



**ALAPTA
2016 SPRING CONFERENCE**

April 15 – 17, 2016

Perdido Beach Resort – Orange Beach, AL

EARLY BIRD DEADLINE – MARCH 1, 2016

PROGRAMMING

TRACK I

INTENTIONAL AND MEASURED PROGRESSION OF INTERVENTIONS IN NEURO AND GERIATRIC REHAB

Speakers: Dennis Fell, PT, MD, David Morris, PT, PhD and Blair Saale, PT, NCS

Course Description

The process of neurorehabilitation can be complex, particularly in effectively and intentionally advancing the patient through a structured and appropriately demanding intervention plan. Perhaps one of the biggest challenges is to intentionally progress the therapeutic interventions and activities to optimally challenge the patient and the patient's nervous system, matching interventions to their current capabilities. This course will discuss neuroplasticity as the underlying construct and rationale for most of what the therapist does in an intervention session to encourage neuro-recovery; well-designed therapeutic activities (and now we know aerobic activity) can trigger enhanced positive neuroplasticity. A variety of specific topics will be covered, including attention to treatment intensity, behavioral interventions to promote practice and adherence, the Constraint-Induced Therapy behavioral concept of "shaping", dosing, and progression of task-oriented training.

The course will include background information with indication of evidence-basis, and lab opportunities, based on clinical cases, to design and implement intervention strategies with intentionally-designed progression, with consideration for various therapy settings (hospital inpatient, inpatient rehab, outpatient neuro, SNF, home health...)

Objectives

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

1. Describe ways that rehab interventions can stimulate neuroplasticity as a basis for neurorecovery.
2. Describe how aerobic activity could be incorporated in Neuro (CVA) rehabilitation and describe the role of BDNF in neuroplasticity.
3. Design intentional progression of a functional activity.
4. Utilize behavioral interventions to promote adherence and practice.

TARGET AUDIENCE - PTs, PTAs, Students of Physical Therapy

About the Speakers

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.

David M. Morris, PT, PhD is Professor and Interim Chair in the Department of Physical Therapy and Training Coordinator for the Constraint Induced Therapy (CI Therapy) Research Program at the University of Alabama at Birmingham (UAB). He received a BS in Physical Therapy from the University of North Carolina at Chapel Hill in 1983. He also received a MS in Physical therapy Education in 1990 and PhD in Health Education/Promotion in 2004; both from UAB. He teaches coursework related to professional practice issues, neurorehabilitation strategies, and the physical therapists role in health promotion and wellness in the entry-level Doctor of Physical Therapy, PhD in Rehabilitation Sciences and Certificate in Health Focused Care for PTs and OTs Programs. He has been a physical therapist with experience in examination and providing therapeutic interventions for adults with neuromuscular dysfunction since 1983. He has been a member of the UAB Constraint Induced Movement Therapy Research Group since 1994 and has participated in numerous studies and training programs concerning the approach. Morris is a Past-President of the Aquatic Physical Therapy Section and Alabama Chapter of the American Physical Therapy Association. He was a 2009 recipient of the Lucy Blair Service Award from the American Physical therapy Association, 2012 APTA Legislative Commitment Award, and the 2012 Marilyn Gossman Award for Professionalism in PT from the Alabama Chapter of APTA.

Blair Saale, DPT, NCS is Adjunct Instructor of Physical Therapy in the DPT program at University of South Alabama. She has her DPT degree from Belmont University and is an ABPTS certified Neurologic Clinical Specialist. In addition to teaching in the clinical skills, pathophysiology, neuroscience, and neurology curriculum, she also is a physical therapist in the USA PT Faculty Practice Clinic and has experience in both inpatient and outpatient neurorehabilitation.

TRACK II

LATERAL EPICONDYLALGIA: PATHOPHYSIOLOGY AND CURRENT CONCEPTS FOR EXAMINATION

Speakers: Nathan Click, MSPT, MTC, OCS, Barry Dale, PT, PhD, OCS, SCS, Matt Day, PT, PhD, OCS, CIMT, Ellen Hamilton, PT, DPT and Patty Perez, PT, DScPT, OCS

Course Description

Tendinopathy continues to be a common treatment diagnosis for physical therapists. Come learn the latest on the morphology and pathology of tendinopathy in general, and then delve into specific tendinopathies such as Lateral Epicondylalgia, Achilles Tendinitis, Rotator Cuff Tendinitis and Iliotibial Band Tendinitis. Participants will be exposed to dry needling, Instrument Assisted soft tissue techniques, taping, neural tension testing, spinal assessment and treatment as well as exercise prescription.

Practical topics to be addressed include:

1. Pathophysiology and risk factors in the development of tendinopathy
2. Evidence based screening and examination procedures for the differential diagnosis of lateral epicondylalgia.
3. Evidence based treatment for lateral elbow tendinopathy.

Objectives

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

1. Identify current research explaining the need to differentiate between various pathologies associated with UE and LE tendinopathy.
2. Identify and demonstrate examination procedures of proximal influences that affect distal muscle function (e.g. scapulohumeral musculature performance/cervical spine dysfunction/ Sacroiliac Joint Dysfunction, etc).

3. Describe the findings from current literature pertaining to proximal muscle and spine dysfunction rehabilitation.
4. Identify and demonstrate examination procedures for local nerve entrapment and other structures that may be associated with UE and LE tendinopathy.
5. Recognize the findings from current research explaining the pathophysiology for tendinopathy development and the physiological processes for tendon remodeling.
6. Describe various risk factors for the developing common tendinopathies and preventative strategies.
7. Describe the findings from current literature pertaining to the assessment of UE and LE tendinopathies.
8. Demonstrate and perform basic manual therapy techniques while prescribing appropriate therapeutic exercise interventions and applying appropriate modalities for patients with UE and LE tendinopathies.
9. Understand principles related to more advanced techniques (trigger point dry needling, Graston Technique, cupping, KT taping and thrust manipulation techniques) and be able to effectively educate patients on when these treatment approaches may be an effective component of patient plan of care.

TARGET AUDIENCE – PT, PTA, OT, COTA, ATC

About the Speakers

Nathan Paul Click, MS PT, OCS, MTC, CWcHP currently serves as Vice-President of Practice for TherapySouth, a privately-owned outpatient orthopedic physical therapy practice. He has been a partner and service director with TherapySouth since its inception in 2006. He graduated from Auburn University in 1999 with a B.S. in Education. He graduated from UAB in 2001 with a Master's degree in physical therapy. He has been a member of the APTA since 2000, as well as a private practice and orthopedic section member. Post-graduate accomplishments and training include obtaining his board certification in orthopedics (OCS) in 2011, Manual Therapy Certification (MTC) through the University of St. Augustine in 2006, Certified Worker's Compensation Healthcare Provider (CWcHP) in 2012, and Certified Dry Needling Practitioner through Kinetacore in 2014. He has a combined 14 years of experience in outpatient orthopedics. Areas of focus and interest include treating lumbar spine, SIJ, cervical spine, headaches and TMJ dysfunction.

Dr. Dale is an Associate Professor in the Department of Physical Therapy at the University of South Alabama. He holds a B.S. in Physical Therapy (1994) from the University of South Alabama, a Master's (1997) from University of Alabama-Birmingham, and a Ph.D. in Kinesiology (2002) from the University of Alabama. His teaching and research areas are related to exercise physiology, biomechanics, and orthopedic Physical Therapy. He has an interest in clinical tendinopathy from the perspective of exercise-related fatigue and volume overload, and has authored and co-authored several works pertaining to tendinopathy.

Joseph Matthew Day, PT, PhD, OCS, CIMT is an assistant professor of physical therapy at the University of South Alabama. He earned his MS in physical therapy in 2004 from the University of Kentucky. After earning his Master's degree, he practiced as a physical therapist in a variety of outpatient clinics with a focus on spine rehabilitation and upper extremity injuries. Before completing his doctorate in rehabilitation sciences at the University of Kentucky, he earned his board certification in orthopedics and became a certified integrated manual therapist. Upon completion of his PhD, Matt completed a 5 month physical therapy volunteer experience in Ecuador. His current duties at the University of South Alabama include clinical practice, teaching in the musculoskeletal courses, and research. His research interests include regional interdependency in upper extremity orthopedic injuries, rehabilitative ultrasound imaging, and service learning for students.

TRACK III

UPDATE ON PATHOPHYSIOLOGY AND PHARMACOLOGY OF COMMONLY SEEN CONDITIONS IN ACUTE CARE: PT MANAGEMENT CONSIDERATIONS

Speaker: Diane Clark, PT, DScPT, MBA

Course Description

We will be taking a tour through several topics relevant to acute care and the medically complex patient with a primary focus on pathophysiology, pharmacology and how understanding the underlying basis of disease processes and pharmacology can impact your decision making – to treat or not to treat. According to the Agency for Healthcare Research and Quality the top conditions with the largest number of adult hospital admissions and readmissions are: congestive heart failure, pneumonia, chronic obstructive pulmonary disease, cardiac dysrhythmias, acute myocardial infarction and acute cerebrovascular disease. Given the importance of readmissions, we will discuss tests and measures and evidence-based interventions that may lower the rate of readmission for specific patients.

Objectives

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

1. Describe the pathophysiology related to the top conditions for which patients are admitted and readmitted to the hospital;
2. Recognize medications commonly prescribed for these conditions and potential side effects;
3. Select tests and measures and interventions that may lower the rate of readmissions for specific patients.

TARGET AUDIENCE – PT, PTA

About the Speaker

Diane Clark, PT, DScPT, MBA is an associate professor and Director of the Doctor of Physical Therapy Program at The University of Alabama at Birmingham. She teaches in the pathology and pharmacology series in the DPT curriculum and is recognized for her expertise in diabetes and wound care. Clinically, she has worked primarily in the acute care setting with a strong interest in management of patients in critical care. Her research has focused on the safety and effectiveness of early mobility in the intensive care unit. Dr. Clark conducts pro bono physical therapy services at two Birmingham clinics.

TENTATIVE SCHEDULE

FRIDAY

10:00 am – 12:00 pm AL Physical Therapy Licensure Board Meeting

The Licensure Board invites the public to attend their meetings which allows the opportunity for public input. Of particular interest to licensees is the discussion that will take place on these two topics:

- 1. Home Health Provision of Therapy**
- 2. Number of PTAs Directed by PTs**

11:30 am – 5:00 pm Registration

1:30 pm – 5:00 pm Educational Sessions

3:00 pm – 3:30 pm Break With the Exhibitors

5:00 pm – 8:00 pm Casino Night & Reception With Exhibitors

SATURDAY

7:00 am – 11:30 am Registration

7:00 am – 8:00 am Breakfast With the Exhibitors

8:00 am – 11:30 am Educational Sessions

9:30 am – 10:30 am Break With the Exhibitors (Staggered 30 Minutes each Class)

11:30 am – 1:30 pm Lunch and Chapter Business Meeting (APTA Members Only)

1:30 pm – 4:00 pm Beach Bash

SUNDAY

7:00 am – 8:00 am Breakfast

8:00 am – 11:30 am Educational Sessions

9:45 am – 10:00 am Break

REGISTRANTS WILL RECEIVE A CERTIFICATE FOR 9.25 CONTACT/ENGAGEMENT HOURS
(For AL Licensees this equates to 11.1 Continuing Education Hours, Since 1 Contact Hour = 50 Minutes of Instruction)

All courses offered by ALAPTA can be used toward your licensure renewal.