



**ALAPTA
2017 SPRING CONFERENCE**

April 21 – 23, 2017

Perdido Beach Resort – Orange Beach, AL

EARLY BIRD DEADLINE – MARCH 15, 2017

PROGRAMMING

TRACK I - BEYOND EXTENSION: MECHANICAL EVALUATION AND TREATMENT OF THE LUMBAR SPINE

Speaker: Sharon Young, PT, DSc

Course Description

Most physical therapists have had some basic exposure and education on the McKenzie approach for assessing the lumbar spine, but this approach is a complex system that involves much more than simple extension. This course will present an overview of the McKenzie approach and will specifically explore the use of lateral or asymmetric forces to treat lumbar derangements, adherent nerve roots and nerve entrapments. Participants will have the opportunity to use case studies to explain the clinical reasoning process for this approach and its correlation to imaging studies and/or diagnostic injection. There will be an opportunity to learn and perform techniques for correction of acute spinal deformities during lab-based time.

Participants should come dressed comfortably and bring a yoga mat, pillow and towel.

Objectives

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

1. Identify sources of LBP and their prevalence.
2. Relate clinical patient presentations to imaging findings.
3. Describe the components of a McKenzie based lumbar spine evaluation.
4. Demonstrate correct techniques for correction of acute spinal deformities.
5. Describe indications for use asymmetrical or lateral forces in treating lumbar spine disorders.
6. Explain differences in the clinical presentations lumbar adherent nerve root v. nerve root entrapment. Demonstrate their treatments.

TARGET AUDIENCE – PT, PTA and PT Students
MAXIMUM PARTICIPATION - 50

About the Speaker

Dr. Sharon Young, PT is owner of Spine and Rehab Solutions in Mobile, AL. She received her BS in Physical Therapy from the University of Alabama in Birmingham in 1980, MS in Exercise Science from the University of South Alabama in 2003, and DSc in Physical Therapy from the University of Alabama in Birmingham in 2007. In 1992, Dr. Young was the first physical therapist from Alabama to be credentialed in Mechanical Diagnosis and Therapy by the McKenzie Institute. She was involved in lumbar spine and sacroiliac research from 1996-2003 with backing from the McKenzie Institute. Dr. Young has published multiple articles regarding the clinical utility of the physical examination in correctly predicting the source of low back pain, and has presented at international, national, state and local conferences. Dr. Young is also an adjunct faculty member for the University of the Incarnate Word School of Physical Therapy in San Antonio, TX in their online transitional doctorate program.

TRACK II – THIS PATIENT IS REALLY SICK! PHYSICAL THERAPY MANAGEMENT OF PATIENTS WITH COMORBID CONDITIONS IN THE ACUTE CARE SETTING

Speaker: Marquitta Callender, PT, MS, CCS

Course Description

Physical Therapists working in acute care settings are faced with multiple challenges when managing patients with complex diseases/injuries and multiple comorbidities. Learn about effective physical therapy management of these patients in the acute care setting. This course will address the challenges of performing multisystem examinations and using those findings in conjunction with the current evidence to determine the most appropriate treatment interventions. Concepts of patient management related to medication effects, normal/abnormal patient response to PT interventions and treatment modification based on patient stability/instability will be addressed. Participants will also learn about special considerations of PT management of patients in the Intensive Care Unit (line/tube management, supplemental oxygen and mechanical ventilation) and determine which patients in the ICU are appropriate for early mobilization.

Objectives

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

1. Interpret and apply multisystem examination techniques for the complex patient and determine appropriate rehabilitation interventions based on the examination findings.
2. Identify signs of patient instability that may require modification or termination of PT treatment.
3. Interpret patient/client tolerance to interventions through identification of normal and abnormal responses.
4. Incorporate evidence-based resources into the clinical decision making and case management processes.
5. Identify and recognize the impact of frequently prescribed medications on patients in the acute phases of recovery.
6. Discuss the basics of lines/tubes, supplemental oxygen and mechanical ventilation for patient in the intensive care unit.
7. Identify patients who are candidates for early mobilization in the intensive care unit.

TARGET AUDIENCE – PT, PTA, PT Students, PTA Students
MAXIMUM PARTICIPATION - 50

About the Speaker

Marquitta Callender, PT, CCS is a 1995 graduate of the University of Alabama at Birmingham. In 2014, she became a Board Certified Cardiovascular and Pulmonary Clinical Specialist by the American Physical Therapy Association.

Ms. Callender is a Physical Therapist at UAB Hospital and works primarily with critically ill patients in the Cardiopulmonary ICU and stepdown units. Though her primary focus is in Acute Care and ICU settings, she has also worked in Home Health, Outpatient and Skilled Nursing facilities. In addition to patient care, Ms. Callender also teaches clinically and academically.

TRACK III – KINESIOLOGY TAPING FOR NEUROLOGICAL DYSFUNCTION

Speaker: Angela Reimer, MOT, OTR

Course Description

By the year 2050, one of every 5 people living in the United States will be age 65 or older. With this increase a surge neurological disorders is expected. These trends necessitate effective, non-invasive treatment strategies to address impairments associated with these conditions. For several decades, therapeutic taping has been used to improve patient function, correct postural imbalances, reduce pain, and prevent injury. While kinesiology taping is widely used in athletics, it has yet to reach its full potential in more traditional rehabilitation settings. Use of kinesiology tape layered with function based therapy intervention may improve functional outcomes. This hands-on course is designed to guide participants through appropriate therapeutic taping applications for this expanding population. Participants will focus on the fundamentals and techniques of taping as well as specific applications appropriate for a population of neurologically impaired patients including applications for pain, edema, shoulder subluxation, posture and positioning, and more. This course will provide you with taping techniques you can immediately integrate into your practice. You will learn non-invasive, practical methods of managing conditions specific to this population. Taping techniques learned can be used in virtually any environment with few contraindications.

Supplies and Information – EACH TRACK III ATTENDEE MUST PURCHASE/BRING THE FOLLOWING

Scissors

1-2 Rolls of Tape (see suggested products below)

https://www.amazon.com/TheraBand-Kinesiology-XactStretch-Application-Indicators/dp/B01BITU588/ref=sr_1_12?ie=UTF8&qid=1483497360&sr=8-12&keywords=kinesiology+tape

https://www.amazon.com/Mueller-Sports-Medicine-Kinesiology-Inches/dp/B004YIF9ZA/ref=sr_1_23_a_it?ie=UTF8&qid=1483497596&sr=8-23&keywords=kinesiology+tape

https://www.amazon.com/Kinesio-Tex-Classic-Blue/dp/B000FP04CY/ref=sr_1_10_a_it?ie=UTF8&qid=1483497636&sr=8-10&keywords=kinesio+tape

Wear clothing that provides easy access to both the LE as well as the shoulder complex.

Objectives

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

1. Describe fundamental kinesiology tape application principles.
2. Discuss primary benefits and limitations of taping techniques.
3. Identify contraindications and precautions for use of taping
4. Compare and contrast common therapeutic taping techniques and the indications for each.
5. Demonstrate correct application of fundamental taping techniques.
6. Apply various taping techniques for treatment of unique conditions using concepts gained in this course.

TARGET AUDIENCE – PT, PTA AND PT STUDENTS
MAXIMUM PARTICIPATION - 40

About the Speaker

Angela Reimer, MOT, OTR, is a registered and licensed occupational therapist with over twelve years of clinical experience focusing on geriatric and neurologically impaired populations. Ms. Reimer is a member of the National Stroke Association, the American Society of Neurorehabilitation (ASNR) and has incorporated the use of taping modalities with pediatrics, adults, athletes, and geriatric patients across the Midwest. Ms. Reimer has become known for incorporating therapeutic taping techniques into the treatment of geriatric patient populations including patients affected by stroke. Ms. Reimer is co-director and speaker for the highly rated Certified Stroke Rehabilitation Specialist workshops: the field's only stroke certification for physical and occupational therapists. Ms. Reimer unique combination of education, experience and passion translates into highly innovative and effective rehabilitation solutions. Ms. Reimer received her Master's degree in occupational therapy from the University of Findlay, OH and works closely with the National Stroke Association providing evidence based stroke rehab education to therapists across the country.

TRACK IV – #THIS IS US: THE PT/PTA RELATIONSHIP

Speakers: Vanessa LeBlanc, PT, DPT and Leslie Naugher, PTA

Course Description

Like the characters in the TV show "This is Us" relationships are a part of our everyday lives. One may ask, does the physical therapist and the physical therapist assistant really need to have a relationship? This course will explore the preferred PT/PTA relationship. Emphasis will be placed on areas such as: student PT/student PTA relationships, scope of duties, delegation of services, and effective communication. Participants will have the opportunity to have an open forum discussion with an established PT/PTA team.

Objectives

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

1. Describe qualifications of the PTA in providing physical therapy services including preparation for and scope of duties.
2. Describe qualifications of the PT in providing physical therapy services including preparation for and scope of duties.
3. Discuss APTA's Consensus: Preferred Relationship Between PTs and PTAs.
4. Explain the process of delegation, direction and supervision of services.
5. Develop strategies for effective communication within the student PT/PTA relationship.

TARGET AUDIENCE – PT, PTA AND PT Students, PTA Students
MAXIMUM PARTICIPATION - 32

About the Speakers

Dr. Vanessa N. LeBlanc received her BS in exercise science from the University of West Alabama and her Doctorate in Physical Therapy from Alabama State University. She has worked as a physical therapist in the areas of skilled nursing, acute care, inpatient rehab, wound care and outpatient. She is the Program Director of the Physical Therapist Assistant Program at Jefferson State Community College.

Leslie Naugher earned a BS in Exercise Physiology and Wellness from Jacksonville State University and her AAS from Jefferson State Community. She has worked as a physical therapist assistant in the areas of acute care, outpatient and skill nursing facilities. She is the Academic Coordinator of Clinical Education at Jefferson State Community College.

TRACKS I-III REGISTRANTS WILL RECEIVE A CERTIFICATE FOR 9.25 CONTACT/ENGAGEMENT HOURS

TRACK IV REGISTRATIONS WILL RECEIVE A CERTIFICATE FOR 3 CONTACT/ENGAGEMENT HOURS

(For AL Licensees this equates to 11.1 Continuing Education Hours, Since 1 Contact Hour = 50 Minutes of Instruction)

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