



**ALAPTA
2014 SPRING CONFERENCE**

April 11 – 13, 2014

Perdido Beach Resort – Orange Beach, AL

EARLY BIRD DEADLINE – MARCH 15, 2014

PROGRAMMING

TRACK I

HEALTH AND WELLNESS PROMOTION IN A DIRECT ACCESS ENVIRONMENT

Speaker: Jennifer Gamboa, PT, DPT, OCS

Course Description

Make your clinic a place where clients can come for all of their fitness and wellness needs.

Last fall we were introduced to the annual fitness exam. This course will include a review of the fitness exam for those who are not familiar with it and will focus on putting the results of this exam into practice. With hands-on learning, the course gives participants the skills to develop and manage programming for health, wellness, and disease reduction across the lifespan of their patients. Using the data from the fitness exams as well as publicly available community health-needs assessments, the needs of the population of your patients in Alabama can be identified and addressed. You will learn how to develop individual, group, or outreach programming and how to make this lucrative for your clinic. The instructors will provide practical rubber-meets-the-road business practices to facilitate realistic and immediate implementation of wellness and prevention programming. There will also be opportunities to discuss niche market development such as golf analysis, running and gait analysis, sports screenings, massage therapy, Pilates instruction, and others.

Target Audience: PTs and PTAs

Objectives

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

1. Correctly identify the necessary elements of lifetime engagement of a client, and its importance in advancing the health and reducing disease in our population.
2. Analyze publicly-available community health needs assessments and develop a proposal to design and implement responsive programming.
3. Synthesize and analyze individual health risk data based on a standardized wellness visit in order to develop a health fitness profile and follow up prevention program for individual clients.
4. Apply an evidence- and outcomes-based methodology to develop wellness programs that are specific and matched to health goals.
5. Design progressive wellness and prevention programs that take into account health status and psychosocial drivers.
6. Identify the market opportunities for planning and implementing physical therapist driven wellness programming in their own market that includes analyzing return on investment and net revenue generating potential.

About the Speaker

Jennifer M. Gamboa, DPT, OCS, MTC is the Founder and President of Body Dynamics, Inc. a multi-disciplinary private practice in Arlington, VA that embraces The Rehab-Fitness Continuum. BDI is entirely cash based, and employs a combination of physical therapists and other health promotion and fitness specialists, including: pilates trainers and massage therapists, as well as an athletic trainer, acupuncturist, registered dietician, and personal counselor. Dr. Gamboa is committed to advancing private practice within a wholistic health promotion and fitness paradigm in a way that is profitable, supports APTA's Vision 2020, and reflects APTA's core values. Dr. Gamboa can be reached at jgamboa@envisionpt.com.

TRACK II

THE RECALCITRANT FOOT

Speaker: Jonathan Zecher, PT, FAAOMPT, OCS

Course Description

This course includes assessment and treatment techniques for foot and ankle dysfunctions which may be unresponsive to typical treatments, i.e. "recalcitrant" foot pain. It is 10 hours of lecture and lab, focusing on assessment techniques to differentially diagnose foot pain from local versus quadrant dysfunction. In addition, varied treatment techniques are covered to include manual therapy, trigger point dry needling, strapping, and other alternatives. Discussion of relevant anatomy and research evidence as well as well as indications and contra-indications of varied treatment techniques will be discussed.

Objectives

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

1. Explain lower quadrant mechanics and pathomechanics relevant to persistent foot pain.
2. Recognize patterns of dysfunction which may contribute to persistent foot pain.
3. Demonstrate assessment techniques for differential diagnosis of foot pain.
4. Explain the indications and contra-indications for varied treatment techniques.
5. Demonstrate manual techniques for treatment of foot pain.
6. Demonstrate taping/strapping techniques for treatment of foot pain.
7. Explain the evidence, indications, and contra-indications for trigger point dry needling.
8. Recognize non-musculoskeletal causes of foot pain.

About the Speaker

Jonathan Zecher graduated from UAB in 1999 with an MS in physical therapy. He is currently working on a Doctor of Science degree at Andrews University in orthopedic physical therapy. He has primarily worked in outpatient, private practices focusing on manual orthopedic physical therapy and currently works for Results Physiotherapy in Madison, AL. He achieved his certification as a manual physical therapist (CMPT) and orthopedic manipulative therapist (COMT) through the North American Institute of Orthopaedic Manual Therapy (NAIOMT) in 2004 and 2006, respectively. He is certified as an orthopedic specialist (OCS) and is a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT).

TRACK III

NEUROANATOMY & NEUROPLASTICITY: PROMOTING OPTIMAL RECOVERY POST-STROKE

Speakers: Dennis Fell, PT, MD and David Morris, PT, PhD

Course Description

Neuroplasticity is the crux of functional recovery post stroke. A wealth of new evidence has emerged in both human and animal models exploring this area. We are now challenged with implementing these principles into our current healthcare environment. This course is designed to link recent discoveries about the function of the human brain with intervention techniques that physical therapists can use to create positive change in the brain (adaptive neuroplasticity) as the basis

for rehabilitation of functional ability. In this course, the speakers will review neuroanatomy and neurophysiology in the healthy human model, as well as pathologic changes after stroke including display of brain specimens with specific disease. Additionally, key principles of experience-dependent neuroplasticity will be reviewed, with an emphasis on post-stroke recovery. Tenets of motor learning will be reviewed, including discussions of how to best set up practice schedules to promote motor learning. Opportunities to discuss clinical implications will be embedded throughout. Finally, a panel of three faculty members who teach neuromuscular physical therapy will stimulate discussion related to clinical strategies to promote adaptive neuroplastic change after stroke. The course will incorporate didactic lecture, group discussions, case examples, and videos.

Objectives

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

1. Discuss brain structures and their functions that contribute to the control of movement.
2. Describe mechanisms in the nervous system that contribute to neural plasticity.
3. Synthesize specific neuroanatomic and neurophysiologic factors in the clinical context of specific neuropathologies, including location and extent.
4. Define & describe key concepts of experience-dependent neuroplasticity in healthy adults and individuals post-stroke.
5. Explore how these principles can be implemented in physical therapy treatments sessions, with an emphasis on patients post-stroke.
6. Examine tenets & implications of motor learning practice schedules in the treatment of adults post-stroke.
7. Develop and implement evidence-based strategies/interventions to promote adaptive neuroplastic change & optimize functional recovery.

About the Speakers

Dr. Dennis Fell is Professor and Chair of Physical Therapy at the University of South Alabama DPT program, teaching neuroscience, and neuromuscular rehabilitation since 1992. He is active in several APTA sections: Education (Nominating Committee, Finance Committee, JOPTe Editorial Board), Neurology (past Treasurer) and Pediatric (peer-reviewer for PPT); and He is currently Vice-President of the Alabama Chapter. His primary clinical interests are the examination and intervention of patients with neurologic disorders including adults and pediatrics. He has taught numerous courses at national and international conferences and has given frequent platform presentations at APTA annual conference and combined sections meetings. He has a number of publications regarding progressing therapeutic intervention in neurology, professionalism and promoting the PT profession, teaching access to evidence-based PT literature, bibliometric analysis, and defining the core journals of physical therapy.

Dr. Fell was Guest Editor for the special edition (Global PT Education) of Journal of Physical Therapy Education Jan 2012 and was awarded a year-long sabbatical as Visiting International Professor at Daegu University in Daegu, South Korea in 2010-2011. He is author/editor of a new comprehensive, evidence-based neurological rehabilitation textbook, organized around the patient management model and the ICF model that will be published by FA Davis in 2014. In his 20+ years as a faculty member, he has received his University's Excellence in Teaching Award and the College Faculty Service Award. In 2013, he was named one of the "50 Outstanding Faculty" from across the University's history, as part of the institution's 50th Anniversary.

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

TRACK IV – ICD-10 For 2014

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

Course Description

Are you ready for the ICD-9 to ICD-10 transition? The federal government has mandated that ICD-10 be implemented by October 1, 2014. This course will provide a brief update on the history of ICD-10, how it is different from ICD-9, and how the ICD-10 will affect physical therapist practice. It will help attendees understand how they will be affected by this change and how they can be prepared for the transition through case studies and active audience participation.

Objectives

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

1. Identify the similarities and differences between ICD-9 and ICD-10.
2. Understand documentation of physical therapy diagnoses.
3. Determine how to select the correct ICD-10 codes.
4. Describe a mapping of ICD-9 to ICD-10 for common conditions seen by physical therapist.
5. Recognize strategies and resources and adapt his/her practice for transition to ICD-10.
6. Identify timelines associated with ICD-10 adoption.

About the Speaker

Ellen R. Strunk, PT, MS, GCS, CEEAA has worked in various roles & settings as both clinician & manager/director. 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 payment systems in skilled nursing facilities, home health settings, and outpatient rehabilitation settings. Ellen is passionate about delivering medically necessary therapy services in these settings, and lectures nationally on the topics of pharmacology for rehabilitation professionals, exercise & wellness for older adults, and coding/billing/documentation for therapy. Ellen is a member of the American Physical Therapy Association, where she has served on a Payment Policy Strategy Committee advising the APTA Board of Directors on payment policy in all settings. She is a member of the APTA Section on Geriatrics, the APTA Home Health Section and the APTA Health Policy & Administration Sections. She serves on a state level as the President of the Alabama Physical Therapy Association and as its Practice & Reimbursement Chair.

PROFESSIONAL ISSUES IN PHYSICAL THERAPY

Course Description

This two hour interactive session will update physical therapists and physical therapist assistants on the latest issues facing the profession. Including State Legislative Updates, Practice and Payment Updates and 2014 APTA House of Delegates discussion.

Objectives

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

1. Identify professional issues that may have a significant impact on their practice;
 2. Discuss strategies to address these issues;
 3. Implement strategies to address clinical setting specific needs.
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JURISPRUDENCE ESSENTIALS FOR ALABAMA PHYSICAL THERAPISTS, PHYSICAL THERAPIST ASSISTANTS, AND STUDENTS OF PHYSICAL THERAPY

Speaker: David M Morris, PT, PhD

Course Description

Jurisprudence is the science and application of law to practical situations. To assure that they are practicing in an ethical and legal manner, physical therapy clinicians must first thoroughly understand the laws, rules and regulations that govern physical therapy (PT) in their state. In Alabama, new graduates are required to pass a jurisprudence exam for licensure and current licensees are required to take a course on Alabama PT laws and regulations once every two years to renew their license. The purpose of this 2-hour course is to provide participants with a thorough understanding of the laws, rules and regulations that govern physical therapy practice in Alabama through case studies, discussions, and lecture. This course is appropriate for PTs, and PTAs will fulfill the newly established requirements for licensure renewal in Alabama. The course will also be helpful for PT and PTA students preparing to take the jurisprudence exam.

Objectives

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

1. Discuss the goals, make-up and responsibilities of the Alabama Board of Physical Therapy;
 2. Discuss the purpose and format of the Alabama Physical Therapy Practice Act and Administrative Code;
 3. Effectively and efficiently answer legal and ethical questions concerning the practice of physical therapy using the Alabama Physical Therapy Practice Act and Administrative Code.
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SCHEDULE

FRIDAY

- 11:00 am – 6:30 pm Registration**
- 1:00 pm – 4:00 pm Educational Sessions (Tracks I-III)**
- 2:15 pm – 2:45 pm Break With the Exhibitors**
- 4:15 pm – 6:00 pm Professional Issues in Physical Therapy**
- 6:00 pm – 8:30 pm Reception with Exhibitors and Silent Auction to Benefit the ALAPTA PAC**

SATURDAY

- 7:00 am – 8:30 am Breakfast With the Exhibitors**
- 8:30 am – 1:30 pm Educational Sessions (Tracks I-III)**
- 8:30 – 11:30 am Education Session – Track IV (no break)**
- 10:30 am – 11:30 am Break With the Exhibitors**
- 1:30 pm – 3:00 pm Lunch and Chapter Business Meeting**
- 3:00 pm – 5:00 pm Beach Bash**

SUNDAY

- 7:00 am – 8:00 am Breakfast**
- 8:00 am – 12:00 pm Educational Sessions (Tracks I-III)**
- 10:00 am – 10:15 am Break**
- 12:30 pm – 2:30 pm Jurisprudence Essentials for Alabama Physical Therapists, Physical Therapist Assistants, and Students of Physical Therapy**

REGISTRANTS WILL RECEIVE:

TRACKS I-III - 10.25 CONTACT HOURS
TRACK IV – 3 CONTACT HOURS
PROFESSIONAL ISSUES - 2 CONTACT HOURS
JURISPRUDENCE ESSENTIALS - 2 CONTACT HOURS

ProCert Approval is pending for the Spring Conference. The exact number of CCUs awarded will be updated on the ALAPTA Website.