



**ALAPTA
2017 FALL CONFERENCE**

August 11-12, 2017

Westin Birmingham

EARLY BIRD DEADLINE – JULY 1, 2017

PROGRAMMING

TRACK I – COLLABORATION ACROSS THE CONTINUUM OF CARE IN PEDIATRIC PHYSICAL THERAPY

Presented by: Children's Hospital of Alabama PT & OT Staff and BioTech Staff

Course Description

Collaboration with families and professionals across settings is crucial to meeting child and family-centered goals. Innovative services provided in intensive care units, acute care, rehab and outpatient facilities will be reviewed. Ways to coordinate care with other providers in the patient's local community will be presented through case studies and participant discussion.

Objectives

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

1. Explore the importance and effective means of partnering/collaborating with other professionals and services to provide best services for children and support for their families.
2. Review state of the art approaches in pediatric physical therapy
3. Discuss ways to effectively communicate across settings and with other professionals, including orthotists.
4. Identify ways to actively engage patients and families in their care in order to reach functional goals that will support participation in activities that are meaningful to them.

TARGET AUDIENCE: PTs, PTAs, SPTs, SPTAs

TRACK II – CURRENT CONCEPTS IN KNEE AND SHOULDER REHABILITATION

Speaker: Terry Trundle, PTA, ATC

Session One Course Description

Developing Evidence-Based Treatment Guidelines for the Knee

It's time to reconsider what we do with the rehabilitation of the knee. Nothing has more research and published to date than the clinical management of conditions concerning the knee, known as the non-existing hinge joint. By re-visiting the research, we should reconsider the use of open and closed kinetic chain exercises. This session will present evidence based therapeutic value designed exercise guidelines to promote tri-plane stabilization of the lower extremity.

Session One Course Objectives

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

1. Update treatment applications for the anterior knee pain.
2. Outline safe quadriceps recruitment based on current evidence.
3. Describe why the hamstrings and hip abductors are the true core of the lower extremity.
4. Demonstrate applications of functional exercises for the ACL patient.
5. Demonstrate manual exercises therapy for the knee.

Session Two Course Description

“Why all Painful Shoulders are impinged” - Principles of Rotator Cuff Dysfunction with Impingement

This session will discuss the vital motion patterns of the upper extremity and their missing links, as well as the mode of muscle contraction for the development of shoulder function. We will revisit why manual exercises sometimes become the most misunderstood component in the treatment of shoulder pathology. A simplified approach to treat the aging shoulder will be presented.

Session Two Course Objectives

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

1. Discuss the link between vital motion patterns and proper muscular recruitment.
2. Describe the missing link in treatment by visiting the modes of muscle contraction.
3. Define the true function of the Rotator Cuff.
4. Present evidence-based exercise based on current EMG data.
5. Recommend simplified exercises for the aging shoulder.

Session Three Course Description

Maximizing Functional Outcomes After Shoulder and Knee Arthroplasty

This session will explore the cutting edge of interventions for gaining high level function for daily activities. Updated exercise guidelines for hemiarthroplasty and reverse prosthesis will be presented. Updated recommendation for manual therapy will be presented.

Session Three Course Objectives

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

1. Define current concepts in total knee and shoulder Arthroplasty based on stages of recovery.
2. Design functional rehabilitation exercises programs based on the latest research.
3. Develop pre- and post-operative treatment progression based on realistic goal based outcomes.
4. Update manual therapy applications for Arthroplasty recovery.

About the Speaker

Terry Trundle PTA, ATC, LAT, has over 39 years of experience in clinical practice and offers educational programs in functional rehabilitation focusing on the upper and lower kinetic chain. He practices in the Atlanta area where he is the Owner and Director of the Athletic Rehab Institute. In addition, he serves as a rehab consultant to BenchMark Physical Therapy.

Mr. Trundle's research has been featured in numerous journals and publications. Most recently, he authored a chapter on orthopedic management of the shoulder in *Fundamental Orthopedic Management for the Physical Therapist Assistant*. He is also the co-producer of a four-part video series that include manual and evidence based functional exercises for the upper and lower kinetic chains. He has also received Leadership awards and recognition from the American Physical Therapy Association and the Medical College of Georgia.

TARGET AUDIENCE: PTs, PTAs, SPTs, SPTAs

Speakers: Jennifer Christy, PT, PhD, Brian King, PT, Katherine Weise, OD, MBA, FAAO

Course Description

Individuals post-concussion may exhibit lingering symptoms such as poor vision, dizziness, and balance problems in the presence of normal imaging results. The physical therapist is then faced with a mystery: Why are the lingering symptoms present? What objective tests are best to guide treatment strategies? What interventions are effective for what impairments? This course will answer these and other questions to de-mystify concussion management. Through patient cases, we will focus on evidence-based clinical tests and interventions that physical therapists can immediately use to inform decision making for patients with concussion.

Objectives

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

1. Appreciate the interaction between the visual and vestibular systems to enable gaze stability, balance and equilibrium.
2. Apply current research findings to patient cases.
3. Identify appropriate clinical outcome measures to assess the patient with concussion.
4. Select appropriate exercise interventions for patients with concussion.

About the Speakers

Jennifer Braswell Christy, PT, PhD is Associate Professor of Physical Therapy at The University of Alabama at Birmingham and co-director of the Vestibular and Oculomotor Research Clinic. Her research focuses on developing evidence based interventions to improve gaze instability and balance in children with vestibular related impairments and athletes with concussion. A list of Dr. Christy's publications can be found [here](#).

Brian King, PT graduated from the University of Miami with his MSPT degree in December 1992. He has over 24 years of experience working with patients with neurological issues and has been working at UAB - Outpatient Physical Therapy Department since 2007. In 2008, Brian earned a Certificate of Competency for Vestibular Rehabilitation: A Competency-Based Course and completed an advanced vestibular rehabilitation course in 2013. His current clinical practice is primarily focused on the examination and management of patients with Benign Paroxysmal Positional Vertigo (BPPV), vestibular hypofunction, and post-concussion syndrome.

Kathleen Weise, OD, MBA, FAAO is a Professor of Optometry at The University of Alabama at Birmingham and Director of the UAB Eye Care Pediatric Optometry Services. Dr. Weise serves on the Executive Committee for the Vestibular and Oculomotor Research Clinic. Dr. Weise joins investigators from Children's Hospital of Alabama, UAB Department of Physical Therapy and the School of Optometry in the study of mild traumatic brain injury and sport related concussion. Additional research focuses on investigation of progression of myopia in children, optimal means of treating amblyopia and contact lens wear.

TARGET AUDIENCE: PTs, PTAs, SPTs, SPTAs

TRACK IV – CULTIVATING LEADERSHIP IN CLINICAL PRACTICE: WHY YOU? WHY NOW?

Speakers: Jennifer Green-Wilson, PT, MBA, EdD and Diane Clark, PT, DScPT, MBA

Course Description

Engaged leadership - at all levels - drives improvements in healthcare quality. Yet, many times, we don't recognize the value of developing our own leadership skills as healthcare professionals. Specific leadership behaviors are essential to achieve Triple Aim results – shifting from volume to value, improving the patient experience and outcomes of healthcare provided, and reducing the cost of care for populations served. Developing an effective leadership style is critical, even if you are *not* a formal leader!

Growing personal leadership skills will help you become more effective every day in clinical practice and will prepare you for your next career move or professional responsibility. Leadership "styles" vary from person to person and some leadership styles are more effective than others. What kind of leader are you? Do you know your preferred leadership style and how to lead at any level?

In this program, emphasis will be on identifying the compelling need for leadership development at all levels in healthcare, enhancing your self-awareness as a personal leader, while exploring how you can lead as a collaborative member of any group. You will start to discover how you tend to lead and will be provided with some ideas how to build your own leadership capacity. Participants will be encouraged to contribute to interactive discussions throughout the session.

Objectives

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

1. Isolate the need for leadership development in healthcare.
2. Define personal leadership.
3. Identify exemplary leadership behaviors.
4. Start to discover your own preferred personal leadership style.
5. Identify ways to build your leadership capacity as a personal leader.

About the Speaker

Jennifer E. Green-Wilson, PT, EdD, MBA is a principal of the *Institute for Business Literacy and Leadership* and formerly the Director of the HPA the Catalyst's (APTA) *LAMP Institute for Leadership in Physical Therapy*. Previously serving as a Director on the Board of Directors of the APTA, she speaks nationally and internationally on topics related to leadership, business literacy, and management in healthcare and was awarded HPA the Catalyst's LAMP Lighter Leadership Award in February 2014. She serves as the Chair of the Board of Directors of Rochester Hearing and Speech Center in Rochester, NY. Dr. Green-Wilson holds an EdD degree in Executive Leadership from St. John Fisher College in Rochester, NY, a MBA degree from the Rochester Institute of Technology, and a BS degree in physical therapy from Queen's University in Kingston, Ontario, Canada.

Diane Clark, PT, DScPT, MBA is Associate Professor and Director of the UAB Doctor of Physical Therapy (DPT) Program. In her role as Director of the UAB DPT Program, she serves as a leader in the ongoing transformation of the DPT curriculum to meet current and future individual, organizational and societal healthcare needs. Dr. Clark teaches topics in professionalism that includes personal leadership/communication, documentation, and business organizational management, as well as clinical pathology, integumentary repair and prevention, and clinical decision-making. She participates in courses related to health focused care that is offered to practicing occupational and physical therapists. In 2012, Dr. Clark was awarded the Excellence in Teaching Award from the School of Health Professions. Clinically, Dr. Clark has extensive clinical experience in the acute care setting where practice and research interests have resulted in publications related to early mobilization in intensive care units. She has also pursued research interests involving physical therapist use of best practices in health literacy. Dr. Clark has served as the Vice President of the Alabama Chapter of the American Physical Therapy Association and is the faculty liaison for the student-led pro bono clinic. She received a BSc in Physiotherapy from McGill University, completed an MBA from Georgetown University and DScPT from The University of Alabama at Birmingham.

Audience

PTs, PTAs, SPTs, SPTAs, Business Managers, Office Administrators

PROFESSIONAL ISSUES IN PHYSICAL THERAPY

Course Description

Join us for an interactive session about leadership and advocacy for physical therapy in Alabama. During the first hour, there will be two speakers. Kip Schick, the APTA Board of Directors Liaison to Alabama, will give an update on what is happening at APTA from a national perspective. Jennifer Green-Wilson will discuss how to transition from the back group to the forefront in leadership and advocacy in Alabama. Finally, the ALAPTA Government Affairs Committee, along with a representative from the Windom Group will update attendees on their strategy for expanding Direct Access for PT in Alabama. This will be an open forum format that will allow for information exchange and Q&A.

Objectives

Upon completion of the session, attendees will:

1. Identify the important national issues at APTA and how this affects PT practice in Alabama.
 2. Identify strategies to cultivate opportunities for leadership and advocacy roles for Physical Therapy in Alabama.
 3. Learn about plans for expanding Direct Access for Physical Therapy services in Alabama.
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STUDENTS:

Please note that you will not be able to register for Tracks I-III during Early Bird Registration which runs until July 1, 2017. If you are interested in attending Track I, II or III, you can e-mail ALAPTA (alabama@apta.org) DURING the early bird period and place your name on a waiting list. After the Early Bird Registration Deadline on July 1, 2017, ALAPTA will contact students on the list to fill available spaces (we do expect there to be available slots due to expanded room capacity at the Westin). When moved from the wait list to active registration, you must submit payment at that time to confirm and reserve your spot in the course. Should we experience an overflow resulting in limited space for student attendance in Tracks I-III, an additional 3 hour Student Only session on exercise will be added to the conference schedule.

CONTINUING EDUCATION CREDIT INFORMATION

REGISTRANTS WILL RECEIVE:

TRACKS I-III – 9 CONTACT HOURS

(10.8 CONTINUING EDUCATION HOURS FOR ALABAMA LICENSEES SINCE 50 MINUTES = 1 CONTINUING EDUCATION HOUR)

TRACK IV – 3 CONTACT HOURS

(3.6 CONTINUING EDUCATION HOURS FOR ALABAMA LICENSEES SINCE 50 MINUTES = 1 CONTINUING EDUCATION HOUR)

PROFESSIONAL ISSUES – 2 CONTACT HOURS

(2.4 CONTINUING EDUCATION HOURS FOR ALABAMA LICENSEES SINCE 50 MINUTES = 1 CONTINUING EDUCATION HOUR)
