



## 2024 FALL CONFERENCE REGISTRATION FORM

SEPTEMBER 14-15, 2024

REGISTRATION DEADLINE – SEPT. 1, 2024

COURSE TITLE	SATURDAY SEPT. 14	SUNDAY SEPT. 15
<b>SESSION 1:</b> Postural Restoration Institute - Postural Respiration	8:00 am – 6:00 pm	8:00 am – 5:00 pm
<b>SESSION 2:</b> Human Posture and Disability: Therapeutic Positioning Around the Clock	8:00 am – 6:00 pm	
<b>SESSION 3:</b> Manual Therapy for the Physical Therapist Assistant	8:00 am – 6:00 pm	
<b>SESSION 4:</b> Dizzy Diagnostics: The Art of Unraveling Dizziness in Clinical Practice	8:00 – 11:15 am	
<b>SESSION 5:</b> Person Centered Care: Providing Physical Therapy Services to Adults with Developmental Diagnoses	8:00 – 11:15 am	
Exhibit Hall	11:15 – 11:50 am	
Boxed Lunch Distribution	11:50 am – 12:00 pm	
APTA New Mexico Membership/Business Meeting	12:00 – 1:00 pm	
Exhibit Hall	1:00 – 1:30 pm	
<b>SESSION 6:</b> Detection of Vestibular Dysfunction in School-Aged Children (3-18 Years)	1:30 – 4:45 pm	
<b>JOIN US FOR THE APTA NM SOCIAL HOUR</b> LOCATION TBD	5:00 – 8:00 pm	

### CONFERENCE REGISTRATION FEES

EARLY-BIRD (Register by 7/1)

REGULAR (Register by 9/1)

#### SESSION 1: POSTURAL RESTORATION INSTITUTE: POSTURAL RESPIRATION

2 Day Course - 15 Contact Hours

APTA Member PT/PTA	\$425	\$475
Non-Member	\$475	\$525

#### SESSION 2: HUMAN POSTURE AND DISABILITY: THERAPEUTIC POSITIONING AROUND THE CLOCK

7 Contact Hours

APTA Member PT/PTA	\$199	\$225
Non-Member	\$225	\$245
Student	\$30	\$35

#### SESSION 3: MANUAL THERAPY FOR THE PTA

7 Contact Hours

APTA Member PTA	\$199	\$225
Non-Member	\$225	\$245
Student	\$30	\$35

#### FULL DAY – COMBINATION OF SESSION 4 OR 5 IN THE MORNING AND SESSION 6 IN THE AFTERNOON

6 Contact Hours

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

#### HALF DAY – MORNING OR AFTERNOON – CHOOSE FROM SESSIONS 4, 5 OR 6

3 Contact Hours

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

\*Does not include lunch.

**LUNCH IS INCLUDED FOR ALL WHO REGISTER FOR SESSION 1, 2, 3 OR FULL DAY**  
**SESSION 1 - POSTURAL RESTORATION INSTITUTE: POSTURAL RESPIRATION**

**15 Contact Hours – Approved in New Mexico for Physical Therapy and Occupational Therapy**

**SPEAKER:** Dan Houglum, MSPT, ATC/L, PRC

**COURSE DESCRIPTION**

This advanced lecture and lab course is structured so that clinicians will gain an appreciation for the patterned respiration influences on: rib torsion, asymmetrical oblique strength, costal and crural function, habitual use of accessory respiratory musculature, and a positionally restricted diaphragm. The focus of this course will be to assess and restore polyarticular muscular chain function of both hemi-lateral thoraxes and their respective pleura. Treatment interventions including manual and non-manual techniques to restore reciprocal and alternating respiratory and rotational function of the thorax will be covered. Participants will be able to immediately apply PRI clinical assessment and intervention strategies when treating diagnoses that are related to undesirable airflow patterns, such as shortness of breath, thoracic outlet syndrome, and shoulder dysfunction.

**COURSE OBJECTIVES**

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

1. Recognize relationships between static asymmetrical respiration, ideal physiologic respiration, and patterned respiration.
2. Identify how to restore restrictive polyarticular chains and torsional patterns of the trunk through specific manual and non-manual orientation of ventilatory muscle, and thoracic osseous structure.
3. Recognize how to maximize thoracic scapular force couples, rib alignment, and abdominal-diaphragm muscle integration for appropriate motor and sensory perceptual skill development of the upper extremities.
4. Outline how to design a postural isolation and inhibition program that promotes integration of appropriate hemi-thoracic airflow to reduce occupational, leisure, and sleep breathing dysfunction patterns.

**INSTRUCTIONAL LEVEL:** Advanced

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

**ABOUT THE SPEAKER**

**Dan Houglum, MSPT, ATC/L, PRC**, graduated from South Dakota State University in 1997 with a degree in Athletic Training, and has been a Certified Athletic Trainer since 1997. He graduated from Des Moines University in 1999 with a Master’s of Science in Physical Therapy degree.

His interest in Postural Restoration was initially piqued in 1998 by Ron Hruska while Dan was a PT student on his first orthopedic clinical affiliation. Ron had not yet established the Postural Restoration Institute as we know it today, and Dan met Ron while at St. Elizabeth’s Hospital in Lincoln, NE. Ron introduced Dan to several PRI concepts, and was kind enough to help a student understand that there was more to the human body than what was being taught in PT school.

Dan started taking courses through PRI in 2004, and began focusing on Postural Restoration as his primary treatment approach in 2006. He is a member of the 2012 class to earn 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®.

While working for a large physical therapy chain afforded Dan the opportunity to take and host a number of PRI courses, he understood that to improve his knowledge and clinical application of Postural Restoration concepts, he would need to work with other like-minded clinicians. In January 2016, he began working with Donna Byrne, PRC class of 2012, at

Pilates Central in Wilmette, IL. This change has allowed Dan to progress his understanding and utilization of Postural Restoration concepts, and helped facilitate an opportunity to join the exceptional teaching faculty at the Postural Restoration Institute.

Dan was honored as a Five Star Professional Top Physical Therapist in Chicago for 2014 and 2015. His 17 years of clinical expertise has led to invitations to speak at the Northwestern University Sports Medicine Symposium, National Athletic Training Association National Convention, and the Postural Restoration Institute, as well as consult with the New York Yankees, Cincinnati Reds, Northwestern University, and DePaul University.

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## **SESSION 2 - HUMAN POSTURE AND DISABILITY: THERAPEUTIC POSITIONING AROUND THE CLOCK**

### ***7 Contact Hours – Approved in New Mexico for Physical Therapy and Occupational Therapy***

**SPEAKER:** Tamara Kittelson, MS, OTR/L, ATP/SMS

#### **COURSE DESCRIPTION**

24-Hour Posture Care Management (PCM) promotes the support of healthy posture in all human orientations as crucial for children and adults with a limited movement repertoire. Asymmetrical lying postures may be noted, but are often not routinely addressed in treatment planning – yet are closely linked to sitting and standing posture, function and health. In North America, this approach is becoming recognized for its potential to protect and improve body alignment, support restful sleep, safeguard respiratory and digestive functions and reduce pain. 24-hour PCM builds a foundation of body symmetry and stable posture that supports therapeutic goals in all areas of development and rehabilitation. This course provides evidence-based overview of theory and practice with visual examples, longitudinal case studies and demonstrations to illustrate the concepts underpinning 24-hour PCM. Learning to predict likely distortions early, and how to effectively create and implement 24-hour PCM plans is emphasized with a focus on time outside the wheelchair, especially in the lying orientation.

#### **COURSE OBJECTIVES**

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

1. Describe how asymmetrical postures, gravity and time combine with soft tissue adaptation to affect the ribcage, spine, pelvis and hips.
2. Identify secondary health conditions associated with distorted body shapes and their impacts.
3. Predict the likely future direction of chest, pelvic and hip distortions for treatment planning.
4. Describe sleep patterns, pain and thermal regulation influences on effective therapeutic positioning in the lying orientation.
5. List safety risks and mitigation strategies for posture care management in lying during sleep.
6. Describe three categories of outcome measures for use with posture care management.
7. Analyze habitual lying postures and develop a therapeutic positioning plan in lying for an individual.

**INSTRUCTIONAL LEVEL:** All Levels Will Benefit From This Course

**TARGET AUDIENCE:** PT, PTA, PT/PTA Students, Other Disciplines

#### **ABOUT THE SPEAKER**

**Tamara Kittelson, MS, OTR/L, ATP/SMS**, is an occupational therapist and RESNA certified ATP/SMS. She founded Posture 24-7 and Eleanore's Project, non-profits promoting 24-hour posture care management and appropriate seating and wheeled mobility provision in low resource settings. She has presented and written on these topics nationally and internationally. She is founding chair of the RESNA 24-7 Posture Care Management special interest group, and a member of AOTA, RESNA, National Clinician Task Force, Friends of NRRTS and an ISWP certified wheelchair provider. She served children and adults with complex neurodisabilities in Montana, 1983-2022, and credits her daughter Eleanore, born with cerebral palsy and profound deafness, as her best teacher.

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## SESSION 3 – MANUAL THERAPY FOR THE PHYSICAL THERAPIST ASSISTANT

### *7 Contact Hours – Approved in New Mexico for Physical Therapy*

**SPEAKER:** Justin Berry, PT, DPT, PhD

#### **COURSE DESCRIPTION**

This one-day course will focus on peripheral joint mobilizations with an emphasis on safely and effectively performing manual therapy techniques. It is designed for PTAs who are interested in expanding their manual therapy skills. Legal and ethical issues regarding PTAs performing manual therapy will also be discussed. Lecture, laboratory and case studies will be utilized for participants to meet course objectives.

#### **COURSE OBJECTIVES**

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

1. Identify indications, contraindications, and precautions for peripheral joint mobilization techniques.
2. Demonstrate the ability to safely perform a variety of peripheral joint mobilizations.
3. Recognize legal and ethical considerations regarding PTAs and manual therapy.
4. Demonstrate an understanding of current research on manual therapy.

**INSTRUCTIONAL LEVEL:** All Levels Will Benefit From This Course

**TARGET AUDIENCE:** PTA, PTA Students

#### **ABOUT THE SPEAKER**

**Justin Berry, PT, DPT, PhD**, received his DPT and PhD from the University of North Dakota. He has been the Director of a Physical Therapist Assistant Program in Minnesota since 2006. Dr Berry is an active and published researcher who has presented on a variety of topics at the state, national, and international levels. He has taught PTA-specific continuing education courses since 2005.

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## SESSION 4 – DIZZY DIAGNOSTICS: THE ART OF UNRAVELING DIZZINESS IN CLINICAL PRACTICE

### *3 Contact Hours – Approved in New Mexico for Physical Therapy and Occupational Therapy*

**SPEAKER:** Michelle L. Gutierrez, PT, DSc

#### **COURSE DESCRIPTION**

This engaging and comprehensive 3-hour course is designed to equip physical therapists with the essential knowledge and skills to effectively diagnose dizziness in their clinical practice. "Dizzy Diagnostics: The Art of Unraveling Dizziness in Clinical Practice" delves into the complex world of dizziness, providing a deep understanding of its physiological and neurological bases and the ability to discern between its various types. This course is ideal for physical therapists seeking to improve their diagnostic insight for patients experiencing dizziness. Interactive lectures, hands-on demonstrations, and case studies will ensure that participants leave with practical skills and a deeper understanding of how to approach dizziness in their everyday practice.

#### **COURSE OBJECTIVES**

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

1. Explain the basic physiological and neurological mechanisms underlying dizziness, including its common causes.
2. Identify and differentiate between various types of dizziness, such as vertigo and disequilibrium, and vestibular diagnosis, based on patient history and symptom presentation.
3. Conduct and interpret key diagnostic tests for dizziness, including vestibular and balance assessments.
4. Integrate clinical findings and patient history to make informed differential diagnoses for dizziness.

5. Apply their knowledge in practical scenarios, using case studies to enhance their diagnostic and management skills.
6. Understand the importance of interdisciplinary collaboration and know when to refer patients to other specialists.

**INSTRUCTIONAL LEVEL:** Introductory - Intermediate

**TARGET AUDIENCE:** PT, PT Students

### **ABOUT THE SPEAKER**

**Michelle Gutierrez, PT, DSc**, is a physical therapist and educator with a Master's in Physical Therapy from the University of Texas Medical Branch at Galveston and a Doctor of Science from the University of Alabama Birmingham. She is a Clinical Associate Professor at the University of Texas at El Paso. Michelle's experience in treating orthopedic and neurologic conditions, especially among service members, is notable, particularly her impactful work in the military's direct access environment.

Michelle contributes significantly to continuing education, offering nationally practical courses for therapists and medical providers. An active American Physical Therapy Association member, she engages in the Neurology and Education academies and the Vestibular Rehabilitation Special Interest Group. Her involvement in the ANPT's Concussion CPT Knowledge Translation Task Force highlights her dedication to advancing physical therapy practice.

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## **SESSION 5 – PERSON CENTERED CARE: PROVIDING PHYSICAL THERAPY SERVICES TO ADULTS WITH DEVELOPMENTAL DIAGNOSES**

*3 Contact Hours – Approved in New Mexico for Physical Therapy and Occupational Therapy*

**SPEAKER:** Rhonda Manning, PT, DPT, Board Certified Specialist in Pediatric Physical Therapy

### **COURSE DESCRIPTION**

This 3-hour course will cover adults diagnosed with a developmental condition such as cerebral palsy, Down syndrome, autism spectrum disorder, spina bifida, osteogenesis imperfecta, and muscular dystrophy. It is designed to assist therapists treating these diagnoses primarily in the adult population. Participants will utilize the ICF framework to analyze common body structure and function involvement, activity limitations, and participation restrictions. By identifying these impairments, participants will determine appropriate interventions for these populations in a variety of settings.

### **COURSE OBJECTIVES**

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

1. Understand the etiology and progression of common pediatric diagnoses.
2. Identify common activity limitations in adults related to common pediatric diagnoses.
3. Identify participation restrictions in adults related to common pediatric diagnoses.
4. Determine interventions appropriate to treat common activity limitations and participation restrictions for these populations.

**INSTRUCTIONAL LEVEL:** All Levels Will Benefit From This Course

**TARGET AUDIENCE:** PT, PTA, PT/PTA Students

### **ABOUT THE SPEAKER**

**Rhonda Manning, PT, DPT**, graduated from the University of Texas at El Paso with her Master of Physical Therapy degree and the University of Texas Medical Branch with her Doctor of Physical Therapy. She is a board certified pediatric clinical specialist with nearly 25 years of experience. Rhonda is faculty and Director of Clinical Education at The University of Texas at El Paso Doctor of Physical Therapy Program. Her clinical work experience includes a variety of pediatric settings including inpatient, NICU, outpatient, home based services, and early intervention. She has presented at the

## **SESSION 6 – DETECTION OF VESTIBULAR DYSFUNCTION IN SCHOOL-AGED CHILDREN (3-18 YEARS)**

### ***3 Contact Hours – Approved in New Mexico for Physical Therapy and Occupational Therapy***

**SPEAKER:** Kori Mannon, MPT, DPT

#### **COURSE DESCRIPTION**

Pediatric vestibular dysfunction is a prevalent disorder that is often misdiagnosed due to lack of awareness among practitioners and limited access to specialized tests. This is NOT your mother's BPPV.... in children vestibular dysfunction presents quite differently and affects multiple systems from balance to postural control and from motivation to gaze stabilization. This course will provide participants with a basic understanding of common symptoms of vestibular dysfunction in school-aged children (3 – 18years) and the conditions where vestibular function is frequently underlying. Lab exercises will help participants gain practical experience in delivering functional vestibular tests and interventions in this pediatric population. Case studies will also be reviewed.

#### **COURSE OBJECTIVES**

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

1. Describe common symptoms of underlying vestibular dysfunction in children (3-18 years).
2. List common conditions and diagnoses where vestibular dysfunction may be underlying.
3. Perform functional tests to assess for vestibular dysfunction.
4. Initiate interventions to address vestibular dysfunction in school aged children.
5. Describe critical testing periods prior to the maturation of the sensory integration mechanism (between ages 7 and 10).

**INSTRUCTIONAL LEVEL:** Introductory

**TARGET AUDIENCE:** PT, PTA, PT/PTA Students, Other Disciplines Familiar with Evaluation and Treatment of Pediatric Clients

#### **ABOUT THE SPEAKER**

**Kori Mannon, MPT, DPT**, operates her own school-based contract and consulting company in Southern New Mexico. She is also the founder and director of Estacion de Inspiracion (501 c 3) whose mission is to raise the bar for interventions and opportunities for children with special needs in rural and underserved areas. Dr. Mannon has over 27 years of experience evaluating and treating a wide range of populations but has spent the last several years specializing in school-based pediatrics with emphasis on testing and interventions for vestibular dysfunction.

When not working with children, she can be found racing her pack burros on the trails of the Gila Wilderness.