



**ALAPTA  
2016 FALL CONFERENCE**

August 12-13, 2016

Renaissance Ross Bridge – Birmingham, AL

**EARLY BIRD DEADLINE – JULY 15, 2016**

**PROGRAMMING**

**TRACK I – OH...MY ACHING NECK! A MANUAL APPROACH TO THE CERVICAL SPINE**

Speaker: Chris Fountain, PT, MS, MTC, OCS

**Course Description**

Would you like to improve your outcomes with your cervical spine patients?

Chris Fountain, a Manual Therapy Certified PT, will teach you examination and treatment techniques focusing on soft tissue and joint mobilization for the neck and upper thoracic spine. You will also learn the latest evidence-based exercises to complement manual therapy. This course will have an extensive lab component so participants need to have lab attire.

**Objectives**

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

1. Discuss biomechanics of upper cervical, mid cervical and upper thoracic spine.
2. Perform assessment of cervical spine to differentiate between joint/soft tissue restrictions and motor control causes for loss of mobility.
3. Perform biomechanical assessment for upper cervical, mid cervical and upper thoracic spine.
4. Discuss indication for manual therapy of the cervical spine based on evidence informed approach.
5. Perform joint mobilizations to upper cervical, mid cervical and upper thoracic spine.
6. Perform soft tissue mobilizations to cervical and upper thoracic spine.
7. Perform and instruct patients/clients in exercise activities to support manual therapy treatments.

**About the Speaker**

**Chris Fountain, PT, MS, OCS, MTC** has been practicing physical therapy since graduating from Sacred Heart University in CT with a Master's of Science in Physical Therapy in 2001. He has worked primarily in the outpatient orthopedic and sports medicine setting with a focus on orthopedic manual therapy. He achieved Manual Therapy Certification (MTC) through the University of St. Augustine in 2007. He is certified as an Orthopedic Specialists (OCS) since 2009. He currently works at Birmingham Physical Therapy and Sports Medicine in Birmingham AL. He also is currently an assistance lab instructor at UAB's School of Physical Therapy.

**THIS COURSE IS FOR PHYSICAL THERAPISTS OR 2<sup>ND</sup>/3<sup>RD</sup> YEAR DPT STUDENTS ONLY**

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## **TRACK II - JUMP HIGH, DREAM BIG: THE NEXT STEPS IN MANAGEMENT OF PARKINSON'S DISEASE**

Speakers: Amanda C. Elliott, PT, DPT, Christopher Hurt, PhD, Tara Pearce, PT, DHS, John B. Riser, MD and Liz Wylie, PT, DPT, NCS

### **Course Description**

Parkinson's disease is a chronic, progressive movement disorder affecting over 1.5 million people in the United States. Parkinson's disease is the second most common neurodegenerative disease after Alzheimer's disease. The prevalence of Parkinson's disease in the population increases from approximately one percent at age sixty to four percent by age eighty.

Patients/clients experience the effects of Parkinson's disease as well as the normal aging process. The focus of this course will be on current standards, evidence-based clinical practice, and innovative research impacting those with Parkinson's disease. Experts with a variety of research and clinical backgrounds will present this update on advancing in the field of Parkinson's disease. This course will utilize lab opportunities and clinical cases to design and implement intervention strategies across the continuum of care (acute care, inpatient rehabilitation, skilled nursing, home health, and outpatient environments.)

### **Objectives**

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

1. Describe current medical management of individuals with Parkinson's disease.
2. Recognize appropriate outcome measure to utilize in a variety of clinical settings.
3. Describe ways that rehabilitation interventions can stimulate neuroplasticity as a basis for neurorecovery in patients with Parkinson's disease.
4. Design intentional progression of a functional activities incorporating current evidence to support clinical decision-making.
5. Identify resources in Alabama for individual with Parkinson's disease.

### **About the Speakers**

**Amanda C. Elliott, DPT, PT** is an outpatient physical therapist for TherapySouth in Pelham/Alabaster. Dr. Elliott graduated with a Bachelor's degree in Christian Leadership with an emphasis in pre-physical therapy from Hope International University. In 2014, she graduated with a Doctor of Physical Therapy degree from Duke University in Durham, North Carolina. Dr. Elliott became certified in LSVT BIG in 2015. She has experience working in an inpatient rehabilitation setting as well as outpatient. Her clinical interests include Parkinson's disease, vestibular dysfunction, balance disorders, and manual therapy.

**Christopher Hurt, PhD**, is an Assistant Professor in the Department of Physical Therapy at the University of Alabama at Birmingham. Dr. Hurt received his PhD from the University of Illinois at Chicago in movement science with an emphasis in biomechanics and motor control and completed post-doctoral training at the University of Alabama at Birmingham. Dr. Hurt is interested in mechanisms of reduced mobility by older adults and individuals with neurological disorders particularly as it relates to dynamic instability and reduced cardio-respiratory fitness. He is also interested in the interaction of these two factors with the very slow walking speed that is observed in these clinical populations. The long range goal of this work is to design and test clinical interventions that improve functional mobility in patient populations.

**Tara S. Pearce, PT, MHS, DHS** is an Assistant Professor and Associate Director of Clinical Education in the Department of Physical Therapy at the University of Alabama at Birmingham. She received a BS in Physical Therapy from Bradley University in Peoria, IL in 1997. She also received a Master's in Health Science in 2003 and Doctor of Health Science in 2010; both from the University of Indianapolis. She teaches coursework related to adult neurorehabilitation strategies, professional practice issues, clinical education, and health promotion and wellness in the entry-level Doctor of Physical Therapy program. She currently practices clinically in an acute care hospital setting and has experience working in inpatient rehabilitation, acute care, outpatient, skilled nursing facility, and long-term acute care settings.

**John B. Riser, MD** is a co-founder of the Alabama Neurology Associates in Birmingham. He received his undergraduate degree from Davidson College in 1980. Dr. Riser complete his medical degree at the University of Alabama at Birmingham in 1984, his internal medicine internship at Medical University of South Carolina and residency in the Department of Neurology at the University of Alabama at Birmingham. He holds certificates from the American Board of Neurology and Psychiatry, American Society of Neurorehabilitation, American Academy of PM&R Spinal Cord Medicine.

**Liz Wylie, PT, DPT, NCS** is an inpatient physical therapist at Spain Rehabilitation Center in Birmingham, Alabama. Dr. Wylie graduated with a Bachelor's degree in Psychology from Mercer University in 2007 and went on to complete her Doctorate of Physical therapy from North Georgia College and State University/ Medical College of Georgia in 2010. Dr. Wylie has primarily practiced in the inpatient neurological setting for the past 6 years. In 2015, Dr. Wylie became an American Board of Physical Therapy Certified Neurological Clinical Specialist. Dr. Wylie also serves as a lab assistant in the University of Alabama at Birmingham's Doctorate of Physical Therapy program.

**TARGET AUDIENCE:** Physical Therapists, Physical Therapist Assistants, Students of Physical Therapy

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### **TRACK III – PEDIATRICS - TIPS FOR THERAPEUTIC TAPING - FINDING “EXTRA HANDS” FOR DIRECT INTERVENTION AND FOR MORE EFFECTIVE HOME PROGRAMMING**

Speaker: Judith C Bierman, PT, DPT, C/NDT

#### **Course Description**

This intermediate to advanced level course is a “hands on fast paced” course to explore the use of a variety of tapes (adhesive and non-adhesive) during two aspects of physical therapy practice with children with developmental disabilities. Therapists will be instructed in and practice a wide variety of applications of tape to address a client's impairments, facilitate functional activity and increase participation within and established plan of care for individual sessions as well as a component of home education/exercise.

**\*\*Each participant will be required to purchase a variety of tape supplies for use during the course. A list of necessary supplies with recommendations for where to purchase is listed below:**

<u>Quantity</u>	<u>Item</u>	<u>Vendor</u>
1 roll/person	Tenso Wrap (Super 4"x10ft)	Fabrifoam/Amazon
1 roll/person	Coban (1" width)	Amazon
1 roll/person	Hypafix (2" x 10yds)	Amazon
1 roll/person	Leukotape or Extra Rigid	Amazon
1 roll/person	Kinesiotape (2")	Amazon
1 roll/person	Cloth tape (1" x 10yd)	Drug Store

#### **Suppliers:**

Medco	800-556-3326	customersupport@medcosupply.com
Benik	800-442-8910	info@benik.com
Hip Helpers	757-474-1579	hiphelpers@gmail.com
Fabrifoam	800-577-1077	

#### **Objectives**

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

1. State the theory and basic principles of using taping for the treatment/management of posture and movement impairments in PT practice with children with neuromuscular disorders both during direct services and in home education/exercise.
2. Demonstrate strategies to improve a child's posture and movement utilizing at least 5 different materials in the upper extremities, lower extremities and trunk.
3. Develop plan to integrate taping strategies into clinical practice based on individual treatment planning in home setting.

#### **About the Speaker**

**Judith Bierman** graduated from the University of North Carolina with a BS in PT in 1973. She successfully completed her DPT at Franklin Peirce University in September, 2008. Her entire clinical experience has been working with children and young adults with neurological impairments and their families. Her work experience has been continuous and has allowed her to follow a large group of children across more than 30 years of their lives. She owns and practices at NDT Programs, Inc. and treats clients in the US and India on both a regularly scheduled basis as well as for intensive episodes. She teaches a variety of continuing education courses, nationally and internationally, focusing on increasing clinical skills of therapists including basic and advanced NDT courses as well as courses on integrating different

approaches to treatment such as manual therapy, myofascial treatment, strengthening and physical fitness within a NDT practice model. She was a major contributor to “Neuro-Developmental Treatment Approach: Theoretical Foundations and Principals of Clinical Practice” and has also authored chapters on gait and assistive technology in “Therapeutic Exercise in Developmental Disabilities”: Third edition. She is an editor of the text “Neuro-Developmental Treatment: A guide to NDT Clinical Practice” to be available in July 2016. She is a member of APTA, Academy of Pediatrics Physical Therapy, AACP&DM and NDTA.

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## **TRACK IV – IS YOUR BUSINESS READY? AN UPDATE ON THE NEW AND ALTERNATIVE PAYMENT MODELS FOR ALL PT SETTINGS**

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

### **Course Description**

In January of 2015, the federal government announced their goal of shifting Medicare reimbursements from volume to value. By 2018, ninety percent of all traditional Medicare payments will be linked to quality or value. The next day, a group of private payers announced their goal of moving 75% of their business toward contracts with incentives for quality and lower cost healthcare. What will this mean for the business of physical therapy? What incentives will they use? How will quality be defined? Currently performance measurement across PT settings is fragmented due to the heterogeneity of patient populations, as well as the various reporting mechanisms across settings. This session will explore those issues, and the metrics both under consideration and being implemented across all practice settings. The session will specifically discuss the quality reporting requirements effective October 1, 2016 for SNFs, IRFs and LTCHs, and January 1, 2017 for HHAs, as well as the new Physical Therapy Evaluation codes to be implemented on January 1, 2017.

### **Objectives**

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

1. Examine the current state of quality reporting requirements for physical therapy settings.
2. Identify the specific changes occurring in the next 12 months for physical therapy in hospitals, skilled nursing facilities, home health agencies and outpatient providers.
3. Understand the urgency of developing outcome measures, collecting data, and analyzing the information to create the value proposition for rehabilitation services.

### **About the Speaker**

Ellen received her master's degree in physical therapy from the University of Alabama at Birmingham. Since that time, she has worked in various roles & settings as both clinician & manager/director: hospital; transitional care; Director of rehab for a hospital home health agency; Clinical Consultant, Director of a HH staffing division, Rehab Agency Administrator and Director of Governmental Affairs for a company providing rehab services in long term care, home health & outpatient settings. Presently, Ellen is owner of Rehab Resources & Consulting, Inc., a company providing continuing education and consulting services for post-acute care settings. She specializes in helping customers understand the CMS prospective payment systems in skilled nursing facilities and home health settings, and especially how to deliver medically necessary therapy services in these settings. Her experience includes utilizing medical record reviews and data systems to help both inpatient and outpatient therapy providers meet regulatory guidelines. Ellen earned her APTA Board Certification in Geriatric Physical Therapy in 1999. Ellen is a member of the American Physical Therapy Association, where she serves as Director on the APTA Section on Geriatrics (SOG) Board, and is a member of the APTA Home Health Section & the APTA Health Policy & Administration Sections. She serves in the dual role of Treasurer and Chairperson of the Practice & Reimbursement Committee for the Alabama Physical Therapy Association.

### **Audience**

PTs, PTAs, Business Managers, Office Administrators

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## **STUDENT PROGRAMMING – THERAPEUTIC TAPING FOR COMMON MUSCULOSKELETAL DISORDERS**

Speakers: Andrea Bowens, PT, OCS, Nick Washmuth, PT, DPT, DMT, OCS and Lydia Thurston, PT, DSc, ATC

## Course Description

Taping is a technique often used in the physical therapy management of many common musculoskeletal conditions. Come learn how taping can be used for injury prevention as well as for injury management. This course will present current taping techniques to assist with the management of common upper and lower extremity musculoskeletal conditions, such as shoulder impingement/scapular dyskinesia, patellofemoral pain, and ankle sprains. Students will have the opportunity to apply taping techniques for these problems within the context of clinical scenarios. In addition, the theoretical benefits and current evidence reviewing these taping techniques will be discussed.

## Objectives

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

1. Describe the properties and characteristics of therapeutic tape.
2. Discuss the precautions and contraindications to therapeutic taping techniques.
3. Identify patient impairments that would benefit from specific therapeutic taping interventions.
4. Analyze and apply current evidence to the use of common taping methods.
5. Demonstrate specific therapeutic taping techniques used for injury prevention and management of shoulder, knee, foot, and ankle conditions.

## About the Speakers

**Andrea Bowens, PT, DPT, OCS** is an Assistant Professor in the Department of Physical Therapy at Samford University. She received her Bachelor of Science and Doctorate in Physical Therapy degrees from the University of Florida. Dr. Bowens is a Board Certified Specialist in Orthopaedic Physical Therapy. She has been a practicing clinician for 7 years in orthopaedics and sports medicine, with a focus on manual therapy, post-operative rehabilitation, and sports-related injuries. Currently, Dr. Bowens is co-teaching the musculoskeletal courses in Samford University's DPT program and researching athletic injury-prevention programs.

**Dr. Lydia A. Thurston** is an Assistant Professor, and Director of Clinical Education in the Department of Physical Therapy. She attended the University of Alabama, receiving her Master's in Physical Therapy in 2001 and her Doctorate of Science Degree in 2007. She has been a certified athletic trainer since 2003. Thurston has over a decade of clinical experience in outpatient orthopedic sports physical therapy and inpatient acute care pediatric practices, with specialized training in women's health and burn rehabilitation. She currently provides service in an interprofessional, early intervention program. She has publications in the areas of orthopedics and health behavior.

**Nick B. Washmuth, DPT, DMT, OCS** is an Assistant Professor in the Department of Physical Therapy at Samford University. He received his Bachelor of Science from University of Florida, Doctorate in Physical Therapy from Washington University in St. Louis, and Doctorate in Manual Therapy from the Ola Grimsby Institute. Dr. Washmuth is a Board Certified Specialist in Orthopaedic Physical Therapy. While working in private practice, he has developed a comprehensive clinical skill set including mobilizations and manipulations, vestibular rehab, Pilates, instrument assisted soft tissue mobilization, and exercise prescription. Dr. Washmuth co-teaches the musculoskeletal courses in Samford University's DPT program with Dr. Bowens.

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## PROFESSIONAL ISSUES IN PHYSICAL THERAPY

### Course Description

Join us for an interactive session. During the first hour, a representative from Alabama's Medicare Administrative Contractor, Cahaba GBA, will present helpful information on Medicare benefits and payments. This session is a 'must' for anyone who bills for Medicare services. Following the presentation, there will be a live Q&A session.

The ALAPTA Government Affairs Committee will also update attendees on its strategy for expanding direct access in Alabama.

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## TENTATIVE SCHEDULE

### Friday, August 12, 2016

8:00 am – 12:00 pm	Registration
9:00 am – 12:00 pm	Track IV: IS YOUR BUSINESS READY? AN UPDATE ON THE NEW AND ALTERNATIVE PAYMENT MODELS FOR ALL PT SETTINGS
9:00 am – 12:00 pm	Alabama Board of Physical Therapy Meeting
12:00 – 3:30 pm	EDUCATIONAL SESSIONS
Track I:	OH...MY ACHING NECK! A MANUAL APPROACH TO THE CERVICAL SPINE
Track II:	JUMP HIGH, DREAM BIG: THE NEXT STEPS IN MANAGEMENT OF PARKINSONS DISEASE
Track III:	PEDS - TIPS FOR THERAPEUTIC TAPING - FINDING "EXTRA HANDS" FOR DIRECT INTERVENTION AND FOR MORE EFFECTIVE HOME PROGRAMMING
Students:	THERAPEUTIC TAPING FOR COMMON MUSCULOSKELETAL DISORDERS
1:30 – 3:00 pm	BREAK WITH EXHIBITORS (Staggered)
3:45 – 5:45 pm	ALAPTA Business Meeting (Open to all Attendees – Not Just Members!)
6:00 – 6:45 pm	Networking With Exhibitors & Awards Ceremony
6:45 – 8:00 pm	Reception to Celebrate the 50 <sup>th</sup> Year of the State Practice Act
8:00 pm	Glow Golf

### Saturday, August 13, 2016

7:30 – 8:30 am	BREAKFAST WITH EXHIBITORS
8:30 am – 12:00 pm	EDUCATIONAL SESSIONS
Track I:	OH...MY ACHING NECK! A MANUAL APPROACH TO THE CERVICAL SPINE
Track II:	JUMP HIGH, DREAM BIG: THE NEXT STEPS IN MANAGEMENT OF PARKINSONS DISEASE
Track III:	PEDS - TIPS FOR THERAPEUTIC TAPING - FINDING "EXTRA HANDS" FOR DIRECT INTERVENTION AND FOR MORE EFFECTIVE HOME PROGRAMMING
10:00 – 11:30 am	BREAK WITH EXHIBITORS (Staggered)
12:00 – 1:30 pm	Lunch & Professional Issues
1:30 – 4:30 pm	EDUCATIONAL SESSIONS (TRACKS I – III)

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## CONTINUING EDUCATION CREDIT INFORMATION

### REGISTRANTS WILL RECEIVE:

#### TRACKS I-III – 9 CONTACT HOURS

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

#### TRACK IV – 3 CONTACT HOURS

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

#### PROFESSIONAL ISSUES – 1.5 CONTACT HOURS

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

#### STUDENT PROGRAMMING – 3 CONTACT HOURS

### Housing

Hotel accommodations may be made by calling the Renaissance Birmingham Ross Bridge Golf Resort and Spa at 800/593-6419 or 205/916-7677. You must mention the "American PT Association" to receive a discounted rate of \$189/night (plus tax). The cut-off date for the discount is July 21, 2016. The hotel is located at 4000 Grand Avenue, Birmingham, AL 35226. Visit their website at [www.marriott.com/hotels/travel/bhmhv](http://www.marriott.com/hotels/travel/bhmhv) for additional information.