



2022 FALL CONFERENCE

SEPTEMBER 10, 2022

UNIVERSITY OF NEW MEXICO
ALBUQUERQUE, NM

√	COURSE TITLE	SATURDAY SEPT. 10
	The Importance of Physical Therapy During the Fourth Trimester	8:00 – 11:30 am
	The 2022 Physical Therapist Management of Parkinson Disease: A Clinical Practice Guideline from the American Physical Therapy Association: Translation Into the Clinic	8:00 – 11:30 am
	Exhibit Hall	11:30 am – 12:30 pm
	APTA New Mexico Business Meeting Boxed Lunch Distribution	12:30 – 1:30 pm
	Clinical Assessment and Recommendation for Pediatric Orthotic Intervention	1:30 – 5:00 pm
	Inspired Breathing – An Evidence-Based Approach to Improve Respiration	1:30 – 5:00 pm

THE IMPORTANCE OF PHYSICAL THERAPY DURING THE FOURTH TRIMESTER

3 Contact Hours – Approved in New Mexico

Speakers: Genevieve Richter, PT, DPT
Tara Sanford, PT, DPT, Board-Certified Clinical Specialist in Women's Health Physical Therapy

COURSE DESCRIPTION

This is a 3-hour course designed to educate both orthopedic and pelvic floor physical therapists about the Fourth Trimester. The Fourth Trimester is the first 12 weeks after a baby is born, where both mother and baby have to adjust to many physical and emotional changes. Mothers have long been overlooked during this period; but what science tells us is that it is the most important time to lend support and guidance. Pelvic floor physical therapists have long advocated for women during this phase; and know the toll pregnancy and delivery have taken on the body. This course will teach about the physiological changes that occur during pregnancy and postpartum, how to assess and treat these changes, and learn when is appropriate to refer to a pelvic floor PT or other healthcare professional.

COURSE OBJECTIVES

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

1. Understand what is meant by the term "4th trimester".
2. Understand issues facing a mother in the 4th trimester.
3. Describe issues facing the musculoskeletal system due to relaxin and other changes facing the body in the 4th trimester.
4. List precautions for a new mom in activity and prolapse prevention.
5. Identify appropriate musculoskeletal issues that can be addressed in an outpatient orthopedic setting, including:
 - A. Pelvic and Low Back Assessment
 - B. Treatment and Management of Thoracic Issues That Might Arise From Delivery or Breastfeeding
 - C. Educating About Appropriate Core and Pelvic Floor Activation for Lifting and Carrying a New Infant
 - D. Educating About Appropriate Posture and Alignment for a Nursing Mom
 - E. Recognizing Appropriate Referrals for Mental Health Professionals Due to Depression or Anxiety and Referral for Pelvic Floor Specific Physical Therapy

6. Understand the interventions that are used in pelvic floor specific physical therapy.
 - A. Internal Exam for Urogenital and Anorectal Triangle of the Pelvic Floor
 - B. Myofascial Mobility and Scar Tissue Mobilization for C-Section or Delivery Injury
 - C. Pelvic Floor Specific Training with Manual Treatment, Biofeedback and Other Tools
 - D. Diastasis Recti Treatments
7. Understand diagnoses treated in the 4th trimester period.
 - A. Diastasis Recti
 - B. C-Section Scar Treatment
 - C. Treatment of Vaginal Tearing or Issues with Delivery
 - D. Education About Contraction and Relaxation of the Pelvic Floor
 - E. Musculoskeletal Issues Associated with Their Pregnancy or Delivery
 - F. Posture and Thoracic Treatment from Nursing and Holding the Baby
 - G. Prolapse Prevention and Safe Return to Exercise Post-Partum
 - H. Urinary or Bowel Incontinence
 - I. Coccyx Injury in Delivery
 - J. Painful Intercourse

ABOUT THE SPEAKERS

Genevieve Richter, PT, DPT, graduated from the UNM Physical Therapy program in 2010 with her MPT and DPT. She helped grow the pelvic floor program at Langford Sports and Physical Therapy from 2012 to 2020. She has maintained an active role in the pelvic floor community throughout this time, having yearly students and encouraging growth of this field of practice. The pandemic helped motivate her to open up her own private practice: Method Physical Therapy, in January of 2021. The clinic specializes in treating pelvic floor dysfunction for women, men, and transgender populations. They take an orthopedic and whole-body approach to treating pregnant and postpartum populations, urinary and bowel dysfunction, sexual dysfunction, post pelvic/abdominal surgical rehabilitation, and pelvic pain populations. Method Physical Therapy maintains a high commitment to educating their community and offers frequent classes and talks for medical providers and patients.



Tara McCarthy Sanford, PT, DPT, Board-Certified Clinical Specialist in Women's Health Physical Therapy, graduated from the UNM Physical Therapy program in 2013 with her DPT. Pelvic floor physical therapy has been her passion from the moment she learned about this specialty and the populations and diagnoses she could treat. She started the pelvic floor program at Peak Motion Physical Therapy upon graduation. In 2020, she joined the pelvic floor team at Balanced Physical Therapy. She currently owns and runs a branch for this clinic that is specific to pelvic floor treatment. She has been an APTA board certified Women's Certified Specialist (WCS) since 2018. This board certification has allowed her to offer a one-year Residency Program to train other therapists to sit for the board certification exam. This residency will be offered in partnership with UNM. She currently treats all populations of pelvic floor dysfunction including pre-natal and post-partum care, pelvic and lower abdominal pain for men and women, both urinary and bowel incontinence, sexual dysfunction for both males and females and post prostatectomy care. She enjoys educating colleagues and the general population about all things pertaining to this topic.



THE 2022 PHYSICAL THERAPIST MANAGEMENT OF PARKINSON DISEASE: A CLINICAL PRACTICE GUIDELINE FROM THE AMERICAN PHYSICAL THERAPY ASSOCIATION - TRANSLATION INTO THE CLINIC

3 Contact Hours

Speakers: Susan Leach, PT, DPT, PhD, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Certified Exercise Expert for Aging Adults, Certified PWR! Therapist for People With Parkinson Disease, Sports Physical Therapist Certification
Rose Vallejo, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy

COURSE DESCRIPTION

This presentation will examine evidence-based interventions commonly used to treat individuals with Parkinson disease. The 2022 Physical Therapist Management of Parkinson's Disease: Clinical Practice Guideline from APTA will be discussed with a focus on intervention categories with the highest quality of evidence. Evidence supporting amplitude training, agility training, motor priming and motor learning for individuals with Parkinson disease will also be presented.

Interventions will be explored by relating the research to clinical application at various stages of the disease process across settings. Various management frameworks will be used to integrate the CPG in real life practice.

COURSE OBJECTIVES

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

1. Discuss evidence-based intervention strategies commonly associated with Parkinson Disease management including amplitude training, agility training, motor priming and motor learning.
2. Identify and discuss intervention categories with highest quality evidence from the CPG for Parkinson Disease management across practice settings.
3. Apply the ICF Model and Framework for Degenerative Diseases to Parkinson Disease case studies.

ABOUT THE SPEAKERS

Susan J Leach, PT, DPT, PhD, has been a physical therapist for over 28 years. For 14 years, Dr. Leach, specialized in the treatment of individuals with stroke and traumatic brain injury. Dr. Leach became a Board-Certified Neurologic Clinical Specialist in 2000, re-certified in 2010, and re-certified again in 2020. Dr. Leach has been teaching neurologic content in entry level physical therapy programs for 16 years. Dr. Leach received her MS in physical therapy in 1992, her PhD in Kinesiology in 2009, and her DPT in 2019. She is currently a clinical educator - Associate Professor in the Division of Physical Therapy within the School of Medicine, Department of Orthopaedics and Rehabilitation at the University of New Mexico. Dr. Leach's research interests are in assessment and intervention to improve health and physical functioning in patient populations and older adults at risk of sustaining physical injury due to increased fall risk. Dr. Leach has published and presented her research in both peer-reviewed journals and at national and international research forums.



Rose Vallejo, PT, DPT, began her clinical career 25 years ago as a physical therapist at Rancho Los Amigos National Rehabilitation Center, where she ultimately became the Clinical Manager on the Brain Injury and Neurology Units. She later transitioned to Casa Colina Centers for Rehabilitation, where she served as the Rehabilitation Director for three years. In this role, she supervised over 75 therapy staff and developed comprehensive clinical programs to meet patient care needs. She is board-certified in neurologic physical therapy and is a PWR!Moves certified therapist, with a subspecialties in gait and complex wheelchair mobility and seating. In 2017, she accepted a full-time teaching position as an Assistant Professor at the University of New Mexico in the Division of Physical Therapy. She currently teaches neurologic rehabilitation, administration and supervision for physical therapists and clinical Spanish. Her research interests include gait analysis in neurologic patient populations and educational pedagogy in language concordant care and clinical reasoning.



A MULTIDISCIPLINARY LOOK AT THE MANAGEMENT OF THE PEDIATRIC FOOT AND ANKLE

3 Contact Hours

Speakers: Dr. Denise Taylor, MD, Attending Physician, Department of Pediatrics
Dr. Selina Silva, MD, Attending Physician, Department of Orthopaedics
Jacque Newman, BSBME, CO, Owner and Founder of Integrity Orthotics and Prosthetics, LLC

COURSE DESCRIPTION

This course will present Jacque's assessment procedure for determining orthotic recommendation. She will also review some orthotic designs and their related functional benefit.

COURSE OBJECTIVES

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

1. Identify potential need for orthotic intervention.
2. Identify various designs of pediatric lower extremity orthotic intervention.
3. Recognize alignment, stability and biomechanical gait benefits of lower extremity orthotic intervention.

ABOUT THE SPEAKERS

Jacque Newman is a Certified Orthotist through the American Board for Certification in Orthotics and Prosthetics. After earning her degree in Biomedical Engineering from Tulane University, she was introduced to the profession as a volunteer in the Orthotics and Prosthetics Department at Carrie Tingley Hospital. She later received an Orthotics Certificate from Northwestern University in Chicago and has since provided services throughout the state of New Mexico for over 30 years. Jacque is considered a pediatric specialist, but enjoys working with all age groups. Though she has worked at various local facilities, she now has her own business, Integrity Orthotics and Prosthetics, in Placitas, NM.



Selina R. Silva, MD, is board certified in Orthopaedic Surgery by the American Board of Orthopaedic Surgery. She has practiced as a Pediatric Orthopaedic Surgeon at the University of New Mexico Hospital since 2011. She is also the Residency Program Director, Medical Director of UNM Carrie Tingley Hospital, and Associate Professor in the Department of Orthopaedics. Dr. Silva is a Colorado native, but has fallen in love with the state of New Mexico and enjoys her practice with the University. She completed her medical degree at the University of Colorado in Denver in 2005 and her residency training in Orthopaedic Surgery at the University of New Mexico in 2010. After residency, Dr. Silva attained fellowship training in Pediatric Orthopaedic Surgery at the University of Michigan in Ann Arbor. She is interested in the sub-specialties of early onset scoliosis, hip dysplasia, cerebral palsy, limb deformity, bone health, and her research endeavors are focused in the areas of fracture management, limb deformity, and hip joint disorders.



INSPIRED BREATHING – AN EVIDENCE-BASED APPROACH TO IMPROVE RESPIRATION

3 Contact Hours

Speakers: Joshua George, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
Jacob O'Dell, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic and Geriatric Physical Therapy

COURSE DESCRIPTION

This course is designed to assist PTs and PTAs with selecting interventions to improve respiration across all demographics and settings by reviewing and gaining a deeper appreciation of the anatomy involved. This 3-hour course will begin with an anatomy review of pertinent structures, respiration rates, critical vitals and values. Following this, we will explore current concepts with respiratory diseases and the impact of Covid-19 and Covid-19 sequela on the profession. Several interventions will be introduced, such as, manual techniques for outpatient orthopedics, breathing techniques, and resources for continued learning. A skills lab will follow the intervention section for practice and review as well as a sharing of ideas between clinicians.

COURSE OBJECTIVES

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

1. Gain a thorough review of the anatomy involved in respiration.
2. Gain confidence in taking vitals and understanding of critical values relating to respiration.
3. Gain an understanding of recent concepts relating to the Covid-19 pandemic and our role in managing these patients.
4. Gain confidence with interventions to improve rib mobility.
5. Learn appropriate breathing habits across the lifespan.

ABOUT THE SPEAKERS

Joshua George is a 2015 graduate from the University of East Tennessee, with his doctorate in physical therapy. Since graduating, Joshua has practiced in a variety of settings, but focused on outpatient orthopedics, gaining his board certification in in 2020. He is currently practicing at Presbyterian hospital in Santa Fe, treating patients in the outpatient clinic, as well as, the Progressive Care Unit, Intensive Care Unit and the Emergency Department. Currently, Joshua is serving APTA New Mexico as a Delegate to the APTA House of Delegates. In his free time, he enjoys teaching skiing and working with the adaptive ski program in Santa Fe.

