## SCHEDULE OF EVENTS

### THURSDAY, MARCH 23, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 8:30 a.m. - 5 p.m. | **OPTA’s Advocacy Day**  
*FREE* event is a great addition to Annual Conference |

### FRIDAY, MARCH 24, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 - 9 a.m.</td>
<td>Breakfast &amp; Registration</td>
</tr>
</tbody>
</table>
| 9 - 11:45 a.m. | Morning Sessions  
9 - 10:15 a.m.  
10:30 - 11:45 a.m. |
| 10:15 - 10:30 a.m. | Break |
| 11:45 a.m. - 12:45 p.m. | Networking Lunch |
| 1:00 p.m. - 3:45 p.m. | Afternoon Sessions  
1:00 p.m. - 2:15 p.m.  
2:30 p.m. - 3:45 p.m. |
| 2:15 - 2:30 p.m. | Break |
| 4 - 5 p.m. | Annual Student Challenge                      |
| 5 - 5:15 p.m. | Networking                                      |
| 5:15 - 6:15 p.m. | Oxford Debate                                  |
| 6:15 - 8:15 p.m. | PACcy Hour  
*Political Action Committee Fundraiser* |

### SATURDAY, MARCH 25, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 - 7:30 a.m.</td>
<td>Group Fitness (optional)</td>
</tr>
<tr>
<td>8 - 9 a.m.</td>
<td>Registration &amp; Morning Buzz - Coffee Bar &amp; Networking</td>
</tr>
</tbody>
</table>
| 9 - 11:45 a.m. | Morning Sessions  
9 - 10:15 a.m.  
10:30 - 11:45 a.m. |
| 10:15 - 10:30 a.m. | Break |
| 12:00 p.m. - 1:45 p.m. | Membership Recognition Meeting & Luncheon |
| 1:45 - 4:30 p.m. | Afternoon Sessions  
1:45 - 2:45 p.m.  
3 - 4:30 p.m. |
| 2:45 - 3:00 p.m. | Break |
| 4:30 p.m. | Annual Conference Concludes                   |

*OHIOPT.ORG*  
A comprehensive overview of all course sessions, times and presenters can be found on OhioPT.org on the Annual Conference page.  
Registration ends March 12, 2017!
2017 OPTA ANNUAL CONFERENCE

FRIDAY, MARCH 24, 2017

MORNING SESSIONS
- Differential Diagnosis of the Lumbar Spine and Lower Extremity Nerve Entrapment
- Ehlers-Danlos Syndrome: A Strength Training Approach to Rehabilitation and Long-Term Management of Hyper-mobility
- Acute Care: Clinical Decision Making
- The Power of Teaching: The Ripple Effects in Clinical Practice
- Documentation: Demonstrate Your Value

AFTERNOON SESSIONS
- Linking Pediatric Concussion Research to the Point-of-Care and Physical Therapy Point-of-Care Concussion Management to Research
- Bridging the Gap: Identifying Opportunities for Involvement, Building Your Personal Brand and Transitioning from Student to Professional
- Issues, Opportunities and Essentials for Private Practice and Best Practices of Best Practices
- Strength in Numbers: Fusing Clinician and Researchers Expertise for High-Quality Science and Practice

SATURDAY, MARCH 25, 2017

MORNING SESSIONS
- An Update on Evidence-Informed Assessment and Rehabilitation for Cervicogenic Headaches
- Embracing Leadership within Physical Therapy Practice
- Pro Bono Physical Therapy Services: Meeting the Health Needs of Underserved Populations
- Fostering Authentic Success Stories in Our Clientele: What is Missing in the ICF?

AFTERNOON SESSIONS
- Professional Integrity to Ensure High Standards of Care
- Unique Perspectives: The Collaboration and Growth of Clinician-Scientists with Various Levels of Experience and How You Can Get Involved
- Core Strengthening from the Inside Out
- Medical Screening for the Practicing Physical Therapist: Outpatient and Inpatient Settings
**Differential Diagnosis of the Lumbar Spine and Lower Extremity Nerve Entrapment**

FRIDAY, MARCH 24 | 9-11:45 a.m.

"Differential Diagnosis of the Lumbar Spine and Lower Extremity Nerve Entrapment" will benefit physical therapist in Ohio seeking board certification in orthopedics. In order to pass the orthopedic certified specialty (OCS) examination, physical therapist need to have an expert level knowledge of the lumbosacral plexus and lower extremity nerves.

The presentation will help physical therapists differentiate between pathologies of the lumbar spine referring symptoms to the lower extremities and lower extremity neuropathies. Not only is this knowledge pertinent to pass the OCS exam, but also it is important to deliver exemplarily care to our patients. The presentation will focus on case based learning with audience interaction, review of anatomy, nerve distributions, and how to apply the information clinically.

**LEARNING OBJECTIVES**

1) After each section of this presentation, the learner will answer and discuss multiple-choice questions similar to the orthopedic certified specialty examination in order to demonstrate retention of content presented.

2) The learner will participate in a lab session focusing on accurate performance of examination and treatment techniques related to the lumbar spine and lower extremity nerve pathologies (i.e. special tests, neurodynamics, mobilizations/manipulation, palpation of nerves).

**CLICK FOR PRESENTER BIO**

Cody Mansfield, PT, DPT, ATC, CSCS, Paul Tadok, PT, DPT, FAAOMPT, OCS, Jake Bleacher, PT, MSPT, OCS

---

**Ehlers-Danlos Syndrome: A Strength Training Approach to Rehabilitation and Long-Term Management of Hypermobility**

FRIDAY, MARCH 24 | 9-11:45 a.m.

“Ehlers-Danlos Syndrome: A Strength Training Approach to Rehabilitation and Long-Term Management of Hypermobility” is ideal for therapists who want to learn more about Ehlers-Danlos Syndrome and how strength training can be beneficial for their patients with benign joint hypermobility. Ehlers-Danlos Syndrome (EDS) is an inherited connective tissue disorder that has recently gained attention in the rehabilitation world due to the increased awareness of the diagnosis and limited knowledge on treatments available. The problem is this condition can take on a variety of clinical presentations depending on the diagnosed type (I-V), increasing the complexity of treatment.

Hypermobility, or excessive joint movement, is a common symptom seen across most types due to the alteration in muscular physiology which can lead to frequent joint dislocations. These patients often experience deficits in both joint proprioception and muscular strength which can commonly escalate into chronic pain and kinesiophobia. This disorder can be very debilitating for patients if not diagnosed and managed appropriately. Research is beginning to show that strength training can be beneficial for patients with benign joint hypermobility and is now shifting to look at its effect on the EDS population.

**LEARNING OBJECTIVES**

1) Demonstrate a basic understanding of Ehlers-Danlos syndrome and clinical signs/symptoms

2) Understand how muscular physiology is altered in patients with EDS type III and its relation to hypertrophy

3) Demonstrate an understanding of how to implement an individualized strength program for effective gains in patients with EDS type III/generalized hypermobility.

4) Develop awareness of other interventions that may be appropriate for patients with EDS type III.

5) Apply learned knowledge regarding diagnosis and strength programming to a clinical case.

**CLICK FOR PRESENTER BIO**

Beth Taylor, PT, Alyssa Kuhn, SPT
Acute Care: Clinical Decision Making

FRIDAY, MARCH 24 | 9-11:45 a.m.

"Acute Care: Clinical Decision Making" is ideal for any physical therapist who wants to get a better understanding clinical decision making. The APTA, through the use of a minimum skills task force, developed core competencies for entry level practice in acute care. The competencies were developed based on 5 areas: clinical decision making, communication, safety, patient management and discharge planning. Clinical decision making is an integral component of all these areas.

This presentation will focus on clinical decision making from receiving the PT evaluation order to appropriate discharge destination. Areas to be covered include triage of patient for appropriateness of evaluation based on chart review, lab values and determination of safest discharge plan based on knowledge of patient's home situation, activity tolerance and insurance regulations

LEARNING OBJECTIVES

1) Based on chart review and evaluation of patient, the learner will be able to determine if continued skilled PT is appropriate or not.
2) The learner will be able to analyze lab values and determine if it is safe to treat or not based on information gathered.
3) The learner will effectively communicate with the multi-disciplinary team his/her recommendation for the safest discharge plan for the patient based on a multitude of factors.

The Power of Teaching: The Ripple Effects in Clinical Practice

FRIDAY, MARCH 24 | 9-11:45 a.m.

"The Power of Teaching: The Ripple Effects in Clinical Practice" is ideal for clinicians who are looking to explore how educational strategies can be used in post-professional residencies that will help to create an environment of life-long learning in a clinical setting.

The role of the PT as an educator is woven within the fabric of APTA’s strategic plan, organization values, and advanced clinical practice to transform our profession. While the profession recognizes the importance of teaching methodology and instruction within entry level and post-professional residencies and fellowships, beyond these programs it isn’t always clear how pedagogy impacts clinical practice. Additionally, in an ever-changing healthcare environment resources, effective mentoring, and innovative strategies are often difficult to develop and implement. Tenants of residency and fellowship education help to facilitate an environment for a life-long learner and educator in any clinical setting. The purpose of this talk is to explore how educational strategies used in post-professional residencies and fellowship impact cultural change, clinical practice, and inter-collaborative partnerships.

LEARNING OBJECTIVES

1) Discuss evidence to promote the clinical physical therapist as an educator.
2) Describe strategies to train clinicians to become more effective educators within clinical practice.
3) Analyze how residency and fellowship teaching experiences enhance the clinical culture that positively impacts clinical practice and inter-collaborative partnerships.
4) Discuss how the integration of post-professional programs facilitates talent recruitment, development, and retention.
**Documentation: Demonstrate Your Value**

**FRIDAY, MARCH 24 | 9 - 11:45 p.m.**

"Documentation: Demonstrate Your Value" is ideal for the therapist looking for unique ways to reflect their unique and valuable skills that they possess and how to promote the positive outcomes that PT delivers.

Get PT 1st! Physical Therapists understand, and research supports, the enormous value of Physical Therapy in the healthcare spectrum. Now more than ever, it is imperative for physical therapists to document in such a way to reflect the unique and valuable skills that Physical Therapists possess, and the outcomes that PT delivers. The current state of healthcare is dynamic and demanding. Service providers face pressures to balance the demands of providing quality service with regulatory compliance, fiscal, reimbursement, and legal demands, along with high consumer expectations. Savvy consumers, referral sources, and payers will choose the PTs and settings that are able to deliver the best outcomes in the most cost effective manner.

**LEARNING OBJECTIVES**

1. The learner will understand the concept of a value based payment system and how it differs from a fee for service model.
2. The learner will identify the documentation audience and the implications to each group and understand the impact that physical therapy documentation has on the quality of care delivered throughout the episode.
4. The learner will be able to understand and implement the major considerations and documentation requirements when completing documentation.
5. The learner will understand how to use outcomes measures and metrics to demonstrate the value of the services provided.
6. The learner will understand the importance of using documentation to both achieve desired outcomes and in the most efficient manner.
7. The learner will understand the impact that documentation has on demonstrating the value of the physical therapy profession.

**CLICK FOR PRESENTER BIO**

Lavonne Elston, PT

Catherine Quantrman-Yates, PT, DPT, PhD

Jason Hugentobler, PT, DPT, CSCS, SCS

---

**Linking Pediatric Concussion Research to the Point-of-Care and Physical Therapy Point-of-Care Concussion Management to Research**

**FRIDAY, MARCH 24 | 1:00 - 3:45 p.m.**

In this presentation, "Linking Pediatric Concussion Research to the Point-of-Care and Physical Therapy Point-of-Care Concussion Management to Research" a case study of collaborative efforts between a front-line clinician and a researcher to develop a dual evidence-based practice and practice-based evidence program for physical therapy management of pediatric concussions will be discussed.

Despite concerted knowledge translation efforts to link evidence and practice in healthcare, there is growing recognition that large gaps persist between what evidence suggests should happen and what actually happens at the point of care. The course will go on to discuss strategies for reducing variations in practice. In addition, documentation for a group of clinicians will be provided and high-fidelity example data from a newly developed registry for patients referred to physical therapy for concussion management at Cincinnati Children’s Hospital will be presented.

**LEARNING OBJECTIVES**

1) Upon completion of this presentation, the learner will be able to identify at least one potential opportunities to bridge the evidence practice gap for concussion management within their clinical practice or setting.

2) Upon completion of this presentation, the learner will be able to identify at least one potential barrier and corresponding strategy to bridge the evidence practice gap for concussion management within their clinical practice or setting.

**CLICK FOR PRESENTER BIO**
FRIDAY, MARCH 24 | 1:00 - 3:45 p.m.

“Bridging the Gap: Identifying Opportunities for Involvement, Building Your Personal Brand and Transitioning from Student to Professional” is ideal for the Physical Therapy students and recent graduates who are branching out into their professional PT careers.

This interactive session will dive into extremely practical and highly impactful ways to make the transition between being a student and being a professional less stressful. This presentation will allow you to navigate available opportunities at the state and national levels to make the most of your student years and help lay a foundation for success in your professional career. It will also provide specific guidance on how to build your personal brand so you can more effectively market yourself to prospective employers and on social media. New Grad PTs will present to share personal experiences about how they got connected and offer valuable resources that will help you bridge the gap and become the professional you want to be.

**LEARNING OBJECTIVES**

1) Demonstrate understanding of involvement opportunities in order to grow professionally.
2) Demonstrate the ability to navigate various forms of social media in order to create meaningful networking opportunities.
3) Gain a greater understanding of how to utilize effective networking strategies to begin building a personal brand through a variety of social media outlets.
4) Learn how to effectively transition your brand from being a student to a professional.

---

FRIDAY, MARCH 24 | 1:00 - 3:45 p.m.

“Issues, Opportunities and Essentials for Private Practice and Best Practices of Best Practices” is ideal for therapists who own private practices looking to understand in-depth components to running their own business.

Owners of Therapy Practices have developed high level skills regarding the treatment of injury to their patients. Many are not aware of the other components to running their business. After attending this course, the private practice owners will have a better understanding of the components of receiving payment for the services performed in the clinic, how the documentation relates to the billing and the audit techniques needed to ensure compliance.

The practice owner will then be presented techniques used by top practices which will describe the best practices of the best practices. Practices on marketing, communications, productivity and performance reward will be presented. Lastly, the practice owner will understand the importance of their accounts receivable and looking at financial and statistical reporting.

**LEARNING OBJECTIVES**

1) Understanding the business climate.
2) Understand the Business Plan/Structure, Marketing Plan and Strategy.
3) Understand SWOT analysis, monitoring, auditing, the risk analysis process, compliance and understanding the denial process.
4) Understand how to post claims payments and understanding the denial process.

---

**CLICK FOR PRESENTER BIO**

Kendra Lucas, PT, DPT

Andrew Junak, PT, DPT

Bob Swinehart

Berni Willis
"Strength in Numbers: Fusing Clinician and Researchers Expertise for High-Quality Science and Practice" is ideal for physical therapists who are involved in a clinical research setting and are interested in learning more about creating and maintaining an effective research infrastructure.

Clinician engagement in research can be limited by a combination of time, supporting resources, and experience. Substantial efforts to create and maintain a robust research infrastructure are critical to the success of an integrated clinical research program. This session will begin by discussing the impetus for and goals of Ohio State’s Clinical Outcomes Research Coordinator (CORC) program by one of the program mentors. Formal and informal training experiences and mentorship partnerships will be described. Clinicians who are current members of the CORC program will then detail how their individual research experience has provided them the skills necessary to disseminate research findings and grow a culture of clinician involvement in research endeavors at OSU. The session will conclude with a question and answer period for audience and panel members to engage in a candid discussion of how similar programs can be implemented in a variety of clinical settings.

LEARNING OBJECTIVES
1) Understand the common barriers to research participation in multiple clinical settings.
2) Develop 1-2 strategies for promoting research participation among colleagues and students.
3) Compare and contrast strategies to improve scientific literature appraisal, increase writing productivity, and facilitate clinical trial implementation.
**An Update on Evidence-Informed Assessment and Rehabilitation for Cervicogenic Headaches**

SATURDAY, MARCH 25 | 9 - 11:45 a.m.

"An Update on Evidence-Informed Assessment and Rehabilitation for Cervicogenic Headaches" is ideal for therapists, who want to incorporate specific treatment techniques into their practice for patients who experience Cervicogenic headaches.

Sixteen percent of the general population have headaches, with approximately eighteen percent of those that are diagnosed as cervicogenic headaches. This session will discuss the current evidence-informed literature that supports examination, assessment, and treatment techniques used by physical therapists for the successful management of those diagnosed with cervicogenic headaches. The speakers will review the anatomy and physiology of the cervical spine, and describe in detail, how the neck has a close relationship with the cause of headaches. Specific examination methods, intervention strategies, and outcome tools, used by physical therapists will be discussed with practical application performed.

**LEARNING OBJECTIVES**

1) Describe the elements of the cervical spine, afferent nervous system and brain as they pertain to symptomatic patients with cervicogenic headaches.

2) Perform specific examination on the cervical spine with a focus on the segmental mobility, and strength of the deep neck flexor musculature.

3) Apply specific, evidence-based therapeutic interventions for the cervical spine using manual therapy techniques and specific exercises to obtain dynamic muscle balance of the cervical and thoracic spinal regions.

4) Understand specific outcome tools for used in tracking successful management of cervicogenic headaches.

**Embracing Leadership within Physical Therapy Practice**

SATURDAY, MARCH 25 | 9 - 11:45 a.m.

“Embracing Leadership within Physical Therapy Practice” is ideal for PTs and PTAs who want to learn more about how to be an active leader in their profession and how they can pursue leadership opportunities.

"Embracing Leadership within Physical Therapy Practice" will explore many avenues for leadership in the profession and how an individual therapist can pursue different avenues of leadership. This session will discuss current concepts of leadership, the value of having a mission statement, create a personal mission statement and learn how it should impact your career and decision making. It will compare the leadership pathways of various people in the profession with opportunities to discuss and ask questions in the form of a panel discussion.

**LEARNING OBJECTIVES**

1) Describe the concepts of leadership in physical therapy practice.

2) Create a first-draft of a mission statement in order to help with career development.

3) Examine the various leadership opportunities available within physical therapy.

4) Compare multiple examples of leadership in physical therapy.

5) Integrate concepts of leadership into his/her practice.

**CLICK FOR PRESENTER BIO**

Scott Euype, PT, DPT, MHS, OCS

Phil Toal, PT, DPT, FAAOMPT, OCS

Tonya Apke, PT, DPT, OCS
“Pro Bono Physical Therapy Services: Meeting the Health Needs of Underserved Populations” is ideal for physical therapists who want to learn more about pro bono PT services and how they can successfully volunteer their PT services.

APTA members are called by the profession to provide pro bono physical therapy services and/or support organizations that provide services for people who are financially disadvantaged, uninsured, or underinsured. This presentation is designed to give physical therapists and physical therapist assistants interested in providing or supporting pro bono physical therapy services the information and tools that they will need to successfully volunteer their services or support at the local, state, national or international levels. A second focus of the presentation will be to provide suggestions to educators for how to involve students in pro bono services.

LEARNING OBJECTIVES
1) Describe the benefits and value of providing pro bono physical therapy service both to the organization and to the individual.
2) Consider the responsibilities of physical therapists and physical therapist assistants providing pro bono physical therapy such as licensure requirements, standards of practice, state and federal laws, and ethical standards.
3) Have knowledge about opportunities for and resources to guide physical therapists and physical therapist assistants who want to provide or support pro bono physical therapy services at the local, state, national or international levels.
4) Discuss how physical therapy students can be involved in pro bono services.

CLICK FOR PRESENTER BIO
Anne Kloos, PT, PhD, NCS

“Fostering Authentic Success Stories in Our Clientele: What is Missing in the ICF?” is designed for physical therapists who want to learn more about advocacy, customer-centricity, ethical decision making and probing of PT practice patterns that limit and challenge your client’s success.

This course will focus on three main phases: The first will introduce original qualitative research that shares qualitative themes of disability as reflectively experienced by families of children with disability over the course of 18-30 years of their child's lives. These themes, "navigating normal for us", "our pride and joy", "anything but disability", and "looking back and looking forward" will then be juxtaposed with the ICF model. We will explore how the ICF model both enhances and misses authenticity of the stories that matter to our clientele and their families. Case studies of persons with non-acquired and acquired disability will be presented to open the discussion of PT patient outcomes.

The speaker will explore positive and negative bias in disability perceptions and how those impact both professional and clientele narratives as well as client success. The presentation will challenge therapists to enable authentic outcomes that are client centered enough to invite one's life story to continue forward.

LEARNING OBJECTIVES
1) Explore client themes of disability
2) Examine the relationship of client centered thoughts and frameworks to the established framework of ICF model
3) Identify missing dimensions of the ICF model with regard to client centered voice and framework
4) Re-imagine the ICF framework with addition of client voice and perspectives
5) Discuss the authenticity of PT outcomes in the light of client narrative, their frameworks of disability, the worldviews, and potential
6) Review presented and personal cases (in small groups) to explore patient narrative role in therapy outcomes
7) Synthesize ideas related to client narratives on disability experience as it pertains to ICF model

CLICK FOR PRESENTER BIO
Sheryl Holt, PT, PhD
Megan Salvatore, PT, DPT, DCE
Professional Integrity to Ensure High Standards of Care

SATURDAY, MARCH 25 | 1:45 - 4:30 p.m.

“Professional Integrity to Ensure High Standards of Care” is ideal for physical therapists, PTAs and students who want to better acquaint themselves about the basic Code of Ethics for PT. This course will help you gain a better understanding of the history of Code of Ethics and its importance to the PT profession as well as the components of a good Code of Ethics.

Each major value will be reviewed with definitions, demonstration of competency, scenarios, and situations that would qualify for reporting to the ethical committee of the association and/or licensure boards. There will also be a discussion related to fraud, abuse and waste based on information from the APTA Integrity in Practice campaign. Do we really understand the importance to our professional standing and continued success of our profession? This course intends to show and give you a whole new outlook on the professional standards in your clinical life.

LEARNING OBJECTIVES

1) Understand your specific discipline’s code of ethics and ethics standards as well as the similarities and differences of states versus associations codes of ethics.

2) Be able to apply the code of the ethics to everyday activities in the clinic, classroom, or other professional settings.

3) Have a basic understanding of the history of the professions code of ethics and importance to the profession.

4) Be able to recognize potentially unethical situations and know an appropriate course of action.

5) Understand the importance of adhering to the code of ethics.

CLICK FOR PRESENTER BIO

Lisa Kohler, PT

Truly Moore, PT, Cert MDT

Unique Perspectives: The Collaboration and Growth of Clinician-Scientists with Various Levels of Experience and How You Can Get Involved

SATURDAY, MARCH 25 | 1:45 - 4:30 p.m.

This highly interactive session, "Unique Perspectives: The Collaboration and Growth of Clinician-Scientists with Various Levels of Experience and How You Can Get Involved" is ideal for any therapist interested learning more about the non-traditional roles within physical therapy and how to get involved.

Academic medical centers can provide supportive environments in which clinician-scientists from PhDs to full-time clinicians working under mentors can produce quality research. This presentation will discuss the non-traditional physical therapy roles of three clinician-scientists who collaborated with each other as well as clinicians around the nation to form the Physical Therapy Residency and Fellowship (PTRF) Research Team.

The PTRF study, which aims to evaluate employer’s perception of the value of physical therapy post-professional training, will serve as the backdrop and common thread between each speaker. This presentation will be highly interactive with small group breakout sessions after each speaker’s presentation meant to highlight challenges and propose solutions to clinical research and implementation of EBP in various sessions as well as use the results of the PTRF research to discuss the future role of post-professional training in the physical therapy profession.

LEARNING OBJECTIVES

1) Receive an overview of the primary purpose and methodology for the Physical Therapy Residency and Fellowship (PTRF) Research Study

2) Evaluate and characterize workforce and employer value of residency and fellowship training, while recognizing the limitations/biases of the study.

3) Develop an appreciation of the many face of a “clinician-scientist” in the setting of an academic medical center.

4) Recognize areas of strengths/weaknesses in implementation of EBP in your setting.

CLICK FOR PRESENTER BIO

Kate Glaws, PT, DPT, SCS

Jo Walker, PT, DPT, SCS

Matt Briggs, PT, PhD
Core Strengthening from the Inside Out

SATURDAY, MARCH 25 | 1:45 - 4:30 p.m.

"Core Strengthening from the Inside Out" is ideal for the physical therapist looking to learn more about how to teach and explain basic core activation, recognize compensatory movement patterns and progress core exercises that will safely rehab their client.

Consumers and health professionals are inundated with the latest and greatest core strengthening exercises and many injuries are occurring in the name of fitness. The inner core musculature has been well researched (Hodges, et al) and is known to automatically be recruited just prior to active movement in the healthy individual who has not sustained an injury to the trunk.

LEARNING OBJECTIVES

1) Understand the components of evidenced based core strengthening.
2) Be able to discuss the role of the inner core in core strengthening and know how to activate it properly.
3) Be able to identify abnormal patterning during core exercises and know what muscles are overcompensating.
4) Be able to challenge the core through the appropriate progression of exercises.
5) Know how to address flexibility and strength in the hip in light of the latest research and what exercises are recommended.

Click for Presenter Bio

Deborah Riczo, PT, DPT, MEd

Medical Screening for the Practicing Physical Therapist: Outpatient and Inpatient Settings

SATURDAY, MARCH 25 | 1:45 - 4:30 p.m.

“Medical Screening for the Practicing Physical Therapist: Outpatient and Inpatient Settings” is ideal for any physical therapist who wants to explore the therapist’s role as an inter-dependent practitioner working within a collaborative medical model.

Clinical tools and decision-making processes will be presented which are necessary to more efficiently and effectively collect and evaluate the examination data. Professional communication with the client and other health care professionals will also be a central theme. The speakers will explore and integrate medical screening procedures into the physical therapy examination, evaluation, and differential diagnosis process, including health history, symptom investigation, review of systems, and physical examination of the cardiopulmonary system, upper quadrant, and lower quadrant. Lab test results will be analyzed and an understanding of various pharmaceuticals will be integrated into the evaluation. Patient cases will be presented to review differential diagnosis principles as well as improve clinical decision making processes in both outpatient and inpatient physical therapy settings.

LEARNING OBJECTIVES

1) Describe the physical therapist’s role and responsibilities associated with the medical screening process for physical therapy in the outpatient setting, inpatient setting, and for direct access care.
2) Identify Red Flag conditions while performing a physical examination, to determine whether communication with a physician is warranted regarding a patient’s health status.
3) Determine differential diagnose(s) to rule out any potential pathological disease or emergency medical conditions in a patient.
4) Understand the importance of laboratory test values and medications, as they relate to determining the appropriate care for the patient.

Click for Presenter Bio

Lynzie Schulte, PT, DPT

Scott Euype, PT, DPT, MHS, OCS
Tonya Apke is an Assistant Professor and the Director of Clinical Education for the physical therapy program at The Ohio State University. She has been in that position since October 2007 and previously was the ACCE at The College of Mount St. Joseph in Cincinnati for 9 years. She teaches in the areas of professional issues, clinical education and health care policy.

She earned her OCS in 2002 and her t-DPT from Arizona School of the Health Sciences of AT Still University in 2005. Dr. Apke is an APTA credentialed CI and advanced credentialed CI and a trainer for the APTA Clinical Instructor Education and Credentialing Program. She is involved with the APTA and OPTA as a member of the Education and Orthopedic Sections and the Membership Secretary of the Education Section Clinical Education SIG. Dr. Apke is the President Elect of the OPTA and previously served as Director III. She has completed the Health Policy and Administration Section LAMP courses and is finishing her final project.

Jake Bleacher is a physical therapist and co-director of The Ohio State University Orthopaedic Manual Physical Therapy Fellowship program. He received his Masters of Physical Therapy from Arizona School of Health Sciences, and has authored and co-authored six publications for clinical and academic textbooks for sports rehabilitation and strength and conditioning. Additionally, he has been a board certified orthopedic specialist since 2004, and has been full time faculty for the orthopedic residency at OSU since 2009. He has also received a manual certification from University of St Augustine in 2006.

Dr. Matt Briggs is a Board Specialty Certified Sports Physical Therapist, Athletic Trainer, and Researcher at the OSU Sports Medicine Research Institute, Clinical Assistant Professor in the Department of Orthopaedics, and lecturer in the Division of Physical Therapy at The Ohio State University. He is also serves as the Director of the Sports Physical Therapy Residency at OSU Sports Medicine. His primary research interests include the evaluation of neuromuscular and biomechanical factors related musculoskeletal injury, joint disease, and patient outcomes. He earned both his Bachelor’s degree and Doctor of Physical Therapy degree from Creighton University and then completed his residency training at OSU Sports Medicine. He earned his PhD in Health and Rehabilitation Sciences and completed his Post-Doctoral training focused on knee neuromuscular control and biomechanics at The Ohio State University.

John DeWitt is a Rehab Manager and Director of Physical Therapy Residencies at The Ohio State University. In addition to treating sports medicine patients and athletes, Dr. DeWitt holds an appointment as an Assistant Clinical Professor in the Division of Physical Therapy at OSU, with a focus on sports and orthopaedic physical therapy. After completing a degree in Athletic Training from Ohio University, he received a Doctor of Physical Therapy degree from Belmont University in Nashville, TN. Dr. DeWitt is board certified in Sports Physical Therapy and has been practicing since 1997 treating athletes of all levels of competition. He is the former chair of the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE) and currently sits on the Accreditation Services Council. Dr. DeWitt is 2008 recipient of the OPTA’s, “Physical Therapist of the Year” and the 2009 APTA Sports Section’s, “New Horizon” award winner.
Stephanie Di Stasi is an Assistant Professor in the Department of Orthopaedics and School of Health and Rehabilitation Sciences, and a research scientist within the Ohio State University Wexner Medical Center Sports Health and Performance Institute. Stephanie leads the Clinical Outcomes Research Coordinators (CORC) program within the SMRI. This group of clinicians has garnered small grants, peer-reviewed publications, and dozens of local and national presentations. Stephanie now provides scientific mentorship to nearly 20 doctoral, masters and undergraduate students, physical therapy residents and full-time clinicians. She has presented her work both nationally and internationally and for both OPTA’s Annual Conference and Fall Scientific Symposium. Stephanie’s research focuses on the mechanisms of disability and joint disease in active individuals following lower extremity injury with an emphasis on development of effective treatment strategies.

Scott Euype obtained Bachelor of Science Degree in biology from Grove City College in 1982. Scott obtained Certificate in physical therapy from Cleveland State University in 1987. He received a Master of Health Science from University of Indianapolis, Krannert School of Physical Therapy in 1996, and completed his Doctorate in Physical Therapy through Marymount University, in 2008. He became an APTA Board Certified Orthopaedic clinical specialist in 1997, and was recertified in 2007. He is also an adjunct, and holds graduate faculty status at the Doctor of Physical Therapy Program at Cleveland State University. He is on the OPTA BOD, and also an Ohio delegate for the APTA House of Delegates. Scott was on the APTA Vision Task Force, which developed the new APTA Vision. He is currently a member of the APTA Nominating Committee, and is serving as Clinical Co-Chair APTA Education Clinical Education SIG. Scott coordinates and performs physical therapy pro bono services at the Free Medical Clinic of Greater Cleveland, and at the Care Alliance Medical Center in Cleveland. He was a recipient of the 2015 APTA Lucy Blair Service Award.

Lavonne Elston earned her degree in Physical Therapy from The University of Toledo, and began her career in the Outpatient private practice setting. She has spent the past 16 years in the Post Acute Care setting, primarily focused on short term rehabilitation. Lavonne joined Kingston Healthcare in 2004, and developed Kingston’s Rehabilitation program, first at Kingston Care Center of Sylvania and then Kingston-wide. She was a key developer of Kingston’s Stroke Recovery Program. Most recently, Lavonne serves Kingston in the role of Senior Director of Operations and Strategic Initiatives for Kingston’s Skilled Nursing and Rehabilitation facilities. Lavonne is an active member of the American Physical Therapy Association, Health Policy and Administration, and Neurology sections. Lavonne is married to her husband Jon of 34 years, and is the proud mother of 2 daughters, Dr Shanna Elston, DO, Pulmonary and Critical Care Medicine, and Alisha Bruhl, DPT, Physical Therapist.

Kate Glaws earned her Doctor of Physical Therapy degree from Belmont University and then completed her sports physical therapy residency training at The Ohio State University. She is Board Certified as a Sports Specialist. Kate is actively involved in research, serving as a Clinical Outcomes Research Coordinator, which emphasizes communication between researchers and clinicians to promote evidence-based physical therapy practice. Additionally she is a member of the Sports Residency faculty, the Clinical Co-coordinator of the P4ACL Injury Prevention Program, and on the leadership board of the Hip Outcomes Team.
Sheryl L. Holt has been a physical therapist since 1978 and a professor of physical therapy since 2004. The content of this proposed course has been in development over the last 11 years as part of her PhD journey, including the topic of her doctoral dissertation, completed this spring, 2016. Her PhD is from the University of Kentucky, her M.S. from The Ohio State University, and her B.S. in Physical Therapy from Georgia State University.

Andrew Junak is a new graduate physical therapist working in an outpatient clinic in Columbus, Ohio and a resident of the Cleveland Clinic Orthopaedic Residency Program. He has been committed to the profession in his years as a student and as a young professional. As a student, Andrew attended 13 conferences, sat on OPTA and APTA Taskforces, co-authored a research publication, and advocated at both the state and national levels.

Jason Hugentobler is a physical therapist and Director of Sports Physical Therapy Residency at Cincinnati Children’s Hospital Medical Center (CCHMC). He earned his Doctor of Physical Therapy degree from University of Tennessee-Chattanooga and his Masters from Mount Saint Joseph University in Cincinnati, Ohio. He has presented at numerous regional and national conferences, including CSM, on various topics related to sports physical therapy.

Melissa Kidder is a Team Member of The Ohio State University Sports Medicine department and Director of the Orthopaedic Physical Therapy Residency at The Ohio State University. As a part of the residency programs at OSU Sports Medicine, she is involved in mentoring education and development. Dr. Kidder holds an appointment as Lecturer for the Division of Physical Therapy at OSU, where she leads the musculoskeletal lab. Dr. Kidder received a Doctor of Physical Therapy degree from Belmont University in Nashville, TN in 2000. She has been board certified in Orthopaedic Physical Therapy since 2003 and has been practicing since 2000 treating orthopaedic and sports populations. She is a member of the Credentialing Services Committee of the American Board of Physical Therapy Residency & Fellowship Education.
Anne Kloos received her physical therapy degree from the University of Wisconsin-Madison and her doctoral degree in biology/neuroscience from Cleveland State University. Dr. Kloos is currently a Professor-Clinical in the Physical Therapy Division at the Ohio State University where she teaches adult neurorehabilitation and neuroscience courses and two service learning courses in which students provide pro bono physical therapy services to medically uninsured individuals at the PrimaryOne Health Center in Columbus, Ohio and to disadvantaged individuals at a variety of facilities in Merida, Mexico. Her research is focused on balance and gait interventions and fall prevention in individuals with neurodegenerative diseases. She is a board-certified neurologic physical therapy specialist and has over 25 years of clinical experience. Dr. Kloos has presented her research both nationally and internationally and has numerous publications. She currently serves as Co-Director of the Ohio State University Neurologic Physical Therapy Residency Program and as an Associate Editor for the Journal of Neurologic Physical Therapy. Past positions that she held include Chair of the Degenerative Diseases Special Interest Group and of the Neurologic Residency Curriculum Task Force for the American Physical Therapy Association.

Alyssa Kuhn, SPT

Alyssa Kuhn is a second year DPT student at The Ohio State University. She graduated with a BS in Kinesiology from Michigan State University in 2015. She has a passion for working with an athletic population, merging strength and conditioning with rehabilitation. She has an extensive background as a personal trainer and group exercise instructor in various gyms. She also has a growing interest in individualized programming. She recently spent a clinic at the Christ Hospital—Hyde Park outpatient orthopedic clinic in Cincinnati working with Beth Taylor, PT.

Lisa Kohler, PT

Lisa Kohler has been a clinician for 25 years and has worked in multiple settings including nursing homes, home care, acute rehab and outpatient PT. Specifically, she has managed and treated in acute care and long term care hospitals for 5 years. She has used standardized testing for gait and balance in each of these settings. Lisa has taught 2 other continuing education classes in the past: one full day CEU on documentation and one 1-hour course on pain management.

Kendra Lucas, PT, DPT

Kendra Lucas, PT, DPT, graduated from the University of Dayton in 2016 with her Doctor of Physical Therapy degree. Her clinical interests include: pediatrics, dance medicine, foot and ankle pathologies, and global health. Kendra has a passion for empowering physical therapy students and new graduates to go “beyond the books” to seek out opportunities for involvement and professional growth. She prides herself on being a “conference junkie,” and has attended over 15 state and national physical therapy conferences in the last 3 years.

In 2016, Kendra completed an internship with the American Physical Therapy Association (APTA) working in the Government Affairs unit. Nationally, she served as the Physical Therapy Political Action Committee (PT-PAC) Liaison for the APTA Student Assembly. During that time, Kendra organized and led the 2016 Flash Action Strategy, a national advocacy campaign focused on increasing physical therapy student involvement. She currently serves as an APTA Brand Champion, PTeam member, and a committee member for the OPTA Conference and Membership committees. Kendra loves to network and believes strangers are just friends she hasn’t met yet.

Alyssa Kuhn, SPT

Kendra Lucas, PT, DPT
Lower Extremity Movement Adaptations in the Presence of Pain and Clinically Useful Tools to Assess & Correct Movement

Cody Mansfield is currently completing the Orthopaedic Manual Physical Therapy Fellowship at OSU Sports Med. He is a board certified specialist in orthopedic physical therapy. He’s published articles in the Journal of Manual and Manipulative Therapy and the International Journal of Sports Physical Therapy. Dr. Mansfield is also a former graduate of OSU’s Orthopaedic Physical Therapy Residency. He earned his Doctor of Physical Therapy degree from Duke University, and completed his Bachelor of Science in Athletic Training from Chapman University.

Truly Moore graduated from Ohio State University with a Bachelor of Science in Physical Therapy in 1996. Her primary population has been the elderly with 13 years in long term care/skilled nursing environment, with 8 years in management, and another 6 years in outpatient. She received her International Mechanical Diagnostics Certification in 2002 from the McKenzie Institute. This certification requires frequent continuing education insuring that she stays on the cutting edge with spinal research. Currently Truly is an evaluating and treating therapist at Kingston of Ashland which specializes in skilled nursing short term stays and a growing outpatient program. She is an active member of the APTA, OPTA, and McKenzie Institute with active participation in local government affairs. She also has direct referrals from local providers for the McKenzie protocol as well as getting new referrals for her most recent training in pelvic floor pain and urinary incontinence with Women’s Health of APTA. In her off hours, Truly is also the owner of a direct access private practice that specializes in spinal pain, Moore Therapy.

Kristy Pottkotter is a staff physical therapist at The Ohio State University Sports Medicine. Kristy is actively involved in ACL injury rehabilitation research within Sports Medicine and has been published in the Journal of Knee Surgery and Physiotherapy Theory and Practice. She has been a CORC team member since its inception in 2012. In addition to her clinical roles, Kristy is also a faculty member of the Sports Physical Therapy Residency program as well as a clinical instructor for student physical therapists.

Catherine Quatman-Yates is currently an orthopaedic and sports physical therapist at Cincinnati Children’s Hospital Medical Center. She is also an assistant professor in the Department of Pediatrics Division of Sports Medicine for the University of Cincinnati College of Medicine. Dr. Quatman-Yates received her PhD from The Ohio State University and DPT from the University of Toledo. She served as a post-doctoral research fellow under the mentorship of Dr. Timothy Hewett and Mark Paterno at Cincinnati Children’s Hospital Sports Medicine Biodynamics Center. Her research interests include complexity science techniques and metrics, evaluation and rehabilitation of children and adolescents with mild-to-moderate traumatic brain injuries, and adolescent motor control abilities. She was awarded with the Excellence in Research Award by the Sports Section in 2013 and received the Sports Section’s 2015 New Horizon Award. She was also recognized with an American Physical Therapy Association Emerging Leader Award in 2015. Dr. Quatman-Yates’ has published manuscripts on a variety of sports/orthopaedic conditions, mild traumatic brain injuries in youth, and complexity analysis topics. Her concussion research endeavors have received funding from the NIH KL2 Scholars program, the Trustees Award for the Cincinnati Children’s Hospital Research Foundation, and the Ohio Emergency Medical Services grant. She has spoken in numerous local, regional, and national conferences, scientific meetings, and educational sessions.
Deborah Riczo has been a practicing physical therapist for over 35 years, most of which has been spent at MetroHealth Medical Center, Cleveland, Ohio. Her areas of specialty and practice include women’s health (Women’s Health Section member of the APTA for over 30 years), pregnancy/postpartum, sacroiliac dysfunction, lymphedema/breast cancer, and industrial rehabilitation. She has lectured to DPT students as guest lecturer and adjunct faculty (Cleveland State University), presented at OPTA district events, APTA CSM conferences and has been interviewed numerous times on TV/radio shows since 1983. She is the owner of Riczo Health Education which provides courses, speakers and consulting for the health care industry.

Lynzie Shulte obtained her Bachelor of Science in Exercise & Physiology from University of Cincinnati in 2005 and her Doctor of Physical Therapy degree from The Ohio State University in 2008. She has spent her time working in the acute care setting since graduation, working in large > 500 bed teaching hospitals as well as small < 50 bed community hospitals, allowing her to understand the setting from various view points. Lynzie is an adjunct professor at Cuyahoga Community College where she teaches the acute care physical therapy course in the Physical Therapist Assistant Program. Lynzie has been involved with the APTA & OPTA since she was a student and currently serves as the Northeast District OPTA Chair and is an Ohio Delegate for the APTA House of Delegates. In 2010 Lynzie was presented with the Emerging Leader Award from the OPTA and APTA.

Megan Salvatore will be presenting case studies that are part of this proposed course based on her clinical experience from a variety of clinical practice settings. Salvatore earned Doctor of Physical Therapy, Master of Science in Physical Therapy and Bachelor of Science degrees in biology from Wheeling Jesuit University. Her research interests include balance, fall prevention, and vestibular rehabilitation.

Bob Swinehart works as Associate Director of the Mid American Rehabilitation Network. He began at the Network (then OPTN) in 1994 as it’s Executive Director. Prior to joining the Network, he was the Administrative Director of Physical Medicine & Rehabilitation and Respiratory Care at Grant Medical Center in Columbus, OH. In 1991 he left to become the Operations Director at University Area Physical Therapy, which was a 4 clinic Rehab Agency, until 1994 when he became the Executive Director of the Network. Bob has been instrumental in growing the Network from its original 17 sites to over 80 sites throughout the Midwest. Bob’s future role with the Network will be supporting Berni Willis, it’s new Executive Director. Bob’s strengths are in administrative processes. Bob has a Bachelor in Business Administration and an AS in Respiratory Care. Bob is also the Payment Policy Specialist for OPTA and has held that position for the past 2 years.
Paul Tadak is a physical therapist and co-director of The Ohio State University Orthopaedic Manual Physical Therapy Fellowship program. He is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists and Board Certified in Orthopaedic Physical Therapy. Dr. Tadak earned his bachelor’s degree in Physical Therapy from Daemen College in 1997 and his Doctorate in Physical Therapy from Chatham University in 2010. He also formed the Columbus Manual Therapy Group in 2014, which cultivates orthopaedic physical therapy excellence among PT’s throughout Central Ohio.

Beth Taylor has a BS in physical therapy from the University of Cincinnati and has over 15 years of experience treating EDS patients. She has presented on the disorder to PTA students at the University of Cincinnati as an adjunct professor. Beth has completed both CI and Advanced CI credentialing and has been an active member of the APTA since 1998. Alyssa Kuhn (presenting with Beth) was introduced to EDS and gained experience working with affected patients while in this setting. This opportunity sparked her interest in the population and she was able to implement a generalized strengthening program for patients presenting with hypermobility while she was there.

Phil Toal is currently the Clinical Rehabilitation Manager at the Cleveland Clinic Akron General Health and Wellness Center in Bath. He is the Program Director for the Cleveland Clinic Orthopaedic Physical Therapy Residency program. He is Board certified in orthopaedic physical therapy, certified in orthopaedic and manual physical therapy, a fellow of the American Academy of Orthopaedic and Manual Physical Therapists. Phil graduated from the State University of New York at Buffalo with a Doctor of Physical Therapy, completed an Orthopaedic Physical Therapy Residency at the Institute of Science (ITS). Phil is also an adjunct faculty at ITS for its residency program, adjunct faculty in Cleveland State’s Doctor of Physical Therapy Program and teaches continuing education courses to other physical therapists nationally.

Lucas VanEtten is a staff physical therapist at The Ohio State University Sports Medicine, an APTA Credentialed Clinical Instructor and faculty for the Orthopaedic Physical Therapy Residency program at OSU. In collaboration with OSU Sports Medicine team members, Lucas has received OPTA funding for a research project evaluating the clinical effectiveness of intramuscular dry needling on pain and function in individuals with patella-femoral pain. Lucas has presented at the OPTA Annual Conference as well as the Combined Sections Meeting of the APTA.
Jo Walker, PT, DPT, SCS

Jo Walker earned her Doctor of Physical Therapy from Washington University in St. Louis prior to completing a sports residency program at Gundersen Lutheran Sports Medicine in Wisconsin. She is Board Certified as a Sports Specialist. Prior to living in Ohio, she worked in Indianapolis at Methodist Sports Medicine, with specific interest in hip and knee patients, working closely with specialists in this area. She also was the lead therapist at their Sports Performance clinic, working with athletes in the return to sport phases of care. She is now a member of the Ohio State University Sports Rehabilitation team, and serves as a member of the Sports Residency faculty. Additionally, she is a site lead for the P4ACL Injury Prevention Program and on the leadership board of the Hip Outcomes Team.

Katherine Wayman PT, SCS

Katherine Wayman is a member of our Endurance Medicine Team, Hip Outcome Team and P4ACL Injury Prevention Team at The Ohio State University Sports Medicine. Her clinical interests include endurance athletes at both the recreational and elite levels, injury prevention and sports performance. Kathy is actively involved in two endurance medicine research projects: studying normative values to improve video swim stroke analysis and determination of the best treatment techniques to most efficiently return runners to sport. She has been a member of the OSU CORC program for 2 years and has presented on her CORC program research projects at the Combined Sections Meeting of the APTA.

Berni Willis

Berni Willis is the Executive Director at Mid American Rehabilitation Network. Prior to this appointment she held the position of Associate Director. Her experience has been in billing for medical practices for over 13 years, most recent with a private physical therapy practice for 6 years working as a billing manager. Berni is also a Billing Specialist and trainer for Optimis PT since 2011. Is a member of the Administrators Counsel PPS and has attended PPS for the last 3 years. Her skills include the ability to work with the front desk staff to ensure proper collection of demographic information to expedite the billing process; ability to work with clinicians to teach compliant billing based on documentation; understanding CCI edits and payer rules to ensure clean claims, which result in expedited payment for services with denials and professional customer service skills to ensure patient payments after services are rendered. Is current with collections guidelines and regularly attends courses offered through the APTA.