



## 2023 ANNUAL CONFERENCE

AUGUST 25-27, 2023

SAMFORD UNIVERSITY  
BIRMINGHAM, AL

**EARLY-BIRD REGISTRATION DEADLINE – JULY 1**

### **FRIDAY, AUGUST 25 (VIRTUAL)**

#### **VIRTUAL 1    G.R.I.T.: GROWING RESILIENCY INTENSITY TRAINING: HOW TO BOUNCE BACK FROM BURNOUT**

Speaker:        Kimberly Livingston, PT, DPT

#### **Session Description**

Stress leads to burnout, especially in the healthcare community. In May of 2022, the Surgeon General released an Advisory highlighting the urgent need to address the healthcare workforce burnout crisis across the country. Excessive workloads, administrative burdens, scheduling conflicts and a lack of organizational support are common systemic challenges that have led to high rates of burnout. Burnout not only impacts the individual, it impacts medical errors, patient satisfaction, reduction of work effort, and turnover.

The American Psychological Association defines resilience as the ability to adapt well in the face of adversity or significant sources of stress. This session is designed to build resilience in both personal and professional settings by introducing a holistic approach to building the necessary skills to enhance the participants' resilience as well as outline conflict resolution strategies that reveal how to work through difficult conversations. The session caters to multiple learning styles by offering a combination of lecture, case study, completion of questionnaires, resilience skill building activities and conflict resolution activities.

#### **Objectives**

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

1. Identify at least three factors that impact resilience.
2. Recognize at least four characteristics of a resilient person.
3. Identify four factors of healthcare burnout.
4. Complete a burnout questionnaire.
5. Describe seven skills impacting resilience.
6. Distinguish three components of emotion.
7. Recognize at least four Cognitive Distortions.
8. Complete Anatomy of Conflict worksheet.
9. Complete conflict resolution activities.

#### **About the Speaker**

**Kimberly Livingston, PT, DPT**, graduated from the Medical College of Georgia in 1993 and in 1997 with a PTA and PT degree. She returned to school to earn her DPT from Utica College in 2012. She has worked in a variety of settings including acute care, inpatient rehabilitation, outpatient, home health and skilled nursing facility. She has served on the Southeast Regional Leadership Team in the military sector as well as served as Therapy Director of Concentra, an outpatient therapy clinic. At Concentra, her team was recognized as the top three clinics for patient satisfaction for three years from 2013 to 2016 in the nation. She served as the Therapy Director and Wound Care Director of East Georgia Regional Medical Center and her physical therapy department won "Best Physical Therapy in the Boro" in 2018. She is currently working as a physical therapist at NHC Home Healthcare in Nashville, TN and providing continuing education content for the American Academy of Continued Education. Advanced training in Franklin Covey- Great Team, Great Leaders Great Results, and Studer Group.

**TARGET AUDIENCE:** PTs, PTAs, Students, Healthcare Workers

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## **VIRTUAL 2    WHAT YOU BRING INTO THE ROOM: TREATING WITH HUMAN PRESENCE AND CONNECTION**

Speakers:        Danielle Stoller, PT, MSPT and Marabeth Quin

### **Session Description**

What advantage does combining the insights of a neuro physical therapist with a stroke survivor's mother offer? A unique perspective on how human connection heals.

Blending research with the clinician and caregiver perspectives, this course provides practitioners new insights on how their powerful influence can improve results, boost communication and create thriving therapeutic relationships.

An introduction into what research shows about how mindsets, beliefs, expectations, communication, and patient-provider relationships affect health and performance is discussed. Additionally, participants receive a real life look at the impact of these variables through clinical examples and personal anecdotes. They learn a framework to navigate the emotional and psychological elements inherent in the rehab process. The participants gain strategies to achieve congruence between their verbal and nonverbal communication and to utilize human connection and presence to facilitate an optimal healing environment.

### **Objectives**

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

1. Recognize the role of the narrative brain in both the patient and practitioner in the rehab process.
2. Identify how thoughts, emotions, beliefs and expectations impact physiological and psychological responses.
3. Identify ways to achieve congruence between verbal and nonverbal communication when treating to facilitate positive outcomes.
4. Apply strategies to enhance the therapeutic relationship between patient and therapist.

### **About the Speakers**

**Danielle Stoller, PT, MSPT**, received her master's degree in Physical Therapy from Washington University in 2000. Danielle has specialized in the treatment of adult neuro patients in the outpatient setting since 2007. She was Neuro-IFRAH® Certified in 2007 and a Neuro-IFRAH® Instructor from 2013-2016. She currently treats private clients in Nashville, TN. When not treating patients, Danielle collaborates with Marabeth Quin in Expanded Practice to teach PTs, OTs and SLPs research backed methods to effectively navigate the mental and emotional aspects of rehab for improved results. She has taught in multiple formats including continuing education courses, podcast interviews, university guest lectures, healthcare facility in-services, and monthly therapist mentorship meetings.

**Marabeth Quin's** daughter, at 18 years old, had a massive stroke with hemiplegia and global aphasia. Using the experience and insight she's gained from watching her daughter recover, Marabeth collaborates with neuro PT Danielle Stoller in Expanded Practice where she shares knowledge with therapists about the powerful role they have with patients, as well as the mental and emotional aspects of the recovery process they are facilitating. She's taught continuing education courses, mentored practicing PTs, OTs, and SLPs, been a university guest speaker for OT and MD students, and played an advisory role with stroke patients and their families.

**TARGET AUDIENCE:** PTs, PTAs, Students, OTs, COTAs, SLPs

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## **VIRTUAL 3    SPECIALIZATION IN PHYSICAL THERAPY: A ROADMAP FOR NAVIGATING BOARD CERTIFICATION THROUGH BOTH RESIDENCY TRAINING AND SELF STUDY APPROACH**

Speakers:        Chris Ireland, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy  
Liz Wylie, PT, DPT, Board Certified Clinical Specialist in Neurologic Physical Therapy

### **Session Description**

Since 1985, Specialty Board Certification has been a way for physical therapist to passionately explore areas of expertise to grow and lead the practice of physical therapy. Despite the benefits that can come with becoming specialized through the American Board of Physical Therapy Specialty (ABPTS), there is a disparity of board-certified specialists in the state of Alabama as compared to other states in the Southeast. This course will aim to address any barriers that might be impacting physical therapists and physical therapy students' ability to take on the board certification process by providing a detailed description of obtaining specialty certification by way of both self-study and residency training. To do this, there will be two panel discussions. The first panel will include ABPTS clinical specialists sharing the impact and experience that specialization has had on their patient care, job satisfaction and knowledge base. This panel will include a specialist from all 10 of the current ABPTS categories. The second panel will be focused on residency training and will include a panel of graduates and directors of residency programs. This session

will give a detailed description of residency training, how to strengthen a residency application, as well as a question-and-answer session with the panel. The session will conclude with an exploration of the Maintenance of Specialty Certification (MOSC) process to allow those who are interested in specialty training or those that have already achieved specialization to understand the requirements of maintaining this certification through a commitment of lifelong learning.

### **Objectives**

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

1. Understand the disparity of specialist in the state of Alabama and the impact this has on patient care within the state.
2. Describe the process of obtaining specialization through both self-study and residency training.
3. Discuss the implications of being ABPTS board certified with respect to patient management, career advancement, and job opportunities.
4. Describe the process of Maintenance of Specialty Certification (MOSC) through ABPTS.

### **About the Speakers**

**Chris Ireland, PT, DPT**, serves as the Director of Clinical Education (DCE) for Faulkner University's DPT program. He received his Doctor of Physical Therapy degree from the Medical College of Georgia in 2009 and has held licensure in Florida, Illinois and Alabama. Following graduation, he joined a private practice where he had the opportunity to gain experience in outpatient, acute, and inpatient rehabilitation settings. During his tenure in clinical practice, he advanced his clinical expertise by achieving and recently recertifying his ABPTS specialty certification in Orthopedics, as well as advancing in his management and leadership role. In 2018, he transitioned from primary clinical care to teaching in an accredited DPT program. In the past 5 years of teaching experience, he has had the opportunity to be a part of program, curriculum, course development and is currently working on achieving his advanced degree, a PhD in Health and Human Performance.

**Elizabeth Wylie, PT, DPT**, is an Assistant Professor in the Department of Physical Therapy at the University of Alabama at Birmingham. Her primary area of teaching is in the examination and treatment of patients with neurological diseases. She is a Board-Certified Clinical Specialist in Neurologic Physical Therapy with over 12 years of experience in the acute and inpatient neurologic rehabilitation settings with specific expertise in the management of individuals after traumatic brain injury, stroke, and spinal cord injury. She continues to practice as a neurologic physical therapist at Spain Rehabilitation Center, UAB's STEP clinic, and UAB's Interdisciplinary ALS clinic. Dr. Wylie also co-founded the first Neurological Physical Therapy Residency in Alabama and the first Physical Therapy Residency at UAB. She currently serves as Co-Director and faculty within this residency program, mentoring on professional leadership and resident as teacher. She is a member of the Alabama Physical Therapy Association, the American Physical Therapy Association (APTA), and the APTA Academy of Neurologic Physical Therapy. She received her Bachelor of Arts in Psychology from Mercer University in 2007 and her Doctor of Physical Therapy degree from North Georgia College and State University in 2010.

**TARGET AUDIENCE:** This presentation is designed for PT students, new graduates, and clinicians who may be interested in board certification, applying to a residency program, or potentially even considering starting a residency program. Current Board-Certified Specialists are welcome to attend and share in the discussion.

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## **VIRTUAL 4 SPINAL DEFORMITIES AND PAIN GENERATORS**

Speaker: Sharon Young Rhodes, PT, DSc

### **Session Description**

This presentation will discuss sources of pain generated by the spine for adolescent and adult clients, including imaging and criterion standards for identifying pain generators. Spinal deformities and pathologies across the lifespan are discussed along with their relationship to pain. Considerations for adaptive seating to address deformities is offered. The use of Evidence-Based Practice for identifying pain generators in a clinical examination is also presented.

### **Objectives**

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

1. Identify types and sources of pain generated by the spine.
2. Identify clinical characteristics of different sources of pain.
3. Be familiar with fluoroscopic, CT and MRI for spine pathologies and deformities.
4. Describe spinal deformities and pathologies across the lifespan.

### **About the Speaker**

**Sharon Young Rhodes, PT, DSc**, is an orthopedic physical therapist with extensive rehab experience treating patients ranging from adolescents to geriatrics. She has published numerous articles on neck and back pain, has taught at universities and continuing education programs, and has presented at international, national, and state conferences. She recently retired from clinical practice and is now teaching Evidenced Based Practice at Faulkner University.

**TARGET AUDIENCE:** Orthopedic and Pediatric PTs and PTAs, Students

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## **VIRTUAL 5    BARBELL TRAINING 101: A GUIDE FOR TEACHING FUNCTIONAL LIFTS IN A PHYSICAL THERAPY SETTING**

**Speakers:** Nadia Araiinejad Jones, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy  
Lauren Buckalew, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy  
Lacie Webb Pennington, PT, DPT

### **Session Description**

This course is for those practicing in all settings of physical therapy. While we feel the course will be mainly geared toward orthopedic and sports physical therapy, we do believe practitioners in all fields of physical therapy would benefit from attending. The course will focus on how to perform the various functional lifts outlined in the objectives below:

### **Objectives**

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

1. Outline the functional lifts listed below:
  - Back Squat
  - Front Squat
  - Overhead Squat
  - Deadlift
  - RDL/Straight Leg Deadlift
  - Bench Press
  - Muscle Clean
  - Hang Clean
  - Power Clean
  - Squat Clean
  - Muscle Snatch
  - Hang Snatch
  - Power Snatch
  - Squat Snatch
  - Shoulder/Strict Press
  - Push Press
  - Push Jerk
2. Discuss various lift performance properties for each lift.
3. Learn proper safety techniques for participants and spotters.
4. Review the starting position, upward phases, and downward phases of each lift.

### **About the Speakers**

#### **Nadia Araiinejad Jones, PT, DPT**

- Sports Certified Specialist
- Certified Strength and Conditioning Specialist
- Crossfit Level 1 Instructor
- Certified Titelist Performance Institute Instructor
- Co-owner of Physiolete Therapy and Performance

Nadia is originally from Huntsville, Alabama. She went to The University of Alabama in Huntsville (UAH) where she competed collegiately in track and field and received her B.S in Biology in 2013. She attended The University of South Alabama where she received her Doctorate of Physical Therapy in 2016. Nadia completed a sports residency program in December of 2017 and officially became a Sports Certified Specialist in July 2018. Nadia currently co-owns and practices physical therapy at Physiolete Therapy and Performance in Tuscaloosa, AL. She is married to her college sweetheart, Elliott Jones, who played basketball at UAH. Nadia and Elliott have a 2-year-old daughter, Rory, and are expecting their second daughter in May 2023. Nadia enjoys CrossFit, running, and participating in other recreational sports. While she is looking forward to her first Masters Track and Field season, chasing Rory around is her favorite "event" of all.

### **Lauren Buckalew, PT, DPT**

- Sports Certified Specialist
- Certified Dry Needling Provider
- Graduate of The University of Mississippi Medical Center
- Co-owner of Physiolete Therapy and Performance

Lauren is originally from Hattiesburg, Mississippi. She received her B.S. in Exercise Physiology from Mississippi College in 2011. She then attended the University of Mississippi Medical Center where she received her Doctorate of Physical Therapy in May 2014. Upon completing physical therapy school, Lauren began a one-year sports residency program also at UMMC. She officially became a Sports Certified Specialist in July 2016. Lauren currently co-owns and practices physical therapy at Physiolete Therapy and Performance in Tuscaloosa, AL. She resides in Tuscaloosa with her husband, Nathan, 4-year-old daughter, Peyton, and 2-year-old, Presley. Lauren enjoys running, HIIT training at a local gym, hiking, and spending time with family and friends. She has a passion for sports physical therapy, specifically in regard to injury prevention and improving athletic performance.

### **Lacie Webb Pennington, PT, DPT**

- Certified Dry Needler Provider
- Crossfit Level 1 Instructor
- Physical Therapist at PHIT Well in Manhattan, New York

Lacie is originally from Winfield, Alabama. She received her B.S. in Biological Studies from The University of Alabama in May 2016. She then attended Samford University where she received her doctorate of Physical Therapy in May 2019. She completed a Sports Residency with Evidence in Motion in 2022. Lacie is currently working as a physical therapist at PHIT Well and is a consultant with the Philadelphia 76ers. Her clinical interests have focused on sport rehabilitation, orthopedics, and injury preventative programs. Preventative health is one of Pennington's passions; she incorporates all aspects of preventative health in her clinical practice. She currently resides in New York, New York where she lives with her husband, Colin Pennington, who is a professor. Outside of work, Lacie's passions are involvement in medical mission trips, exercising, cooking, and spending time with her husband and their dogs outdoors.

**TARGET AUDIENCE:** This course is directed towards PTs and PTAs who are interested in incorporating functional lifts into physical therapy treatments. The class is also directed towards Students who are interested in working orthopedic and sports physical therapy settings. While we believe the course will be geared towards sports and orthopedic physical therapy, we believe all disciplines will benefit from learning how to teach functional movements with a barbell.

Other disciplines that may benefit from this course, include: athletic trainers, coaches, personal trainers, occupational therapists who treat an athletic population, and physicians who are interested in current evidence for exercise during the pregnancy postpartum period.

**SPECIAL INSTRUCTIONS:** Participants will need to wear comfortable clothes, have a PVC pipe or empty barbell to practice the lifts, and a camera turned on for the question-and-answer portions of the presentation.

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## **SATURDAY, AUGUST 26 - IN-PERSON SESSIONS**

### **SESSION 1    GAIT TRAINING WITH THE PERSON LIVING WITH DEMENTIA: AN OVERVIEW OF PROCESSING CHANGES WITH PRACTICAL APPLICATION**

Speaker:        Matt Matlock, PT, DPT

#### **Session Description**

The purpose of this course is for the physical therapy practitioner to enhance his/her skills for working with the person living with dementia. Specifically, participants will be introduced to processing changes associated with the process of dementia progression. Once this understanding is developed, participants will then be introduced to appropriate standardized testing to create goals and provide intervention focused on gait training.

#### **Objectives**

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

- Develop an understanding of the visual and auditory processing changes associated with dementia.
- Apply the knowledge regarding dementia related processing changes to better approach/interact with persons living with dementia.
- Gain an understanding of the utilization/application of appropriate standardized testing to assess gait among persons living with dementia.

- Create appropriate/quantifiable goals to address noted impairments of mobility focusing on gait.
- Implement gait training techniques/strategies to best promote mobility and decrease burden of care.

### **About the Speaker**

**Matt Matlock, PT, DPT**, has been practicing for the last 10 years with a focus on working with older adults. He currently serves as the manager of Outpatient Clinical Programming and Special Projects with Restore Therapy Services. To better his practice and enhance his training skills, he holds certifications as both a Certified Independent Coach and Trainer through Teepa Snow's Positive Approach to Care®.

**TARGET AUDIENCE:** PTs, PTAs, Students

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## **SESSION 2 A HOLISTIC AND EVIDENCE-BASED APPROACH TO TREATING CLIENTS WITH CHRONIC PAIN**

Speaker: Will Scogin, PT, DPT, ScD, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

### **Session Description**

The purpose of this course is to (1) amass strategies to holistically treat patients with chronic pain and to (2) learn various evidence-based treatment approaches specific for chronic pain populations.

### **Objectives**

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

1. Differentiate chronic and acute pain mechanisms, characteristics, and diagnoses.
2. Discuss biopsychosocial factors that may influence pain in clients with chronic pain.
3. Understand the need to manage clients with chronic pain with a multimodal approach consisting of traditional physical therapy techniques, pain neuroscience education, and other holistic considerations.
4. Be able to practically educate patients on "Healing 101" considerations including sleep, hydration, nutrition, physical activity, and a sense of well-being.
5. Apply pain neuroscience educational strategies to clients suffering from chronic pain.

### **About the Speaker**

**Will Scogin, PT, DPT, ScD**, is an Assistant Professor of Physical Therapy at Samford University in Birmingham, AL. He has 7 years of experience working with chronic pain patients in various outpatient orthopedic settings across the country. He also assists weekly with chronic pain clients through Samford's pro-bono partnership with Cahaba Medical Center. He is a Board-Certified Orthopaedic Clinical Specialist by the American Board of Physical Therapy Specialists, as well as a Certified Orthopedic Manual Therapist by the International Academy of Orthopedic Medicine – US.

**TARGET AUDIENCE:** PTs, PTAs, Students

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## **SESSION 3 HISTORY AND PHYSICAL EXAMINATION VERSUS IMAGING FOR DIAGNOSIS OF MUSCULOSKELETAL CONDITIONS: AN EVIDENCE-BASED APPROACH**

Speakers: Richie Cahanin, PT, DPT, PhD  
Troy Burley, PT, PhD, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Fellow American Academy of Orthopaedic Manual Physical Therapists

### **Session Description**

In this 4-hour course, we will analyze and compare the diagnostic utility of various subjective and objective findings to imaging for diagnosis of selected musculoskeletal conditions.

### **Objectives**

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

1. Understand the clinical utility of a variety of history and physical examination procedures for diagnosis of selected musculoskeletal conditions.
2. Understand the utility of a variety of diagnostic imaging procedures for diagnosis of selected musculoskeletal conditions.
3. Understand best evidence for appropriate implementation of diagnostic imaging into physical therapy practice.

## **About the Speakers**

**Richie Cahanin, PT, DPT, PhD**, is an alumnus of South Alabama's Doctor of Physical Therapy Program. He has clinical experience in a multitude of settings, including, acute care, inpatient rehabilitation, home health and outpatient. He has completed a certification in dry needling and earned a PhD in Orthopedic and Sports Science. He currently teaches within South Alabama's DPT Program. Dr. Cahanin is actively engaged in research, is a published author, and has presented his work at national conferences. His research interests include injury prevention, biomechanics, kinesiology, musculoskeletal imaging, and healthy aging. He enjoys an active lifestyle, which includes adventures with his two dogs.

**Troy Burley, PT, PhD**, is currently a faculty member of the Doctor of Physical Therapy Program at the University of South Alabama. He is a Board-Certified Clinical Specialist in Orthopaedic Physical Therapy through the American Board of Physical Therapy Specialties and a Fellow of the American Academy of Orthopedic Manual Physical Therapists. Dr. Burley also serves in the United States Army Reserve. He is currently the Commander of the Headquarters and Headquarters Detachment of the 1<sup>st</sup> Medical Training Brigade. Troy received his Master of Physical Therapy Degree from Western University of Health Sciences in 2002. He graduated from the Kaiser Permanente Vallejo Physical Therapy Fellowship in Orthopedic Manual Therapy and Musculoskeletal Primary Care in 2006. He earned his PhD in Orthopedic and Sports Science in 2018 from Rocky Mountain University of Health Professions. Troy's PhD dissertation work in musculoskeletal imaging has been published and presented at several national conferences. He recently developed the Burley Readiness Examination for Musculoskeletal Imaging Competency and was an invited chapter author on the 5<sup>th</sup> Edition of the Fundamentals of Musculoskeletal Imaging. Troy has interests in differential diagnosis, musculoskeletal imaging and primary care.

**TARGET AUDIENCE:** PTs, SPTs

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## **SESSION 4    EMG & NCV FOR THE AL PT: THE ROLE OF ELECTRO-DIAGNOSTIC TESTING IN THE MANAGEMENT OF PATIENTS WITH HAND AND UPPER EXTREMITY DYSFUNCTION**

**Speakers:**        John Lugo, PT, DPT, Board-Certified Clinical Specialist in Clinical Electrophysiologic Physical Therapy  
                         Austin Andrus, PT, DPT, Board-Certified Clinical Specialist in Clinical Electrophysiologic Physical Therapy  
                         Drayton Perkins, PT, DPT

### **Course Description**

Thorough and comprehensive examinations and evaluations are important factors in the assessment of patients with hand and upper extremity dysfunction. An electrodiagnostic (EDX) exam produces reliable and sensitive information regarding the functional integrity of the peripheral nervous system and neuromuscular organization. This information can be used to confirm the presence of pathology and differentiate a focal mononeuropathy such as carpal tunnel or cubital tunnel syndromes from a radiculopathic process or peripheral polyneuropathy. EDX testing is a tool that can be performed by qualified physical therapists as part the assessment of their patients to aid their clinical decision-making. It is also important for all physical therapists to understand the information contained in an EDX exam report and to recognize when a test result can be misleading. The principles of EDX testing will be presented along with a summary of the critical items of an EDX exam report. Case-based scenarios will be portrayed to demonstrate how clinical treatment decisions can be altered by test results. Interspersed within the presentation will be demonstrations of nerve conduction studies and needle electromyography techniques with the potential for group laboratory practice.

### **Objectives**

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

1. Describe the basic principles and procedures of EDX testing.
2. Discuss the necessary components of an EDX exam report.
3. Apply the results of diagnostic tests to management of patients with hand upper extremity dysfunction.

## **About the Speakers**

**John Lugo, PT, DPT**, is a licensed physical therapist with 20 years of experience performing electrodiagnostic studies. He achieved board certification from the American Board of Physical Therapy Specialties in 2010 as an Electrophysiological Clinical Specialist and recertified in 2020. He has performed thousands of studies on patients with diverse neuromuscular pathologies in a variety of clinical settings. He has produced fourteen peer-reviewed scholarly articles and conference presentations related to his experience in clinical electrodiagnosis. He has held elected positions in the Academy of Clinical Electrophysiology and Wound Management and was appointed to the Specialization Academy of Content Experts. In addition, he has 14 years of experience as a faculty member in an entry-level physical therapy program and has served as a faculty member and mentor in an American Board of Physical Therapy Residency and Fellowship Education postgraduate program for 11 years.

**Austin Andrus, PT, DPT**, received his B.S. in Exercise Science from Brigham Young University in 2014 and his Doctor of Physical Therapy from Rocky Mountain University of Health Professions in 2016. He began working in clinical electrophysiology in 2017 and has also practiced in orthopedic and pediatric physical therapy. He has been a Board-Certified Clinical Specialist in Electrophysiologic Physical Therapy since 2020. As an employee of EMG Solutions Austin provides EMG and nerve conduction study services throughout Alabama, Georgia, and Tennessee. In addition to clinical practice, Austin mentors electrophysiology residents and is active in research to enhance and promote clinical electrophysiology practice. He is a frequent presenter at the APTA Combined Sections Meeting and other peer-reviewed research symposiums. He currently serves as an item writer for the electrophysiologic clinical specialist board certification exam. Outside of professional life, Austin and his lovely wife, Dánery, enjoy exploring North Alabama and learning new skills to add to an ever-growing list of hobbies.

**Drayton Perkins, PT, DPT**, received his B.B.A in Accounting and Business Law from Mercer University in 2011 and his Doctorate of Physical Therapy from Mercer University in 2014. Prior to beginning his residency in clinical electrophysiology, he worked for six years in oncology rehab and another two years in outpatient orthopedics/sports medicine. As a resident with EMG Solutions, Drayton is currently working with mentors and instructors to increase his knowledge about clinical electrophysiology with a goal to sit for the Clinical Electrophysiology Specialist exam in the Spring of 2024. He is working full-time, performing electrodiagnostic tests in various clinics throughout the southern Alabama region, primarily in the Mobile and Dothan areas. Drayton and his husband, Will, recently moved to the Eastern Shore area of southern Alabama and he enjoys traveling, outdoor activities, such as, boating, and is working towards obtaining his captain's license.

**TARGET AUDIENCE:** PTs, SPTs, Other Disciplines

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## **SESSION 5    WHAT IS PRIMARY CARE PT? DESCRIPTION WITH A LAB-BASED CASE STUDY**

**Speakers:** Donald Lein, PT, PhD  
David Morris, PT, PhD, FAPTA  
John Lowman, PT, PhD, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy

### **Session Description**

In 2015, Alabama proposed RC 19-15 that charged the Association to explore the roles and opportunities for PTs in primary care as well as the practicability of obtaining primary care practitioner status. The House of Delegates adopted the charge and the APTA completed a white paper in 2017 and concluded that “[w]hile physical therapists provide unique and important contributions to primary care, there are multiple avenues in which this occurs and additional opportunities that have yet to be realized.” Since this white paper, little has been done to explain the skills and education needed for physical therapist to become primary care practitioners despite the need of primary care in many areas of the United States (US). In Alabama, primary care services are limited in most areas of this state. Physical therapists could help provide primary care services in Alabama and the US.

With this need and opportunity in mind, several faculty members at the University of Alabama at Birmingham (UAB) Department of Physical Therapy developed a curriculum using research consensus methods concerning primary care physical therapy for underserved populations. The aim of this continuing education offering is to provide the learner a lecture/lab-based course that introduces them to primary care physical therapy based off the research informed curriculum developed at UAB. Specifically, we will use a patient case of a male, 65 years of age, visiting an outpatient clinic with a medical history of chronic obstructive disease (COPD) and hypertension with a recent history of hospitalization for a fall and acute exacerbation of COPD.

The learner will be provided background information concerning our primary care physical therapy curriculum, models of primary care PT, need for primary care especially in underserved populations, social determinants of health and physical therapy consultancy and referral networks in the context of COPD effects on the human movement system. Using the case, the learner will be taught skills such as assessing social determinants, addressing unhealthy behaviors, understanding our role in medical management (i.e., tests and medication common to COPD management), and primary care system screening skills (i.e., history and physical exam skills) while treating the physical therapy chief complaint. Finally, we will discuss working in primary care teams and decision-making surrounding treatment, consultation and referral when working in a primary care team.

### **Objectives**

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

1. Define primary care PT based on existing primary care PT models.
2. Perform a social determinants of health screening.
3. Execute a health behavior screening.
4. Do a primary care system review of systems.
5. Understand a PT's role in medical management of COPD.
6. Discuss how COPD affects the human movement system.
7. Develop a home exercise program.
8. Perform the following primary care skills:

- Adult physical examination/screening (e.g., vital signs, inspection, auscultation, palpation, percussion)
  - Cough assessment
  - Teaching airway clearance techniques
  - Utilize motivation interviewing
9. Make decisions concerning treatment, consultation and referral when treating an individual with COPD.

### **About the Speakers**

**Donald H. Lein Jr., PT, PhD**, is an Associate Professor, the Bergman/Pinkston Endowed Professor in Physical Therapy, Director of the Graduate Certificate in Primary Care Physical Therapy for Underserved Populations, and the Director of Continuing Education and Community Outreach in the Department of Physical Therapy at the University of Alabama at Birmingham (UAB). He continues to practice part time in the UAB Osteoporosis Prevention and Treatment Center at the Kirklin Clinic. His research interests include developing and implementing physical therapy interventions to improve the care of individuals with chronic conditions, exploring the role of physical therapists in providing health promotion and education while providing typical physical therapy services, and developing and testing educational strategies to enhance Doctor of Physical Therapy education. He has a special interest in delivering primary care physical therapy to underserved populations and marginalized communities. He has published manuscripts in peer-review journals and presented nationally and internationally concerning his research interests. He has served as Delegate, Chief Delegate and is currently President of APTA Alabama. He has received several awards for patient care excellence at UAB, the 2014 Marilyn Gossman Award for Professionalism in Physical Therapy, and the Fall 2017 UAB Disability Support Services Outstanding Recognition Award.

**David M. Morris, PT, PhD, FAPTA**, is Professor and Chair of the Department of Physical Therapy at the University of Alabama. He earned a BS in physical therapy from the University of North Carolina, Chapel Hill; a MS in physical therapy education and a PhD in health education/promotion from the University of Alabama at Birmingham. He is also a Credentialed Fellowship Graduate from the APTA Education Leadership Institute Fellowship. He has been a member of the UAB Constraint Induced (CI) Therapy Research Group since 1994. He is Training Coordinator for the UAB Training for CI Therapy program and conducts CI therapy training programs for rehabilitation professionals worldwide. He has authored and/or co-authored numerous peer-reviewed manuscripts and book chapters concerning the topics of aquatic physical therapy, neurologic physical therapy and the PTs role in health promotion, wellness and prevention. Morris has Held multiple leadership roles in several APTA components including being a member of the founding Executive Committee and serving two terms as President for the APTA Aquatic PT Section. He also served three terms as Vice President and two terms as President for APTA Alabama. He is a recipient of multiple awards, including, the 2009 APTA Lucy Blair Service Award, the 2012 APTA Legislative Commitment Award, the 2012 Marilyn Gossman Award for Professionalism in PT and the 2016 Leadership Award from APTA Alabama, and the 2017 Joseph F. Volker Outstanding Faculty Award from the UAB School of Health Professions. In 2017, he received the APTA Catherine Worthingham Fellow Award.

**John Lowman, PT, PhD**, is Associate Professor and Director of Residency Education in the Department of Physical Therapy at The University of Alabama at Birmingham. His primary responsibilities are teaching physiology, pathology/pathophysiology, pharmacology, and cardiovascular and pulmonary patient/client management in the Doctor of Physical Therapy program as well as in the PhD in Rehabilitation Sciences program. He received his B.S.Ed. in Exercise Science from Virginia Tech, M.S. in Physical Therapy from Duke University, and Ph.D. from Virginia Commonwealth University/Medical College of Virginia. He has been a Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy since 1999. He has been actively involved with the American Physical Therapy Association, the Federation of State Boards of Physical Therapy, and American Board of Physical Therapy Residency and Fellowship Education. Dr. Lowman has provided numerous presentations at state, national, and international meetings related to physical therapy and has authored/co-authored many peer-reviewed articles and book chapters.

**TARGET AUDIENCE:** PTs, SPTs

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## **SESSION 6    SWEARING TO CALM S\*\*\* DOWN, BUILD S\*\*\* UP AND IMPROVE PATIENT OUTCOMES IN PHYSICAL THERAPY**

Speaker:            Nicholas B. Washmuth, DPT, DMT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

### **Session Description**

WORDS MATTER in the physical therapy world. We know that words can influence the way a patient thinks, feels and performs, directly affecting outcomes. Swearing produces positive psychological, physiological and social effects that are not able to be achieved by other forms of language; simply stated, swearing is powerful. In the physical therapy setting, swearing can enhance the therapeutic alliance, decrease pain, improve physical performance and increase confidence. The utility of swearing in the clinical setting is still poorly understood. However, swearing deserves attention in the physical therapy setting based on the evidence indicating positive effects on patient outcomes.

This presentation will present the current qualitative and quantitative evidence surrounding the use of swearing, explore why swearing is relevant to physical therapy practice and propose strategies to identify patients who may benefit from this approach and how to implement the use of swearing in clinical practice.

\*Please Note: This session is not appropriate for attendees that are easily offended by language.

### **Objectives**

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

1. Discuss the evidence on the benefits of swearing.
2. Restate the opportunities for applying swearing into physical therapy clinical practice.
3. Use the strategies taught to optimize the clinical utility of swearing.

### **About the Speaker**

**Nick Washmuth, DPT, DMT**, Nick is currently an associate professor in the Department of Physical Therapy at Samford University and co-owner of a fitness center in Leeds, AL. His research and teaching are both in the areas of anatomy, biomechanics, and orthopedic clinical practice. Nick has a passion for challenging the norm and recently helped open a physical therapy clinic specializing in treating patients with erectile dysfunction.

**TARGET AUDIENCE:** PTs, PTAs, Students, Other Disciplines

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## **SESSION 7 HEALTH DISPARITIES IN ALABAMA: ENHANCED ACCESS TO PT AS PART OF THE SOLUTION**

Speakers: LaDarius Woods, PT, DPT, PhD, CSCS  
David M. Morris, PT, PhD, FAPTA

### **Session Description**

Health disparities are the unequal distribution of the incidence, prevalence, mortality and burden of disease or adverse health conditions that arise from the social conditions, in which, people are born, grow, live, work and age (NIH, 2002; WHO 2020). Individuals from marginalized and/or disadvantaged populations (e.g., based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion) are particularly vulnerable to health disparities. When it comes to health indicators, Alabama ranks among the lowest in the U.S. For example, In Alabama, 67% of people are living with a chronic disease. Further, every Alabama county, but two, is included on the latest federal list of officially approved Medically Underserved Areas. Fifty-five (55) of Alabama's 67 counties are considered rural. Bottom line...there is significant need for access to better healthcare in Alabama. Physical therapy, when available and optimally utilized, could significantly help to reduce the health disparities experienced in Alabama.

This session will explore some of the leading health disparities and vulnerable populations challenging the health of Alabamians today and propose strategies for physical therapists to positively influence them. The Alabama Physical Therapy Practice Act and Administrative Code will be examined in light of how these strategies can be executed within the current scope of practice by Alabama physical therapy practitioners.

### **Objectives**

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

1. Describe Alabama's leading health disparities and vulnerable populations.
2. Discuss how physical therapy could reduce these health disparities.
3. Apply Alabama's scope of physical therapy practice (e.g., in accordance with the Alabama Physical Therapy Practice Act and Administrative Code) to optimize access to physical therapy services for all populations.

### **About the Speakers**

**LaDarius Woods PT, DPT, PhD, CSCS**, is an Assistant Professor at Alabama State University, a historically black college and university and the Co-Chair of the Diversity, Equity, and Inclusion (DEI) Committee for APTA Alabama. He teaches course work related to basic sciences and neurological content. He holds a baccalaureate degree in biology from Birmingham-Southern College, a Doctor of Physical Therapy degree from Alabama State University and a PhD in Adult Education from Auburn University. Dr. Woods is also a Certified Strength & Conditioning Specialist, Certified Disability Sports Specialist, APTA Level II Credentialed Clinical Instructor, Certified in Vestibular Assessment and Management, and Certified in Integrative Dry Needling. Dr. Woods has served in a variety of leadership roles in his profession and the community, including, PT-at-Large Member and

Delegate for APTA Alabama, APTA Centennial Scholar, American Council of Academic Physical Therapy Diversity, Equity, and Inclusion (DEI) Consortium PT Representative at Large, Member of the APTA DEI Committee, Co-Chair of the APTA Alabama DEI Committee and the Co-Chair of the Academy of Research Combined Sections Meeting Programming Committee. In addition, Dr. Woods has presented locally and nationally on the topic of Diversity, Equity, and Inclusion on numerous occasions.

**David Morris, PT, PhD, FAPTA**, is Professor and 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 teaches coursework related to professional practice issues, neurorehabilitation strategies, and the physical therapist's role in health promotion and wellness in the entry-level Doctor of Physical Therapy and PhD in Rehabilitation Sciences Programs. He and other UAB faculty are currently developing a graduate certificate degree program on PT for underserved populations and marginalized communities. He has conducted numerous professional education sessions and continuing education courses regarding teaching and physical therapy practice in the US and abroad. He is a Member of the APTA Diversity, Equity and Inclusion (DEI) Committee and is Co-Chair of the APTA Alabama DEI Committee. Dr. Morris is a Past-President of the Aquatic Physical Therapy Section and APTA Alabama. He was a 2009 recipient of the Lucy Blair Service Award and the 2022 Marilyn Moffat Leadership Award from the American Physical Therapy Association, 2012 APTA Legislative Commitment Award, 2012 Marilyn Gossman Award for Professionalism in PT and 2016 Leadership Award from APTA Alabama. In 2017, he received the Joseph F. Volker Outstanding Faculty Award from UAB and was named an APTA Catherine Worthingham Fellow.

**TARGET AUDIENCE:** PTs, PTAs, Students

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## **SESSION 8 THE COCCYX: A PAIN IN THE BUTT: TOOLS FOR ASSESSMENT AND TREATMENT**

**Speakers:** Lisa English, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy  
Amanda Spalding, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Certified Orthopedic Manual Therapist

### **Session Description**

This course instructs physical therapists and physical therapist assistants working in the outpatient setting on objective measures, assessment and treatment strategies for patients with tailbone/coccyx pain. The course will review pertinent anatomy, physiology, and functional movement of the coccyx, including important surrounding structures. This course will also describe subjective patient complaints that may indicate coccyx assessment and objective measures, including palpation, special tests that may be indicated, and differential diagnosis. Education on manual and exercise interventions will be presented and will be practiced in lab. This course will also spend time discussing how to approach sensitive subject matter and when referral to a pelvic floor therapist is indicated.

### **Objectives**

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

1. Describe the anatomical and physiological characteristics of the coccyx including joint properties, nerve, muscle and ligamentous attachments to the coccyx and surrounding pertinent anatomy.
2. Define, identify, and screen for pain that may be driven from the coccyx.
3. Perform correct palpation of the coccyx and surrounding structures.
4. Discuss options for manual and exercise interventions within treatment sessions.
5. Identify when referral to a pelvic floor specialist is indicated.

### **About the Speakers**

**Lisa English, PT, DPT**, earned her Doctorate of Physical Therapy from the University of Florida in 2011. She continued her pelvic health interest into her first job in California, where she also worked with the lymphedema population. She earned her Women's Health Clinical Specialist (WCS) in 2019. In 2019, she and her family moved to Huntsville, AL, and in 2021, she became Clinic Director of Nesis Pelvic Health, Northern Alabama's only clinic specializing in women's and men's pelvic health. She is currently a member of the Pelvic Health Section and Alabama Chapter of APTA.

**Amanda Spalding, PT, DPT**, earned her Doctorate of Physical Therapy from the University of Alabama in Birmingham in 2012. She earned her Orthopedic Clinical Specialist (OCS) certification in 2015, and her Certified Orthopedic Manual Therapist (COMT) certification in 2013. Upon moving back to Huntsville in 2019, she began treating the pelvic population in addition to orthopedics. She has a passion for helping patients stay active, particularly those with pelvic floor dysfunction.

**TARGET AUDIENCE:** PTs, PTAs, Students (Class Size is Limited)

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## SESSION 9 IMPLEMENTATION OF WEARABLE TECHNOLOGY MEASUREMENT UNITS TO AID IN EVALUATION AND EXERCISE PROGRESSION FOR PATIENTS AND PERFORMANCE

Speakers: Lesley R. Parrish, PT, DPT, Board Certified Clinical Specialist in Sports Physical Therapy, Fellow, American Academy of Orthopaedic Manual Physical Therapists  
Thomas Twitty, MS

### Session Description

This course will describe implementation strategies for the use of wearable technology measurement devices to assess movement in a functional weight bearing setting. This course utilizes wearable technology to quantify motions and speeds that occur at the pelvis, hips, trunk, and upper extremity during athletic movement. The wearable technology utilizes the Etrak Phoenix Wearable device. It is a 1-inch x 1-inch inertial measurement unit (IMU) that is able to quantify movement and speed in the frontal, sagittal, and horizontal planes. The unit can be applied to the body in a standardized fashion and can be read with a computerized analytics program. This course is designed to facilitate an understanding in both the application and interpretation of the information and analytics that the unit provides. By obtaining a better understanding of the information that a wearable IMU provides, more objective real time information can be utilized to create a more comprehensive program. This subject matter content pertains directly to assessment and evaluation techniques that are used to analyze movement changes that may contribute to injuries or prevent individuals from returning to pain free ADLs following an injury. The course will give a brief review of the literature describing the use of wearable technology and this course will describe in detail the device application and interpretation of results. The results will be used to guide interventions and exercise prescription. This course fulfills the APTA requirements regarding injury prevention and exercise prescription, specifically designed for the golf athlete, utilizing the best peer reviewed evidence.

### Objectives

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

1. Apply the Etrak™ Phoenix wearable IMU device to the patients and athletes and interpret the movement data.
2. Integrate the data obtained from the Etrak™ Phoenix wearable device as it pertains to the assessment, treatment, and exercise prescription of professional and recreational athletes.
3. Analyze the data obtained in the assessment and create skilled exercise programs designed to strengthen specific movements that have deficiencies and prevent injury.
4. Discuss wearable technology and its benefits to physical therapy as it applies to an orthopedic patient population.

### About the Speakers

**Lesley R. Parrish, PT, DPT**, is a licensed physical therapist that has dedicated 21 years of clinical practice to the art of caring for individuals with orthopedic and sports medicine injuries. Her focus has been sports medicine with a specialization in movement assessment, injury prevention, and rehabilitation of orthopedic injuries. Her practice has consisted of working with both professional and collegiate athletes. In addition, she has worked with Ariel Recovery Group Special Operations Team focusing on recovery and pain control. She has worked alongside physicians from the Andrews Sports Medicine and Orthopedic Center, the Hughston Clinic, and Tulane Institute of Sports Medicine. Dr. Parrish's research interests focus on clinical advancements leveraging technology for movement assessment and injury prevention. She has also served as adjunct faculty for the Troy University Athletic Training Program and Lipscomb University Athletic Training Program. She has had the honor of representing her profession on venues such as ESPN and Sports Illustrated. She received her bachelor's degree from The University of Alabama and was awarded a Doctorate Degree in Physical Therapy from Belmont University in 2002. She is certified in Electrical Dry Needling, IASTM, concussion, spinal manipulation, trigger point dry needling, and is APTA Board Certified in sports physical therapy. She is also a certified manual trigger point therapist and has recently completed a Fellowship in Orthopedic Manual Therapy through the American Academy of Orthopaedic Manual Physical Therapists and has achieved full FAAOMPT Fellowship status. She currently serves as full time faculty with Faulkner University's Doctor of Physical Therapy Program and is the physical therapist on staff with Troy University Athletics. She continues to passionately pursue excellence in PT practice in southeast Alabama where she, her husband, and two children reside. She is actively involved in her church, tennis, and wellness. She is blessed to work in a career she feels makes a difference in so many lives by returning individuals to their desired level of functionality.

**Thomas Twitty, MS**, has been in the sports performance injury since 2011. He received a Bachelor's in Human Performance from Furman University where he played college football. He then received a Master's in Human Performance from Jacksonville State University while serving as the Director of Performance for JSU Football. He is also a Certified Strength & Conditioning Specialist through the NSCA. In 2013, Thomas opened Pure Performance in Birmingham, AL - a performance and fitness facility that works with athletes from recreational to professional on evaluating and optimizing movement. In 2015, Thomas began developing ETRAK - exercise evaluation and prescription software. In 2019, Thomas partnered with Moxie, a Birmingham-based technology company to create the ETRAK Phoenix - an IMU that collects real-time movement data in all three planes in order to get the most accurate evaluation data possible. Since 2019, the ETRAK system (Phoenix wearable and software) has been used in physical therapy, post-surgery rehabilitation programs, golf performance training, equine therapy, adapted sports research, and

more. Today, Thomas continues to manage the ETRAK system and provide ETRAK-specific certifications to golf instructors and programs throughout the Southeast.

**TARGET AUDIENCE:** PTs, PTAs, Students

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## **SESSION 10 PEDIATRIC PHYSICAL THERAPY ON THE MISSION FIELD: IS THERE A NEED?**

**Speakers:** Robin Irwin, PT, MS, ScDPT  
Kana Kingsley, DPT  
Douglas Steele, PT, DPT, PA-C, CPT, DHS

### **Session Description**

This course will discuss the need for pediatric physical therapists to seek out opportunities to provide services to children during foreign medical mission efforts. “Medical missions,” typically brings to mind the concept of a group of “like-minded” individuals seeking to use their medical training to serve individuals in impoverished and underserved regions in foreign countries. Traditionally, healthcare workers such as physicians, dentists, nurses, pharmacists, and optometrists go into these areas and donate their time and services along with religious or professional organizations and or civic groups. Medical missions have become so popular that some universities require training and even a practicum in foreign missions as part of their curriculum for healthcare professionals<sup>1</sup>. Recently, there has been increased documentation that physical therapists have become an integral part of many mission teams<sup>2,3</sup>.

This course will describe how physical therapists, specifically pediatric physical therapists, can contribute to a medical mission and to the overall improvement of the health and function of individuals in these areas with impairments related to prematurity, birth defects, malnutrition, disease, and or injuries. The presenters will discuss their personal experiences as medical mission physical therapists and a case study on a child with cerebral palsy who was identified in Cusco, Peru. The case study will describe the child’s habilitation over the past seven years, while receiving therapeutic intervention through an annual church-based medical mission effort.

Case study “Azumi-Overcoming Cerebral Palsy: A young girl and her family's physical and spiritual journey from despair and total disability to independent ambulation, thriving and serving in the name of our Lord”.

### **Objectives**

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

1. Locate a medical mission organization that promotes physical therapy.
2. Prepare for the event
  - Credentialing, work visas and/or travel documents needed.
  - Identify the target population (pediatric through geriatrics).
  - Obtain supplies (donated goods, purchasing materials).
  - Study the culture
  - Adapt devices for the terrain.
  - Secure interpreters.
  - Adapt material for teaching.
  - Secure travel arrangements (travel agents, travel insurance, vaccines, precautions safety).
3. Recognize common conditions seen in the mission field that can be addressed by physical therapists.
4. Address the challenge of sustainability.

### **About the Speakers**

**Robin Irwin, PT, MS, ScDPT**, is an Associate Professor of Physical Therapy at Faulkner University. She currently teaches Pediatrics, Principles of Clinical Practice, Evidence-Based Practice, and Problem-Based Learning. Dr. Irwin received a Bachelor of Science degree in Physical Therapy from the University of South Alabama, a Master of Science, and a Doctor of Science in Physical Therapy with Pediatric/Neuro emphasis from the University of Tennessee Health Science Center in Memphis, TN. She owned a pediatric private practice in Decatur, AL for 35 years. She is a member of the American Physical Therapy Association and the Academy of Pediatric Physical Therapy. She was recently appointed by Governor Kay Ivey to serve on the Alabama Regulatory Board of Physical Therapy. She currently serves on the APTA Alabama Nominating Committee. She serves as the President of River Regions Ambucs, a 501c3 non-profit organization that provides custom tricycles for children and veterans with various disabilities. She is very active in church-related activities and medical/Biblical mission work in Cusco, Peru, and Arusha, Tanzania. Dr. Irwin has been married to her husband, Tom, for 39 years and has three daughters, three sons-in-law, and nine grandchildren.

**Kana Kingsley, DPT**, is an Assistant Professor of Physical Therapy at Faulkner University. She assists in the instruction of Pediatrics, Movement Science, Principles of Clinical Practice, Gross Anatomy, Evidence-Based Practice, and Problem-Based Learning courses. Dr. Kingsley obtained her Doctorate of Physical Therapy from The University of Tennessee Health Science Center. She received her Bachelor's Degree from Faulkner University. Dr. Kingsley is a member of the American Physical Therapy Association, including the Academies of Education and Pediatric Physical Therapy. She serves as the Secretary of Montgomery River Region Ambucs, a 501c3 non-profit organization that provides custom tricycles for children and veterans with various disabilities. Dr. Kingsley has practiced pediatric physical therapy for 10 years in school, outpatient and early intervention settings.

**Douglas Steele, PT, DPT, PA-C, CPT, DHS**, is an Associate Professor of Health Science for the Harding Program of Physical Therapy and serves as Associate Faculty for the Pharmacy and Physician Assistant Programs. Dr. Steele's primary teaching responsibility is in the areas of Pharmacology, Diagnostic Imaging and Differential Diagnosis. He also teaches Medical Missions and is the Coordinator of PT Rehabilitation & Medical Missions for the Physical Therapy Department. The role of physical therapists in short term rehabilitation & medical missions is an area of research interest and involvement of Dr. Steele's. This area of research has been fostered by nearly 30 years of short-term rehabilitation and medical mission clinical practice and community development in Central and South America and Africa in concert with a number of Christian organizations.

**TARGET AUDIENCE:** PTs, PTAs, Students, Health Care Educators, Philanthropists

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## **SESSION 11 "IT'S SPINAL!": POST-OPERATIVE CONSIDERATIONS FOR THE CERVICAL SPINE**

**Speaker:** Gina Pendleton, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Fellow, American Academy of Orthopaedic Manual Physical Therapists

### **Session Description**

As physical therapists, we all play a critical role in the pre-habilitation and post-operative rehabilitation of patients anticipating and undergoing cervical spine surgical interventions. This presentation will review relevant cervical spine pathologies, surgical considerations/contraindications, and surgical procedures. We will review post-operative rehabilitation protocol guidelines /considerations, relevant literature, treatment progressions, manual therapy interventions, and timeline for return to activities/sports.

### **Objectives**

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

1. Review relevant cervical spine anatomy, cervical spine pathologies and diagnoses.
2. Understand surgical considerations, precautions and contraindications related to the surgeon's decision for surgical intervention related to cervical spine pathologies.
3. Review and learn surgical procedures, post-operative complications, and relevant precautions, timeline of healing as related to post-op rehabilitation and expectations, relevant literature available.
4. Educate on post-operative cervical spine rehabilitation protocols, treatment progressions and considerations, and return to activities/sports

### **About the Speaker**

**Gina Pendleton, PT, DPT**, is a residency and fellowship trained, board-certified orthopedic physical therapist who currently practices at Advanced Physical Therapy in Scottsboro, AL. She received her Bachelor of Science from the University of Kansas in 2010 in Exercise and Sport Science. She obtained her Doctorate in Physical Therapy from Texas Woman's University Institute of Health Sciences-Houston (Texas Medical Center) in 2014. She then completed her Orthopedic Physical Therapy Residency with Harris Health System (Houston, TX) in 2015. Thereafter, she worked at Memorial Hermann Sports Medicine & Rehabilitation in the Texas Medical Center and The Woodlands, TX. She completed an Orthopedic Manual Therapy Fellowship with OPTIM in 2018 and achieved FAAOMPT credentials. While at Memorial Hermann, she worked closely with orthopedic surgeons and neurosurgeons and worked to implement a system-wide specialized spine-centered program which included research, patient triage, post-op spine rehab protocols, as well as hip related research and post-op hip rehab protocols. She served as an orthopedic residency site-coordinator, mentor, and senior faculty with Memorial Hermann's Sports and Orthopedic Physical Therapy Residency Program from 2015-2020. She practiced in Tucson, AZ with ProActive Physical Therapy in 2020, where she served as a new graduate PT mentor. She has worked with a wide spectrum of patients, ranging from adolescent to geriatric, including collegiate, professional and post-professional athletes, in between. She enjoys mentoring and teaching students, PTs/PTAs and ATs, where she currently teaches for OPTIM Manual Therapy Fellowship Program. Gina utilizes a biopsychosocial and evidence-driven approach to patient care, coupled with manual therapy and strength and conditioning principles to treat varying musculoskeletal conditions to help individuals "train for life" and feel their best. In her free time, she enjoys spending time with her husband, family, friends, pets, working out, traveling, gardening, fishing, hiking, and reading.

**SUNDAY, AUGUST 27**

**SESSION 12 “IT’S ALL IN THEIR HEAD”: FUNCTIONAL NEUROLOGIC DISORDER AND THE IMPLICATIONS FOR PT MANAGEMENT**

**Speakers:** Brian King, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy  
Robin Riddle, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, CEEAA  
Mark Hjelmeland, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, CMTPT

**Session Description**

This four-hour course is designed for physical therapists, physical therapist assistants, and physical therapy students who want to develop an understanding of the evaluation and treatment of Functional Neurological Disorders (FND). FND is a common yet challenging neurological disorder that presents with a wide array of motor, sensory, and cognitive symptoms. While often neglected, FND is a potentially reversible source of disability. The course will focus on the challenges of examination, evaluation, and treatment, and discuss both effective and ineffective intervention strategies to optimize movement to improve the human experience.

**Objectives**

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

1. Define functional neurological disorder and describe the diagnostic criteria.
2. Understand multi-disciplinary requirements to optimal recovery.
3. Discuss outcome measures useful for patients with FND.
4. Review treatment principles associated with the care of the patient with FND.
5. Identify effective treatment strategies for FND to optimize functional recovery.
6. Recognize treatment strategies that are not effective or may be harmful for FND.

**About the Speakers**

**Brian King, PT**, is a physical therapist in the outpatient department of Spain Rehabilitation at UAB Medicine. He graduated from the University of Miami with an MSPT degree in December 1992 and is a Board-Certified Clinical Specialist in Neurologic Physical Therapy. Brian completed the graduate level certificate program for Health Focused Client Management for Physical and Occupational Therapists through UAB in 2014, and the Geriatric Scholar Program through UAB Hospital in 2015. His area of expertise includes neurological conditions with emphasis on patients with vestibular and balance issues. He is a member of the American Physical Therapy Association, Academy of Neurologic Physical Therapy and APTA Geriatrics. Brian has served as the Alabama co-state advocate for APTA Geriatrics over the past several years.

**Robin Riddle, PT, DPT**, is a 2007 UAB alum and is a physical therapist in the outpatient department of Spain Rehabilitation - UAB Medicine. She is a Board Certified Orthopaedic Clinical Specialist and is also a Certified Exercise Expert for Aging Adults. Her eclectic areas of expertise include functional neurological disorders, ergonomic evaluations in the workplace, orthopedic conditions in the adult, balance and falls prevention, and promoting health and wellness with emphasis on disease and injury prevention within physical therapy practice. Robin is a member of the American Physical Therapy Association, APTA Geriatrics, Academy of Orthopaedic Physical Therapy, American Public Health Association, Society of Behavioral Medicine, and Society of Surgical Ergonomics. Robin's expertise has been recognized through numerous invited speaker presentations, including serving as the Keynote Speaker for the University of Virginia Department of Radiology National Lecture Series in 2022. She has also presented Grand Rounds at several prestigious medical institutions, including the UAB Medicine, Penn State, and Rochester University Medical Center. Robin is currently pursuing her PhD in Health Behavior with research interests in development, implementation, and evaluation of theoretically informed interventions to reduce surgeons' work-related musculoskeletal pain. At home, Robin is wife to fellow 2007 UAB alum, Brian, for 15 years and mom to, Cade (11), Ethan (9), Jacob (7), and Emerie (5).

**Mark Hjelmeland, PT, DPT**, is a physical therapist in the outpatient department of Spain Rehabilitation at UAB Medicine. He graduated from Catawba College in 1999 with a BS in Biology and graduated from Elon University in 2008 with his DPT. He is a Board Certified Orthopaedic Clinical Specialist and is a Certified Myofascial Trigger Point Therapist. His area of expertise includes orthopedic conditions, chronic pain, and functional neurological disorders. He is a member of the Academy of Orthopaedic Physical Therapy.

## SESSION 13 BOGEYS TO BIRDIES: A COMPREHENSIVE APPROACH TO MODERN MANAGEMENT OF THE GOLFER

Speakers: Nate Bower, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy  
Brian Romano, PT, DPT, TPI Medical Level 2 Certified

### Session Description

This course will provide a comprehensive, evidence-based approach to the assessment and management of golf-related injuries, in combination with sport-specific program development to enhance performance metrics for the golfer.

### Objectives

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

1. Synthesize and apply evidence related to effective screening and management strategies for golf-related injuries.
2. Evaluate the importance of various clinical and contextual factors in decision-making for both clinical management and return-to-activity timeframes.
3. Understand current best practices in screening, program development, and exercise selection to optimize both recovery and performance in the golfer.

### About the Speakers

**Nate Bower, PT, DPT**, is the founder and owner of Uncommon Physical Therapy LLC, located in Birmingham, Alabama. He is residency-trained, and Board-Certified in Sports Physical Therapy, with special interests in prevention, performance, and recovery, as it relates to the promotion of a health and active lifestyle.

Nate has practiced in the Birmingham area for over a decade. He earned his doctorate at Washington University School of Medicine in St Louis, Missouri, completed a Sports Physical Therapy Residency at Gundersen Lutheran Medical Foundation in La Crosse, Wisconsin, and shortly after, obtained his Board-Certification as a Sports Clinical Specialist.

For the better part of his career, Nate was a part of the team at Champion Sports Medicine located in Birmingham, Alabama, and through that experience, was fortunate to have developed many meaningful relationships with world-renown physical therapists, physicians, and athletic trainers. He has worked with athletes at all levels, and strives for excellence in the provision of care across the healthcare spectrum.

Nate has presented on topics related to sports medicine at local, regional, and national conferences; has served as a consultant and developer of educational content for clinical practices, institutions, and organizations; and has implemented special interest programs for both injury prevention and performance throughout the Birmingham community.

In addition to his current role, as the owner of Uncommon Physical Therapy LLC, Nate also serves as the Sports Medicine Director of the Briarwood Soccer Club.

**Brian Romano, PT, DPT**, is the creator of TheraTee Golf PT and a current staff therapist with Enhabit Home Health in the greater Birmingham Region. Brian spent his first three years in outpatient physical therapy where his focus and passion was golf therapy and performance, so his patients can better enjoy the game they love. He completed his doctorate of Physical Therapy at UAB, where he continues to work with the department in their musculoskeletal labs. He has also completed his TPI certification courses through the level 2 Medical certification so he can better focus on the rehabilitation of his golf demographic. Brian recently entered into home health so he can be more accessible for his golf patients looking to better themselves through the TPI assessment screening.

**TARGET AUDIENCE:** PTs, PTAs, Students

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## SESSION 14 EVALUATION AND TREATMENT OF COMMON SHOULDER CONDITIONS WITH CADAVER DISSECTION OF SHOULDER

Speakers: R. Mark Caulkins, MD, DPT  
Andrea Bowens, PT, DPT, PhD, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy  
Dana Daniel Blake, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, MTC  
Will Scogin, PT, DPT, ScD, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, COMT

### Session Description

This course will be a combination of lecture, reviewing pertinent shoulder and shoulder girdle anatomy, and also reviewing diagnostic evaluation along with the majority of the time spent in the Cadaver Lab. There will be the opportunity to dissect cadaver

shoulder, arm, and brachial plexus to examine and study the anatomy. Several already-dissected specimens will also be available. There will be a review of some of the common surgical procedures and a review of appropriate physical therapy interventions.

## **Objectives**

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

1. Review normal shoulder anatomy.
2. Review and learn anatomic changes that may occur with injury/disease.
3. Dissect normal shoulders.
4. Review common surgical and physical therapy treatments for common shoulder injuries.

## **About the Speakers**

**Mark Caulkins, MD, DPT**, is currently an Assistant Professor in the Department of Physician Assistant at Samford University. He completed his BA at Dartmouth College in Chemistry, and his MD at Albany Medical College. He completed his Orthopaedic Surgery Residency at Dartmouth-Hitchcock Medical Center, and his Orthopaedic Trauma Surgery Fellowship at Shock-Trauma Institute in Baltimore. He was an orthopedic trauma surgeon at a level-one trauma center for nearly 20 years. He then transitioned into teaching full time, and has been teaching at the graduate level to Physical Therapy, Physician Assistant, Occupational Therapy, Speech and Language Pathology, Nurse Anesthetist and Biomedical Engineering students for more than 15 years. He teaches anatomy, physiology, pathophysiology, radiology and pharmacology, and he assists in other courses. Dr. Caulkins has been at Samford since 2019.

**Andrea Bowens, PT, DPT, PhD**, is currently an Associate Professor in the Department of Physical Therapy at Samford University. She completed her bachelor's degree in health sciences and a Doctorate in Physical Therapy (DPT) at the University of Florida and recently attained her PhD in Higher Educational Leadership at Mercer University. Dr. Bowens has over 14 years of experience as a physical therapist, working clinically in the outpatient orthopedic and sports medicine environments and more recently, in academia. Her teaching responsibilities include courses focusing on therapeutic interventions, differential diagnosis, imaging for physical therapists, and musculoskeletal diagnosis and treatment. She currently serves as Chief Delegate for APTA Alabama. She has also served as an item-writer for the Orthopaedic Specialist Certification Exam and has spent time outside of the classroom working with medically underserved populations in the clinical setting, alongside DPT students.

**Dana Daniel Blake, PT, DPT**, received an appointment as Assistant Professor in the Doctor of Physical Therapy Program at Samford in 2018; she then assumed the role as Director of Clinical Education for the department in 2019. Prior to that, she served as adjunct faculty for guest lectures and was the instructor for the practice management course. Back in 2014, she served on the advisory committee for the program with a diverse representation from the medical and civic community to provide feedback for the department during its developmental stages. She has had a deep and profound love for Samford University since graduating in 1993 with a degree in Biology. She comes from a long legacy of Samford University involvement – her husband and mother are both alumni and her grandfather took lay minister classes at the former campus when it was Howard College. Blake has over twenty-five years of experience in the dual roles of a practicing clinician and a multi-site clinical director with responsibilities and national awards related to high financial acumen, engaging customer service, best practice management techniques and excellent patient care. She has presented and taught courses across the nation in the areas of manual therapy, dry needling, ergonomics and spine care. She has experience in for-profit and not-for-profit settings with environments such as outpatient, inpatient, aquatic care, ergonomics/industrial rehab and consulting activities. She has been involved in teaching clinicians for over twenty years and is excited to bring this passion for excellence in skill advancement and service delivery to the DPT program. She has completed numerous certifications over her physical therapy career as follows: Manual Therapy Certification (MTC), Orthopedics Certified Specialist (OCS), Certified Clinical Instructor (CCI), and Certified Physical Work Performance Evaluator (PWPE). She brings to the classroom real-life experiences presented with passion and charisma fused with radical faith in the Lord in an inspiring manner. She has participated in numerous mission trips and faith-based camps over the years. She also has a special place in her heart for those that battle cancer and has assisted women post-mastectomy with shoulder recovery via fly fishing activities and spiritual encouragement. She is passionate about the relationship between anatomy and function especially related to orthopedic injuries given her over 25 years of clinical experience.

**Will Scogin, PT, DPT, ScD**, is an Assistant Professor of Physical Therapy at Samford University in Birmingham, AL. He has seven years of experience working with chronic pain patients in various outpatient orthopedic settings across the country. He is a Board-Certified Orthopaedic Clinical Specialist by the American Board of Physical Therapy Specialists, as well as a Certified Orthopedic Manual Therapist by the International Academy of Orthopedic Medicine – US. He also assists weekly with chronic pain clients through Samford's pro-bono partnership with Cahaba Medical Center. Will is a lab assistant in the Samford University cadaver lab and works with the PT, PA, and CRNA programs throughout their anatomy courses.

**TARGET AUDIENCE:** PTs, PTAs (Space is Limited)

**SPECIAL INSTRUCTIONS:** Wear old cloths/scrubs, No shorts, Wear closed-toe shoes.

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## SESSION 15 EARLY MOBILITY BOOTCAMP: IMPLEMENTING EARLY MOBILITY IN THE ICU

Speakers: Kelly Atkins, PT, DPT, PhD  
Amanda Lane, PT, DPT  
Maegan Powell, PT, DPT, Board-Certified Clinical Specialist in Pediatric Physical Therapy  
Sarah Ross, PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy, CEEAA

### Session Description

This 4-hour course will review the current evidence and best practice guidelines related to adult and pediatric early mobility programs and will include both lecture and lab components. This course will take a pathology-based approach to review indications and contraindications for early mobility in a variety of conditions in ICU settings, with emphasis on vital signs, lab values, pharmacology, and necessary equipment. The lab component will emphasize problem-solving and hands-on management of multiple lines and equipment when handling patients in the ICU.

### Objectives

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

1. Understand the current state of the evidence regarding adult and pediatric early mobility programs.
2. Restate precautions and indications for early mobility related to vital signs, lab values, pharmacology, and equipment.
3. Apply knowledge to case examples of patients with primary diagnoses related to the neurological, cardiovascular, pulmonary, and musculoskeletal systems.
4. Navigate ICU-related equipment to manage and handle a simulated ICU case scenario.

### About the Speakers

**Kelly Atkins, PT, DPT, PhD**, is an Assistant Professor within the School of Health Professions at Samford University in Birmingham, Alabama and is in her 5<sup>th</sup> year of academic service. Her research has focused on preclinical models of spinal cord injury and neuropathic pain as well as approaches to evidence-based practice education. Her research has been presented at regional and national levels. She teaches content related to basic sciences, motor control and neurologic rehabilitation.

**Amanda Lane, PT, DPT**, has served as Adjunct Professor of Physical Therapy within the School of Health Professions for the past six years. Her teaching focus is acute care, orthopedics, oncology, and foundational skills. She has practiced for 15 years in a variety of settings, including the ICU.

**Maegan Powell, PT, DPT**, is an Assistant Professor of Physical Therapy within the School of Health Professions at Samford University in Birmingham, Alabama. Her teaching focus is acute care, motor development and pediatrics, and interprofessional education. Her research interests include motor development and physical therapy utilization in medically underserved populations.

**Sarah Ross, PT, DPT**, is an Associate Professor of Physical Therapy within the School of Health Professions at Samford University in Birmingham, Alabama. She is in her seventh year of academic service. In addition to her teaching focus in foundational skills and geriatrics. Dr. Ross also focuses on incorporating experiential learning into the curriculum and is highly involved in the program's simulation events. Her research area is focused on the use of simulation in PT education and the impact of international service learning on students' interprofessional attitudes and competence.

**TARGET AUDIENCE:** PTs, PTAs, Students