



**ALAPTA
2019 ANNUAL CONFERENCE**

August 16-17, 2019

**SAMFORD UNIVERSITY
HOMEWOOD, AL**

EARLY BIRD DEADLINE – JULY 1, 2019

PROGRAMMING

SESSION 1 – MAKING OUTCOME MEASURES WORK FOR YOU AND YOUR PATIENT IN ADULT NEUROREHABILITATION

Speakers: Brian King, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Blair Saale, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Laura White, PT, DScPT

Course Description

With the multitude of outcome measures available in neurologic physical therapy, are you left wondering which ones to use with your patients? This course will review a clinical practice guideline (CPG) developed by the Academy of Neurologic Physical Therapy that recommends a core set of outcome measures for adults with acute or chronic neurologic conditions. In the lab session, you'll have the opportunity to practice administering these measures and interpreting scores, using newly developed apps for some of the measures. The instructors will also share evidence-based practical strategies to make outcome measures more meaningful and easier for you to use in your clinical practice.

Objectives

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

1. Select, administer, and interpret a core set of outcome measures with clinical utility in adult neurorehabilitation.
2. Develop an action plan to facilitate the use of a core set of outcome measures in the participants' clinical practice.
3. Discuss the value of outcome measure data in collaborative/shared decision-making and goal-setting in adult neurorehabilitation.

About the Speakers

Brian King, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, has over 26 years of experience working with patients with neurological issues, primarily at UAB Medicine | Spain Rehabilitation Center, Outpatient Therapy, Birmingham, AL. His current clinical practice focuses primarily on treatment of patients with balance and vestibular dysfunction. He earned his MS in Physical Therapy from the University of Miami.

Blair Saale, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, is Assistant Professor and Assistant Director of Clinical Education in the Department of Physical Therapy at the University of South Alabama. Dr. Saale was recently named a Parkinson's Foundation PT Faculty Scholar. Her teaching and clinical practice focus on adult neurological rehabilitation. Dr. Saale received her DPT degree from Belmont University in Nashville, TN.

Laura White, PT, DScPT, is a PT Clinical Specialist at Infirmity Therapy Services in Mobile, AL. Her clinical practice focuses on adult neurological rehabilitation in the inpatient rehabilitation and outpatient settings. In her staff development role, Laura develops staff training and clinical processes to improve patient outcomes. Laura received her MSPT and DScPT degrees from UAB in Birmingham, AL.

TARGET AUDIENCE: PTs, PTAs, SPTs, SPTAs

****Participants should bring a smart phone if they would like to download applications to use on their phone during the lab session.**

SESSION 2 – THE FUNCTIONAL SHOULDER

Speakers: Nadia Araiinejad Jones, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy and Lauren Buckalew, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy

Course Description

The Functional Shoulder is a course for those practicing or interested in practicing sports and orthopedic physical therapy. The course will cover three main topics: upper extremity functional testing, a case report, and a lab. The first hour will be spent covering current evidence regarding upper extremity functional testing and procedures for performing the following tests: Upper Extremity Y Balance, Closed Kinetic Chain Upper Extremity Stability Test, and Seated Shot Put Test. The second hour of the course will cover a case report, "Using a Criteria-Based Algorithm to Determine Return to CrossFit® after Shoulder Surgery." See outline on pages 5-6 for more details. The third and final hour of the course will be spent in lab. The instructors will cover the common diagnoses seen in the overhead athlete and various techniques to improve shoulder mobility, flexibility, and stability in regards to injury prevention and rehabilitation.

Objectives

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

1. Upper Extremity Functional Testing
 - a. Understand importance of using functional tests in physical therapy to determine return to sport.
 - b. Comprehend current evidence regarding upper extremity functional testing.
 - c. Describe how to perform: Upper Extremity Y Balance, Closed Kinetic Chain Upper Extremity Stability Test, and Seated Shot Put Test.
2. Case Report
 - a. Describe what movements are common in CrossFit® and functional fitness.
 - b. Discuss the Functional Management Progression Pyramid.
 - c. Understand a basic timeline for tissue healing.
 - d. Reiterate importance of functional objective testing when considering return to sport timeframes.
 - e. Describe a criteria-based algorithm used to return CrossFit® athletes back to sport after shoulder surgery.
3. Lab
 - a. Learn the five components of the "Functional Shoulder".
 - b. Recognize how static and dynamic posture affects physical health.
 - c. List differential diagnosis for shoulder pain.
 - d. Learn and perform soft tissue mobilization techniques to reduce referred pain from the shoulder.
 - e. Learn and perform joint mobility exercises to improve range of motion in the shoulder joint, cervical and thoracic spine.
 - f. Learn and perform flexibility exercises to improve range of motion by lengthening the muscles that surround the shoulder.
 - g. Learn shoulder stabilization exercises to maintain gains made with mobility and flexibility exercises.

About the Speakers

Nadia Araiinejad Jones, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy, is originally from Huntsville, Alabama. She went to The University of Alabama in Huntsville where she competed collegiately in track and field and received her bachelor's degree in Biology in 2013. She attended The University of South Alabama where she received her Doctorate of Physical Therapy in 2016. Nadia completed Drayer Physical Therapy's residency program in December of 2017 and officially became a Sports Certified Specialist in July 2018. Nadia currently practices physical therapy at Drayer Physical Therapy Institute in the Northriver area of Tuscaloosa. She is married to her college sweetheart, Elliott Jones, who played college basketball. Nadia currently CrossFits, runs, and plays various recreational sports to stay in shape as she waits to turn thirty so she can compete in Masters track and field. She has a vision for Tuscaloosa to be the fittest city in Alabama.

Lauren Buckalew, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy, 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 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 July 2016. Lauren currently practices physical therapy at Drayer Physical Therapy Institute located in the Student Recreation Center on campus at The University of Alabama. She resides in Northport, AL where she lives with her husband Nathan and 6-month-old daughter, Peyton. 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 regards to injury prevention and improving athletic performance.

TARGET AUDIENCE: Class is directed towards PTs and PTAs in orthopedic and sports physical therapy. Class is also directed to students who are interested in pursuing a career in sports and/or orthopedic physical therapy. Other disciplines that may benefit from this course include: athletic trainers, coaches, personal trainers, occupational therapists who treat an athletic population, and sports medicine doctors who are interested in current evidence for returning their athletes to sports safely.

****Participants will need a lacrosse ball and foam roller.**

SESSION 3 – ADDRESSING PAIN MANAGEMENT TO OPTIMIZE THE PATIENT EXPERIENCE

Speakers: Jeremy Fletcher, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy and Matt Broussard, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Certified Orthopaedic Manual Therapist

Course Description

Our nation is striving to address the epidemic of opioid misuse. To this end, the Center for Medicare and Medicaid Services (CMS) has painted a roadmap to address the opioid epidemic. Prevention of opioid misuse through the management of pain using safe and effective treatment options is a key area of focus. Identifying and developing solutions to gain access to non-opioid pain treatment is a best practice for hospital organizations seeking to ensure quality patient care. This course will enable clinicians to reduce opioid dependence through the use of a targeted and comprehensive pain management strategy. Participants will be given the opportunity to practice several cognitive approaches to pain reduction.

Objectives

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

1. Select an appropriate measure of pain/pain-related behavior based on patient-specific characteristics.
2. Select an appropriate non-pharmacologic pain management intervention/strategy based on patient-specific characteristics.
3. Select an appropriate manual therapy technique to address specific pain mechanisms.

About the Speakers

Dr. Jeremy Fletcher, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, is an Assistant Professor in the Department of Physical Therapy at the University of South Alabama, a Board Certified Orthopaedic Clinical Specialist (OCS), and a Robert Wood Johnson Foundation Clinical Scholar (2018-2021). He is a member of the American Physical Therapy Association, Academy of Orthopaedic Physical Therapy, and Pain Management Special Interest Group. Dr. Fletcher currently practices within an interdisciplinary team to reduce mental health, substance use disorders, and chronic pain in Veterans through a Mobile, AL based non-profit, Veterans Recovery Resources where uses a psychologically-informed clinical practice model to address chronic pain in Veterans.

Dr. Matt Broussard, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Certified Orthopaedic Manual Therapist is the District Clinical Quality Leader for Results Physiotherapy in Mobile, AL. A 2010 DPT graduate of Texas Woman's University, he earned his OCS (Orthopaedic Clinical Specialist) and COMT (Certified Orthopaedic Manual Therapist) through Maitland Australian Seminars both in 2012. He has been practicing in the orthopedic outpatient setting with all populations with an emphasis on manual therapy, progressive exercise prescription and direct access since 2010. He also serves as adjunct faculty at the University of South Alabama's DPT program and teaches with the Institute of Advanced Musculoskeletal Treatments.

SESSION 4 – SO, YOU WANT TO BE AN ABPTS SPECIALIST?

Speakers: Dominique Forté PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Ashley Parish PT, DPT, CRT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, Katie Blackburn, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Liz Wylie, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Nate Bower PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy

Course Description

If you have ever thought about becoming an American Board of Physical Therapy Specialist or taking Advanced Proficiency Pathways, this course is for you. As an interactive panel, we will discuss various specialist tracks, as well as current trends in the state. We will give an overview of the process for application, study techniques, residency versus non-residency preparation, as well as how to maintain certification through the Maintenance of Specialist Certification (MOSC) renewal.

Objectives

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

1. Describe various specialization paths offered and current statistics for Alabama.
2. Provide rationale and benefits of becoming a specialist.
3. Discuss the application and study process for specialization.
4. Debate residency versus non-residency preparation.
5. Explain maintaining certification through the Maintenance of Specialist Certification Program (MOSC).
6. Assess current knowledge of areas with sample questions.

About the Speakers

Dominique Forté PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, currently practices as Clinic Director at Results Physiotherapy in Homewood, AL. She obtained a baccalaureate degree in Exercise Science and a Doctorate of Physical Therapy from the University of Alabama at Birmingham. Dominique currently serves as Secretary for the Alabama Chapter, APTA, Chair of the Alabama Early Professional Special Interest Group and President of the UAB Health Professions Junior Alumni Board. Locally, Dominique serves as a Teacher's Assistant for the UAB DPT program and a pro-bono provider for Equal Access Birmingham.

Ashley Parish PT, DPT, CRT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, obtained both her Bachelor's Degree in Respiratory Therapy and Doctorate of Physical Therapy from UAB. Her passion is intensive care unit-based services for the cardiovascular and pulmonary pediatric population. Parish has experience teaching cardiovascular and pulmonary concepts at the undergraduate, pre-professional, and doctoral level. She currently serves as the Nominating Chair for the Cardiovascular and Pulmonary Section, APTA, as well as Co-Chair of the ALAPTA Publicity and Communications Committee.

Katie Blackburn, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, received her Bachelor's degree in Biology from the University of Alabama in Huntsville and her Doctor of Physical Therapy degree from Duke University. She completed a Neurologic Physical Therapy Residency at the University of Washington. Katie currently works as an inpatient rehab therapist at UAB's Spain Rehabilitation Center, primarily working with patients with spinal cord injury. She serves as a Co-Director of UAB's Neurologic Physical Therapy Residency and a Teaching Assistant in UAB's DPT program.

Liz Wylie, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, practices in the inpatient rehabilitation and acute care setting at UAB Hospital and Spain Rehabilitation Center. She obtained a Bachelor's degree in Psychology from Mercer University in 2007 and a Doctorate of Physical Therapy from North Georgia College and State University in 2010. Liz began her career as an inpatient physical therapist on the traumatic brain injury team at Patricia Neal Rehabilitation Center (Tennessee) for prior to transition to UAB. In 2015, she became a Board-Certified Clinical Specialist in Neurologic Physical Therapy. Liz also serves as a Teaching Assistant within UAB's DPT program and is the

Co-Director of UAB's Neurologic Physical Therapy Residency Program. Liz's passions include mentoring, teaching, empowering personal leadership as well as serving patients with traumatic brain injury.

Nate Bower PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy, obtained his Bachelors of Psychology from Gustavus Adolphus College in 2007 and went on to earn his Doctorate of Physical Therapy from Washington University in St. Louis in 2010. After graduation, Nate went through a Sports Physical Therapy Residency Program at Gunderson Lutheran Sports Medicine in Onalaska, WI. He has worked for Champion Sports Medicine in various roles including multi-site clinical director since 2011. He currently serves as the coordinator for clinical education. His interests include academics, research, and professional development.

TARGET AUDIENCE: PTs, SPTs

ALABAMA PHYSICAL THERAPY JURISPRUDENCE WORKSHOP

Speakers: Active Members of the Alabama Board of Physical Therapy, under the leadership of Wiley Christian, PT, Board Chair, and in conjunction with ABPT Executive Director, Jeffrey Vinzant

Course Description

Licensure renewals for 2020 will require all Alabama PTs and PTAs to complete at least two (2) hours of jurisprudence continuing education. That means it is time to revisit the Alabama Physical Therapy Practice Act and Administrative Code. Most of us assume we remember the details of these documents and are practicing legally in this state, but significant changes have occurred in recent years. Join the current members of the Alabama Board of Physical Therapy as they discuss their commitment to public safety and the challenges of interpreting these practice documents. This workshop offers the opportunity to achieve the 2020 licensure renewal requirement and remind you of the important "ins and outs" of Alabama physical therapy practice through the study and active discussion of the Alabama physical therapy practice documents. Please bring a copy of the current Alabama Physical Therapy Practice Act and Administrative Code with you to use during the workshop (available online at <http://www.pt.alabama.gov/rules.aspx>).

Objectives

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

1. Discuss the structure and functions of the Alabama PT Practice Act and Administrative Code.
2. Articulate your role and responsibilities in physical therapy practice as well as the role of others with whom you work.
3. Describe the "legal physical therapy practitioner" in terms of character and responsibilities.
4. Distinguish between legal and ethical violations within clinical scenarios.

About the Speakers

This course is facilitated by active members of the Alabama Board of Physical Therapy, under the leadership of Wiley Christian, PT, Board Chair, and in conjunction with ABPT Executive Director Jeffrey Vinzant. The presenters are uniquely qualified to provide this workshop based on their experiences in interpreting and applying the rules and regulations to the current practice of physical therapy.

TARGET AUDIENCE: PTs, PTAs

SESSION 5A & 5B – PHYSICAL THERAPY MANAGEMENT OF PATIENTS WITH HEART DISEASE ACROSS THE CONTINUUM OF CARE

Speaker: Marquitta Callender, PT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy

Course Description

Cardiovascular disease is THE leading cause of death in the U.S. Approximately 84 million people in the U.S. suffer from some form of cardiovascular disease, causing about 2,200 deaths a day, averaging one death every 40 seconds. In Alabama, it is almost a surety that, whether you are seeing patients in the outpatient, home health, SNF, rehab or hospital settings, you will be treating patients with primary or secondary cardiac conditions. This 6-hour course is designed for

Physical Therapists and Physical Therapist Assistants across the continuum of practice who treat patients with cardiovascular disease.

Objectives

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

Day 1

1. Identify risk factors for cardiovascular disease.
2. Understand cardiac pathophysiology.
3. Identify common cardiovascular medications and their relevance for Physical Therapy intervention.
4. Understand common cardiovascular tests, procedures and surgeries.

Day 2

1. Identify normal and abnormal cardiac rhythms.
2. Determine when initiation of PT intervention is appropriate for the cardiovascular patient.
3. Determine appropriate rehabilitation interventions for the cardiovascular patient based on examination findings.
4. Interpret patient's tolerance to interventions through identification of normal and abnormal responses.
5. Identify signs of patient instability and the need to modify or terminate treatment.
6. Incorporate evidence-based resources into the clinical decision making and patient case management processes.

About the Speaker

Marquitta Callender, PT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, is a practicing clinician and clinical educator with 24 years of experience in the acute care setting. Ms. Callender has also worked in outpatient, home health, skilled nursing & special care unit settings and brings a seasoned approach to each patient encounter. In 2014, Ms. Callender became an APTA Board-Certified Cardiopulmonary Clinical Specialist.

TARGET AUDIENCE: PTs, PTAs, SPTs, SPTAs

(Can Take 5a AND/OR 5b)

SESSION 6A & 6B – CADAVERIC DISSECTION LAB: HANDS ON TO HELP REMEMBER AGAIN WHAT YOU MAY HAVE FORGOTTEN!

Speakers: Nick Washmuth, PT, DPT, DMT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Dana Daniel Blake, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Andrea Bowens, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Lydia Thurston, PT, DSc, ATC

Course Description

Clinical anatomy remains a cornerstone in the training of physical therapists. A comprehensive knowledge of anatomy is essential for the skillful practice of neuromusculoskeletal rehabilitation. Through guided cadaveric dissection of the spine, this lab-based course will provide a review of gross anatomy related to the cervical, thoracic, lumbar, and sacroiliac regions. The anatomy revealed during dissection lab will be applied to physical therapy examination, evaluation, and differential diagnosis strategies. Each attendee will take an active role in the cadaveric dissections.

Objectives

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

1. Recognize, label, and differentiate between specific anatomic structures in the spine.
2. Explain the function of specific anatomic structures in the spine.
3. Apply anatomy to support evidenced-based physical therapy examination, evaluation, and differential diagnosis strategies.

About the Speakers

Nick Washmuth, PT, DPT, DMT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, serves as Assistant Professor at Samford University. He has his DPT from Washington University in St. Louis and his DMT from Ola Grimsby Institute. He continues to refine his clinical skill set while working in private practice. His areas of clinical focus

include mobilizations and manipulations, instrument assisted soft tissue mobilization, and exercise prescription. Educationally, his content areas are courses related to anatomy, biomechanics, and orthopedic clinical skills.

Dana Daniel Blake, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, serves as an Assistant Professor at Samford University. She completed her MS Degree in Physical Therapy at UAB; then her DPT Degree at College of St. Scholastica. She has the following credentials: Manual Therapy Certification (MTC), Orthopaedic Certified Specialist (OCS), Certified Clinical Instructor (CI), and Certified Physical Work Performance Evaluator (PWPE). Her career spans over twenty years with a focus on high clinical performance and clinical excellent in various settings – for profit and not for profit environments; as well as outpatient, acute and industrial settings. Her educational content area of focus is on practice management, professionalism, ergonomics and anatomy related to clinical practice and utilization of mobilization and manipulation of the spine.

Andrea Bowens, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, serves as an Assistant Professor at Samford University. She completed her DPT Degree in Physical Therapy from University of Florida. Her career includes clinical practice and professional development focusing on orthopedics, sports medicine, and manual therapy.

Lydia Thurston, PT, DSc, ATC, serves as Assistant Professor at Samford University. In addition, she also serves as the Director of Clinical Education for the Department of Physical Therapy. She has a BS in Exercise Science from Auburn University, MS Degree and DSc Degree in Physical Therapy from UAB. She is also a licensed athletic trainer. She possesses extensive clinical practice and research experience built on her passion for promoting healthy behaviors, clinical research, and applied learning. Her foundation in outpatient orthopedic sports physical therapy and inpatient acute care pediatric practices affords a broad understanding of interprofessional practice and education.

TARGET AUDIENCE: PTs Only

****Participants will be expected to arrive wearing appropriate clothing for the cadaver lab, which includes long pants, such as scrubs, and closed-toed shoes. Long hair should be tied back and contact lenses should be worn at the participant's discretion, with spectacles being recommended.**

All other materials, including dissection supplies, will be provided on site.

(Must Also Choose Session 6b)

SESSION 7A & 7B – ONE SIZE FITS ONE: PATIENT-CENTERED, IMPAIRMENT-BASED CARE FOR PERSONS WITH PARKINSON'S DISEASE

Speakers: Dr. Juliana Coleman, MD, Laura Lieb, CRNP, MPH, Erin Keefer, PT, DPT, Clarissa Sharp, PT, Lindsay Holloman, PT, DPT

Course Description

A collaborative effort between UAB Movement Disorders Division, Huntsville Hospital's Parkinson's Care Clinic and The Neurobalance Program at Southeast Health, the goal of this continuing education course is to provide the participant with evidence-based knowledge and expert opinion relevant to physical therapy examination, evaluation and intervention strategies through a combination of lecture, video, patient demonstrations, discussion and lab activities for the person with idiopathic Parkinson Disease. By the end of the day, the participant should have an understanding of a patient's experience from prodromal PD to advanced stages of PD, evidence-based knowledge and clinical application to more effectively provide impairment based, patient centered clinical care to persons with PD applicable in a variety of settings.

Objectives

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

LECTURE

1. Provide a brief review of basic pathophysiology of PD.
2. Provide a brief review of motor and non-motor symptoms, implications for tremor predominant and a kinetic predominant patient.
3. Provide a brief review of disease progression, common prodromal features.
4. Provide an understanding of common cognitive deficits and psychosis associated with PD.

5. Provide a basic understanding of common pharmacological interventions, ON/OFF phenomena, dyskinesia.
6. Provide a basic understanding of advanced therapies in PD including deep brain stimulation (DBS) and levodopa-carbidopa intestinal gel (LCIG).
7. Review barriers and facilitators for exercise for persons with PD.
8. Provide evidence-based intervention strategies for motor symptoms and non-motor symptoms.
9. Provide evidence-based support, existing guidelines and clinical expertise to support decision making strategies for examination, evaluation and intervention to optimize patient centered impairment-based care.
10. Discuss the importance/provide evidence supporting allied health interdisciplinary care.
11. Discuss rehab and wellness implications for objectives 1-6.

LAB

1. Provide an interactive exercise demonstration that will include but not limited to: a sampling of impairment-based treatment techniques, boxing, dance.
2. Demonstrate and practice proper administration of objective testing as recommended by evidence-based guidelines appropriate for use in the examination and evaluation of the person with idiopathic Parkinson's Disease.

About the Speakers

Dr. Juliana Coleman, MD, received her BS in chemistry at Clemson University. She graduated from the Medical College of Georgia and completed her neurology residency at the Ohio State University. She is currently a Neurologist undergoing a subspecialty training fellowship in Movement Disorders at UAB.

Laura Lieb, CRNP, MPH, a native Alabamian, graduated with a Bachelor of Science in Nursing from University of Alabama-Montgomery in 2001. With experience as a neurosurgical nurse at University of North Carolina at Chapel Hill, early in her career, she was exposed to deep brain stimulation for persons with Parkinson's Disease. Eager to address broader issues related to healthcare, she went on to earn a Master's of Public Health from UAB in 2009. Since 2011, Laura has worked as a nurse and PD community coordinator in the Movement Disorder Division of the Department of Neurology at UAB. In 2015, she completed her program as a nurse practitioner from UAB, currently working in PD research, clinical care and clinical-community collaborative efforts. Laura was the first statewide PD community coordinator, supported by the American PD Association and the Parkinson's Association of Alabama. She spends countless hours educating healthcare practitioners, persons with PD and their families through support group meetings, collaboration with community partners and managing the PD Information and Referral Center for Alabama. Laura is continually amazed by the "boundless creativity, knowledge and resilience of the Parkinson community".

Erin Keefer, PT, DPT, a graduate from the University of North Carolina at Chapel Hill with a doctorate in physical therapy, has been practicing in outpatient, inpatient and community settings for over 11 years. Starting in 2011, Erin developed, with collaboration and support from the UAB Movement Disorders Division, UAB Physical Therapy and Samford University, a specialized rehab and wellness facility in Dothan, AL at Southeast Health for persons with neurodegenerative disorders. Serving hundreds of persons with Parkinsonism over the past 8 years, Erin has represented Southeast Health at two World Parkinson Congress conferences in 2013 and 2016. A Huntsville Hospital physical therapist since 2016, Erin works as the program director of the Parkinson's Care Clinic, a team of allied healthcare professionals dedicated to the interdisciplinary treatment of persons with PD, atypical Parkinsonism and other rare movement disorders. Erin continues to work with the goal of further developing comprehensive allied health services to serve all persons in all regions of Alabama with Parkinsonism.

Clarissa Sharp, PT, having graduated from Duke University, offers a wealth of knowledge through her experience and extensive dance background. Clarissa practiced 4 years at UAB's Spain Rehabilitation Hospital treating a variety of patients with neurological conditions. After raising 3 amazing girls, Clarissa joined the Huntsville Hospital rehab staff in 2010 continuing to specialize in treating neurological populations and now further specializing in treating patients with Parkinson's Disease. She is a member of the Movement Disorder Society and a LSVT BIG certified therapist. A lifelong dancer, Clarissa is a certified Dance for PD instructor and offered the first dance class for persons with PD and their care teams in a local ballet studio in Huntsville, AL. Clarissa continues to help patients with PD and their care team members through the Parkinson's Care Clinic as well as through the community practice of dance.

Lindsay Holloman, PT, DPT, the program director of the NeuroBalance Program at Southeast Health located in Dothan, AL, brings years of experience managing a unique collaborative rehabilitation and fitness facility for persons with neurological disorders. Before specializing in Parkinson's Disease, Lindsay practiced in a variety of settings to include inpatient rehab and acute care. Lindsay received her doctorate of physical therapy from University of Florida in 2010. Lindsay is LSVT BIG certified and a member of the Movement Disorder Society. Lindsay leads the local PD support group

and is an active member of her church. She desires that everyone in her community with PD have the resources and access to the best care to fight back against Parkinson's Disease.

TARGET AUDIENCE: PTs, PTAs, SPTs, SPTAs

****Recommended to wear loose fitting clothes for lab portion.**

(Must Also Choose Session 7b)

SESSION 8 – PHYSICAL THERAPY IN A VALUE-BASED WORLD

Speaker: Ellen R. Strunk, PT, MS, Board-Certified Clinical Specialist in Geriatric Physical Therapy, CEEAA

Course Description

The advent of new payment programs across the post-acute care and outpatient settings represent the first time physical therapists and physical therapist assistants will be practicing in a value-based payment model. The Patient Driven Payment Model (PDPM) represents the largest paradigm shift the skilled nursing facility (SNF) industry has faced in almost 20 years. The Patient Driven Grouper Model (PDGM) represents the largest paradigm shift the home health agency (HHA) industry has faced in almost 10 years. And the Merit-based Incentive Payment System (MIPS) puts outpatient therapy practices in a position of making tough choices about staying on the sidelines or getting in the value-based game. Most therapists have never practiced in a model where payment was not driven by the volume or intensity of service delivery. And yet these models represent a fundamental change in the primary driver of payment, but not a change in the description of skilled services or the actual rehabilitation benefit itself.

The overwhelming concern from the therapy community and rehabilitation advocates is the amount of therapy provided in these settings will be significantly reduced in an effort to reduce costs, and as a result, the quality of care delivered to beneficiaries will suffer. Like any payment system, they rely on providers to provide the right care at the right intensity for the condition(s) the patient presents with. But what is a good outcome? Does the competency level of your staff make a difference in your outcomes? This session will explore some of the key ingredients to success in a value-based payment model.

Objectives

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

1. Describe the components of the PDPM, PDGM and MIPS payment systems.
2. Define staff competencies that will support success in a value-based payment model.
3. Articulate your role and responsibilities in physical therapy practice as well as the role of others with whom you work.
4. Develop action steps to ensure quality of care does not diminish.

About the Speaker

Ellen R. Strunk, PT, MS, GCS, CEEAA, CHC has worked in various roles & settings as both clinician & manager/director. Presently, Ellen is owner of Rehab Resources & Consulting, Inc., RRC specializes in helping customers understand the CMS prospective payment systems in the skilled nursing facility and home health setting, as well as outpatient therapy billing for all provider types. Ms. Strunk's experience includes utilizing medical record reviews and data systems to help both inpatient and outpatient therapy providers meet regulatory guidelines. She has worked with clients on a variety of Medicare/Medicaid payment and certification matters, including substantial overpayment assessments and facilitation of Corporate Integrity Agreements. Services offered include: interdisciplinary medical record review, compliance risk analysis appeals and appeals management, obtaining Medicare certification for a rehabilitation agency, developing clinical programs, and developing operational and clinical processes to support therapy management. In addition to assisting clients meet their operational & clinical goals, Ms. Strunk lectures nationally on the topics of regulatory compliance in the post-acute care space and coding/billing/documentation to meet medical necessity guidelines and payer regulations, as well as pharmacology for rehabilitation professionals, clinically appropriate exercise for older adults, and the importance of functional outcomes to value-based payment.

Ellen is a member of the American Physical Therapy Association, the APTA Academy of Geriatric Physical Therapy, the APTA Home Health Section and the APTA Health Policy & Administration Section. She serves on a state level as the

Practice & Payment Chair for the Alabama Physical Therapy Association. She is a member of the American Health Care Association (AHCA), the National Association of Rehab Agencies and Providers (NARA), and the National Association for the Support of Long-Term Care (NASL).

TARGET AUDIENCE: PTs, PTAs

SESSION 9 – “THROWING IT OUT THERE”.... A SERIES OF EVIDENCE-BASED PRESENTATIONS AND DISCUSSIONS

Speakers: Gretchen D. Oliver, PhD, FACSM, ATC, LAT, CES, Kenzie Friesen, MS, EP-C, Jessica Downs, MS, Kyle Wasserberger, MS, CSCS, Jeff Leatherman, PT, DPT

Course Description

Leatherman: Common Injuries and Rehabilitation Concepts in Throwing Athletes (20 minutes)

This talk will introduce the most frequent injuries and dysfunctions in both softball and baseball as well as evidence-based best practices for the rehabilitation of these populations.

Oliver: What Do We Know About Youth Softball Pitching & Injury (30 minutes)

This talk will highlight youth softball pitching mechanics as well as what we know about pain history and pitching mechanics as well as a pre-throwing program that aims to reduce recovery time and reduce injury susceptibility.

Downs: Biomechanical Changes in Youth SB Pitchers Throughout a Simulated Game (20 minutes)

This talk will discuss biomechanical changes in youth softball pitching mechanics during the first and last inning of a simulated game.

Friesen: What Do We Know About Pain Prevalence and Pitching Mechanics in Collegiate SB Pitchers (20 minutes)

This talk will highlight collegiate SB pitchers with upper extremity pain and their pitching mechanics as well as discuss pitching mechanics of high and low ERAs.

Oliver: What Do We Know About Youth Baseball Pitching & Injury (30 minutes)

This talk will highlight literature regarding throwing off speed pitches and injury susceptibility. It will also highlight the importance of the kinetic chain in throwing and how in youth pitching we need to evaluate both the lower and upper extremity as well as pay attention to the glove arm.

Wasserberger: Using the Single Leg Squat as an Assessment of Stride Leg Knee Mechanics in Adolescent Baseball Pitchers (20 minutes)

This talk will discuss the importance of the stride knee in force absorption and transfer during the baseball pitching motion as well as the associations between compensations during a common movement assessment, the single leg squat (SLS), and the mechanics of the stride knee observed during a baseball pitch to establish the usefulness of the SLS as a screening tool for at-risk athletes.

Leatherman: Case Study--The Use of Posterior Glide Mobilization and Sleeper Stretch on Glenohumeral Internal Rotation Deficit (GIRD) in an Adolescent Baseball Pitcher (20 minutes)

This case presentation will highlight the use of manual therapy, therapeutic exercise, as well as patient/family education to address an acquired limitation in many overhead throwers.

Roundtable Discussion: All presenters addressing questions from audience and facilitating discussion on desired topics. (20 minutes)

Objectives

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

1. Gain increased knowledge related to dynamic upper extremity throwing.
2. Gain greater knowledge of how the body acts as a kinetic chain and the need for total body assessment when working with dynamic upper extremity throwing athletes.
3. Gain insight into throwing pathomechanics that could predispose injury susceptibility in dynamic upper extremity throwing athletes.

4. Learn evidence-based rehabilitative interventions for common dysfunctions related to throwing athletes.

About the Speakers

Gretchen D. Oliver, PhD, FACSM, ATC, LAT, CES, is a Professor and Director of the Sports Medicine & Movement Laboratory in the School of Kinesiology at Auburn University. Her research focus is on injury prevention and performance enhances in youth baseball and softball athletes. She is one of the leading researchers in softball pitching mechanics and injury prevention.

Kenzie Friesen, MS, EP-C, is a 2nd year PhD student in the Sports Medicine & Movement Laboratory in the School of Kinesiology at Auburn University. As a member of the Canadian National Softball Team, Kenzie is able to combine her pitching experience with her research focus. Her research is centered on softball pitching mechanics and injury prevention.

Jessica Downs, MS, is a first-year doctoral student in the Sports Medicine & Movement Laboratory in the School of Kinesiology at Auburn University. Her research interests include injury prevention and performance enhancement in baseball/softball athletes. She is currently conducting a study looking at the effects of glute muscle activation exercises in a pre-throwing warm-up routine on hip and shoulder range of motion pre- and post-competitive baseball season in high school baseball players.

Kyle Wasserberger, MS, CSCS, is currently a doctoral student and graduate teaching assistant in the Sports Medicine and Movement Laboratory at Auburn University. His research focuses on biomechanical analysis of throwing, swinging, and striking athletes and the development of sport-specific performance enhancement strategies with an emphasis on baseball pitchers.

Jeff Leatherman, PT, DPT, is the Program Director of the developing PTA program at Southern Union State. He was an Academic All-American baseball player at Auburn University and played for the Pittsburgh Pirates organization before completing his graduate studies in Physical Therapy at Medical College of Virginia and University of Montana. He owned a private practice specializing in the rehab of throwing athletes prior to moving into PT education. Dr. Leatherman is a member of the American Society of Shoulder and Elbow Therapists and recently had his doctoral work published by Orthopedic Physical Therapy Practice.

TARGET AUDIENCE: PTs, PTAs, SPTs, SPTAs, Other Rehabilitation Professionals or Performance Specialists with Interest in Throwing Athletes

CONTINUING EDUCATION CREDIT INFORMATION

EACH SESSION IS WORTH 3 CONTACT HOURS

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

JURISPRUDENCE WORKSHOP – 2 CONTACT HOURS

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

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Hotel Registration Deadline - July 18, 2019

SCHEDULE

Friday, August 16, 2019

8:00 am – 12:00 pm	Registration
10:00 am – 12:00 pm	Alabama Board of Physical Therapy Meeting
12:00 – 3:00 pm	EDUCATIONAL SESSIONS
1:	Making Outcome Measures Work for You and Your Patient in Adult Neurorehabilitation
2:	The Functional Shoulder
3:	Addressing Pain Management to Optimize the Patient Experience
4:	So You Want to Be an ABPTS Specialist?
3:15 – 5:15 pm	Jurisprudence Essentials Course (Additional Registration Fee)

Saturday, August 17, 2019

7:00 am – 1:00 pm	Registration
7:30 – 8:30 am	BREAKFAST WITH EXHIBITORS
8:30 am – 12:30 pm	EDUCATIONAL SESSIONS
5a:	Physical Therapy Management of Patients With Heart Disease Across the Continuum of Care
6a:	Cadaveric Dissection Lab: Hands On To Help Remember Again What You May Have Forgotten!
7a:	One Size Fits One: Patient-Centered, Impairment-Based Care for Persons With Parkinson's Disease
8:	Physical Therapy in a Value-Based World
10:00 – 11:00 am	BREAK WITH EXHIBITORS (ALL CLASSES)
12:30 – 2:30 pm	ALAPTA Business Meeting and Lunch (Open to All Attendees – Not Just Members)
2:35 – 5:35 pm	EDUCATIONAL SESSIONS
5b:	Physical Therapy Management of Patients With Heart Disease Across the Continuum of Care
6b:	Cadaveric Dissection Lab: Hands On To Help Remember Again What You May Have Forgotten!
7b:	One Size Fits One: Patient-Centered, Impairment-Based Care for Persons With Parkinson's Disease
9:	"Throwing it Out There"....A Series of Evidence-Based Presentations and Discussions