

2021 VIRTUAL FALL CONFERENCE

SEPTEMBER 17-19, 2021

✓	EVENT/COURSE TITLE	FRIDAY SEPT. 17	SATURDAY SEPT. 18	SUNDAY SEPT. 19
	Updates on Payment - Kim Parker-Guerrero, PT, DPT APTA New Mexico Business Meeting & Awards Presentation	6:00 - 7:00 pm 7:00 – 8:00 pm		
	Congenital Muscular Torticollis and Cranial Deformation Symposium		8:15 – 11:45 am	
	Mobility in Acute Stroke Care: Beyond Blood Pressure and Bedrest		8:30 am - Noon	
	Osteopathic Approach to Evaluation and Treatment of the SI Joint		8:00 – 11:30 am	8:00 – 11:30 am
	On the Move: Group Exercise for Improved Mobility in Older Adults (Plus - 2 Hours of Asynchronous Work)		8:00 am – 4:20 pm	

UPDATES ON PAYMENT - APTA NEW MEXICO BUSINESS MEETING

Join us and hear from the APTA New Mexico Payment Chair and APTA Federal Affairs Liaison, Kim Parker-Guerrero, PT, DPT, to hear about current issues surrounding payment and federal issues pertaining to physical therapy.

The Annual Chapter Business Meeting will include updates on Chapter and APTA activities as well as a presentation of awards.

CONGENITAL MUSCULAR TORTICOLLIS AND CRANIAL DEFORMATION

3.25 Contact Hours

Speakers: Gabriell Broedhl, DO
Barbara Sargent, PT, PhD, Board-Certified Clinical Specialist in Pediatric Physical Therapy
Jean Anne Zollars, PT, DPT, MA

COURSE DESCRIPTION

The Congenital Muscular Torticollis Symposium will consist of three presentations on:

- The 2018 Congenital Muscular Torticollis Clinical Practice Guideline (2018 CMT CPG). The 2018 CMT CPG will be reviewed with a focus on the 17 action statements and the evidence supporting them, addressing: education, referral, screening, examination and evaluation, prognosis, first choice and supplemental interventions, consultation, discontinuation from direct physical therapy, reassessment, and discharge. New research evidence generated since the 2018 CMT CPG will also be reviewed. In addition, we will describe the resources that are available through APTA Pediatrics to facilitate implementation of the 2018 CMT CPG to key stakeholder groups, including clinicians, parents/caregivers, medical providers, and academic programs.
- Cranial Asymmetries: More than Circumference Measurements. An overview of developmental factors that are related to cranial asymmetries as well as what increases infants' risk for cranial asymmetries. Developmental factors related to cranial asymmetries will be discussed. We will review a comprehensive visual assessment to distinguish between deformational plagiocephaly and synostotic plagiocephaly and then dive into the objective measurements that are taken to classify head shapes into mild, moderate and severe categories. With those classification categories in mind, we will discuss the appropriate intervention(s) based on the head shape asymmetry classification.
- Anatomy and Neurophysiology of the Neck: Therapeutic Implications for CMT. This course will review the anatomy, not only of the musculature, but also of the nerves, arteries and organs of the neck and thoracic inlet region. Participants will be taken on a layer-by-layer anatomical review, followed by a self-palpation of their own neck and supraclavicular regions to learn and palpate these various structures. Symptoms of overstretching of these structures, such as infant distress, increased neck tension and spasm, restlessness, increased breathing and heart rate, as well as postural and developmental asymmetries will be discussed. Suggestions will be provided as how to prevent aggravation of the sensitive neurovascular and visceral structures, and to promote increased range of motion, function and improved development.

COURSE OBJECTIVES

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

1. 2018 CMT CPG
 - a. Describe the 17 action statements in the 2018 Congenital Muscular Torticollis Clinical Practice Guideline (2018 CMT CPG).
 - b. Describe the APTA Pediatrics resources to facilitate implementation of the 2018 CMT CPG.
2. Cranial Asymmetries
 - a. Explain the significance of the correlation between normal infant development and the development of deformational plagiocephaly.
 - b. Describe the implication of torticollis as it relates to the development and management of deformation plagiocephaly.
 - c. Identify key features that distinguish synostotic from non-synostotic plagiocephaly.
 - d. Demonstrate/describe the procedure for obtaining standardized measurements of the infant skull.
 - e. Classify head deformation in an infant based on assessment findings according to the type (plagiocephalic, brachycephalic and scaphocephalic shaped heads) and severity (mild, moderate and severe).
3. Anatomy and Neurophysiology of the Neck: Therapeutic Implications for CMT
 - a. Identify 7 nerves and arteries of the neck and thoracic inlet.
 - b. Identify signs of overstretching nerves: phrenic, brachial plexus, vagus, cervical plexus.
 - c. Identify alternatives to stretching: positional release, myofascial release, neural manipulation, developmental movement, infant massage.
 - d. Identify how to find qualified therapists trained in alternative approaches and the steps in training to become qualified in these alternative approaches.

ABOUT THE SPEAKERS

Gabrielle Brodehl, ABC CPO, CFm, has been practicing orthotics and prosthetics in New Mexico for nearly two decades with an emphasis on comprehensive pediatric orthotic management. She was an early adopter of CAD/CAM use in her own clinical practice and helped orchestrate the use of CAD/CAM for cranial remolding orthoses within New Mexico. For over a decade, she has worked as part of a local, collaborative care team in the early identification and management of children with cranial asymmetries. Clinically, she sits on the national CARE Network (Cranial Asymmetry Remolding Experts) and recently received a national award relating to contributions towards clinical outcomes. Gabe is the Clinic Manager for Hanger Clinic in Rio Rancho as well as the residency director.



Barbara Sargent, PT, PhD, Board-Certified Clinical Specialist in Pediatric Physical Therapy, is an Associate Professor of Clinical Physical Therapy in the Division of Biokinesiology and Physical Therapy at the University of Southern California. She has over 30 years of clinical experience as a pediatric physical therapist and conducts research on the early identification and intervention of infants at risk for neuromotor disabilities. She is co-author of the APTA Pediatrics 2018 Congenital Muscular Torticollis Clinical Practice Guideline, and two book chapters on congenital muscular torticollis and cranial deformation in *Campbell's Physical Therapy for Children*, 5th ed, and *Meeting the Physical Therapy Needs of Children*, 3rd edition.



Jean Anne Zollars, PT, DPT, MA, BI-D, specializes in neural, cranial and visceral manual therapy with babies and children in her private practice in Albuquerque, NM. She has worked and taught extensively with babies with deformational plagiocephaly and torticollis. She is an instructor for the Barral Institute teaching Visceral Manipulation I, II, III, IV, V, Neural Manipulation I, II, III, IV and Visceral Applications for Pediatrics. Jean Anne graduated from the physical therapy program at Ithaca College in 1982, was trained in NDT in 1988, received her MA from San Francisco State University, and DPT from Rosalind Franklin University in 2014. She is co-author of "Neural and Visceral Manipulation in Infants with Congenital Muscular Torticollis: A Feasibility Study".



MOBILITY IN ACUTE STROKE CARE: BEYOND BLOOD PRESSURE AND BEDREST

3.25 Contact Hours

Speakers: Lara Barnes, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy
Kimberly Lemmons, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Certified Stroke Rehabilitation Specialist
Angela Williams, PT, DPT

COURSE DESCRIPTION

Recent acute stroke interventions have been revolutionary, including the use of poststroke blood pressure management to influence recovery. There is now a focus on early mobility of patients with acute stroke and blood pressure control. "Permissive hypertension" has crept into our practice considerations with a variety of parameters in the literature, forcing each entity to choose their own risk/reward answer to patient mobility questions. New American Heart Association/American Stroke Association guidelines speak to blood pressure management at rest, but therapists may be responsible for mobility decisions and may feel pressured into high-risk situations to evaluate and treat their patients. A multi-site panel will discuss current stroke literature highlighting vital parameters, the hazards of hypoperfusion, and early patient mobility in the acute care setting. Speakers will present a well-rounded view of critical reasoning for best patient care and the importance of communication illustrated by case studies. Presenters will examine ethical and practical concerns regarding risk of mobility and poststroke blood pressure control. Therapists will take away crucial information regarding early blood pressure control and tips for communicating concerns.

COURSE OBJECTIVES

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

1. Explain blood pressure's role and its effects on vulnerable neurologic tissue in the acute poststroke phase.
2. Identify blood pressure control statements from the guidelines for the early management of patients with acute ischemic stroke from the American Heart Association/American Stroke Association and differing views from other organizations for mobility.
3. Recognize signs and symptoms of hyper/hypotension dysfunction in patients with an acute stroke and apply critical reasoning for mobility treatment strategies.
4. Utilize outcome measures approved specifically for stroke impairments in the acute care setting.
5. Incorporate team-based communication for conflict resolution and safe mobility progression of patients with labile blood pressure.

ABOUT THE SPEAKERS

Lara Barnes, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, is an acute care physical therapist, with a BS in Psychology and BS in Physical Therapy. She is currently completing her first year of a Master's in Public Health at the University of Memphis. Her primary focus is intensive care and neurology, with emphasis on brain injury and degenerative disorders. She is Board-Certified in Neurological Physical Therapy, initially in 2006 and recertified in 2016. She has written and coedited the chapter on complex medical disorders in the textbook Pathology: Implications for the Physical Therapist, the 4th and 5th editions.



Kimberly Lemmons, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Certified Stroke Rehabilitation Specialist, has experience throughout the continuum of patient recovery. Her passion for neurology began with the creation of an outpatient spinal cord injury treatment program and continues in her clinical focus on neurologic recovery in acute care. She is an Assistant Professor at the University of North Texas Health Science Center and enjoys leading educational opportunities for interprofessional knowledge exchanges clinically and academically. She is an active member of APTA and a credentialed clinical instructor for more than 10 years. Her areas of community outreach include local stroke support groups and presenting safe mobility techniques with the Alzheimer's Association. Dr. Lemmons is currently involved in research for post-stroke recovery in acute care. She graduated with a Masters of Physical Therapy from California State University, Northridge and a Doctorate of Physical Therapy from University of Tennessee, Chattanooga.



Angela Williams, PT, DPT, has 24 years of clinical experience in a variety of settings including acute care, inpatient rehab, and outpatient rehab. She additionally was a clinical specialist for a medical device company training therapists and working with complicated patients using neuromuscular electrical stimulation devices. She specializes in neurological disorders and is currently the lead acute physical therapist for the stroke team in a comprehensive stroke center. She has served on the interdisciplinary hospital-wide stroke committee for 9 years.



OSTEOPATHIC APPROACH TO EVALUATION AND TREATMENT OF THE SI JOINT

6.5 Contact Hours

Speakers: Jimmy Minner, PT, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy
Adam Walsh, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic and Sports Physical Therapy,
Fellow of the American Academy of Orthopaedic Manual Physical Therapists

COURSE DESCRIPTION

This course will begin by refreshing the relevant sacroiliac anatomy and kinesiology for participants. With a solid anatomical and biomechanical base set, the course will overview an Osteopathic approach to the evaluation of the SI region with an eclectic evidence-based treatment model including manual therapy and therapeutic exercise from initial evaluation to prior level of function interwoven throughout. Participants will leave this course with an up-to date, evidence-based approach to immediately integrate into practice.

COURSE OBJECTIVES

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

1. Describe the relevant anatomical features of the sacroiliac region.
2. Describe the relevant biomechanics of the sacroiliac region.
3. Utilize the Osteopathic classification of mechanical sacroiliac pain.
4. Utilize an algorithmic approach to the evaluation and treatment of mechanical sacroiliac pain.
5. Describe appropriate manual therapy techniques in the treatment of mechanical sacroiliac pain.
6. Describe evidence related to the treatment of mechanical sacroiliac pain.
7. Form an evidence-based Plan of Care for the treatment of mechanical sacroiliac pain.
8. Progress a Plan of Care from initial evaluation to return to function for a patient with mechanical sacroiliac pain.

ABOUT THE SPEAKERS

Dr. Minner is the Clinic Manager at Langford Sports and Physical Therapy in Albuquerque, NM. He received his Doctorate of PT from the University of New Mexico in 2010. After his first 2 years with Langford, Jimmy spent 13 months in South Carolina with Proaxis Therapy studying to become a Sports Specialist. Jimmy became the first graduate from UNM to participate in an APTA credentialed sports residency and became a board-certified Sports Clinical Specialist in 2013. After residency, Jimmy returned back home to Albuquerque and hired on to work with Langford full time as a PT. Jimmy also became certified in March 2014 for Functional Dry Needling through Kinetacore and is a mentor in UNM's Orthopedic Residency program.



Jimmy has a special interest in treating overhead and traditional sport athletes. Jimmy was a javelin thrower at UNM from 2000-2004 and currently plays competitive doubles sand volleyball. Away from physical therapy, Jimmy enjoys spending time with his wife and two daughters and considers himself a family man.

Adam Walsh, PT, DPT, received his bachelors in Exercise Science from Saint Louis University in 2010 and Doctorate in Physical Therapy from Saint Louis University in 2012. He was a Sports Physical Therapy Resident with St. Francis University from 2012-2013 and became a Certified Strength and Conditioning Specialist in 2013. He became a Board-Certified Sports Clinical Specialist in 2014, earned his Manual Therapy Certification through the University of St. Augustine in 2015, became a Fellow of the American Academy of Orthopedic Manual Physical Therapists in 2016, and became a Board-Certified Orthopedic Clinical Specialist in 2017.



Dr. Walsh worked clinically with Elite Therapy in both Pennsylvania and New York from 2012-2018, where he was a full-time clinician, as well as Clinical Instructor for numerous PT and PTA students. He also mentored both Sports Physical Therapy and Manual Physical Therapy residents/fellows. He began his teaching career in 2015 with Elmira College as an adjunct professor in the Biology Department. He then took the opportunity in 2017 to become Part-Time Faculty at The Pennsylvania College of Technology in their newly developed PTA Program. He has presented at various conferences at the local and national level, including the Combined Sections Meeting of the American Physical Therapy Association and the American Academy of Orthopedic Manual Physical Therapists annual meeting.

Dr. Walsh began full-time academia in 2018 at UNM, brought on to teach and assist with the Musculoskeletal portion of the curriculum. He is also part of the Academic Progress Committee.

ON THE MOVE: GROUP EXERCISE FOR IMPROVED MOBILITY IN OLDER ADULTS® (OTM)

9.5 Contact Hours (2 Hours Asynchronous)

Speakers: Jennifer Brach, PT, PhD, FAPTA
Leslie Coffman, PT, DPT
Jessie VanSwearingen, PT, PhD, FAPTA

COURSE DESCRIPTION

On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM) is an evidence-based group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking. To achieve this 'better walking', OTM has a variety of progressive stepping and walking patterns. When compared to a seated strength, endurance, and flexibility exercise program for walking, OTM resulted in greater improvements in mobility. In this course you will learn to deliver the On the Move program and become a certified instructor. As a certified instructor, you will be equipped to teach On the Move to older adults to help them improve their mobility and maximize their independence. The principles of On the Move can not only be used when teaching the group On the Move class but also can be incorporated into every day clinical practice.

COURSE OBJECTIVES

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

- Understand the relation of common age-related problems of walking to loss of motor skill, greater energy expenditure for walking and reduced adaptability.
- Recognize components of the loss of motor skill in walking, including slow speed, greater variability, postural abnormalities, reduced adaptability, increased energy cost of walking, and consequences, such as fear of falling, and walking confidence.
- Identify benefits of participation in the OTM exercise program.
- Understand the importance of becoming an Evidence-based Health Promotion Program and what that means for implementation of programs in the community.
- Demonstrate competency in delivery and administration of the OTM program.
- Identify techniques to optimize adherence to the OTM program.

ABOUT THE SPEAKERS

Jennifer S. Brach, PhD, PT, FAPTA, is Professor in the Department of Physical Therapy at the University of Pittsburgh. She is a physical therapist and epidemiologist with over 20 years of experience in patient-oriented research in aging and disability prevention. She has demonstrated a strong commitment to a career in research, publishing over 100 manuscripts. She has also served as a principal investigator or co-investigator on multiple NIH/NIA and PCORI grants. Dr. Brach's current work focuses on developing, testing and implementing exercise programs to improve mobility in community-dwelling older adults. Her long-term goal is to bridge the gap between clinical research, public health, and everyday practice by transferring the findings from clinical trials to practice settings and communities, where the findings will improve mobility and prevent disability in older adults.



Leslie Coffman, PT, DPT, an adjunct instructor at University of Pittsburgh Department of Physical Therapy. Before transitioning into an exclusively research-based position, Leslie worked in outpatient and rehab settings with a focus on treating patients with neurological and vestibular disorders. Leslie is a master OTM trainer. She has been involved teaching classes, developing training materials, and training instructors since 2013.



Jessie VanSwearingen, PhD, PT, FAPTA, is a professor in the Department of Physical Therapy at the University of Pittsburgh, teaching graduate courses in the area of neuroscience, and neuromotor control applied in clinical practice in neurological decision-making, clinical electrotherapy, and geriatric physical therapy. She serves as a reviewer for both basic science and clinical journals, reviews research abstracts for professional meetings in Geriatrics and Physical Therapy and chairs the Research Committee for APTA Academy of Geriatrics. VanSwearingen is honored as a Worthingham Fellow of APTA. Her research interest is in the assessment and treatment to enhance neuromotor control in older adults (and [future] companion dogs).



Saturday, September 18, 2021

- 8:00-8:15 am Course Schedule/Housekeeping/Course Objectives
- 8:15-9:05 am Sample OTM Class, Active Lab

- 9:05-9:20 am OTM 101
- 9:20-9:30 am Break
- 9:30-10:00 am Review of Motor Control Principles
- 10:00-10:20 am Program Implementation: Warm-up, Active Lab
- 10:20-11:45 am Program Implementation: Walking, Active Lab
- 11:45 am-12:15 pm Break (Lunch) - Instructors Available for Q&A on Asynchronous Materials
- 12:15-1:25 pm Program Implementation: Stepping, Active Lab
- 1:25-1:35 pm Break
- 1:40-3:15 pm Case Examples + Practical Exams (Breakout Rooms)
- 3:15-4:20 pm Review of Post-Course Survey & Testing Expectations + Q&A