



**ALAPTA
2014 FALL CONFERENCE**

August 22-23, 2014

Renaissance Ross Bridge – Birmingham, AL

EARLY BIRD DEADLINE – JULY 20, 2014

PROGRAMMING

TRACK I

THE INTERPLAY OF DEVELOPMENTAL ORTHOPEDICS AND POSTURAL CONTROL ACQUISITION

Speaker: Billi Cusick, PT, MS

Course Description

This introductory program features an overview of the processes that contribute to pediatric orthopedic development, including the following:

- Developmental changes in the skeletal torso and lower extremities.
- Skeletal modeling mechanisms and influences in orthopedic development.
- Somatosensory contributions to postural control and orthopedic development.
- The influences of the biomechanics of ideal neonatal alignment on modeling the spine and lower-extremity joints and on postural control acquisition.
- The roles of postural control and massed practice in the orthopedic and functional development.
- Normal developmental changes in muscle and connective-tissue extensibility.
- Pathologic changes in orthopedic development and soft tissue extensibility.
- The use of musculoskeletal assessments to identify use-related problems, to build a targeted management plan, and to determine the effectiveness of therapeutic management strategies.

The content presented in this program is considered fundamental to any (future) discussion of the specific features of orthopedic trunk and lower extremity development.

Objectives

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

- Distinguish between skeletal maturation and skeletal modeling.
- Distinguish between mechanisms of strain and load, and apply this distinction to the "Golden Age."
- Describe the modeling effects of compression, tension, and loaded torque strains.
- Describe the typical developmental changes that occur in spinal and lower-extremity alignment.
- Describe the normal sequential acquisition of antigravity muscle function in the torso.
- Relate normal neonatal soft-tissue constraints to the development of spine curves.
- Discuss the role of somatosensory input in postural control and movement skills acquisition.
- Discuss the normal emergence of R1 (first catch) end range of motion in the lower-extremity muscles.

- Describe the evidence of a history of routine muscle recruitment strategies in range of motion findings.
- Bring the assessment findings reported for a presented case to a discussion of selecting strategies for delivering enhanced somatosensory input and massed practice in improved postural alignment.

About the Speaker

TRACK II

SEATING AND MOBILITY – THE SCIENCE AND ART OF WHEELED MOBILITY

Speaker: Cathy Carver, PT, ATP/SMS

Course Description

This course is for PTs or OTs who are just getting started or at an intermediate level of experience doing wheelchair and seating evaluations. We will go through how to perform a thorough evaluation, how to articulate the medical justification for the recommended equipment and how to follow-up to ensure the patient's goals were met and they are properly seated and trained in the use of their equipment. We will go over how to assess a variety of postural deformities and determine the best way to support them with seating in a wheelchair. We will also have some hands-on time with equipment and discuss application of a variety of products. New terminology is now available to ensure consistency when discussing a patient's wheelchair needs. We will also discuss the changes in Medicare to date as it affects people needing wheelchairs and discuss how to advocate for your patients. We will also have a panel of patients to demonstrate and discuss their journey with their wheelchairs and seating.

Objectives

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

1. Describe the components of a thorough wheelchair evaluation and how to document findings with new terminology.
2. List the components of a good letter of medical necessity and provide appropriate medical justification for recommended equipment.
3. Demonstrate proper measurement techniques using consistent terminology.
4. Describe posture of someone in a wheelchair or out of a wheelchair using correct terminology.
5. Compare pros and cons of a variety of seating equipment and wheelchairs and discuss applications to patients.
6. Define the role of the evaluating PT/OT and the supplier in the entire wheelchair delivery process.

About the Speaker

Cathy Carver, a Mississippi native, graduated from Physical Therapy School with a BS in PT from the University for Mississippi Medical Center in 1996. She moved to Birmingham and worked in inpatient rehab at UAB/Spain Rehab Center focusing on treatment of adults with neurological dysfunctions. She completed an MS in PT from the University of Tennessee (at Memphis) in 2000 with the emphasis in Adult Neurology. She left UAB in 2003 and worked at Methodist Rehab Center in Jackson, MS working on the Spinal Cord Injury Unit, doing some basic clinical research and spending some time in the outpatient Wheelchair and Seating Clinic.

She was credentialed as an Assistive Technology Professional (ATP) through RESNA in 2004 and as a Seating and Mobility Specialist (SMS) in 2011. She returned to UAB/Spain Rehab Center in 2005 and began working in outpatient PT doing the Wheelchair and Seating Clinic and treating adults with neurological disabilities. She began teaching wheelchair and seating courses around the state in 2007 and has done lectures and labs for PT and OT students at UAB and Alabama State University.

She currently serves on the Durable Medical Equipment Advisory Board for the Medicaid Agency of Alabama. She also consults with Qualis Health (agency hired by Medicaid to review claims for funding) doing reviews for medical necessity for clients requesting funding for pediatric or adult custom wheelchairs. She was awarded the "Innovations in Physical Therapy Award" by the Alabama Physical Therapy Association in 2010 for her work with the Locomotor Training program at UAB. She has been married to Jeff for 6 years and they have a daughter Claire (4) and son, Joel (1) and they live in Hoover, AL.

TRACK III

INSTRUMENTED MANUAL THERAPY - WITH BONUS CONTENT: MYOFASCIAL REHABILITATION TECHNIQUES

Speaker: Peter Dickinson, PT, MS, SCS

Course Description

The aim of this course is to provide a framework to explore the use of the instruments accessing the fascial, neural, and musculoskeletal systems of the body. During the course, you will learn how to manipulate each of the four instruments. Attention will be given to the position of the patient, both statically and dynamically, for the best therapeutic effect. This one day course focuses on getting the instruments in the therapist's hands. The focus will be on gaining the skills necessary to immediately use the technique upon return to the clinic. Additional interventions using activity to impact the fascial structures addressed with the instruments will be explored.

Teaching/Learning Methods & Materials: Various teaching methods will be utilized consistent with the various levels of complexity of the learning objectives. Participants will use Manual Therapy Instruments for sections of the training. Methods include explanations, demonstrations, teaching, supervising, feedback and troubleshooting. Teaching materials will include Power Point presentation, manual, and handouts.

Objectives

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

1. Discuss the research associated with instrumented manual therapy (IMT).
2. Describe the effect and application of IMT.
3. Identify diagnoses that may benefit from IMT.
4. Discuss concepts in IMT treatment.
5. Employ interventions to modify fascial structures both manually and with activity.

About the Speaker

Pete's specialty is obtaining cutting edge therapy techniques to help each patient reach their goals and return to activity as quickly as possible. He is a board-certified specialist in Sport. Pete's effective approach to care led him to serve as Physical Therapist to the US Ski Team. He continues to supervise coaching programs for elite athletes and also finds time to serve as a coach of the Methow Valley Nordic Team. An international lecturer on advanced manual therapy techniques, Peter enjoys sharing his 25 years of experience with other Therapists.

TRACK IV – ICD-10

Speaker: Ellen Strunk, PT, MS, GCS, CEEAA

Course Description

Are you ready for the ICD-9 to ICD-10 transition? The federal government has mandated that ICD-10 be implemented by October 1, 2014. This course will provide a brief update on the history of ICD-10, how it is different from ICD-9, and how the ICD-10 will affect physical therapist practice. It will help attendees understand how they will be affected by this change and how they can be prepared for the transition through case studies and active audience participation.

Objectives

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

1. Identify the similarities and differences between ICD-9 and ICD-10.
2. Understand documentation of physical therapy diagnoses.
3. Determine how to select the correct ICD-10 codes.
4. Describe a mapping of ICD-9 to ICD-10 for common conditions seen by physical therapist.

5. Recognize strategies and resources and adapt his/her practice for transition to ICD-10.
6. Identify timelines associated with ICD-10 adoption.

About the Speaker

Ellen R. Strunk, PT, MS, GCS, CEEAA has worked in various roles & settings as both clinician & manager/director. Presently, Ellen is owner of Rehab Resources & Consulting, Inc., a company providing continuing education and consulting services for post-acute care settings. She specializes in helping customers understand the CMS payment systems in skilled nursing facilities, home health settings, and outpatient rehabilitation settings. Ellen is passionate about delivering medically necessary therapy services in these settings, and lectures nationally on the topics of pharmacology for rehabilitation professionals, exercise & wellness for older adults, and coding/billing/documentation for therapy. Ellen is a member of the American Physical Therapy Association, where she has served on a Payment Policy Strategy Committee advising the APTA Board of Directors on payment policy in all settings. She is a member of the APTA Section on Geriatrics, the APTA Home Health Section and the APTA Health Policy & Administration Sections. She serves on a state level as the President of the Alabama Physical Therapy Association and as its Practice & Reimbursement Chair.

PROFESSIONAL ISSUES IN PHYSICAL THERAPY

Course Description

This two hour interactive session will update physical therapists and physical therapist assistants on the latest issues facing the profession. Including State Legislative Updates, Practice and Payment Updates and 2014 APTA House of Delegates discussion.

Objectives

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

1. Identify professional issues that may have a significant impact on their practice;
 2. Discuss strategies to address these issues;
 3. Implement strategies to address clinical setting specific needs.
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STUDENT PROGRAMMING - PROFESSIONALISM, INTERVIEWING AND NEGOTIATION SKILLS

Speakers: Mary Orr, PTA, Chair, ALAPTA Publicity & Communications Committee
David Barnes, PTA, ALAPTA PTA Representative-at-Large

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.
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TENTATIVE SCHEDULE

Friday August 22, 2014

9:00 – 11:00 am	Jurisprudence Essentials Course
11:00 am – 12:00 pm	Registration
12:00 – 4:30 pm	Educational Sessions (Tracks I-III)
1:30 – 3:00 pm	BREAK WITH EXHIBITORS (Staggered)
4:30 – 6:30 pm	ALAPTA Professional Issues Forum
6:30 – 7:45 pm	Networking With Exhibitors – HAPPY HOUR

Saturday, August 23, 2014

7:00 – 8:00 am	BREAKFAST WITH EXHIBITORS
8:00 – 11:30 am	Educational Sessions (Tracks I-IV)
8:00 – 11:30 am	Student Programming
9:30 – 11:00 am	BREAK WITH EXHIBITORS (Staggered)
11:30 – 2:00 pm	ALAPTA Business Meeting, Awards, Elections, and Lunch (ALAPTA Members Only)*
2:00 – 5:00 pm	Educational Sessions (Tracks I-III)

*** The Business Meeting and Lunch are for ALAPTA Members Only. Lunch Tickets will be provided at registration. Students & Members who do not wish to purchase lunch may sit in the gallery.**

REGISTRANTS WILL RECEIVE:

TRACKS I-III - 10 CONTACT HOURS/CCUS
TRACK IV – 3 CONTACT HOURS/CCUS
PROFESSIONAL ISSUES - 2 CONTACT HOURS/CCUS
JURISPRUDENCE ESSENTIALS - 2 CONTACT HOURS/CCUS

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 \$159/night. The cut-off date for the discount is July 28, 2014. The hotel is located at 4000 Grand Avenue, Birmingham, AL 35226. Visit their website at www.marriott.com/hotels/travel/bhmhv for additional information.