



**2026 FALL CONFERENCE REGISTRATION FORM
UNIVERSITY OF NEW MEXICO UNM DOMENICI CENTER**

SEPTEMBER 19, 2026

REGISTRATION DEADLINE – SEPTEMBER 9, 2026

COURSE TITLE	SATURDAY SEPT. 19
SESSION 1 From Diagnosis to Survivorship: Navigating Oncology Rehabilitation Across Care Settings	8:00 am – 4:30 pm
SESSION 2: Physical Therapy Perspectives and Treatment for Patients with Hypermobility Spectrum Disorder and Ehlers Danlos Syndrome	8:00 am – 4:30 pm
SESSION 3 LECTURE TIME Aquatic Strength Training	10:00 – 11:30 am
Exhibit Hall	11:30 – Noon
Lunch Distribution	11:50 am – Noon
APTA New Mexico Membership/Business Meeting	12:00 – 1:00 pm
Exhibit Hall	1:00 – 1:30 pm
SESSION 3 POOL TIME Aquatic Strength Training	1:30 – 3:00 pm
SESSION 4 Ethical Implications (Payers, Policies and Patient Centered Care)	1:30 – 4:45 pm
JOIN US FOR THE APTA NM SOCIAL HOUR LOCATION TBD	5:00 – 8:00 pm

CONFERENCE REGISTRATION FEES

EARLY-BIRD (Register by 7/15)

REGULAR (Register by 9/9)

FULL DAY – SESSION 1 OR SESSION 2

6 Contact Hours

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

HALF DAY – SESSION 3 OR SESSION 4

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 A FULL DAY

SESSION 1 - FROM DIAGNOSIS TO SURVIVORSHIP: NAVIGATING ONCOLOGY REHABILITATION ACROSS CARE SETTINGS

6 Contact Hours – Approved in New Mexico for Physical Therapy

SPEAKERS: Mark Apostol, PT, DSc, GCS, CEEAA and Soyeon Jo, PT, DPT, CLT, OnCS, WCC, CORE

COURSE DESCRIPTION

Cancer rehabilitation is a rapidly expanding niche in physical therapy. Patients experience unique, often persistent impairments that shift as treatment progresses from diagnosis through survivorship or palliation. This interactive, case-based session equips clinicians across inpatient, outpatient, home-health, and hospice settings to deliver evidence-informed, trauma-aware, and patient-centered oncology care. Attendees will leave with practical algorithms, red-flag checklists, and interventions that can be applied immediately in any practice environment.

COURSE OBJECTIVES

By the end of this 6-hour course, participants will be able to:

1. Identify ≥ 3 common impairments and functional limitations experienced by people with cancer across the continuum of care.
2. Differentiate rehabilitation priorities, precautions, and discharge needs for acute/inpatient, outpatient, home-health, and hospice settings.
3. Apply evidence-based exercise prescription and trauma-informed principles to design individualized plans of care for at least one oncology case scenario.
4. Collaborate effectively with oncology, palliative, and inter-professional team members to optimize function, quality of life, and dignity.

INSTRUCTIONAL LEVEL: Fundamental

TARGET AUDIENCE: PTs, PTAs, PT/PTA Students, Other Disciplines

ABOUT THE SPEAKERS

Dr. Mark Apostol is an Assistant Professor in the Doctor of Physical Therapy program at Touro University. He is a Board-Certified Clinical Specialist in Geriatric Physical Therapy, a Certified Exercise Expert for Aging Adults (CEEAA), and a Certified Orthopedic Manual Therapist (COMT). With extensive experience across diverse clinical settings, including acute care, inpatient rehabilitation, subacute rehabilitation, home health, and outpatient practice. Apostol brings a comprehensive perspective to physical therapy education and practice. He has presented his work at professional conferences both in the United States and internationally.



Dr. Soyeon Jo received her Doctor of Physical Therapy degree from Boston University in 2009 and her Master of Science in Physical Therapy from Husson University in 2005. She is a licensed Physical Therapist, a Board-Certified Clinical Specialist in Oncologic Physical Therapy, a Certified Lymphedema Therapist, Certified Wound Care Clinician, and a Comprehensive Oncology Rehabilitation Expert.

Dr. Jo has over 20 years of clinical experience specializing in oncology rehabilitation, lymphedema management, and wound care. Throughout her career at Mount Sinai Hospital and Northwell Health STARS Rehabilitation, she has served as a leader in the development and advancement of comprehensive Cancer Rehabilitation and Lymphedema programs. In addition to her clinical leadership, she serves as an Adjunct Associate Professor in the Doctor of Physical Therapy Program at Hofstra University, where she teaches courses in skin and integumentary rehabilitation and advanced oncology rehabilitation.

Dr. Jo is an accomplished author and researcher whose work has contributed to advancing evidence-based rehabilitation practice. Her publications include:

- *A Comparison of Knowledge of Results and Manual Guidance in the Learning of a Weight-Bearing Skill* (Journal of Neurologic Physical Therapy, 2008).
- *Postoperative Upper Extremity Function in Implant and Autologous Breast Reconstruction* (Journal of Reconstructive Microsurgery, 2020).
- *Current Concepts in the Diagnosis and Management of Lymphedema* (Advances in Skin & Wound Care, 2020).

Dr. Jo is a nationally recognized speaker and educator who is passionate about advancing oncology rehabilitation, wound care, and lymphedema management through clinical excellence, research, and professional education.

SESSION 2 – PHYSICAL THERAPY PERSPECTIVES AND TREATMENT FOR PATIENTS WITH HYPERMOBILITY SPECTRUM DISORDER AND EHLERS DANLOS SYNDROME

6 Contact Hours – Approved in New Mexico for Physical Therapy

SPEAKERS: Brigit Barre, PT, DPT, SCS and Genevieve Richter, PT, DPT

COURSE DESCRIPTION

Hypermobility Spectrum Disorder and Ehlers Danlos Syndrome (EDS) can be complex conditions and often hard to recognize. With limited access to healthcare in NM and further scarcity of medical specialists who can diagnose and appropriately treat these conditions, physical therapists play a crucial role. Physical therapists are musculoskeletal experts who should be able to recognize signs of hypermobility, and co-morbid conditions that often accompany these conditions.

COURSE OBJECTIVES

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

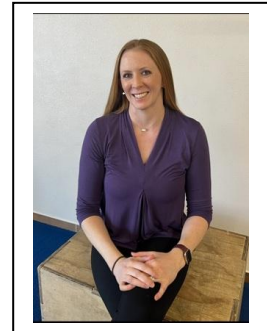
1. Assess and complete differential diagnosis of EDS.
2. Understand 3 biomechanical consequences of EDS.
3. Identify co-morbidities including pelvic floor dysfunction associated with EDS.
4. Develop rehab programs and exercise prescription for persons with EDS.

INSTRUCTIONAL LEVEL: All Levels

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

ABOUT THE SPEAKERS

Dr. Brigit Barre graduated with her doctorate in physical therapy from UNM in 2015. She completed a post graduate sports residency program at Houston Methodist Hospital. Dr. Barre was part-time and then adjunct faculty in the UNM physical therapy program from 2021-2024. Here she helped teach anatomy, musculoskeletal, foundations, health wellness and fitness, and service learning. Dr. Barre is the owner of Motion Works Sports Medicine & Physical Therapy. She specializes in treating hypermobile athletes and individuals with Hypermobility Spectrum Disorder and Ehlers- Danlos Syndrome. She has completed numerous courses through the Ehlers-Danlos society. Brigit also deals personally with hypermobility, which brings a deeper understanding and empathy to her patient care.



Dr. Genevieve Richter earned her Doctor of Physical Therapy degree from the University of New Mexico Physical Therapy Program in 2010. She has extensive experience treating orthopedic conditions, with a specialized focus in pelvic health. Dr. Richter is the co-owner of Method Physical Therapy, where she practices in the University area. Her clinical approach emphasizes a strong foundation in manual therapy and individualized therapeutic exercise. She has significant experience working with patients diagnosed with Ehlers-Danlos Syndrome and related hypermobility disorders, and is passionate about helping this population improve function, reduce pain, and safely return to meaningful activity.

SESSION 3 – AQUATIC STRENGTH TRAINING

3 Contact Hours – Approved in New Mexico for Physical Therapy

SPEAKER: Irene Pluim Mentz, PT, ATRIC

COURSE DESCRIPTION

This session will break down the myth that strength training can't be accomplished in the pool. We will review what strength training is, what benefits it has, and how to develop aquatic strength training programs. Different types of equipment and their specific benefits and considerations regarding strength training, will be discussed and experienced.

COURSE OBJECTIVES

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

1. Review strength training principles and its benefits.
2. How is aquatic strength training similar and different than strength training on land.
3. Experience the difference between different types of equipment (buoyant, drag, anchor point, weighted and their effect on muscle action when used in an aquatic environment.

INSTRUCTIONAL LEVEL: ALL LEVELS

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

ABOUT THE SPEAKER

Irene Pluim Mentz, PT, ATRIC, was originally educated and licensed as a physical therapist in the Netherlands, Irene immigrated to the United States, where she founded and co-owns One Step Beyond, Inc. Physical Therapy. Her clinical work focuses on aquatic therapy, pediatrics, and individuals with developmental delays, combining evidence-based practice with the unique benefits of the aquatic environment. As a certified professional through AEA and ATRI, Irene blends her understanding of hydrodynamics and physical therapy to create effective and engaging pool-based therapy and fitness sessions. Irene is also the inventor and developer of the Aqua-Ω, an innovative adjustable drag-resistance device designed for aquatic exercise and rehabilitation. She has presented and demonstrated her work at national and international events including SCW Mania, FitnessFest, DCAC FitCon, as well as conferences hosted by AEA and ATRI.



SESSION 4 – ETHICAL IMPLICATIONS (PAYERS, POLICIES, AND PATIENT-CENTERED CARE)

3 Contact Hours – Approved in New Mexico for Physical Therapy

SPEAKERS: Russell Stowers, PTA, EdD, FACHE, BCHE and Betsy Ross, PT, DPT, SCS

COURSE DESCRIPTION

Physical therapists and physical therapist assistants are faced with ethical dilemmas throughout the continuum of care that threaten the autonomy of patients and clinicians alike. Payer policies and increasing challenges with reimbursement can negatively impact patient outcomes and clinician decision-making. In this session, participants will discuss the pillars of bioethics and explore ethical dilemmas in clinical practice that threaten autonomy, beneficence, nonmaleficence, and justice. Through evidence-based lecture content, case studies, and group discussions, participants will learn valuable skills for upholding patient-centered care despite ongoing ethical challenges in modern day healthcare. Participants will apply communication and leadership techniques that foster psychological safety in ethical decision making in complex medical settings.

COURSE OBJECTIVES

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

1. Explore conflicts between payer policies and patient-centered care and how these conflicts influence the delivery of physical therapy services.
2. Enhance knowledge and understanding of the pillars of bioethics (autonomy, beneficence, nonmaleficence, and justice) and how these concepts are often challenged in patient care.
3. Discuss case studies pertaining to ethical dilemmas in clinical practice and leadership.
4. Analyze key updates in the 2026 Code of Ethics and their implications for shaping organizational culture within physical therapy settings.
5. Explore leadership strategies and operational processes that integrate ethical principles into daily decision-making, team interactions, and policy development.
6. Apply advanced communication and leadership techniques to foster psychological safety and support ethical decision making among staff in complex, high-pressure situations.

INSTRUCTIONAL LEVEL: Various

TARGET AUDIENCE: PT, PTA, PT/PTA Students, Managers or Directors in Rehabilitation Services

ABOUT THE SPEAKERS

Dr. Russell Stowers is the Director for Rehabilitation Services at CHRISTUS St. Vincent Health System in Santa Fe, NM. Dr. Stowers is Board Certified in Health Care Management as a Fellow of American College of Health Care Executives. Dr. Stowers current serves as the Chair for LAMP School of Management of the APTA and is the past president for the New Mexico Healthcare Executives. His dissertation focused on Professional Development for Physical Therapist and Physical Therapist Assistants.



Previously, Dr. Stowers was an Associate Professor/PTA Program Director at Del Mar College in Corpus Christi, Texas. He is a contributing author for Behrens's book Physical Agents, Practice and Theory and Saunders and Bandy's book Therapeutic Exercise. Dr. Stowers has been involved nationally with the American Physical Therapy Association for 35 years and received the Outstanding Physical Therapist Assistant Award and Lucy Blair Service Award in 2017 and 2025 respectively.



Dr. Betsy Ross has worked as a physical therapist in acute care at Christus St. Vincent Medical Center for the past 15 years. She currently serves as the Site Coordinator of Clinical Education, and she mentors multiple students every year. In 2022, Dr. Ross became a Board Certified Cardiovascular and Pulmonary Clinical Specialist. Dr. Ross has served on the hospital's Ethics Committee for 11 years, including 6 years as the Ethics Committee Chairperson. Through this role, Dr. Ross provides education, consultative services, and policy development pertaining to ethical issues throughout the hospital. She also currently serves as Vice President of APTA New Mexico. Outside of work, Dr. Ross enjoys being outside and spending time with her husband and two daughters.