers with diagnoses such as CP, developmental delay, prematurity, and Downs Syndrome. Material will be presented using lecture, videos, and participant/group labs. Please bring a 20" Raggedy Ann type doll, a yoga mat, and dress for movement on the floor during labs.

#### **Objectives**

Upon completion of this course, participants will be able to:

1. Recognize and mediate adverse influences of the biomechanical and body systems on the development of ambulation in infants and toddlers.
2. Develop and use pre-ambulation interventions to build the capacity for ambulation and teach families/caregivers to incorporate into the infant/toddler's daily routine.
3. Use current bracing strategies and evidence in selecting orthotics to enhance functional early ambulation and preserve the quality of later ambulation.

#### **About the Speaker**

Jan McElroy draws from over 40 years of experience with the pediatric physical therapy population in a wide range of settings. Jan owns a private pediatric PT clinic in Columbia, Missouri. She is adjunct faculty at the University of Missouri School of Physical Therapy and is core PT faculty on the Maternal/Child Health LEND grant. Her continuing education courses focus on infant/toddler treatment, serial casting/temporary foot supports, and gait.

Jan completed the PhD program in Pediatric Science at Rocky Mountain University of Health Professions. She is currently conducting research in lower extremity movement patterns in infants, baby treatment, toe-walking, gait, and orthotics.

---

## **TRACK III**

### **PHYSICAL THERAPY MANAGEMENT OF OLDER ADULTS WITH DEMENTIA: WHAT YOU NEED TO KNOW TO OPTIMIZE PATIENT OUTCOMES**

Speakers: Cynthia Brown, MD, Diane Clark, PT, MBA, DScPT, Dennis Fell, PT, MD, Ellen R Strunk, PT, MS, GCS, CEEAA, Rebecca Warr, MSN, RN, CNE and Laura White, PT, DScPT, GCS

#### **Course Description**

If you work with older adults in any setting, addressing the relationship between cognitive and physical health of your patients is essential. This course will provide you with the tools you need to individualize your PT examination and plan of care to optimize PT outcomes in patients with dementia. Multiple speakers with expertise in geriatrics will use a variety of teaching strategies to help you apply current evidence on dementia to the PT management of your older patients.

#### **Objectives**

Upon completion of the course, participants will be able to:

1. Differentiate between mild cognitive impairment and common types of dementia based on pathology, diagnostic features, and clinical presentation.

2. Determine the effects of medical management of persons with dementia on physical, cognitive, and behavioral function.
3. Select and use appropriate tests and measures to assess attention and cognition in older adults.
4. Interpret results of attention and cognitive testing to modify a PT plan of care.
5. Develop a pain assessment for patients with dementia.
6. Select and administer mobility tests and measures that have been validated for use in older adults with dementia.
7. Design a plan of care to address mobility issues in older adults with dementia using current evidence on motor learning.
8. Describe health literacy challenges associated with the older adult with and without dementia.
9. Discuss interventional strategies to improve health literacy in the older adult with dementia and his/her caregiver.
10. Solve documentation and payment challenges specific to the delivery of medically necessary, skilled rehab services to patients with dementia.

### **About the Speakers**

**Dr. Cynthia J. Brown** completed an undergraduate degree in physical therapy from East Carolina University and a MD from the University of North Carolina at Chapel Hill. At Yale University, Dr. Brown completed residency training in internal medicine, which included a Chief Resident year, and a three-year Geriatric Medicine fellowship. She has been on faculty at the University of Alabama at Birmingham since 2003, was named the Director of the Division of Gerontology, Geriatrics, and Palliative Care, the Comprehensive Center for Healthy Aging in 2013 and holds the rank of Professor. Dr. Brown's research interests combine the issues of low mobility and falls in the hospitalized older patient. Her mobility work has been presented at national meetings and she has won numerous awards including the 2013 AGS Outstanding Scientific Achievement for Clinical Investigation Award for this research.

**Diane Clark, PT, MBA, DScPT** is an associate professor and Director of the Doctor of Physical Therapy Program in the Physical Therapy department at the University of Alabama at Birmingham. Dr. Clark received her undergraduate degree in physical therapy from McGill University, her Master's in Business Administration from Georgetown University and her Doctor of Science degree in Physical Therapy from UAB. Her research agenda has focused on health literacy in the older adult that have resulted in publications in peer reviewed journals and presentations at the state and national conferences. Dr. Clark teaches in a variety of courses at UAB that include patient-centered care and health literacy in both the Doctor of Physical Therapy Program and online Health Focused Care Certificate Program.

**Dennis Fell, PT, MD** is Professor and Chair of Physical Therapy at the University of South Alabama DPT program, teaching neuroscience, and neuromuscular rehabilitation since 1992. He is active in several APTA sections: Education (JOPTE Editorial Board), Neurology (past Treasurer and now Memb/PR Chair) and Pediatrics; and he is currently Vice-President of the Alabama Chapter. He was Guest Editor for the special edition (Global PT Education) of Journal of Physical Therapy Education Jan 2012 and was awarded a year-long sabbatical as Visiting International Professor at Daegu University in Daegu, South Korea in 2010-2011. He is author/editor of a new comprehensive, evidence-based neurological rehabilitation textbook, organized around the patient management model and the ICF model that will be published by FA Davis in 2015. In his 20+ years as a faculty member, he has received his University's Excellence in Teaching Award and the College Faculty Service Award. In 2013, he was named one of the "50 Outstanding Faculty" from across the University's history, as part of the institution's 50th Anniversary.

**Ellen R. Strunk, PT, MS, GCS, CEEAA** is the owner of Rehab Resources & Consulting, Inc. Ms. Strunk specializes in helping clients understand the Medicare prospective payment systems for skilled nursing facilities and home health agencies, as well as the Medicare conditions of participation and fee schedule for rehab agencies. Her experience includes utilizing medical record reviews and data systems to help both inpatient and outpatient therapy providers meet regulatory guidelines and deliver medically necessary therapy services in these settings. In addition to assisting clients meet their operational & clinical goals, Ms. Strunk lectures nationally on the topics of pharmacology for rehabilitation professionals, exercise & wellness for older adults, and the challenging subject of coding, billing and documentation to meet medical necessity guidelines and payer regulations.

**Rebecca Warr, MSN, RN, CNE** is an assistant professor at the Ida V. Moffett School of Nursing at Samford University. She received both her B.S.N. and M.S.N. degrees from UAB. Ms. Warr's clinical areas of expertise are in medical/surgical nursing, community health nursing, and geriatrics. She participated in the UAB Geriatric Education Center Faculty Scholar Program in 2012–2013 and has completed several scholarly projects related to pain assessment in older adults with cognitive impairments.

**Laura White, PT, DScPT, GCS** is an assistant professor and Director of Clinical Education (DCE) at the University of South Alabama, Department of Physical Therapy. Laura received her Master of Physical Therapy degree and Doctor of Science degree in Physical Therapy from UAB. Her dissertation research focused on application of implicit learning principles to rehabilitation of older adults with Alzheimer's disease.

---

## TRACK IV – PTA PROGRAMMING – EXERCISE OPTIONS FOR PHYSICAL THERAPY DYSFUNCTIONS

Speakers: Christopher J. Fountain, PT, MS, OCS, MTC, Ellen Hamilton, PT, OCS, Patty Perez, PT, DSc, OCS, Terry Rhoades, PT, DPT, MPPM, Leslea Shamp, PT, DScPT

### Course Description

Tired of teaching your patients the same old exercises? Looking for some new ideas? Join us for this interactive class covering exercises for balance, upper quarter, lower quarter and spine. Each speaker will address exercises specific to different impairments and there will be ample opportunity for participants to practice as well as share ideas to improve outcomes. Wear comfortable clothing and bring a yoga mat and some Theraband.

### Objectives

Upon completion of the course, participants will be able to:

1. Demonstrate three new exercises for spine and extremities.
2. Demonstrate three new exercises for balance.
3. Discuss exercise dosage based on current evidence.

### About the Speakers

**Chris Fountain** has been practicing physical therapy since 2001. Chris started his career at HealthSouth Sports Medicine and Rehabilitation Center in Birmingham, Alabama. While at HealthSouth, Chris was promoted to the Clinical Golf Specialist for his leadership and dedication to the Golf Performance Program. Due to his leadership, Chris was then asked to serve as a physical therapist with the PGA tour. In 2004, Chris joined Champion Sports Medicine where he became Facility Director and Center Coordinator of Clinical Education (CCCE). While at Champion Sports Medicine, he was a regular presenter for the American Sports Medicine Institute (ASMI). In 2007, Chris achieved his Manual Therapy Certification (MTC) at the University of St. Augustine. In 2009, he received his OCS through the APTA. Chris is currently Director of Physical Therapy at Premiere Physical Therapy & Sports Medicine, Riverchase. He also serves as a Lab Assistance in UAB School of Physical Therapy's Orthopedic courses.

**Ellen Hamilton** received her BS in PT from Medical College of Georgia in 1979 and her Masters in Orthopedic Physical Therapy from the University of Tennessee at Memphis in 2005. She has been a member of APTA since 1979 and has served in positions in ALAPTA as well as the Orthopedic Section of APTA. She has taught continuing education courses and is a guest lecturer at UAB School of Physical Therapy. She is co-owner of Birmingham Physical Therapy & Sports Medicine.

**Terry Rhoades** is a Physical Therapist practicing at Birmingham Physical Therapy & Sports Medicine. Terry obtained an Associate's degree from Jefferson State Community College in 1991 and worked as a Physical Therapist Assistant for 21 years in multiple settings. He devoted seven years as Manager of a hospital outpatient therapy department after receiving a Master of Arts in Public and Private Management degree from Birmingham-Southern College in 2004. He completed his Doctor of Physical Therapy degree from the University of Alabama at Birmingham in 2014. Terry's specific areas of interest are neurological, vestibular, and balance therapies. Special populations of greatest interest and experience include those individuals with Parkinson's Disease, Multiple Sclerosis, and vestibular disorders as well as geriatrics, frequent fallers and patients post-CVA.

**Leslea Shamp** has been practicing physical therapy for 30 years. She earned her B.S. in health and physical education from Auburn University in 1983 while working as a student athletic trainer and participating in varsity volleyball and softball. She was accepted to the UAB physical therapy program where she earned her Master's degree in 1985. She completed her Doctor of Science degree in 2009 from the University of Maryland at Baltimore after completing her studies in evidence-based clinical testing of the shoulder. Recently, Dr. Shamp traveled to China with a surgeon to provide physical therapy for post-op patients. Dr. Shamp has been in the private practice setting the last 13 years and is currently the clinical director at TherapySouth-Lakeview in Birmingham. She has participated in teaching various courses related to shoulder surgeries and dysfunction.

---

## STUDENT PROGRAMMING – BEYOND THE SELFIE: USING SOCIAL MEDIA PROFESSIONALLY

Speaker: Fred Gilbert, SPT

### **Course Description**

Social media is an incredibly powerful tool that can enhance your practice, your patient experience, and your profession. Properly and professionally using social media can be tricky and intimidating. This course will examine effectively utilizing various social media platforms to enhance your practice, your brand, and involvement within your profession by going Beyond the Selfie.

### **Objectives**

Upon completion of the course, participants will be able to:

1. Understand, navigate, and utilize various social media platforms effectively.
2. Apply social media strategies to maximize the student experience as well as enhance the transition into the New Professional realm.
3. Discuss the importance of branding and utilizing social media to develop your brand.
4. Identify the importance of being actively involved in the profession and how social media can elevate your involvement.

### **About the Speaker**

**Fred Gilbert** is a 3rd year DPT student at University of Alabama at Birmingham. He currently serves as the President of the Student Assembly Board of Directors, representing 25,000+ PT and PTA students nationwide. He received his BA in Biological Sciences from Clemson University in 2011.

---

## **PROFESSIONAL ISSUES IN PHYSICAL THERAPY**

Join us for an interactive session focusing on two aspects of our profession that are very important but not talked about enough: the role of the licensure board and the consumer. Did you know the licensure board's primary responsibility is to protect the public? Do you know who sits on the licensure board and how their priorities are determined? Do you know how to engage consumers of physical therapy? Do you struggle with how to make them want to walk through your clinic door or choose your facility/agency/hospital for their physical therapy needs? We invite you to this session where these issues will be discussed and you will have the opportunity to ask questions and share your opinions with the speakers.

### **Objectives**

Upon completion of the course, participants will be able to:

1. Understand the role of the Alabama Board of Physical Therapy and how to access information on their activities.
2. Be able to explain the revised continuing education requirements for licensure renewal.
3. Understand how to engage consumers of physical therapy in dialogue about PT services.
4. Discuss the value proposition that physical therapy provides in a context consumers want to hear.

### **Speakers**

Members of the Alabama Physical Therapy Licensure Board

Tom Kelly is a retired engineer and stroke survivor, formerly the Vice President of Technical Operations for an international defense contractor. He and his wife found themselves struggling to navigate the confusing and complex world of healthcare, and this experience formed the basis for his advocacy today. His positive experience with physical therapy services and his passion to help others led him to become President of Therapy Connection and Patient Advocate.

---

## **JURISPRUDENCE ESSENTIALS FOR ALABAMA PHYSICAL THERAPISTS, PHYSICAL THERAPIST ASSISTANTS, AND STUDENTS OF PHYSICAL THERAPY**

Speaker: David M Morris, PT, PhD

## Course Description

Jurisprudence is the science and application of law to practical situations. To assure that they are practicing in an ethical and legal manner, physical therapy clinicians must first thoroughly understand the laws, rules and regulations that govern physical therapy (PT) in their state. In Alabama, new graduates are required to pass a jurisprudence exam for licensure and current licensees are required to take a course on Alabama PT laws and regulations once every two years to renew their license. The purpose of this 2-hour course is to provide participants with a thorough understanding of the laws, rules and regulations that govern physical therapy practice in Alabama through case studies, discussions, and lecture. This course is appropriate for PTs, and PTAs will fulfill the newly established requirements for licensure renewal in Alabama. The course will also be helpful for PT and PTA students preparing to take the jurisprudence exam.

## Objectives

Upon completion of the course, participants will be able to:

1. Discuss the goals, make-up and responsibilities of the Alabama Board of Physical Therapy;
2. Discuss the purpose and format of the Alabama Physical Therapy Practice Act and Administrative Code;
3. Effectively and efficiently answer legal and ethical questions concerning the practice of physical therapy using the Alabama Physical Therapy Practice Act and Administrative Code.

---

## **TENTATIVE SCHEDULE**

### Friday August 14, 2015

8:00 am – 12:00 pm	Registration
9:00 – 11:00 am	Jurisprudence Essentials Course
12:00 – 3:30 pm	Educational Sessions (Tracks I-IV)
12:00 – 3:00 pm	Student Programming
1:30 – 3:00 pm	BREAK WITH EXHIBITORS (Staggered – Each Class Gets 30 Minutes)
3:45 – 5:45 pm	ALAPTA Business Meeting - * <b>The Business Meeting is Open to Everyone</b>
6:00 – 7:00 pm	Exhibitor Networking Followed by the Awards Presentation
7:00 – 8:30 pm	RECEPTION TO CELEBRATE THE 40 <sup>TH</sup> YEAR OF PTA's IN ALABAMA!

### Saturday, August 15, 2015

7:00 – 8:00 am	BREAKFAST WITH EXHIBITORS
8:00 am – 11:30 pm	Educational Sessions (Tracks I-IV)
9:30 – 11:00 am	BREAK WITH EXHIBITORS (Staggered - Each Class Gets 30 Minutes)
11:30 – 1:00 pm	LUNCH – Boxed Lunches & Professional Issues Forum <i>All Registrants Receive a Boxed Lunch</i>
1:00 – 4:00 pm	Educational Sessions (Tracks I-IV)

### **REGISTRANTS WILL RECEIVE:**

TRACKS I-IV - 9 CONTACT HOURS  
PROFESSIONAL ISSUES – 1.5 CONTACT HOURS

## JURISPRUDENCE ESSENTIALS - 2 CONTACT HOURS

### **Housing**

Hotel accommodations may be made by calling the Renaissance Birmingham Ross Bridge Golf Resort and Spa at 800/593-6419 or 205/916-7677. You must mention the Alabama PT Association to receive a discounted rate of \$189/night. The cut-off date for the discount is July 21, 2015. The hotel is located at 4000 Grand Avenue, Birmingham, AL 35226. Visit their website at [www.marriott.com/hotels/travel/bhmhv](http://www.marriott.com/hotels/travel/bhmhv) for additional information.