



2022 ANNUAL CONFERENCE

AUGUST 5-7, 2022

JEFFERSON STATE COMMUNITY COLLEGE
BIRMINGHAM, AL

ADVANCE REGISTRATION DEADLINE – JULY 29

PROGRAMMING

SESSION 1 REDUCING HEALTH DISPARITIES: STRATEGIES TO POSITIVELY INFLUENCE SOCIAL DETERMINANTS OF HEALTH IN PHYSICAL THERAPY (VIRTUAL)

Speakers: Donald H. Lein Jr., PT, PhD
Carmen Capo-Lugo, PT, PhD
Diane Clark, PT, DScPT, MBA
David Morris, PT, PhD, FAPTA

Session Description

Social Determinants of Health (SDOH) include those conditions in which people are born, grow, live, work and age that shape one's health. The SDOH include factors like socioeconomic status, education, neighborhood and physical environment, access to healthy food, social supports and access to healthcare. To improve patients/client health and reduce healthcare disparities, all healthcare providers, including physical therapy (PT) practitioners, should routinely assess and be prepared to address the SDOH when we identify SDOH issues.

To allow an in-depth perspective, the session will focus on two SDOH categories:

1. Neighborhood and Physical Environment
2. Access to Healthy Foods

The session will be applicable to all PT settings, but will be particularly useful to clinics where social services are not available or easily accessed (e.g., private practice PT clinics).

Objectives

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

1. Assessing SDOH as part of the PT examination and follow-up visits.
2. Identify resources, specific to their community, to improve SDOH factors, when needed.
3. Develop/utilize consultancy networks (e.g., community health workers, social workers, social service agencies, charitable organizations, advocacy groups) to support the use of these resources.
4. Communicate empathetically when addressing SDOH problems.

About the Speakers

Donald H. Lein Jr., PT, PhD, is an Associate Professor, the Bergman/Pinkston Endowed Professor in Physical Therapy and the Director of Continuing Education and Community Outreach in the Department of Physical Therapy at the University of Alabama at Birmingham (UAB). He continues to practice part time in the UAB Osteoporosis Prevention and Treatment Center at the Kirklin Clinic. His research interests include developing and implementing physical therapy interventions to improve the care of individuals with osteoporosis and osteoporosis-related fractures, exploring the role of physical therapists in providing health promotion and education while providing typical physical therapy services, and developing and testing educational strategies to enhance Doctor of Physical Therapy education. He has a special interest in delivering primary care physical therapy to underserved populations and marginalized communities. He has published manuscripts in peer-reviewed journals and presented nationally and internationally concerning his research interests. He has served as Delegate, Chief Delegate, and is currently serving as President of APTA Alabama. He has received several awards for patient care excellence at UAB, the 2014 APTA

Alabama Marilyn Gossman Award for Professionalism in Physical Therapy, and the Fall 2017 UAB Disability Support Services Outstanding Recognition Award.

Carmen Capo-Lugo, PT, PhD, is an Assistant Professor in the Department of Physical Therapy at the University of Alabama at Birmingham. She is a licensed physical therapist, neuroscientist, health services researcher and certified healthcare interpreter. 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.

Diane Clark, PT, DScPT, MBA, is Associate Professor Emeritus in the Department of Physical Therapy at the University of Alabama (UAB). She served as DPT Program Director at UAB until her retirement. She currently teaches wound care and personal leadership in the DPT program as well as serves as a mentor in the integrated clinical education (ICE) program. In the ICE program, she facilitates students to provide physical therapy services in two pro bono experiences. She continues to serve as an on-site reviewer for the Commission on Accreditation in Physical Therapy where she previously served as a CAPTE Commissioner. She continues to be involved in research. Her research interests include personal leadership, the delivery of health promotion and education by physical therapists while providing typical physical therapy care, and the delivery of primary care PT to underserved populations. Dr. Clark has published manuscripts in peer-reviewed journals and presented nationally and internationally. She has received several accolades and recently is the recipient of the APTA Lucy Blair Service Award.

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, PhD in Rehabilitation Sciences and Certificate in Health Focused Care for PTs and OTs Programs. He has conducted numerous professional education sessions and continuing education courses regarding teaching and physical therapy practice in the US and abroad. Dr. Morris is a Past-President of the Aquatic Physical Therapy Section and APTA Alabama. He was a 2009 recipient of the APTA Lucy Blair Service Award, 2012 APTA Legislative Commitment Award, 2012 APTA Alabama Marilyn Gossman Award for Professionalism in PT and 2016 APTA Alabama Leadership Award. In 2017, he received the Joseph F. Volker Outstanding Faculty Award from UAB and was named a Catherine Worthingham Fellow of APTA.

TARGET AUDIENCE: PTs, PTAs, Students of Physical Therapy and Other Disciplines

SESSION 2 INTRODUCTION TO VISCERAL MANIPULATION (VIRTUAL)

Speaker: Lori Dowiak, PT

Session Description

Visceral manipulation is a manual therapy that encourages normal mobility, tone, and inherent tissue motion of the viscera, their connective tissues and associated areas of the body where physiological motion has been impaired. This course will address the functional interrelationships of the shoulder girdle structures and the visceral of the thorax and upper abdomen.

Objectives

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

1. Explain the functional interrelationship of the shoulder girdle structures (fascial, musculoskeletal, neurovascular) and the viscera of the thorax and upper abdomen.
2. Define visceral manipulation and its use in treating organs that impact shoulder girdle dysfunction.
3. Demonstrate the VM assessment tools used to locate, evaluate and address primary areas of fascial dysfunction about the liver.

About the Speaker

Lori Dowiak, PT, received a BS in Physical Therapy from the University of Pittsburgh. She has extensive training in orthopedic and manual therapies through continuing education programs. As owner of Bloomfield Therapy, she provides manual therapies for all age groups. She also acts as both a presenter and teaching assistant for IAHE.

TARGET AUDIENCE:

SESSION 3 PRACTICAL STRATEGIES TO ENHANCE DIVERSITY, EQUITY AND INCLUSION IN ALABAMA PHYSICAL THERAPY SETTINGS (VIRTUAL)

SESSION 8 PRACTICAL STRATEGIES TO ENHANCE DIVERSITY, EQUITY AND INCLUSION IN ALABAMA PHYSICAL THERAPY SETTINGS (IN-PERSON)

Speakers: LaDarius Woods, PT, DPT, PhD, CSCS
David M. Morris, PT, PhD, FAPTA
Andre Lessears, Sr

Session Description

APTA Alabama has taken steps to answer the call of becoming a more diverse, equitable, and inclusive organization by creating a standing committee on diversity, equity, and inclusion (DEI). This session will be delivered in two parts.

Part I of this session will focus on introducing attendees to the Chapter's newly formed DEI committee. The purpose of Part I will be to share:

1. Why the DEI Committee was formed and its relationship to physical therapy clinical practice and education.
2. Committee descriptions and goals.
3. Ideas on how to meet the APTA Alabama Strategic Plan goals related to DEI.

Part II of this session will focus on best practices for an inclusive physical therapy clinical environment. The purpose of Part II will be to explore:

1. The benefits of creating an inclusive physical therapy clinical environment, including better patient outcomes, an enhanced sense of safety from patients and their families, reduced costs, and reduced liability.
2. Inclusion assessment(s) of clinical environment.
3. Strategies on incorporating inclusion within a clinic's values and mission.
4. Resources for training/educating staff and clinicians to ensure support an inclusive physical therapy clinical environment.

Objectives

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

1. Explain the purpose of APTA Alabama forming a DEI Committee.
2. State two goals of the APTA Alabama DEI Committee.
3. Discuss two benefits of creating an inclusive physical therapy clinical environment.
4. Locate two resources for training staff and clinicians on DEI best practices.

About the Speakers

LaDarius Woods PT, DPT, PhD, CSCS is an Assistant Professor at Alabama State University, a historically black college and university, and the Co-chair of the Diversity, Equity, and Inclusion (DEI) Committee for APTA Alabama. 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 and Delegate for APTA Alabama, APTA 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 locally and 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, PhD in Rehabilitation Sciences and Certificate in Health Focused Care for PTs and OTs Programs. He has conducted numerous professional education sessions and continuing education courses regarding teaching and physical therapy practice in the US and abroad. Dr. Morris is a Past-President of the Aquatic Physical Therapy Section and APTA Alabama. He was a 2009 recipient of the APTA Lucy Blair Service Award, 2012 APTA Legislative Commitment Award, 2012 APTA Alabama Marilyn Gossman Award for Professionalism in PT and 2016 APTA Alabama Leadership Award. In 2017, he received the Joseph F. Volker Outstanding Faculty Award from UAB and was named a Catherine Worthingham Fellow of APTA.

Andre Lessears Sr., is the Chief Diversity & Inclusion Officer for UAB Health System, where he leads a strategy that fosters Inclusive Leadership to create a health system where patients and caregivers have a sense of belonging, dignity and respect. Prior to joining UAB, Andre served as the Director for the Office of Diversity & Inclusion for Cleveland Clinic Akron General, where he led strategic initiatives that enables Cleveland Clinic Akron General caregivers to deliver care that is not only world class, but culturally competent. With his leadership Cleveland Clinic Akron General was designated as an Autism Friendly Hospital by the Autism Society. In his career, Andre has helped design a number practices and programs that have been recognized by the National League of Cities, Diversity, Inc., the Association of ERGs and Councils and Black Pages Magazine. Andre has led panels and/or keynotes at numerous organizations and conferences including Ohio NAACP Conference, Ohio Diversity and Leadership Conference, Black Male Summit, Urban League Young Professionals and Civic Leadership Institute. Andre was recently named one of the Top 100 Chief Diversity Officers by the National Diversity Council. A skilled trainer and facilitator, Andre has been recognized for his work facilitating critical conversations on intercultural communication, unconscious bias, building inclusive teams and developing effective Diversity and Inclusion recruitment and retention strategies. For his work, Andre has been recognized by the National Black Caucus of Local Elected Officials and recognized as a Rising Star by the Tri-State Business Times. Andre holds a Bachelor's degree from Walsh University (History) and he received his MBA in Organizational Development from the University of Dubuque. Andre also holds a Certified Diversity and Inclusion Professional designation from the Cornell University School of International Labor Relations (ILR). He is also a Qualified Administer (QA) for the Intercultural Development Inventory (IDI).

TARGET AUDIENCE: PTs, PTAs, Students of Physical Therapy, Other Disciplines

SESSION 4 TAKING CHARGE OF THE TRANSVERSE PLANE: RECOGNIZING THE RELEVANCE OF ROTATIONAL HUMAN MOVEMENT TO REVITALIZE RESULTS

Speakers: Brian Riddle, PT, DPT, MBA, ATC, Board-Certified Clinical Specialist in Orthopedic Physical Therapy, CSCS
Patty Perez, PT, DScPT, Board-Certified Clinical Specialist in Orthopedic Physical Therapy

Session Description

Twisting and turning in the transverse plane – people do it every day. Why? Rotation is a key component of every movement pattern, from basic activities like getting out of bed and walking, to more demanding activities like starting a lawnmower, throwing, and running. Despite this, rotation can often be a forgotten, underutilized or avoided aspect of a patient's plan of care. Failure to address this key component of movement will result in patients who are left to interact with the world through inefficient movement patterns.

This course will expose attendees to current evidence addressing physical therapy assessment and treatment of transverse plane movement with emphasis on the trunk, pelvis, and hip. Attendees will learn strategies to develop an organized and systematic approach to assess rotational movement to develop applicable, practical, and evidenced-based interventions based on those examination findings. Exercise interventions will address a spectrum of patient ability/activity levels. Attendees will have many opportunities to practice examination and intervention strategies during lab sessions.

Objectives

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

1. Discuss current literature addressing examination and treatment of rotational components of movement in both healthy and patient populations.
2. Develop a systematic approach to assess rotational movement.
3. Apply effective manual therapy and therapeutic exercise-based interventions to address transverse plane movement inefficiencies.

About the Speakers

C Brian Riddle, PT, DPT, MBA, ATC, Board-Certified Clinical Specialist in Orthopedic Physical Therapy, CSCS, has practiced outpatient orthopaedic physical therapy for over 13 years, working with all patients, from recreational and collegiate athletes to individuals with chronic pain. He has also had experience serving as an athletic trainer for local high schools and colleges. He received his Doctorate in Physical Therapy in 2007 and has been a Board-Certified Clinical Specialist in Orthopedic Physical Therapy since 2010. His main interests include the spine, hands-on interventions and integrating the body's kinetic chains with meaningful movement in higher-level functioning populations.

Patty Perez, PT, DScPT, Board-Certified Clinical Specialist in Orthopedic Physical Therapy, is an Associate Professor in the Department of Physical Therapy at UAB and has been a Board-Certified Clinical Specialist in Orthopaedic Physical Therapy since 1997. Dr. Perez has over 35 years of clinical experience, with most of that occurring in the area of musculoskeletal PT. She received her Bachelor of Science degree in PT from the University of North Carolina at Chapel Hill, a Post-Professional Master of Science Degree in PT from UAB and a Doctor of Science in PT from UAB. She is the course director for the PT Management of Musculoskeletal Dysfunction content in the DPT program at UAB. Her areas of interest include manual therapy of the spine and extremities, evidence-based practice for Orthopaedic PT conditions, health promotion and wellness in PT practice and clinical education for DPT students.

TARGET AUDIENCE: PTs, PTAs, Students of Physical Therapy

EQUIPMENT TO BRING TO THE COURSE: Long lengths of Theraband and/or Theratubing, yoga mat and a foam roller.

SESSION 5 EVIDENCE-BASED THERAPEUTIC EXERCISE PROGRESSION FOR PHYSICAL THERAPIST ASSISTANTS

Speakers: Cara Bullard, PT, DPT
Amber Ware, PT, DPT
Cindy Elliott, PTA, MS

Session Description

This course will review evidence-based guidelines for the Physical Therapist Assistant to use when making clinical decisions regarding therapeutic exercise progression. Often, the PT plan of care may lack specific recommendations on initial parameters and advancement of therapeutic exercise. Knowledge of evidence-based guidelines will enable the PTA to advance their practice and help their patients make progress. A case-based approach will be used. Focus will be on evidence for establishing initial parameters and progressing exercise in areas of strength, range of motion, flexibility, aerobic endurance, and balance across clinical settings.

Objectives

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

1. Determine appropriate parameters for initial exercise prescription according to the plan of care.
2. Apply guidelines to progress or regress the exercise according to evidence-based guidelines established by American College of Sports Medicine and the Centers for Disease Control.
3. Select and perform appropriate evidence-based outcome measures to monitor progress.
4. Demonstrate the appropriate technique in each category (e.g., strength, balance, range of motion) to advance a patient towards their established goals.

About the Speakers

Cara Bullard, PT, DPT, is Assistant Professor and Chair of the Admissions Committee at the University of Alabama at Birmingham in the Department of Physical Therapy. Dr. Bullard obtained both her Bachelor of Science degree in Health and Rehabilitation Science and her Doctor of Physical Therapy degree from The University of Pittsburgh. Dr. Bullard's professional experience includes traveling PT, Rehabilitation Director for two healthcare systems, PTA program adjunct faculty, and over a decade of clinical experience in multiple settings. Dr. Bullard currently teaches the therapeutic exercise, examination, and clinical decision-making courses in the UAB DPT Program.

Amber Ware, PT, DPT, is a Physical Therapist at Northside Hospital in Atlanta, GA. Dr. Ware obtained her Bachelors in Psychology from the University of Florida, Associate of Applied Science for Physical Therapist Assistant from Jefferson State Community College and Doctor of Physical Therapy from the University of Alabama at Birmingham in 2021. Dr. Ware's professional experience includes over 5 years' experience as a PTA and DPT in acute care.

Cindy Elliott, PTA, MS, is a faculty member for the Jefferson State Community College Physical Therapist Assistant Program. Mrs. Elliott obtained her Bachelors in Psychology from the University of Alabama, Associate of Applied Science for Physical Therapist Assistant from Jefferson State Community College, and Master of Science from Troy University. Mrs. Elliott currently teaches functional anatomy, kinesiology, therapeutic exercise, orthopedics, evidence-based practice, and clinical decision making. Mrs. Elliott has ten years of clinical experience in outpatient setting. She also serves on the Academy of Education Professional Development Committee.

TARGET AUDIENCE: PTAs, PTA Students

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

Session Description

With the changing of the leaves each year, comes the changing of the payment rules for many settings physical therapists practice in. This course on professional issues for the practice of physical therapy will cover payment and practice updates for 2022-2023. Payment policies and practice updates are always changing. It is imperative that therapists, at all levels, owners and employees, stay current.

Objectives

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

1. Understand payment and policy updates for 2022-2023.
2. Respond to upcoming threats for payment.
3. Describe what is changing, and what is not, in 2023 for post-acute care settings.
4. 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, Students of Physical Therapy, Office Staff/Administration

SESSION 7 PRE & POSTNATAL FITNESS: EXERCISE GUIDELINES FOR A SAFER, STRONGER PREGNANCY AND FOURTH TRIMESTER

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

Session Description

Pre & Post-natal Fitness: Exercise Guidelines for a Safer, Stronger Pregnancy and Fourth Trimester is a course for those practicing or interested in the practice of Women's Health with regards to Sports and Orthopedic physical therapy. The course will be broken into two sections: Pre- and Post-natal Fitness. The first hour we will focus on a general review of the pelvic floor, education on anatomical and physiological changes during pregnancy, review of common musculoskeletal disorders during the prenatal period, and discussion of current exercise guidelines during pregnancy. During the second half of this course, we will focus on anatomical and physiological changes postpartum, review current return to fitness guidelines postpartum, and discuss other factors to consider when returning a postpartum athlete back to sport or fitness.

Objectives

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

Prenatal Fitness Objectives

1. Review general anatomy of the pelvic floor.
2. Describe the anatomical and physiological changes that occur during pregnancy.
3. Discuss common musculoskeletal disorders that occur during the prenatal period.
4. Review the current guidelines for exercise and fitness during pregnancy.
5. Discuss components of a well-rounded prenatal fitness and wellness program.
6. List precautions and contraindications to various exercises during each trimester.
7. Discuss examples of general fitness programming based on current recommendations for each trimester.
8. List yellow and red flags for exercising during pregnancy.
9. Discuss special considerations for pregnant mothers.

Postnatal Fitness Objectives

1. Define the fourth trimester.
2. Describe the anatomical and physiological changes that occur during the fourth trimester.
3. Discuss common musculoskeletal disorders that occur during the fourth trimester.
4. Review the current guidelines for exercise and fitness during the postpartum period.
5. Discuss components of a well-rounded postpartum fitness and wellness program.
6. List precautions and contraindications to various exercises during the postpartum period.
7. Discuss examples of general fitness programming based on current recommendations for the fourth trimester.
8. List yellow and red flags for exercising during the fourth trimester.
9. Discuss special considerations for the postpartum period.
10. Questions and discussion about life beyond the fourth trimester.

About the Speakers

Nadia Araiinejad Jones, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy

- **Crossfit Level 1 Instructor**
- **Certified Titelist Performance Institute Instructor**
- **Graduate of The University of South Alabama**
- **Co-owner of Physiolete Therapy and Performance**

Nadia is originally from Huntsville, Alabama. She went to The University of Alabama in Huntsville (UAH) where she competed collegiately in track and field and received her B.S in Biology in 2013. She attended The University of South Alabama where she received her Doctorate of Physical Therapy in 2016. Nadia completed a sports residency program in December of 2017 and officially became a Sports Certified Specialist in July 2018. Nadia currently co-owns and practices physical therapy at Physiolete Therapy and Performance in Tuscaloosa, AL. She is married to her college sweetheart, Elliott Jones, who played basketball at UAH. Nadia and Elliott welcomed their first child, Rory, in December 2020. Nadia enjoys CrossFit, running, and participating in other recreational sports. While she is looking forward to her first Masters Track and Field season, chasing Rory around is her favorite "event" of all.

Lauren Buckalew, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy

- **Certified Dry Needling Provider**
- **Graduate of The University of Mississippi Medical Center**
- **Co-owner of Physiolete Therapy and Performance**

Lauren 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 in July 2016. Lauren currently co-owns and practices physical therapy at Physiolete Therapy and Performance in Tuscaloosa, AL. She resides in Tuscaloosa, AL where she lives with her husband, Nathan, 3-year-old daughter, Peyton, and 1 year old, Presley. 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.

Lacie Webb Pennington, PT, DPT

- **Certified Dry Needler Provider**
- **Physical Therapist at Sportherapy in Fort Worth, TX**

Lacie is originally from Winfield, Alabama. She received her B.S. in Biological Studies from The University of Alabama in May 2016. She then attended Samford University where she received her doctorate of Physical Therapy in May 2019. Lacie is currently working as a physical therapist at Sportherapy Sports Medicine and Orthopedics and just finished her Sports Residency with Evidence in Motion. Her clinical interests have mostly focused on sport rehabilitation, orthopedics, and injury preventative programs. Preventative health is one of Pennington's passions; she incorporates all aspects of preventative health in her clinical practice. She currently resides in Fort Worth, TX, where she lives with her husband, Colin Pennington, who is a professor at Tarleton State University. Outside of work, Pennington's passions are involvement in medical mission trips, exercising, cooking, and spending time with her husband and their dogs, Tucker and Cookie, outdoors.

TARGET AUDIENCE: This session is directed towards PTs and PTAs who are interested in Women's Health as it relates to orthopedic and sports physical therapy. This session is also directed to students of physical therapy who are interested in working with pregnant and postpartum athletes in sports physical therapy. Other disciplines that may benefit from this course include: athletic trainers, coaches, personal trainers, occupational therapists who treat an athletic population, and physicians who are interested in current evidence for exercise during the pregnancy postpartum period.

SESSION 9 ORTHOPEDIC SPECIAL TESTS FOR THE LOWER EXTREMITIES: AN EVIDENCED-BASED APPROACH

Speaker: Richard Cahanin PT, DPT, PhD, Cert DN

Session Description

This course involves an introductory lecture about basic biostatistics and three body regional lectures (hip, knee, and ankle) that integrate clinically relevant statistics pertaining to a variety of orthopedic special tests. Additionally, there will be an integral lab part of the course where participants will have the opportunity to practice performing a variety of orthopedic special tests. Upon conclusion of the course, there will be a brief quiz to assess participant understanding of key concepts presented.

Objectives

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

1. Understand basic statistical concepts, such as validity, reliability, sensitivity, specificity, likelihood ratios, and pre-/post-test probabilities.
2. Understand the clinical significance associated with the orthopedic special tests for selected musculoskeletal conditions of the lower extremities.
3. Demonstrate the ability to perform selected orthopedic special tests with good technique.
4. Competently apply evidence-based physical therapy concepts.

About the Speaker

Dr. Cahanin is an alumnus of South Alabama's Doctor of Physical Therapy Program in Mobile, AL. He has clinical experience in a multitude of settings, including acute care, inpatient rehabilitation, home health, and outpatient PT practice. He has completed a certification in dry needling and earned a PhD in Orthopedic and Sports Science. He currently teaches within South Alabama's DPT Program and has been the Director of the faculty clinic since 2019. He is actively engaged in research, is a published author, and has presented his work at national conferences. His research interests include injury prevention, biomechanics, kinesiology, musculoskeletal imaging, and healthy aging. He enjoys an active lifestyle, which includes adventures with his two dogs.

TARGET AUDIENCE: Anyone is welcome to attend, but the content may be better suited for healthcare providers who regularly utilize orthopedic special tests, such as medical doctors, physician assistants, athletic trainers, physical therapists, DPT students, or chiropractors.

SESSION 10 ECMO FOR THE REHABILITATION PROFESSIONAL

Speaker: Erica Colclough, PT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy

Course Description

This course is designed to provide the rehabilitation professional with evidence based comprehensive knowledge and practical clinical skill to safely manage the complex patient population supported on extracorporeal membrane oxygenation (ECMO). The course will provide a didactic overview of foundational cardiac/pulmonary principles, common critical care support lines/devices, ECMO physiology (VA, VV, and hybrids), and mobilization strategies specific to patients on ECMO.

Objectives

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

1. Recall cardiopulmonary structure and function.
2. Identify the underlying pathological cardiopulmonary dysfunction that leads to ECMO support.
3. Recall the means by which veno-arterial (VA) and veno-venous (VV) ECMO provide support clinical support to the patient.
4. Recall the clinical considerations for mobilization of a patient supported on ECMO.
5. Outline the roles/responsibilities of the members mobilization team>
6. Identify emergency stop situations for both the patient and circuit function.

About the Speaker

Erica Colclough, PT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, is a 2007 graduate from Georgia State University with a Master of Science Degree in Physical Therapy and is a Board-certified Cardiovascular and Pulmonary Physical Therapist. She has practiced in the critical care setting for the last 10 years and has extensive clinical experience in the management of patients with cardiopulmonary diagnosis and critically ill patients. Erica successfully completed Mercer University's cardiovascular and pulmonary residency in 2014-2015 and received her board certification as a Cardiovascular and Pulmonary specialist in 2016. Erica has presented lectures locally, with APTA Georgia and nationally at the APTA Combined Sections meeting and at the International Society for Heart and Lung Transplantation.

TARGET AUDIENCE: PTs, PTAs, Students of Physical Therapy, OTs, COTAs, Students of Occupational Therapy

SESSION 11 THE ROLE OF THE PT PRACTITIONER IN THE INTERDISCIPLINARY MANAGEMENT OF PERSONS LIVING WITH DEMENTIA

Speakers: Matt Matlock, PT, DPT
Lisa Stewart, OTR/L

Session Description

As the world's population grows in size and life expectancy increases, the prevalence of dementia concurrently rises. It is therefore critical that healthcare professionals develop an understanding of the disease process and how it impacts those with a diagnosis. By understanding the changes associated with the disease processes, clinicians can become equipped to have better interactions, provide better care, and educate others regarding the best strategies to allow those living with a dementia to function at their best ability. In this course, we will not only guide attendees to gain an understanding of the changes associated with dementia, but we will also focus on providing the tools to enhance interactions and optimize care. This will be accomplished through introducing the Positive Physical Approach™, a series of steps that aid in initiating interaction and creating a connection. From this, we will build our skills to focus on discipline specific strategies that will allow for appropriate, meaningful, function-based intervention.

Objectives

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

1. Develop a general understanding of dementia to include pathology, types, prevalence and how it differs from normal aging.
2. Gain knowledge regarding assessment tools utilized to establish a cognitive level.
3. Interpret cognitive assessment scores to create a plan of care with appropriate/achievable goals as well as to provide meaningful intervention/interactions.
4. Demonstrate a basic knowledge of the Positive Physical Approach™ (PPA™).
5. Integrate the PPA™ skillset into functional, discipline-specific interventions.

About the Speakers

Matt Matlock, PT, DPT, received his Doctor of Physical Therapy degree from UAB in 2013. Since that time, he has worked in a variety of roles across settings including outpatient, inpatient rehab, and skilled nursing. He currently serves as the Manager of Outpatient Clinical Programs for Restore Therapy. In his position, he also oversees the mentoring of new graduate physical and occupational therapists, as well as the clinical component of Restore's student programming. Because of his passion for working with those living with dementia and also educating their caregivers, Matt holds certifications as an Independent Certified Coach and Trainer through Teepa Snow's Positive Approach to Care®.

Lisa Stewart, OTR/L, received her Bachelors of Science Degree in Occupational Therapy from the University of Alabama in Birmingham in 1991. During the first 21 years of her career, Lisa practiced as an Occupational Therapist in a variety of settings including inpatient rehab, acute care and outpatient. During that time, she received specialized training in spinal cord injury, stroke care and dementia. Lisa has served as Lead OT in an inpatient rehab facility as well as the Therapy Director in a hospital setting supporting OT, PT, ST and RT for an inpatient rehab unit, acute care hospital, geriatric psych and a hospital-based outpatient. She also served as the Director of Inpatient Rehab, supervising the staffing, program development, and day to day operations for nursing, therapy and social workers. Currently, Lisa serves as Regional Director of Clinical Services for Restore Therapy and provides support and clinical education for interdisciplinary teams in long-term care, short stay rehab and outpatient (ILF/ALF/SCALF and stand-alone outpatient practices). This includes physical and occupational therapists and assistants, speech-language pathologists, nursing staff, and facility administrator's through-out Alabama. Lisa is an Independent Certified Coach and Trainer for Teepa Snow's Positive Approach to Care®.

TARGET AUDIENCE: PTs, PTAs, Students of Physical Therapy

SESSION 12 WHEN IS THE PELVIC FLOOR THE DRIVER OF PAIN: PELVIC FLOOR CONSIDERATIONS FOR THE ORTHOPEDIC THERAPIST

Speakers: Lisa English, PT, DPT, Board-Certified Clinical Specialist in Women's Health Physical Therapy
Amanda Spalding, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Session Description

This course instructs physical therapists and physical therapist assistants working in the outpatient setting on when to take appropriate consideration of the pelvic floor as the driver of pain in a patient presenting in an orthopedic clinic for another musculoskeletal condition. Pelvic floor related anatomy and physiology of both anatomical genders, including muscles, ligaments and nerves, bowel and bladder systems, and reproductive systems will be reviewed. This course also teaches screening to rule in/out pelvic floor involvement, common pain referral patterns of the pelvic floor, and conditions affecting the general orthopedic community such as opioid-induced constipation. Education on manual and exercise interventions will be presented including instruction on how to palpate the pelvic floor on a clothed individual. This course will also spend time discussing how to approach sensitive subject matter, and when referral to a pelvic floor therapist is indicated. All therapists regardless of pelvic floor knowledge and practice will benefit from the topics covered.

Objectives

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

1. Describe the anatomical and physiological characteristics of the pelvic floor for both anatomical genders including muscles, ligaments, nerve pathways, and blood flow.
2. Define, identify, and screen for common pelvic floor referral patterns to other areas of the body.
3. Conduct a conversation with a patient regarding their symptoms, pelvic floor anatomy, and rationale for treatment of pelvic floor in the context of their current dysfunction.
4. Perform global external assessment of the pelvic floor muscles and obturator internus muscle on a clothed individual.
5. Discuss options for manual and exercise interventions that can be performed by an orthopedic therapist within treatment sessions.
6. Identify when referral to a pelvic floor specialist is indicated

About the Speakers

Lisa English, PT, DPT, Board-Certified Clinical Specialist in Women's Health Physical Therapy, earned her Doctorate of Physical Therapy from the University of Florida in 2011. She continued her pelvic health interest into her first job in California, where she also worked with the lymphedema population. She earned her Women's Health Clinical Specialist (WCS) in 2019. In 2019, she and her family moved to Huntsville, AL, and in 2021 she became Clinic Director of Nesin Pelvic Health, Northern Alabama's only clinic specializing in women's and men's pelvic health. She is currently a member of the Pelvic Health Section and Alabama Chapter, APTA.

Amanda Spalding, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, earned her Doctorate of Physical Therapy from the University of Alabama in Birmingham in 2012. She earned her Orthopedic Clinical Specialist (OCS) certification in 2015, and her Certified Orthopedic Manual Therapist (COMT) certification in 2013. Upon moving back to Huntsville in 2019, she began treating the pelvic population in addition to orthopedics. She has a passion for helping patients stay active, particularly those with pelvic floor dysfunction.

TARGET AUDIENCE: PTs, PTAs, Students of Physical Therapy
