



2021 ANNUAL CONFERENCE

August 6-7, 2021
SAMFORD UNIVERSITY

REGISTRATION DEADLINE – AUGUST 1

PROGRAMMING

SESSION 1 LEADERS ARE MADE, NOT BORN: HOW TO SUCCEED WITH PERSONNEL MANAGEMENT

Speaker: Brian Gallagher, PT

Session Description

How do we recruit the best and brightest, properly onboard, and professionally enhance our team for long-term retention (especially in the new Zoom/high-tech environment)? The solution lies in implementing standard operating procedures that promote consistency and ensure a comprehensive process. Personnel is a major component of the 4 keys to Private Practice success, and mastering the secret behind how to build and train your team is critical to optimizing your practice. Learn how to invest both personally and professionally in loyal employees through effective leadership.

Objectives

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

1. Establish a systematic on-boarding process.
2. Learn effective personnel management skills to improve company culture.
3. Apply CEO/Leadership skills for ease in communication.
4. Build a team that functions with accountability and responsibility.

About the Speaker

Brian Gallagher, PT, founded what became one of Maryland's largest therapy staffing companies in 1997. While at the same time, launching a multi-site private practice which resulted in a sale in 2006. Brian re-acquired the practice in 2008 and doubled it before winning "Practice of the Year" in 2011. MEG Business Management began in 2006 as an educational coaching company training owners and their key employees on innovative practice management strategies. Today, MEG has taken a major leap forward by developing a Virtual Training platform for practice owners to now have the tools and training resources to professionally enhance, track and manage employee performance & compliance. MEG also provides Billing Solutions, Credentialing services and website design support for Marketing in private practice. When Brian is not coaching or working on the virtual training platform, he can be found giving lectures at the APTA, PPS and CSM Annual Conferences, as well as APTA State Chapters and DPT Schools.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students (Appropriate for New Grads, Staff Therapists, Clinical Directors, Practice Owners)

SESSION 2 GETTING TO THE HEART OF THE MATTER: INTEGRATING MENTAL AND SPIRITUAL WELLBEING IN PT PRACTICE

Speaker: Jeremy Fletcher, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Session Description

As physical therapists, our value to society is defined by our ability to promote the restoration and optimization of movement, function, and participation through the interaction of both the science of healing and the art of caring. During the COVID-19 pandemic, concerns about mental health and substance use have grown, including concerns about suicidal ideation. In January 2021, 4 out of 10 adults reported symptoms of anxiety and/or depressive disorder, and more than 83,000 Americans died of drug overdoses in the 12-month period ending June 2020, the most ever recorded in a single year, according to data from the CDC. Additionally, literature across a variety of patient populations continues to emphasize the need for physical therapists to identify psychosocial factors, as these are known to be more potent predictors of outcomes than pathology. Not only do our patients carry a heavier burden, but physical therapists are also carrying a heavier burden as well. Being placed in a constrained environment with limited power to assist and help those who need care is a recipe for burnout, moral injury, and existential crises. Considering our dynamic cultural and professional shift in response to the COVID-19 pandemic, addressing mental and spiritual factors within the patient-therapist encounter are the imperative of our day. To achieve this end, this course aims to address the following objectives:

Objectives

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

1. Discuss the role of mental and spiritual health to affect patient outcomes.
2. Recognize signs and symptoms of mental and emotional distress.
3. Identify screening questions to assess spiritual conscious approaches to care.
4. Using case narrative, describe the implementation of a spiritual care model for physical therapists.

About the Speaker

Jeremy Fletcher, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, currently serves as the Director of Community Integration for Veterans Recovery Resources (VRR), a community-based mental and physical health clinic located in Mobile, AL. He is a Board-Certified Orthopedic Clinical Specialist, a Major in the US Army Reserves, and recently served as an Assistant Professor in the Doctor of Physical Therapy at the University of South Alabama. In addition to his professional roles, Dr. Fletcher has presented at state, national, and international levels on the topics of chronic pain, health promotion and behavior change. He is a Robert Wood Johnson Clinical Scholar Fellow, has been awarded APTA's Federal Section Innovator Award, and earned the Bronze Star Medal for his service in the War in Afghanistan for meritorious service in a combat zone. He is a Veteran, father, coach, and husband.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students

SESSION 3 FROM SURVIVING TO THRIVING: OUTPATIENT REHABILITATION FOR PATIENTS POST-COVID-19 INFECTION

Speakers: Naomi Bauer, PT, DPT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy
John Lowman, PT, PhD, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy
Ashley Parish, PT, DPT, CRT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy

Session Description

Course Description: COVID-19 has infected millions of individuals worldwide with many experiencing ongoing impairments and limitations long after the initial infection has resolved. Physical therapists can play a vital role in helping these individuals rehabilitate to maximize their function and capacity. This session will focus on the role of outpatient rehabilitation for patients post-COVID-19 infection. Common patient presentations and impairments will be presented along with recommendations for physical therapy assessments and interventions, and methods for monitoring patient safety and response to exercise. The session will include several patient case studies to promote discussion and application material presented in the session.

Objectives

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

1. Describe functional and physiological impairments resulting from COVID-19 infection.
2. Identify patients who will benefit from post-acute rehabilitation.
3. Compare and contrast functional outcome measures and how they relate to functional recovery.
4. Implement/explain cardiopulmonary rehabilitation principals to promote recovery post-COVID-19 infection.

About the Speakers

Naomi Bauer, PT, DPT, is an APTA Board Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy and the Program Director of Pulmonary Rehab and Cardiopulmonary Therapy at WakeMed Health & Hospitals in Raleigh, NC. She has been practicing in outpatient cardiopulmonary rehabilitation full time since 2018 and also has prior experience in acute and critical care physical therapy. Since May of 2020, Naomi has coordinated the multidisciplinary Comprehensive COVID-19 Recovery Program at WakeMed, where she works with patients post-COVID-19 at all stages of their outpatient rehabilitation journey. She has presented locally and nationally on topics including Postural Orthostatic Tachycardia Syndrome, Pulmonary Rehabilitation, and post-acute rehabilitation after COVID-19 infection. In addition to her full-time clinical work, Naomi is an active member of the APTA Academy of Cardiovascular and Pulmonary Physical Therapy, where she is the chair of the Nominating Committee, and on the Task Force for Defining Entry Level Competencies in Cardiovascular and Pulmonary Physical Therapy.

John Lowman, PT, PhD, is an Associate Professor and Director of Residency Education in the Department of Physical Therapy at The University of Alabama at Birmingham. He has been Board Certified Cardiovascular and Pulmonary Clinical Specialist for over 20 years and has worked in a variety of clinical settings, including SNF, LTACH, HH, outpatient, but primarily in adult acute care/ICU. He serves as an associate editor for the *Cardiopulmonary Physical Therapy Journal* and was a reviewer for the *CPTJ*'s recent special issue focused on COVID-19. He was a co-host of UAB School of Health Professions' PT's *COVID-Corner* YouTube channel, and helped create a course for the *Post-Acute COVID-19 Exercise and Rehabilitation (PACER) Project* through the APTA Academy of Cardiovascular and Pulmonary Physical Therapy.

Ashley Parish, PT, DPT, CRT, Board Certified Cardiovascular and Pulmonary Clinical Specialist, is an Assistant Professor in the Department of Physical Therapy at UAB. Her passion is promoting intensive care unit-based services to minimizing sequela of critical illness in survivors. She has been actively involved in national education efforts for COVID-19, including development of a course through the PACER Project (post-acute COVID-19 exercise & rehabilitation) that has been viewed over 4,000 times. Parish is a member of the APTA COVID Core Outcome Measures Taskforce for Pediatrics, which developed a clinical algorithm of outcome measures for assessing participation, functional mobility, endurance, and strength in this population. She previously served as co-host of UAB School of Health Professions' PT's *COVID-Corner* YouTube channel and has presented on the Adult and Pediatric COVID Core Outcome Measures on APTA Live. She is currently working with the APTA COVID Outcome Measures Taskforce to validate use of the algorithm in clinical practice. Parish has served in a multitude of leadership roles, including Visibility/Awareness Chair for the APTA Academy of Cardiovascular and Pulmonary Physical Therapy.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students

SESSION 4 A COMPREHENSIVE APPROACH TO SHOULDER EVALUATION AND INTERVENTION FOR THE MANUAL PHYSICAL THERAPIST

Speakers: Dominique Forté PT, DPT, COMT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
 Samantha Hollingshead PT, DPT, Cert. MDT, Certified Mckenzie Therapist

Session Description

Have you ever wished you did a more comprehensive evaluation of the shoulder? Does the shoulder seem to mystify you with all the motions and complexities? Do the manual therapy techniques to treat the shoulder all seem to run together without a comprehensive and systematic way to utilize them to evaluate and treat the region? This course is designed to assist orthopedic physical therapy clinicians with an interest in manual therapy in creating a logical approach and structure when addressing these issues. This session will describe manual therapy techniques that are used to treat common shoulder girdle pathologies. Recent evidence on manual therapy techniques used in shoulder rehabilitation will be reviewed. Participants will have immediate assessment and intervention skills for the shoulder that can be utilized in the clinic on Monday morning.

Objectives

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

1. Review anatomy specific to the shoulder girdle.
2. Identify patterns in common shoulder girdle pathology.
3. Learn and refine manual therapy techniques specific to the scapula-thoracic, gleno-humeral, acromio-clavicular joints, and sterno-clavicular joints.
4. Identify shoulder symptom modification procedures.
5. Review the latest evidence on shoulder rehabilitation.

About the Speakers

Dominique Forté, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, currently serves as the 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. She completed her orthopaedic clinical specialty certification in 2018. She began a fellowship in orthopaedic manual physical therapy in 2020 at Bellin College. Dominique currently serves as Secretary for the Alabama Chapter of APTA. Locally, Dominique serves as a Teacher's Assistant for the UAB DPT program and a pro-bono provider for Equal Access Birmingham.

Samantha Hollingshead, DPT, Cert. MDT, is the District Clinical Educator for Results Physiotherapy for the Central Alabama region. Samantha graduated from Old Dominion University with a B.S. in Exercise Science in 2007 and a Doctorate of Physical Therapy in 2010 and has been working as an Orthopedics physical therapist since. She completed her certification in Mechanical Diagnosis and Treatment (MDT) in 2012 and she uses these proven and established treatment protocols to improve her patients' lives. Throughout her years as a clinician, director, and now clinical educator, she has gained expertise in spinal rehabilitation, orthopedic and sports injuries and vestibular rehabilitation. She has a passion for teaching and now uses her knowledge to educate other physical therapists.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students

SESSION 5 ETHICS IN PRACTICE: PROVISION OF PHYSICAL THERAPY FOR ALABAMA'S UNDERSERVED POPULATION

Speakers: Carmen Capo Lugo, PT, PhD
Jodi Phillips, PTA
Schuyler Buckner, SPT, Shania Embry, SPT, Meghan Johnson, SPT, MEd, Marguerite Marquez, SPT, Emily Schmidt, SPT

Session Description

According to the APTA's Code of Ethics (Principle 8A), "Physical therapists shall provide pro bono physical therapy (PT) services or support organizations that meet the health needs of people who are economically disadvantaged, uninsured, and underinsured." Data from the U.S. Census Bureau shows that in Alabama approximately 1 out of 10 citizens are uninsured. The population of uninsured individuals is estimated to be over 470,000 people. Moreover, according to the most recent APTA Workforce Data, Alabama ranks 49th in meeting the state's workforce demand for PT services. These data suggest that there is a limited workforce to meet the needs for PT services in most regions of Alabama. The same may be true for meeting the needs of those without health insurance or with limited ability to pay for PT services.

The overarching goal of this course is to familiarize rehabilitation professionals with the provision and need of pro bono and sliding scale rehabilitation services in underserved populations of Alabama.

During this session, speakers will:

1. Describe the characteristics of the population, as well as the factors that may place individuals in economically disadvantaged, uninsured, and underinsured states, with particular focus to PT practice in Alabama.
2. Share data from the first statewide study exploring the availability and characteristics of pro bono and sliding scale PT services in Alabama.
3. Provide actual examples of pro bono and sliding scale PT services for underserved populations in Alabama.
4. Identify challenges in providing these services during the COVID-19 pandemic and describe the multifaceted approach to providing these services in a variety of communities.

Objectives

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

1. Explain the clinical relevance of engaging in the provision of services for people who are economically disadvantaged, uninsured, and underinsured.
2. Describe the current prevalence and characteristics of pro bono and sliding scale PT services in Alabama, based on the most recent research evidence.
3. Discuss the processes for providing pro bono or sliding scale services considering the examples discussed (i.e., educational and private practice settings).
4. Develop potential solutions regarding provision of pro bono and sliding scale PT services, including during a pandemic.

About the Speakers

Carmen Capo-Lugo, PT, PhD, is an Associate Professor in the Department of Physical Therapy at the University of Alabama at Birmingham. Her research focuses on identifying and optimizing processes of care associated with rehabilitation in order to promote long-term patient recovery through a widespread range of methodologies. Recently, Dr. Capo-Lugo has devoted a significant amount of effort focused on health equity via (1) the provision of pro bono PT services at Community of Hope Health Clinic, (2) becoming a certified medical interpreter, (3) exploring ways to incorporate health equity, inclusion and diversity within the educational curricula for PT and OT programs, (4) researching access to PT services in Alabama, and (5) engaging in in-depth training to facilitate conversations on diversity, equity, and inclusion. Earlier this year Dr. Capo-Lugo received the Inaugural Award on Diversity, Equity and Inclusion of the School of Health Profession at UAB.

Jodi Phillips, PTA, currently serves as the Director of Quality and Compliance of over ten clinics at HealthActions Physical Therapy where she has been employed for the last 4 years. Prior to HealthActions, she practiced as a licensed physical therapist assistant for 12 years in an inpatient/outpatient hospital setting. Additionally, she is a junior healthcare management major at UAB, as well as enrolled in UAB's fast track program to earn a Master's degree in Healthcare Quality and Safety in May 2023. She earned an Associate's degree in Applied Science in 2005 from an accredited physical therapist assistant program in Dothan, AL. Jodi is a member of the National Society for Leadership and Success at University of Alabama at Birmingham, a certified clinical instructor, and dedicated member of APTA. She is committed to continuing work aimed at the underserved patient population, as well as increasing awareness while improving the quality of both the patient and provider experience within our healthcare system.

Schuyler J. Buckner, SPT, is a second-year Doctorate of Physical Therapy student at the University of Alabama at Birmingham (UAB). He received a bachelor's degree in Biology from The University of Alabama. He is currently working with Dr. John Lowman

on a research study assessing the effectiveness of exercise and behavioral interventions with patients with cystic fibrosis. Schuyler has a drive for being involved with the underserved population. While studying for his bachelor's degree, he was involved in multiple mentor programs for students of all ages. In order to further serve his community, he is currently the Faculty Liaison and one of the PT Clinical Directors at Equal Access Birmingham.

Shania Embry, SPT, is a third-year Doctorate of Physical Therapy student at the University of Alabama at Birmingham (UAB) in Birmingham, AL. She received her bachelor's degree in Kinesiology with a concentration in Exercise science from UAB. Shania is passionate about serving underserved and underrepresented populations. She collaborated with Emily Schmidt, SPT and Carmen Capo-Lugo, PT, PhD, on the pilot study presented during this session. She volunteered at the UAB Heart Failure Transitional Care Clinic and currently serves as a mentor for students looking to enter the physical therapy profession.

Meghan Johnson, SPT, MEd, is a second-year Doctorate of Physical Therapy student at the University of Alabama at Birmingham (UAB). She received her bachelor's degree in Athletic Training from Penn State University and her master's degree in Health Promotion from Auburn University. Meghan is a certified and licensed Athletic Trainer and has been practicing in the Montgomery area for seven years. Through her graduate program and professional experience, Meghan became passionate about the underserved populations, especially the pediatric population. She was recently accepted into the UAB Transdisciplinary Teaming Scholarship Program for children with disabilities, and she is currently serving as Clinical Director and Medical Liaison for Equal Access Birmingham.

Marguerite Marquez, SPT, is a second-year Doctorate of Physical Therapy student at the University of Alabama at Birmingham (UAB) in Birmingham, AL. She received her bachelor's degree in Psychology with minors in Neuroscience and Chemistry from the University of Mississippi. Throughout her undergraduate career, Marguerite held an executive position for the Ole Miss Big Event, a large-scale community service event that serves Oxford, MS. During this time, she realized that regardless of the exact nature of her future profession, she wanted to work to serve others. Within the healthcare realm, that passion evolved to working with and for medically underserved or marginalized populations. She has a passion for learning how to both become better equipped to serve this population as well as educate others to do so. Marguerite is currently serving as Clinical Director and Patient/Volunteer Coordinator for Equal Access Birmingham.

Emily Schmidt, SPT, is a third-year Doctorate of Physical Therapy student at the University of Alabama at Birmingham (UAB) in Birmingham, AL. She received her bachelor's degree in Kinesiology with a concentration in Exercise Science and a minor in French from UAB. Emily has a passion for underserved populations, language learning and health care policy. She collaborated with Shania Embry, SPT, and Carmen Capo-Lugo, PT, PhD, on the pilot study presented in this session. She also served as the PT Student Executive Director of Equal Access Birmingham in 2020. She is currently completing clinical rotations in Atlanta, GA and the surrounding area, and she plans to live and work in the Atlanta area after graduation. She also hopes to continue being involved in research activities and provision of pro bono/sliding scale post-graduation.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students, Other Disciplines

Speakers: Katie Blackburn, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy
Katie Fitzgerald, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy

Session Description

Treatment of patients with spinal cord injury can be intimidating and overwhelming to therapists who do not routinely treat this population. This 4-hour session aims to provide clinical highlights related to SCI care that can be easily applied regardless of experience, setting, or number of resources. Presenters will provide updates on research advances related to the care of a person with spinal cord injury, updates on evidence-based practice, and tips on how to manage some of the unique primary and secondary impairments specific to this population. Presenters will also provide patient case examples to explore clinical decision-making, key clinical takeaways and the implementation of resources for patients with spinal cord injury.

Objectives

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

1. Identify and appraise research advances related to the care of patients with spinal cord injury and the relation to contemporary therapy practice.
2. Discuss clinical decision making and evidence-based concepts related to the care of patients with spinal cord injury that can easily be implemented in all settings.
3. Identify resources available for therapists to facilitate care of a patient with spinal cord injury throughout the continuum of care.

About the Speakers

Katie Blackburn, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, is a licensed physical therapist in the state of Alabama and a Board Certified Neurologic Clinical Specialist. She received her Bachelor's degree in Biology from the University of Alabama in Huntsville in 2009 and her Doctor of Physical Therapy degree from Duke University in 2014. She completed a Neurologic Physical Therapy Residency at the University of Washington in 2015, and became an APTA Board Certified Neurologic Clinical Specialist in 2016. Katie currently works as an inpatient rehab therapist as a primary therapist on the Spinal Cord Injury unit at UAB's Spain Rehabilitation Center. She assisted in the creation of UAB's Neurologic Physical Therapy Residency and serves as a Teaching Assistant in UAB's DPT program.

Katie Fitzgerald, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, is a licensed physical therapist in the state of Alabama and a Board Certified Neurologic Clinical Specialist. She received her Bachelor's degree in Journalism in 2004 and her Doctorate of Physical Therapy in 2007 both from the Ohio University and became an APTA Board Certified Neurologic Clinical Specialist in 2016. She is also an Alabama Medicaid medical reviewer for custom pediatric and adult wheelchairs. Her primary area of practice is spinal cord injury and her experience includes inpatient, outpatient and adaptive sports. Katie currently works in the outpatient department at Spain Rehabilitation Center at UAB where she serves a dual role in the therapy clinic and Wheelchair and Seating clinic.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students

(Must Register for Sessions 6 AND 9)

SESSION 7 RECENT ADVANCES IN THE TREATMENT OF UCL INJURIES: TO RECONSTRUCT OR REPAIR?

Speakers: Michael Bagwell, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Certified Manual Physical Therapist
Adam Finck, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic and Sports Physical Therapy, Certified Strength & Conditioning Specialist

Session Description

This session will cover the history of injury, history of each technique and the surgical differences, as well as the post-operative clinic progression and return to play. Key differences will be pointed out between the two procedures.

Objectives

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

1. Establish an understanding of UCL reconstruction and UCL repair with internal brace.
2. Develop an understanding of key differences between the two procedures.
3. Discuss evidence-based treatment progressions.
4. Discuss return to sport considerations.

About the Speakers

Michael Bagwell, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Certified Manual Physical Therapist, currently serves as the Birmingham-market director of clinical education and staff physical therapist at Champion Sports Medicine- St Vincent's location. He earned his bachelor's degree in Biology at Fort Hays State University in Hays, KS. He graduated from the University of Kansas Medical Center Doctor of Physical Therapy program in Kansas City, KS. Immediately upon graduation he began working in orthopaedics and sports medicine while he pursued an advanced practice manual therapy certification through the North American Institute of Manual Therapy (NAIOMT) under the instruction of Erl Pettman. In 2016 he moved to Birmingham, AL to begin a 10-month, intensive sports medicine fellowship through the American Sports Medicine Institute (ASMI) under the tutelage of Kevin Wilk, PT, DPT, FAPTA. Michael has become a board-certified specialist in orthopaedic physical therapy. Professionally, he has co-authored several peer reviewed papers and a book chapter related to the rehabilitation of orthopaedic injuries. Michael has vast experience working with patients of all ages and ability levels, including the NCAA, NFL, WWE, NBA, and MLB. He currently works as the team physical therapist for Lawson States Community College athletics.

Adam Finck, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic and Sports Physical Therapy, Certified Strength & Conditioning Specialist, currently serves as the center manager for the Champion Sports Medicine-St. Vincent's location. He earned his bachelor's degree in kinesiology from The University of Minnesota and doctorate of physical therapy degree from The University of Southern California. Upon graduation, Adam completed an extensive one-year sports residency program through USC at the world-renowned Kerlan-Jobe Sports Medicine and Orthopaedic Clinic. He had the opportunity of working as a team physical therapist for the Los Angeles Sparks and completed physicals testing with the Los Angeles Angels. Adam has become board-certified as a Sports and Orthopaedic Clinical Specialist, demonstrating his expertise in these areas. He has further gained certification as a Certified Strength and Conditioning Specialist, as well as became TPI Golf Certified. While Adam enjoys treating all levels of athletes, he has worked with professional athletes from the NFL, MLB, NBA, WNBA, FIVB, and UFC. He currently works as the team physical therapist for the Alabama Ballet Company and Birmingham Southern College.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students, Athletic Trainers

SESSION 8 DIVERSITY, EQUITY, AND INCLUSION IN PHYSICAL THERAPY: WHY IT IS IMPORTANT AND HOW TO ENGAGE

Speakers: Dominique Forté PT, DPT, COMT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
David Morris, PT, PhD, FAPTA
LaDarius Woods, PT, DPT, PhD, Certified Strength & Conditioning Specialist

Session Description

The APTA Strategic Plan includes an objective to foster the long-term sustainability of the physical therapy (PT) profession by making APTA an inclusive organization that reflects the diversity of the society the profession serves. To achieve this objective, members must first understand the concepts of diversity, equity and inclusion (DEI) and then fully engage in activities to promote these ideals.

The purposes of this session will be to explore:

1. Key definitions/concepts that are essential for integrating DEI into PT.
2. The rationale for emphasizing these concepts in healthcare, including PT.
3. Efforts executed and/or planned by APTA to promote DEI.
4. Practical suggestions for learning more and taking action both personally and professionally.

Objectives

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

1. Define diversity, equity and inclusion, and related concepts, in the context of PT.
2. Explain benefits for and challenges with a focused attention on DEI within PT.
3. Describe efforts executed/planned by the APTA to promote DEI in PT.
4. Engage in efforts to take action to promote DEI in PT.

About the Speakers

LaDarius Woods PT, DPT, PhD, CSCS, is an Assistant Professor at Alabama State University, a historically black college and university. He teaches course work related to basic sciences and neurological content. He holds a baccalaureate degree in biology from Birmingham-Southern College, a Doctor of Physical Therapy degree from Alabama State University and a PhD in Adult Education from Auburn University. Dr. Woods is also a Certified Strength & Conditioning Specialist, Certified Disability Sports Specialist, APTA Level II Credentialed Clinical Instructor, Certified in Vestibular Assessment and Management, and Certified in Integrative Dry Needling. Dr. Woods has served in a variety of leadership roles in his profession and the community including PT-At-Large Member for the Alabama Physical Therapy Association, American Physical Therapy Association Centennial Scholar, American Council of Academic Physical Therapy Diversity, Equity, and Inclusion Consortium PT Representative at Large, and the Co-Chair of the Academy of Research Combined Sections Meeting Programming. In addition, he has presented nationally on the topic of Diversity, Equity, and Inclusion on numerous occasions.

David Morris, PT, PhD, FAPTA, is Professor and Chair in the Department of Physical Therapy and Training Coordinator for the Constraint Induced Therapy (CI Therapy) Research Program at the University of Alabama at Birmingham (UAB). He teaches coursework related to professional practice issues, neurorehabilitation strategies, and the physical therapist's role in health promotion and wellness in the entry-level Doctor of Physical Therapy and PhD in Rehabilitation Sciences Programs. He and other UAB faculty are currently developing a graduate certificate degree program on PT for underserved populations and marginalized communities. He has conducted numerous professional education sessions and continuing education courses regarding teaching and physical therapy practice in the US and abroad. Morris is a Past-President of the Aquatic Physical Therapy Section and Alabama Chapter of the American Physical Therapy Association. He was a 2009 recipient of the Lucy Blair Service Award from the American Physical Therapy Association, 2012 APTA Legislative Commitment Award, 2012 Marilyn Gossman Award for Professionalism in PT and 2016 Leadership Award from the Alabama Chapter of the APTA. In 2017, he received Joseph F. Volker Outstanding Faculty Award from UAB and was named a Catherine Worthingham Fellow of the APTA. He is currently Chair of the UAB School of Health Professions DEI Committee and a member of the UAB Equity Leadership Council.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students, Other Disciplines

SESSION 10 CHALLENGES AND OPPORTUNITIES FOR PHYSICAL THERAPISTS IN THE ACUTE CARE SETTING DURING THE COVID-19 PANDEMIC

Speakers: Amanda Fields, PT, DPT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy
William P. Saliski, Jr, DO

Course Description

The COVID-19 pandemic produced many challenges to healthcare workers across the nation. Within these challenges, opportunities were found for the growth of the role and clinical skills of the physical therapist in the acute care setting. This session will discuss some of these challenges and opportunities in the areas of clinical evaluation and treatment, patient and family dynamics, communication, and promotion of physical therapy services within the dynamics of the interprofessional team.

Objectives

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

1. Describe the effects of the COVID-19 pandemic to the physical therapy point of care in the acute care setting.
2. Discuss adaptations made to the evaluation and treatment processes of patients on COVID-19 isolation.
3. Describe changes in mode communication with patients, families, caregivers, and the healthcare team.
4. Discuss opportunities observed for education and promotion of physical therapy services within the interprofessional team.

About the Speakers

Amanda Fields, PT, DPT, Board-Certified Cardiovascular and Pulmonary Clinical Specialist, serves as the Manager of Inpatient Rehab Services at Baptist Medical Center South in Montgomery, Alabama. She earned a Doctorate of Physical Therapy from The University of Alabama at Birmingham and has over 7 years of experience as an acute care physical therapist concentrating in early mobility of the ICU population. Dr. Fields will be joining the Faulkner University Physical Therapy faculty as an Adjunct Professor.

William P. Saliski, Jr, DO, is currently employed by Montgomery Pulmonology Consultants. Dr. Saliski graduated from New York University and then from New York College of Osteopathic Medicine. His residency and internship were at Coney Island Hospital and his fellowship at Brown University. Dr. Saliski is Board-Certified in Internal Medicine and Pulmonary Medicine.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students

SESSION 11 INTRODUCTION TO BLOOD FLOW RESTRICTION THERAPY AND ITS USE IN MANAGEMENT OF ORTHOPAEDIC AND SPORTS CONDITIONS.

Speaker: Stephen Owenby, PT, DPT, Certified Myofascial Trigger Point Therapist

Session Description

Do you sometimes ask yourself if there is more that you can do for your patients? Do you want to be sure to be familiar and versed in the most appropriate techniques for rehabilitation across the lifespan? Does appropriate tissue loading and exercise prescription often plague you as a physical therapist? Do we sometimes just settle for quad sets and leg raises to help rehab the quads; but then think there must be more out there? This session is specifically designed for those interested in a cutting-edge intervention to help address these concerns. The application of blood flow restriction (BFR) in the rehabilitation of orthopaedic and sports physical therapy patients will be covered. Participants will receive an introduction to and in-depth review of the literature regarding blood flow restriction training, learn its uses in the management of orthopaedic conditions, and will review the different types of units available to the public. This course does not issue certification in BFR but to bring awareness to one of the hottest topics in the orthopaedic PT world.

We will practice with different BFR units in a lab setting.

Objectives

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

1. Describe the history of the development of Blood Flow Restriction (BFR) therapy.
2. Describe the physiological cascade that occurs as result of BFR application.
3. Recognize and discuss the different types of BFR units.
4. Utilize the literature to identify the effectiveness and best practice of BFR.
5. Describe utilization of BFR in the rehabilitation of orthopaedic and sports physical therapy conditions.
6. Use various BFR units for practice in a lab setting.

About the Speaker

Stephen Owenby, PT, DPT, Certified Myofascial Trigger Point Therapist, is a native of East Tennessee who now practices at TherapySouth in Mountain Brook, AL. He graduated PT school in 2016 from the University of Tennessee Health Science Center in Memphis, TN. Stephen has been certified in dry needling as well as blood flow restriction training. His clinical interests include life-long learning, the application of new techniques in clinical practice, and the rehabilitation of endurance athletes.

TARGET AUDIENCE: This course is designed for professionals and DPT/PTA students in orthopaedic and sports rehabilitation settings.

SESSION 12 PROFESSIONAL ISSUES: BILLING AND PRACTICE UPDATES FOR 2021-2022

Speaker: Ellen R. Strunk, PT, MS, CEEAA, CHC

Session Description

This session on professional issues for the practice of physical therapy will cover billing and practice updates for 2021-2022. Payers and policy makers have been busy the last 18 months, and a lot more is planned in the next 12 months. No matter your practice setting, you will come away with some pearls that will help you when you return to your facility on Monday. Participants will also have time for questions and answers at the end of the session.

Objectives

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

1. Understand some of the regulatory updates for 2021-2022.
2. Comprehend upcoming threats for payment such as the PTA differential for outpatient settings.
3. Participants will understand what is changing and what isn't in 2022 for post-acute care settings.
4. Participants will also receive any BCBS of Alabama updates on billing and reimbursement changes.

About the Speaker

Ellen R. Strunk, PT, MS, 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, DPT/PTA Students, Office Staff/Administration

SESSION 13 JUMP-STARTING GAIT RECOVERY: EVIDENCE IN ACTION FOR THE NEUROLOGICALLY INVOLVED OR GERIATRIC PATIENT

Speakers: Olivia Brooks, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy
Emily Peters McCombs, PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy, C/NDT

Session Description

As the evidence now shows, clients from the sub-acute to chronic phases of recovery have tremendous capacity for recovery and improvement, although recovery of gait can be challenging for clinicians as patients may fall into faulty gait patterns in the immediate post injury phase. The Clinical Practice Guideline (CPG) to Improve Locomotor Function released in January 2020 provides 8 impactful recommendations that clinicians can use today to jump start gait recovery and give our clients the outcomes we know they are capable of. This session will discuss each recommendation, identify real life barriers and discuss creative solutions from clinicians on how to use the CPG to optimize our client's function and gait. Therefore, come get the latest evidence-based information to expand your toolbox and invigorate your practice for the treatment of patients that are neurologically impaired from stroke, TBI or SCI or those that are in the geriatric population will balance and fall concerns. A clinical patient case will be used to demonstrate problem solving and subsequent solutions that are effective in implementing this new CPG and attaining maximum results. Attendees will leave with new tools that can be immediately used for working on locomotor activities.

Objectives

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

1. Discuss the 8 impactful recommendations from the locomotor CPG and its implications for clinical practice.
2. Identify and address common barriers to knowledge translation and implementation in a clinical setting.
3. Discuss creative solutions to common barriers identified and available resources for the neurologic or geriatric patient.

About the Speakers

Olivia Brooks, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, is a graduate of the UAB Physical Therapy Program, graduating in 2016 before beginning a career in the inpatient rehabilitation setting at the DCH Rehabilitation Pavilion at DCH Northport. Her passion lies in stroke recovery and led to her love for continuing education and life-long learning. She received her Neurological Clinical Specialist Certification in 2020 and has since focused on knowledge translation and evidence-based practice in the clinic.

Emily Peters McCombs, PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy, C/NDT, graduated from UAB in 2016 and has since been working full time in inpatient rehab at Lakeshore Rehabilitation Hospital. She received her Geriatric Specialist Certification in 2019 as well as becoming NDT Certified. Her passion lies with treating and learning the latest evidence-based practice related to patients with CVA and Brain injuries. The neurological population has her heart as well as her continued commitment to growth and learning.

TARGET AUDIENCE: PTs, PTAs, DPT/PTA Students

SESSION 14 PROFESSIONALISM: PREPARING TO MOVE FROM STUDENT TO A LICENSED PT/PTA INCLUDING INTERVIEWS AND NEGOTIATIONS

Speaker: Dana Daniel Blake, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Manual Therapy Certified

The Panel of Professionals will be from a variety of settings such as academia, skilled nursing, Human Resource Departments, and outpatient.

Session Description

This will be an interactive course with information for the student on Resume Preparation, Interview Skills, and Employment Negotiation. In addition, there will be discussions related to Clinical Professional Development Tract, Personal Development Tract and the Excellent Therapist. The course is designed to be a fun, interactive and engaging activity to help the student envision their future development tract. There will also be a panel professionals involved in the hiring process to review resumes.

STUDENTS – PLEASE PRINT 3 COPIES OF YOUR RESUME AND BRING WITH YOU

Objectives

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

1. Develop a clean, concise, impact driven resume'.
2. Practice common interview questions with confidence.
3. Understand questions regarding strengths and weaknesses and how to answer them.
4. Refine interview and job search strategies – internet, recruiters, networking, etc.
5. Identify resources for support on self-development.
6. Chart a course of professional development in the fields of pediatrics, neurology, orthopedics, etc.

About the Speaker

Dana Daniel Blake, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Manual Therapy Certified serves as the Director of Clinical Education and as 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), Orthopedics Certified Specialist (OCS), Certified Clinical Instructor (CCI), and Certified Physical Work Performance Evaluator (PWPE). Her career spans over twenty- five years with a focus on high clinical performance and clinical excellence in various settings – for profit and not for profit companies; large corporate outpatient PT, large health systems, as well as smaller private practice entities; outpatient, inpatient hospital and industrial settings. Her educational content area of focus is on practice management, professionalism and ergonomics.

TARGET AUDIENCE: DPT/PTA Students