



**ALAPTA  
2018 SPRING CONFERENCE**

April 20-22, 2018

Perdido Beach Resort – Orange Beach, AL

**EARLY BIRD DEADLINE – MARCH 15, 2018**

**FRIDAY, APRIL 20, 2018**

**Session 1: Assessment and Treatment of Patients With Chronic Pain: An Evidence Based Approach**

**Speaker: Jake Epker, PhD**

**Course Description**

Chronic pain is a complex, multidimensional construct that often contributes to a number of significant functional and psychosocial disturbances. Physical therapists who work with chronic pain patients are quick to discover there are often a number of psychosocial issues that can contribute to exacerbation of pain and detract from a positive response to medical treatment, including physical therapy. The current presentation highlights many of the systemic and individual factors that have been shown to negatively influence patients with chronic pain and then reviews evidence based psychologically oriented treatment strategies that can be effective in addressing many of these barriers and thus improving treatment outcome.

**Objectives**

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

1. Describe the three components of the biopsychosocial model.
2. Define pain catastrophizing and identify one specific technique to change it.
3. Understand and explain the importance of addressing emotional and cognitive factors among patients with chronic pain.
4. Identify at least two psychologically oriented treatment approaches for treating patients with chronic pain.

**About the Speaker**

**Dr. Jake Epker** earned his B.A. in psychology from Amherst College in Amherst, Massachusetts. He subsequently attended the University of Texas Southwestern Medical Center at Dallas, where he earned a Ph.D. in clinical psychology. Following graduation, Dr. Epker completed a two-year post-doctoral Fellowship in Health Psychology, with a focus on chronic pain. He moved to Mobile, Alabama in September 2000. His practice has primarily a behavioral medicine focus, with emphasis on the evaluation and treatment of individuals with work-related injuries, including: PTSD, chronic pain, and those being considered for spine surgery. In addition, Dr. Epker stays involved with teaching and research. He has published over a dozen articles and book chapters within the specialty of behavioral medicine and lectures at various local and regional meetings on related topics.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**

**MAXIMUM PARTICIPATION - 50**

---

**Session 2: Fear of Falling – The Unseen Barrier on Quality of Life for Patients With Neurological Dysfunction**

**Speaker: Tara Pearce, PT, DHS**

**Course Description**

Falls continue to be a leading cause of injury and death in geriatric patients/clients and those with neurological disorders. One of the most disabling, yet preventable, causes of falls is a fear of falling. Patients/clients report a diminished quality of life when fear of falling is present even without a history of a fall episode. This course will focus on identifying at-risk patients/clients, regardless of the clinical setting, providing strategies to communicate with patients/clients regarding their fear and interventions to incorporate into clinical practice to reduce the fear of falling.

### **Objectives**

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

1. Define fear of falling.
2. Recognize the impact of fear of falling on the quality of life.
3. Describe objective test and measures used to examine and evaluate patients with fear of falling in different clinical settings.
4. Develop a comprehensive treatment plan for patients who present with a fear of falling.

### **About the Speaker**

**Tara S. Pearce, PT, MHS, DHS** Assistant Professor and Associate Director of Clinical Education in the Department of Physical Therapy at the University of Alabama at Birmingham. 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.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**  
**MAXIMUM PARTICIPATION - 50**

---

**Session 3: PT Management of Patients with Cardiovascular Disease...From the Hospital to the Home**  
**Speaker: John Lowman, PT, PhD, CCS**

### **Course Description**

Cardiovascular diseases are among the most prevalent primary and secondary diagnoses for patients managed by physical therapists in all treatment settings. These diseases result in significant mortality and morbidity. PTs and PTAs are often either don't push them hard enough or they push them too hard. A thorough examination is needed to screen your patient and then determine the best outcome measures and intervention plan. This course will help you feel more confident in selecting appropriate tests and measures, screening for adverse events, and making sure the interventions selected are of an appropriate dose when treating these patients in their home or in hospital/clinic settings. (Please bring stethoscope and BP cuff, if possible, and wear "layers" that can be removed for lab.)

### **Objectives**

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

1. Recognize and differentiate symptoms of common cardiovascular health conditions.
2. Select appropriate tests and measures to evaluate patients/clients with cardiovascular health conditions.
3. Identify abnormal heart and lung sounds and understand their implication in the management of patients/ clients with cardiovascular health conditions.
4. Develop and appropriate plan of care for patients with various cardiovascular health conditions in all treatment settings (home health, nursing homes, residential care units, rehabilitation/acute care hospitals, and outpatient clinics).

### **About the Speaker**

**Dr. John Lowman** is an associate professor in the Department of Physical Therapy at The University of Alabama at Birmingham. His primary responsibilities are teaching physiology, pathology/pathophysiology, pharmacology, and cardiovascular and pulmonary patient/client management content in the Doctor of Physical Therapy program as well as in the PhD in Rehabilitation Sciences program. He has been a board-certified clinical specialist in cardiovascular and pulmonary physical therapy since 1999. He has multiple publications related to cardiovascular disease. His research interest is in critical care and cystic fibrosis. He maintains active clinical practice with inpatients at UAB Hospital as well as outpatient CF care.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**

SATURDAY, APRIL 21, 2018

**Session 4: Know Pain, Know Gain: Changing the Conversation About Chronic Pain (Part 1 of 2 – Must sign up for Session 7 as well)**

**Speaker: Jeremy Fletcher, PT, DPT, CSCS, OCS**

**Description**

Pain is a public health problem, affecting at least 100 million American adults and costs society over \$600 billion dollars annually. Chronic pain is a complex biopsychosocial phenomenon requiring an understanding of neuroanatomical, psychological, and social influences on the experience of pain. The Institute of Medicine has demonstrated a gap in knowledge and competencies for medical providers that include the knowledge and skills of health care providers to assess and treat chronic pain conditions. The intention of this course is to narrow this gap, allowing physical therapists to assist patients improve their quality of life.

**Part 1 Objectives**

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

1. Describe the current state of opioid misuse across the United States and Alabama.
2. Discuss optimal models of chronic pain management.
3. Identify patient-related factors contributing to chronic pain states.
4. Recognize therapist contributions to chronic pain states.

**About the Speaker**

**Dr. Jeremy Fletcher** is an Assistant Professor at the University of South Alabama and member of the United States Army Reserve. He received his Doctor of Physical Therapy degree from the University of South Alabama in 2010 and he holds a Graduate Certificate in PT/OT Health Focused Care for the University of Alabama-Birmingham. Prior to his career in academia, Dr. Fletcher served in the United States Army as a Physical Therapist, including a deployment to Afghanistan. He continues to serve his community through non-profit organization leadership and is a consultant for Veterans Recovery Resources, a non-profit organization seeking to improve the mental wellness of Veterans with substance use disorders and chronic pain. His current research is in the area of psychologically informed clinical practice for patients with chronic pain and health behavior change.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**

**MAXIMUM PARTICIPATION - 50**

---

**Session 5: A Step in the Right Direction: Managing Gait Deviations for Individuals with Neurological Disorders**

**Speakers: Kathleen Deaton, PT, DPT, NCS and Liz Wylie, PT, DPT, NCS**

**Description**

This session will focus on identifying common gait deviations in patients with neurologic disorders. The ICF model will be used as a foundation for clinical decision-making related to assessment, treatment, and bracing considerations. Evidence-based practice and case examples will be used to facilitate discussion. This course will be applicable for therapists treating patients across the PT continuum of care.

**Objectives**

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

1. Utilize the ICF model to facilitate clinical decision-making related to gait assessment and subsequent treatment in the neurologic population.
2. Complete detailed analysis of common patterns of gait deviation in the neurologic population.
3. Identify common patterns of gait deviations to body structure/function impairments and activity limitations in a patient with neurologic dysfunction.
4. Apply evidence-based treatment strategies to address observed gait impairments and limitations, including orthotic prescription.
5. Discuss the use of new technology to address neurologic gait impairments.

## **About the Speakers**

**Kathleen Deaton, PT, DPT, NCS** Inpatient Physical Therapist, Spain Rehabilitation Center, University of Alabama at Birmingham. Co-Director of the Neurological Residency Program at the University of Alabama at Birmingham.

**Liz Wylie, PT, DPT, NCS** Inpatient Physical Therapist, Spain Rehabilitation Center in Birmingham, Alabama. Co-Director of the Neurological Residency Program at the University of Alabama at Birmingham.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**  
**MAXIMUM PARTICIPATION - 50**

---

**Session 6: Dynamic Strengthening in Home-Health, Skilled Care and Residential Settings**  
**Speaker: Terry Rhoades, PT, DPT, MPPM**

### **Description**

This session will provide a fresh approach to exercise in home health, skilled care, assisted living, and independent living environments while considering the obvious inherent constraints. While limitations certainly do exist, the environments provide for limitless possibilities and true point-of-service interventions to make positive changes in quality of life.

Dynamic strengthening will allow therapists in these settings to implement creative exercise plans that are based on the core principle of movement while maintaining balance and core stability using affordable and transportable equipment. Implementing dynamic strengthening in home health, skilled care, assisted living, and independent living environments will be emphasized but therapists in all environments of care can benefit from integrating the principles taught in this session.

### **Objectives**

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

1. Identify assessment tools to determine need for dynamic strengthening and to objectively measure outcomes to support services rendered.
2. Develop safe and appropriate individualized exercises based on dynamic strengthening principles in home health, skilled care, and residential settings.
3. Understand medical, social, and financial considerations related to implementing dynamic strengthening in home health, skilled care, and residential settings.

### **About the Speaker**

**Terry Rhoades** is a Physical Therapist practicing outpatient therapy at HealthSouth Lakeshore Rehabilitation Hospital in Birmingham. From 1991 until 2011 he was privileged to work as a Physical Therapist Assistant in multiple settings including inpatient rehab, home health, assisted and independent living, skilled nursing, outpatient, and industrial rehab. Dr. Rhoades completed a Master of Arts in Public and Private Management degree from Birmingham-Southern College in 2004 and managed a hospital outpatient therapy department for over 7 years. At the age of 40, he returned to graduate school and received a Doctor of Physical Therapy degree from the University of Alabama at Birmingham in 2014. His specific areas of interest in physical therapy range from neurological, vestibular, balance, and geriatrics to dry needling and manual/spine therapies.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**  
**MAXIMUM PARTICIPATION - 50**

---

**STUDENT SESSION - Rocks in My Head: Evaluation and Treatment of Patients with Benign Paroxysmal Positional Vertigo**  
**Speaker: Jennifer Christy, PT, PhD**

### **Description**

Benign Paroxysmal Positional Vertigo (BPPV) is the most common vestibular disorder across the lifespan and often results in increased risk for falls and decreased quality of life. The evaluation and treatment of BPPV is successful if done following evidence-based clinical practice guidelines. This introductory course will review the anatomy and physiology behind the cause of BPPV, how to properly evaluate patients with suspected BPPV and how to treat patients with posterior canal BPPV, the most common form.

## Objectives

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

1. Describe BPPV from an anatomical and neurophysiological point of view.
2. Select and describe the appropriate assessment for BPPV, given a patient's reported symptoms.
3. Determine the type of BPPV, given a description of nystagmus during the evaluation for BPPV.
4. Select and describe the appropriate treatment, given the results of the evaluation.
5. Appreciate the importance of following the published Clinical Practice Guidelines for BPPV.
6. Recognize when referral to a more experienced clinician is necessary when evaluating patients with BPPV.

## About the Speaker

**Jennifer Braswell Christy, PT, PhD** is Associate Professor of physical therapy at The University of Alabama at Birmingham and co-director of the UAB Vestibular and Oculomotor Research Clinic (VORC). She teaches neuroscience, pediatrics and scientific inquiry in the DPT program, as well as various courses in the PhD in Rehabilitation Sciences program. Dr. Christy's research focus is to determine the impact of vestibular dysfunction on development, postural control and gaze stability as well as to develop evidence based interventions to treat vestibular-related impairments in children.

---

**SUNDAY – APRIL 22, 2018**

**Session 7: Know Pain, Know Gain: Changing the Conversation about Chronic Pain: Part 2 (Part 2 of 2 – Must sign up for Session 4 as well)**

**Speaker: Jeremy Fletcher, PT, DPT, CSCS, OCS**

## Description

Pain is a public health problem, affecting at least 100 million American adults and costs society over \$600 billion dollars annually. Chronic pain is a complex biopsychosocial phenomenon requiring an understanding of neuroanatomical, psychological, and social influences on the experience of pain. The Institute of Medicine has demonstrated a gap in knowledge and competencies for medical providers that include the knowledge and skills of health care providers to assess and treat chronic pain conditions. The intention of this course is to narrow this gap, allowing physical therapists to assist patients improve their quality of life.

## Part 2 Objectives

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

1. Conduct a biopsychosocial evaluation of a patient with chronic pain
2. Discuss the role of psychosocial variables on chronic pain
3. Review complementary and alternative interventions for chronic pain

## About the Speaker

**Dr. Jeremy Fletcher** is an Assistant Professor at the University of South Alabama and member of the United States Army Reserve. He received his Doctor of Physical Therapy degree from the University of South Alabama in 2010 and he holds a Graduate Certificate in PT/OT Health Focused Care for the University of Alabama-Birmingham. Prior to his career in academia, Dr. Fletcher served in the United States Army as a Physical Therapist, including a deployment to Afghanistan. He continues to serve his community through non-profit organization leadership and is a consultant for Veterans Recovery Resources, a non-profit organization seeking to improve the mental wellness of Veterans with substance use disorders and chronic pain. His current research is in the area of psychologically informed clinical practice for patients with chronic pain and health behavior change.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**

**MAXIMUM PARTICIPATION - 50**

---

**Session 8: Constraint Induced Therapy for the Lower Extremity**

**Speaker: David Morris, PT, PhD, FAPTA**

## Description

Constraint Induced (CI) Therapy was derived from basic research with monkeys and clinical research with human. An upper extremity (UE) CI therapy protocol with the signature elements was first used with individuals with chronic stroke over thirty years ago. A CI Therapy protocol for improving lower extremity (LE) function has also been developed and found to be effective. The purposes of this presentation are to: 1) discuss the theoretical basis for LE CI therapy; 2) describe all elements of the LE CI therapy protocol; 3) report findings from research using the protocol; and 4) provide recommendations for future research using this protocol.

### **Objectives**

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

1. Discuss the history and theoretical basis to CI therapy.
2. Describe the signature elements of the LE CI therapy protocol.
3. Describe scientific evidence concerning use of LE CI therapy.

### **About the Speaker**

**David Morris, PT, PhD, FAPTA** Professor and Chair, Department of Physical Therapy, University of Alabama at Birmingham, Birmingham, Alabama. He is Co-Training Coordinator and Key faculty member for the UAB Training for CI Therapy Program; offered twice a year since 2005. Morris has been a member of the UAB CI Therapy Research Group since 1994.

**TARGET AUDIENCE – PT, PTA and PT/PTA Students**

**MAXIMUM PARTICIPATION - 50**

---

### **Session 9: Performing Manual Therapy Techniques in Multiple Settings: Home Health, Skilled Nursing, Acute Care, Inpatient Rehab and More**

**Speaker: Jonathan Zecher, PT, OCS, FAAOMPT**

### **Description**

Frustrated by the difficulty of delivering good manual therapy in challenging settings? It can be hard to position yourself and your patient for joint and soft tissue mobilization techniques. This session will provide the therapist with techniques for total knees, neck and shoulder pain, and other conditions, which can be performed with your patients in sitting.

### **Objectives**

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

1. Demonstrate three joint mobilization techniques for total knee replacements.
2. Demonstrate soft tissue and joint mobilization techniques for neck pain and stiffness that can be performed in sitting.
3. Demonstrate joint and soft tissue techniques for the shoulder complex.
4. Demonstrate lumbar mobilization in sitting to relieve low back pain.

### **About the Speaker**

**Jonathan Zecher** graduated from UAB in 1999 with an MS in physical therapy. He subsequently earned 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. He currently owns and practices at Focus Physiotherapy with locations in Madison and Huntsville, Alabama. 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).

**TARGET AUDIENCE – PT, PTA AND PT/PTA Students**

**MAXIMUM PARTICIPATION - 40**

---

**REGISTRANTS WILL RECEIVE A CERTIFICATE FOR 3 CONTACT/ENGAGEMENT HOURS FOR EACH SESSION**

*(For AL Licensees this equates to 3.6 Continuing Education Hours, Since 1 Contact Hour = 50 Minutes of Instruction)*

**ALL COURSES OFFERED BY ALAPTA CAN BE USED TOWARD YOUR LICENSURE RENEWAL**