



**2023 FALL CONFERENCE**

**SEPTEMBER 23-24, 2023**

**UNIVERSITY OF NEW MEXICO  
ALBUQUERQUE, NM**

✓	COURSE TITLE	SATURDAY SEPT. 23	SUNDAY SEPT. 24
	<b>SESSION 1</b> Pediatrics - Serial Casting: An Evidence-Based Approach to Increasing Dorsiflexion Range of Motion	8:00 am – 5:00 pm	8:00 am – 12:00 pm
	<b>SESSION 2</b> Postural Restoration Institute (PRI) Myokinematic Restoration	8:00 am – 6:00 pm	8:00 am – 5:00 pm
	<b>SESSION 3</b> Adults with Intellectual Developmental Disabilities and Wheelchair Modification to Improve Comfort, Decrease Aspiration Risk, Spasticity	8:00 – 11:15 am	
	<b>SESSION 4</b> Words Matter: Strategies for Presenting Pain Education (LECTURE) Strategies for Implementation of Graded Motor Imagery (LAB)	8:00 – 11:15 am	
	Exhibit Hall	11:15 – 11:50 am	
	Boxed Lunch Distribution	11:50 am – 12:00 pm	
	APTA New Mexico Business Meeting	12:00 – 1:00 pm	
	Exhibit Hall	1:00 – 1:30 pm	
	<b>SESSION 5</b> Oncology Rehabilitation Across the Care Continuum	1:30 – 4:45 pm	

**CONFERENCE REGISTRATION FEES**

**EARLY-BIRD (Register by 8/1)**

**REGULAR (Register by 9/13)**

**SESSION 1: PEDIATRICS – SERIAL CASTING**

**1.5 Day Course - 10 Contact Hours**

APTA Member PT/PTA	\$285	\$335
Non-Member	\$310	\$360
Student*		\$50

\*Students registered for this course will be notified by Sept. 10 if there is space available.

**SESSION 2: POSTURAL RESTORATION INSTITUTE - MYOKINEMATIC RESTORATION**

**2 Day Course - 15 Contact Hours**

APTA Member PT/PTA	\$425	\$475
Non-Member	\$450	\$500

**FULL DAY – COMBINATION OF SESSIONS 3/4 AND 5**

**6 Contact Hours**

APTA Member PT/PTA	\$165	\$215
Non-Member	\$190	\$240
Student	\$30	\$35

**HALF DAY – MORNING OR AFTERNOON – CHOOSE FROM SESSIONS 3, 4 OR 5**

**3 Contact Hours**

APTA Member PT/PTA	\$69	\$89
Non-Member	\$95	\$120
Student	\$15	\$15

\*Does not include lunch.

**LUNCH IS INCLUDED FOR THOSE WHO REGISTER FOR A TWO-DAY COURSE OR A FULL DAY ON SATURDAY**

## SESSION 1 - PEDIATRICS - SERIAL CASTING: AN EVIDENCE-BASED APPROACH TO INCREASING DORSIFLEXION RANGE OF MOTION

*10 Contact Hours – Approved in New Mexico*

**Speakers:** Marybeth Barkocy, PT, DPT, Board-Certified Clinical Specialist in Pediatric Physical Therapy  
Nicole (Nickie) Harris, PT, MPT, Board-Certified Clinical Specialist in Pediatric Physical Therapy, BOCO

**Lab TAs:** Ellen Gasper, PT, MPT and Susan Simon, Cast Tech

### COURSE DESCRIPTION

With a combination of lecture and lab, participants will perform proper foot and ankle assessment and practice basic serial casting techniques to address dorsiflexion range of motion limitations in pediatric patients with toe walking gait.

### COURSE OBJECTIVES

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

1. Understand typical development of pediatric foot and need for accurate evaluation.
2. Accurately perform a thorough foot and ankle assessment.
3. Incorporate evidence for idiopathic toe walking intervention into treatment planning for pediatric patients.
4. Apply semi-rigid serial casts with guidance from instructors.

**INSTRUCTIONAL LEVEL:** Intermediate

**TARGET AUDIENCE:** Pediatric physical therapists who have experience treating children with toe walking gait.

### ABOUT THE SPEAKERS

**Dr. Marybeth Barkocy** earned a Bachelor's Degree in Physical Therapy in 1990 and Master's Degree in Organizational Learning and Instructional Technology in 2010 from the University of New Mexico, as well as, a Transitional Clinical Doctorate in Physical Therapy from A.T. Still University in 2013. As a Board-Certified Clinical Specialist in Pediatric Physical Therapy, with over 30 years of pediatric PT experience, an author of multiple research publications, an associate professor who taught pediatric physical therapy at the University of New Mexico, and an invited speaker nationally and internationally with ongoing collaborations in Russia, Dr. Barkocy's passion for evidence-based practice and family centered care is evident. With specific expertise in neurodevelopment, gait, serial casting, idiopathic toe walking, and early risk detection for cerebral palsy, she enjoys problem solving with families to optimize children's participation in life. At Children's Hospital Colorado, CO Springs, Marybeth practices in an outpatient setting on the foot and ankle management, vestibular, and neurodevelopmental teams.



**Nicole (Nickie) Harris, PT, MPT, Board-Certified Clinical Specialist in Pediatric Physical Therapy, BOCO**

Nicole Harris, PT, MPT, PCS, BOCO, has been a pediatric physical therapist for 20 years and is the Foot Management Program Coordinator at Children's Hospital Colorado (CHCO). She specializes in treating children with cerebral palsy as well as ITW, orthotics, splinting and casting for pediatric patients. Ms. Harris is a BOCO orthotist and a Pediatric Clinical Specialist. She has done multiple presentations regarding resistance training service delivery models, dynamic bracing, gastric management, splinting and idiopathic toe walking for different organizations in Colorado, as well as, state, national and international conferences. Ms. Harris is dedicated to advancing clinical practice to improve outcomes for pediatric patients. Her free time is spent enjoying the adventures of life with her family in Colorado.

---

## SESSION 2 - POSTURAL RESTORATION INSTITUTE (PRI) MYOKINEMATIC RESTORATION

*15 Contact Hours – Approved in New Mexico*

**Speaker:** Jason Miller, PT, MS, CSCS, PRC

### COURSE DESCRIPTION

This advanced lecture and lab course explores the biomechanics of contralateral and ipsilateral myokinematic lumbo-pelvic-femoral dysfunction. Treatment emphasizes the restoration of pelvic-femoral alignment and recruitment of specific rotational muscles to reduce synergistic predictable patterns of pathomechanic asymmetry. Emphasis will be placed on

restoration, recruitment, and retraining activities using internal and external rotators of the femur, pelvis, and lower trunk. Guidance will be provided on how to inhibit overactive musculature. This will enable the course participant to restore normal resting muscle position. Participants will be able to immediately apply PRI clinical assessment and management skills when treating diagnoses such as piriformis syndrome, ilia-sacral joint dysfunction, and low back strain.

## COURSE OBJECTIVES

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

1. Outline biomechanical principles of lower half musculoskeletal dysfunction as they relate to rotational patterns of the femur, pelvis, and lumbar spine, as well as occupational influence.
2. Describe how musculoskeletal dysfunction relates to articular chain asymmetry and patterns of synergistic compensatory activity.
3. Recognize how to apply examination and assessment skills to neuromuscular dyssynchrony and postural asymmetries that affect stability and function of the lower half.
4. Identify how to restore synchronous activity across the lumbo-pelvic-femoral complex and improve neuromuscular motor control of the muscles that stabilize these joints.
5. Outline how to design an interventional plan that includes various activities of daily living positions to decrease asymmetrical musculoskeletal demands.

**INSTRUCTIONAL LEVEL:** Advanced

**TARGET AUDIENCE:** PT, PTA, OT, COTA, ATC, Other Healthcare and Fitness Professionals

## ABOUT THE SPEAKER

**Jason Miller, PT, MS, CSCS, PRC**, received his Masters of Science in Physical Therapy from Ithaca College in 1999. His initial work in the field was through the state of NY, working with adults with developmental disabilities. In 2000, he moved to Missoula, MT and began a 20-year career in the outpatient orthopedic setting.



Jason has always been fascinated by biomechanics and in 2011 took his first PRI course which was the catalyst for a paradigm shift in his approach to physical medicine. In 2017, he received the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute ®.

In 2016, he joined the largest orthopedic practice in western MT and later became the therapy department supervisor. He provided numerous in-services and had many discussions with his fellow therapists and ATs as well as the MDs and PAs he worked with. Jason has never forgotten the challenge of understanding and applying PRI from an orthopedic mindset and is passionate about helping smooth the transition for others.

Jason opened his own practice, J Miller Physical Therapy, in 2020, and has enjoyed the enhanced ability to serve his patients and integrate with strength and conditioning professionals and dentists in the region.

---

## SESSION 3 - ADULTS WITH INTELLECTUAL DEVELOPMENTAL DISABILITIES AND WHEELCHAIR MODIFICATION TO IMPROVE COMFORT, DECREASE ASPIRATION RISK, SPASTICITY

*3 Contact Hours – Approved in New Mexico*

**Speakers:** Mary Beth Schubauer, PT, PhD, ATP  
Greg Goldblatt, PT, MPT

## COURSE DESCRIPTION

This 3-hour presentation is intended to introduce participants to best practices for working with adults with intellectual and developmental disabilities (IDD) who receive services through home and community-based Medicaid waiver programs (HCBW). People with IDD live alongside all of us in our communities and are eligible to access physical therapy and other supports to assist them to achieve their personal goals. These programs are funded by Medicaid, through Federal and State-based funding mechanisms. More and more PT practitioners are involved or interested in working with adults with IDD in the community. This course aims to give you tools to get started helping individuals develop their agency in the areas of health and wellness. We will discuss concepts related to evidenced-based treatment protocols for adults with IDD, focus of therapeutic interventions for community-based practice, regulations and guidelines for providing services, and best practices for provision of community-based PT services. In addition, we will discuss wheelchair modifications

often seen in the community with hands-on application of real-life modifications that can make a difference for anyone on your caseload! Presenters include PT practitioners who each have worked in the field with adults and children with IDD for over 30 years.

## COURSE OBJECTIVES

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

1. Identify the three main waiver programs for adults with IDD in New Mexico and identify similarities and differences between these programs.
2. Describe three types of Physical Therapy interventions that are encouraged within the HCBW programs.
3. Learn three evidenced based treatment interventions related to three diagnoses seen in adults with IDD.
4. Identify two resources to access additional information related to services provided by the HCBW programs in New Mexico.
5. Perform 3 wheelchair modifications to positively impact a person's mobility, posture, or function.

**INSTRUCTIONAL LEVEL:** Intermediate

**TARGET AUDIENCE:** PT, PTA, SPT, SPTA, Other disciplines who may be interested in working with adults with intellectual and developmental disabilities.

## ABOUT THE SPEAKERS

**Mary Beth Schubauer, PT, PhD, ATP**, has been a Physical Therapist for over 30 years. In 2021, she completed her PhD at the University of New Mexico. She earned an Assistive Technology Provider certification in 2015. The primary focus of her physical therapy career has been pediatrics and intellectual/developmental disabilities, with custom seating and positioning, adaptive equipment, and adaptive sports for youth with physical disabilities, being areas of special interest. Mary Beth maintains her clinical practice as a PT in DD Waiver, as the Clinic Lead in the Specialty Seating Clinic for the State of NM-DOH-DDSD, and she is the NM-DOH Statewide PT Consultant for DD Waiver Services.



**Greg Goldblatt, PT, MPT**, is a 1994 Graduate of Northern Arizona University's Master of Physical Therapy Program. Greg held a Geriatric Certification Specialization (GCS) from 2001 to 2011. In 2011, he became the State of NM Director for Special Olympics Fun Fitness Screenings of the Healthy Athletes Initiative of APTA. He began working with clients with intellectual/developmental disabilities in the late 1990's in an outpatient PT setting. In 2004, he began working with Direct Therapy Services, LLP, an agency in Las Cruces serving the IDD population, becoming lead PT in 2007.

---

## SESSION 4 - WORDS MATTER: STRATEGIES FOR PRESENTING PAIN EDUCATION (LECTURE) STRATEGIES FOR IMPLEMENTATION OF GRADED MOTOR IMAGERY (LAB)

**3 Contact Hours – Approved in New Mexico**

**Speaker:** Stephanie Baca, PT, DPT, TPS

## COURSE DESCRIPTION

## COURSE OBJECTIVES

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

1. Implement contemporary thought on the relationship between injury, inflammation, nociception, pain, and motor control.
2. Understand how the nervous system changes in response to injury, inflammation, cognitive, social, and contextual factors.
3. Recognize the principles of predictive processing and apply them to pain and treatment.
4. Create and modify rehabilitation plans based on neuroimmune science to fit the unified human.

**INSTRUCTIONAL LEVEL:** Advanced

**TARGET AUDIENCE:** PT, PTA, SPT, SPTA, Other disciplines, Rehabilitation Clinicians

## **ABOUT THE SPEAKER**

**Stephanie Baca, PT, DPT, TPS**, is the owner and founder of Movement and Performance of New Mexico. In addition, she is a Physical Therapist at the University of New Mexico Hospital in the multidisciplinary Pain Consultation Treatment Clinic. Dr. Baca is a Guest Lecturer for the University of New Mexico College of Pharmacy and School of Medicine. In 1999, she earned dual Bachelor of Science Degrees in Kinesiology and Health Education from the University of Nevada, Las Vegas. Then, in 2008, she completed a Master's in Physical Therapy, followed by Doctor of Physical Therapy, from Evidence in Motion in 2022. In 2020, Dr. Baca became a Therapeutic Pain Specialist, also from Evidence in Motion.

---

## **SESSION 5 - ONCOLOGY REHABILITATION ACROSS THE CARE CONTINUUM**

### ***3 Contact Hours – Approved in New Mexico***

**Speaker:** Laura M. Vroman, PT DPT

## **COURSE DESCRIPTION**

In this course, physical therapists who do not specialize in oncology will learn evidence-based assessment and treatment tools in order to treat the patient with a history of cancer across multiple settings. Further, the course discusses the process of screening for cancer-related complications, possible metastasis, or a potential new diagnosis, whether the therapist is in outpatient orthopedics or inpatient acute. With the number of cancer cases increasing each year, physical therapists will play an increasingly important role in the functional recovery of this population, both during and after cancer treatment ends. Finally, this course addresses the more difficult psychosocial aspects of treating the patient with cancer, including death and dying, using sources from the realm of humanities in order to provide a holistic approach to care.

## **COURSE OBJECTIVES**

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

1. Describe and understand various treatment options for a patient with cancer.
2. Recognize common side effects of cancer treatment that impact physical therapy management.
3. Integrate assessment strategies for patients with cancer into the clinical practice of physical therapy in multiple settings.

**INSTRUCTIONAL LEVEL:** Beginner

**TARGET AUDIENCE:** PT, PTA, SPT, SPTA

## **ABOUT THE SPEAKER**

**Laura M. Vroman, PT DPT**, is a physical therapist from Denver, CO who recently moved to Albuquerque, NM. She has worked in hospital outpatient oncology, outpatient orthopedics, and inpatient rehabilitation. She has treated patients with cancer in every setting. She has presented to students at the National Student Conclave and provides guest lectures at the University of Colorado Physical Therapy Program on the clinical practice of treating patients with cancer. Laura has a passion for integrating humanities into the world of physical therapy and healthcare to help prevent clinician burnout and teach a humanist approach to patient care.

