Prof Vladimir Janda MD, DSc ("yan-da") (1923-2002) was a Czech neurologist and physiatrist with over 50 years experience as a professor, researcher, and physician. He presented his clinical and research findings around the world, and is considered an expert in musculoskeletal pain syndromes. Through his research and experience, he has defined characteristic patterns and syndromes of muscle imbalance that lead to chronic pain and disability. Dr. Janda was considered the father of rehabilitation in Czech Republic and an integral part of the “Prague School” approach to rehabilitation medicine.

The sensorimotor system functions as one entity, integrating the central nervous system (CNS) and musculoskeletal system. The muscles are often a “window” to the function of the CNS. The CNS regulates two phylogenetic subsystems: the tonic muscle group and the phasic muscle group. Each group of muscles has a predisposition for facilitation (tonic system) or inhibition (phasic system). Any change within the sensorimotor system (due to pain, pathology or adaptive changes) will be reflected by compensation or adaptations throughout the system. This leads to systemic and predictable patterns of muscle imbalance. Dr. Janda has defined the characteristic Upper Crossed Syndrome, Lower Crossed Syndrome, and Layer Syndrome. These muscle imbalances often lead to changes in movement patterns, most notably seen with hip extension, hip abduction, shoulder abduction, push-up, cervical flexion, and trunk flexion.

Functional pathology of the motor system is a term used to describe the importance of dysfunction, rather than structural lesions. Chronic musculoskeletal pain, such as chronic low back pain, sacroiliac dysfunction, shoulder impingement, anterior knee pain, or fibromyalgia, is often the result of functional pathology of the sensorimotor system with secondary structural inflammation. Systematic evaluation of posture, balance, gait, muscle length, movement patterns, and trigger points helps determine the extent of muscle imbalance and movement impairment. Once the specific patterns of imbalance and impairment have been determined, a specific exercise program is implemented. The general progression of treatment involves the normalization of peripheral proprioceptive structures, normalization of tight muscles, facilitation of inhibited or weak muscles, and finally coordination of movement patterns through specific exercise. Muscles must be trained reflexively to restore normal firing patterns, speed, and coordination with other movements. Dr. Janda's unique Sensorimotor Training (SMT) program is the basis for restoring normal muscle function. SMT specifically targets the sensorimotor system through progressive proprioceptive exercises.

Course Description
This 10-hour, lab intensive workshop (60% lab, 40% lecture) introduces the theory, research, and concepts of Czech physician Dr. Vladimir Janda (1928-2002). Dr. Janda pioneered the concept of muscle imbalance syndromes, and developed a systematic evaluation and unique treatment approach to musculoskeletal pain. This workshop provides the scientific evidence to support the role of muscular imbalance in the pathogenesis of musculoskeletal pain. With functional pathologies, rarely is the site of pain, the actual cause of pain. A systematic evaluation helps clinicians quickly determine
the cause of pain to initiate specific treatment using a variety of techniques. Dr. Janda developed a specific proprioceptive exercise program, Sensorimotor Training (SMT), using inexpensive exercise equipment, ideal for clinical or home exercise programs.

This course is suitable for PT, PTAs and PT, PTA Students and will result in 1.0 CEU Award.

Attire
Lab Clothes

Course Objectives
After completing this workshop, the participant will be able to:

• Describe the inter-relationship of the central nervous system and musculoskeletal system
• Describe the role of muscles and imbalance in the pathogenesis of pain
• Describe the neuromuscular aspects of functional movement
• Perform systematic visual evaluation of posture, balance, gait
• Perform systematic evaluation of movement patterns, muscle length, and tender points
• Describe Janda's 3 syndromes, and 6 patterns of movement impairment
• Recognize functional pathology of the musculoskeletal system and determine appropriate interventions
• Integrate normalization techniques, such as postural correction and joint mobilization
• Perform muscle length normalization techniques, such as post facilitation stretch or post isometric relaxation
• Perform neuromuscular activation techniques, such as reflexive, automatic or voluntary activity
• Describe and perform the Sensorimotor Training techniques to improve postural control

Course Instructor
Phil Page is a licensed physical therapist, athletic trainer, and certified strength & conditioning specialist. Since 1998, Phil has been the manager of clinical education and research for The Hygenic Corporation. His clinical and research interests include exercise EMG and the role of muscle imbalance in musculoskeletal pain. He has presented over 100 international lectures and workshops on exercise and rehabilitation topics, and has over 50 publications including 2 books. He is currently a PhD candidate in Kinesiology at Louisiana State University, concentrating in motor behavior.
Women’s Health Across the Lifespan for the Musculoskeletal Practitioner

Course Description
This 10-hour course will introduce the musculoskeletal practitioner to pertinent issues for pregnant women’s pathologies during the childbearing year. Consideration of anatomical and physiological changes that occur during this year will be linked to these musculoskeletal conditions. The “Back School” concept in occupational health will be applied to safely caring for children at home and in the community in the form of an “OB Back School.”

As women become age-enhanced, additional musculoskeletal issues need to be addressed which include a decline in attention to wellness and fitness, osteopenia and osteoporosis. This course will also address these women’s health issues from an evidence-based therapeutic approach as well as engaging in a group exercise format.

This course is suitable for PT, PTA and PT, PTA Students and will result in 1.0 CEU Award.

Attire
Lab Clothes

Course Objectives
Upon completion of this course, the participant will be able to:

- distinguish normal and appropriate physiological, anatomical, musculoskeletal and postural changes during the childbearing year.
- determine the impact of these changes on musculoskeletal dysfunction during the childbearing year.
- modify examination procedures for a pregnant woman.
- develop plan-of-care to address the pregnant and postpartum woman’s needs based on impairments and functional limitations.
- provide instruction in proper body mechanics during pregnancy and in the postpartum period and beyond.
- offer suggestions for appropriate use and selection of childcare equipment while protecting the spine and extremities.
- distinguish between low bone mass/osteopenia and osteoporosis based on bone mineral density while recognizing patients/clients in your practice who are at risk for osteoporosis.
- describe the major pharmaceutical agents approved for the prevention of bone loss and the treatment of osteoporosis.
- apply the Guide to Physical Therapist Practice in managing patients’ with, or at risk for, osteoporosis.
- use biomechanical information about spinal loads to advise and teach patients about specific movements and activities that are safe versus unsafe in terms of risk for vertebral fracture.
• develop a fitness program to address the needs of the age-enhanced women.

**Course Instructor**

**Dr. Jean Irion** is a professor in the Physical Therapy Program at the University of South Alabama. She is a Board Certified Clinical Specialist in Sports Physical Therapy, a certified athletic trainer and is the Chair of the Women’s Health Specialty Council for American Board of Physical Therapy Specialties of the APTA. She has been an invited speaker on a state, regional and national level on various women’s health and aquatic therapy topics. She has served the Section on Women’s Health and the Aquatic Physical Therapy Sections in various appointed and elected positions. She has almost 26 years of clinical experience with particular emphasis in women’s health, sports PT, occupational health and aquatic therapy. Her consulting company, *Triple “C” Physical Therapy Services* provides Consultation, Continuing Education and Contract Services to facilities and organizations in the practice areas of women’s health rehabilitation and fitness programming, aquatic therapy and occupational health. Dr. Irion is currently editing and writing a textbook with her husband, Dr. Glenn Irion, for Lippincott Williams and Wilkins on women’s health entitled: “*Women’s Health in Physical Therapy*” scheduled for release in June of 2009.

Course Description:
Develop your hands-on expertise utilizing functional mobilization principals and techniques in this 10-hour course. Emphasis will be on designing treatment programs for patients with lumbo-pelvic dysfunction which are neurological or orthopedic in nature. Participants will be provided with basic manual skills to enhance their treatment and maximize the patient’s functional mobility. This is an interactive course requiring hands-on participation, allowing all participants to experience and assess movement patterns.

This course is suitable for PTs and PT Students and will result in 1.0 CEU Award for Licensees.

Attire
Lab Clothes

Course Objectives:
- Define and state an understanding of the principles of Functional Mobilization;
- Identify appropriate principles to facilitate improved functional response;
- Assess basic movement dysfunction for neurologic and orthopedic patient populations and design appropriate treatment programs.
- Demonstrate understanding of home program development utilizing Functional Mobilization principles.

Instructor
Michelle Nesin, PT, OCS, FCFMT, earned her bachelor’s degree in Physical Therapy for the University of South Alabama in 1989. Since graduation she has been working for Nesin Therapy Services, PC in Huntsville, AL where she is co-owner, Clinical Administrator, and PT. Since graduation she has participated in a 6 month post professional residency in PNF at Kasier Vallejo, CA in 1992. She became certified in Functional Manual Therapy in 1997 and completed her one year IPA Manual Therapy Fellowship studies with Gregg Johnson, PT, FFCFMT in 2001. She became a Board Certified Orthopedic Specialist in 2006. She has been teaching for the Institute of Physical Art since 1993 and is a primary instructor in PNF, FOI and BET. Her experience has been in rehabilitation for neurologic and orthopedic patient populations of all ages. She is currently undergoing completion of her AAOMPT fellowship.

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 today’s litigious society, many PT licensing boards are requiring new graduates to pass a jurisprudence exam for licensure (as is currently required in Alabama). Additionally, many states have jurisprudence requirements for all licensees. Alabama PT/PTA clinicians may soon be required to participate in a jurisprudence education course for re-licensure (this course would qualify for meeting that requirement if implemented). The purpose of this 3-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, PTAs, and PT or PTA students and result in .3 CEU Award

Course Objectives:
Upon completion, 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.

Course Instructors
Tara Pearce, PT, MHS is Assistant Professor and Academic Coordinator of Clinical Education in the Department of Physical Therapy at the University of Alabama at Birmingham. She received a MHS from the University of Indianapolis in 2004 and is currently a DHS candidate at the University of Indianapolis with expected graduation in 2009. Ms. Pearce was appointed to APTA Board of Director’s Task Force on Professionalism in 2004. She has been a Credentialed Trainer of the APTA’s Clinical Instructor Education and Credentialing Program since 2006 and has been a member of APTA’s consensus conference on clinical education since 2007.

David M. Morris, PT, PhD is Associate Professor in the Department of Physical Therapy at the University of Alabama at Birmingham where he teaches professional practice coursework to entry-level PT students. He received a MS in physical therapy education from UAB in 1990 and completed a PhD in health education/promotion from UAB in 2004. Morris is currently President of the Alabama Chapter of the American Physical Therapy Association.
Professional Issues

Course Description
This 2-hour course will feature Dr. David Morris and Chapter Council members who will provide participants an update on current issues affecting practice and payment for PT services in our Alabama. Topics such as payment, practice infringement, coding, educational trends, licensure, state and federal regulatory concerns will be discussed with an open discussion period to follow.

This course is open to PT-PTA’s and PT-PTA Students. Upon completion, licensees will receive .2 CEUs Award upon completion

Course Instructor
David M. Morris, PT, PhD is Associate Professor in the Department of Physical Therapy at the University of Alabama at Birmingham where he teaches professional practice coursework to entry-level PT students. He received a MS in physical therapy education from UAB in 1990 and completed a PhD in health education/promotion from UAB in 2004. Morris is currently President of the Alabama Chapter of the American Physical Therapy Association.
“The ABCs of Professionalism-
Appear, Behave and Communicate as a Professional”

Course Description
This 3-hour course is designed to introduce students to the concept and practice of creating and maintaining a positive self image through verbal and nonverbal skills. It is designed to communicate the importance of professionalism in and outside of various practice settings as students become members of the Physical Therapy Profession. This course concentrates on skills necessary to present and maintain a positive self image in person and through written skills such as resume writing, clinical communication and other forms of written expression. Success in the profession depends upon fully understanding and practicing the concepts of Appearing, Behaving and Communicating as a Professional.

This course is suitable for PT and PTA students and current professionals wanting to enhance their skill set. An Award of .3 CEUs will be given to current license holders.

Course Objectives
• Prepare students as professionals for their upcoming internships
• Prepare students for the interview process to acquire the job they want
• Provide students with tips in effective resume writing to sell themselves on paper first

Course Instructor
Mary Orr is an LPTA for Restore Therapy Services in Pelham, Alabama. She graduated Cum Laude from Wallace State Community College, Hanceville, in 1995 with an Associates Degree in physical therapy. Since her graduation she has practiced in the outpatient setting; aquatic therapy, Home health, & Skilled Nursing Facility. In 1997 she received her certification as a Clinical Instructor.

Mary is currently the Senior Director of Operations for RTS, a contract therapy company in the longterm care setting. She sits on the advisory board for the PTA program at Wallace State Community College, Hanceville, and is a member of the Board of Directors for the ALPTA. To contact Mary please email her at 
MOrr@RestoreTherapy.com
Comprehensive Foot Examination and Risk Assessment in T2DM: A Critical Role for the Physical Therapist Working with Pediatric, Adult and Geriatric Populations with Diabetes Mellitus

Course Description
Children and adolescents are developing Type 2 Diabetes Mellitus (T2DM) at an unprecedented rate. As well, adult and geriatric population rates have achieved epidemic proportions. Common complications associated with T2DM, such as peripheral neuropathy and foot ulcerations, are a leading cause of morbidity and mortality in these populations. Seventy-five percent of all amputations in individuals with T2DM are preventable with appropriate screening and foot care. This 4-hour course will demonstrate how physical therapists are uniquely skilled and positioned to play critical roles in the health and wellness of individuals with diabetes mellitus and in the prevention of lower extremity complications.

This active learning course will strengthen physical therapists’ knowledge and skills in the management of lower extremity complications associated with T2DM. Clinicians and students will have hands-on experience performing a comprehensive foot and ankle examination for patients/clients with DM and determining individual risk levels for the development of a diabetic foot ulcer.

This course is suitable for PT, PTA, PT and PTA Student. Upon completion licensees will be awarded .4CEUs.

Attire
Lab Clothes

Course Objectives
At the completion of this course, participants will be able to:
1. Discuss US and worldwide trends related to the development of T2DM and associated complications;
2. Discuss how the pathophysiology associated with T2DM may lead to lower extremity impairments;
3. Demonstrate a comprehensive foot examination for the individual with T2DM including the assessment of:
   a. Sensory integrity: Vibratory and protective sensation
   b. Motor function: Identification of foot deformities, muscle weakness
   c. Vascular sufficiency: ankle-brachial index and other tests for arterial insufficiency
   d. Integumentary integrity: fissures, cracking, infections, calluses, ulcers
   e. Common gait abnormalities associated with diabetic peripheral neuropathy
   f. Footwear
4. Determine appropriate risk levels for the development of foot complications
5. Develop appropriate intervention strategies and tactics for the prevention of foot complications.
6. Identify opportunities for reimbursement: Patient Quality Reporting Incentives related to peripheral neuropathy and footwear assessment.

Diane Clark, PT, MBA, DScPT, is assistant professor in the Physical Therapy department at the University of Alabama at Birmingham. Dr. Clark received her undergraduate degree in physical therapy from McGill University, a Master in Business Administration from Georgetown University and a Doctorate of Science in physical therapy from UAB. Her research is focused in the area of screening for medical referral by physical therapists. With extensive experience in the acute care setting, her clinical interests include cardiopulmonary physical therapy, diabetes mellitus and wound care.