APTA

Minnesota

in

Motion

Annual Conference

Saturday, April 18, 2020

Click HERE to Register
DoubleTree by Hilton– Park Place
1500 Park Place Blvd.
St. Louis Park, MN
952-582-5311

Click HERE for event room rates and reservations

Conference Hours

Friday, April 17
5:30pm—8:00pm: Advocacy, Policy, Payment and YOU!

Saturday, April 18
7am—7:30am: Registration and check in
7:30am—8:30am: Annual Membership Meeting and Breakfast
8:30am—5:00pm: Breakout sessions
11:45am—1:45pm: Lunch and exhibit hall
11:50am—12:05pm: Professional and Student Award Ceremony
5:00pm—7:30pm: Saturday Evening Social Hour

Student Poster Presentations
Posters will be spread throughout the exhibitor space. Browse and see what the students are learning.

Saturday, April 18
11:45am—1:45pm

Continuing Education Credits
CEU certificates will be available for electronic download within a week of the conference. CEU certificates are housed in the APTA Minnesota online profile under the “Content and Features” section. You must log into your APTA Minnesota online profile to access your records.

Exhibit Hall Hours

Saturday, April 18: 11:45am—1:45pm

Get the Latest MNAPTA News

www.mnapta.org
Advocacy, Policy, Payment and YOU!

This is an event where you matter most!

This event creates a time and place to become informed on the issues impacting our profession and to dialogue with APTA Minnesota advocacy leaders regarding payment, payer policy, legislative activity, and chapter initiatives. Your input, views and opinions will assist in the future activities of APTA Minnesota. For a full description of the event as well as a list of the 2020 topic tables click here.

Proudly sponsored by

TWIN CITIES ORTHOPEDICS
Social Events and Highlights

Saturday, April 18

7:00am—7:30am Registration and Check-in
Check in at the registration table and receive your name tag and schedule of the day’s events.

7:30am—8:30am Annual Membership Meeting and Breakfast
After registration, enjoy a hot breakfast and gather with the entire membership for updates from the Board of Physical Therapy, APTA Minnesota Leaders and key advocates of your profession. Learn what we have accomplished as an association for our profession, what we will focus on moving forward, learn how we are advancing our profession legislatively, and the partnerships and projects we are working that positively influence the daily lives of Minnesota’s Physical Therapy professionals.

8:30am—10:00am Key Note Session
Trauma as experienced in both childhood and adulthood is becoming increasingly relevant in physical therapy practice. Our Key Note Speaker, Molly Lahn, PT, DPT, PhD, will outline key components of trauma-informed care, and explain how PTs are ideally positioned to support patients and be a significant part of their healing process. Don’t miss this informative session where you will learn the basic physiology of trauma and its long-term effects as well as develop an awareness of the prevalence of trauma and its public health implications.

11:45am—1:45pm Lunch, Awards, Exhibitors and Student Poster Presentations
Take time to network and visit with colleagues over lunch. Celebrate the accomplishments of your colleagues as we announce the professional rewards, and outstanding student awards. Visit with exhibitors and learn about the newest and latest technology and services in the physical therapy profession. Engage with future physical therapists as you stop by the poster presentations done by Minnesota physical therapy students.

5:00pm—7:30pm Saturday Evening Social Hour
Wrap up the day of learning with a free drink and hors d'oeuvre with your colleagues and friends. Join us for an optional networking session where experienced clinicians from various specialties will be available to share their knowledge with less experienced professionals. Gain new perspectives and ideas to help you in your role. Exchange information on challenges, experiences and goals. Don’t miss this rare opportunity to network with PT professionals from all over the state.

APTA Minnesota
A Chapter of the American Physical Therapy Association
Friday, April 17, 2020

5:30pm—8:00pm: Advocacy, Policy, Payment and YOU!

Saturday, April 18, 2020

7:00am—7:30am: Registration/Check-In

7:30am—8:30am: Breakfast/Annual Membership Meeting

8:30am—10:00am: Key Note Speaker– Molly Lahn, PT, DPT, PhD, Trauma-Informed Care for Physical Therapists

10:15am—11:45am– Morning Breakout Sessions

- Managing Pelvic Floor Dysfunction
- Managing ACL Injuries in the High School and College Athlete– A Modern Approach from the Front Lines
- NMES Refresher Lab: Incorporating Efficient Use of Electrical Stimulation into Clinical Practice
- Evidence-Based Programs and the Value of Community Partnerships
- Using Lab Values to Guide Clinical Decision Making
- Considering Deafblindness Across the Lifespan– Not Everyone is Helen Keller

11:45am—1:45pm– Lunch, Exhibit Hall, Chapter Awards and Student Poster Presentations

1:45pm—3:15pm– Afternoon Breakout Sessions

- Physical Therapy Management Post Lumbar Spine Surgery
- Bridging the Gap Between PT and Extreme Conditioning Programs for Adults
- Wheelchair Evaluation– Bringing it Back to Basics
- Comprehensive Assessment Tools for the Aging Adult
- Two Paths to the Same Destination– PT in the Emergency Department
- Beating Burnout in Physical Therapy

3:15pm—3:30pm Afternoon Break

3:30pm—5:00pm Afternoon Breakout Sessions

- The Use of Heavy Lifting as a Compliment to Core Strengthening for Low Back Pain
- A Comprehensive Approach to Vestibular Migraines
- Student Platform Presentations
- Congenital Muscular Torticollis Evaluation and Treatment using the APTA CPG
- Clinical Practice Guidelines for the Examination and Intervention of Clients with Heart Failure
- Building Therapeutic Alliance: Strengthen Relationships and Improve Outcomes

5:00pm—7:30pm Saturday Evening Social Hour
Saturday Sessions

**Keynote Speaker**

*Molly Lahn, PT, DPT, PhD*

*8:30am—10:00 am*

**Trauma-Informed Care: From Public Health to PT (1.5 CEU)**

Trauma as experienced in both childhood and adulthood is becoming increasingly relevant in rehabilitation practice. Physical Therapists are ideally positioned to provide trauma-informed care and can be a significant part of patients' healing process. This presentation and discussion will introduce the topic of trauma, outline key components of trauma-informed care, and explain how physical therapy professionals can support patients in their healing process. Click [here](#) for a full description of this course.

Molly J. Lahn, PT, DPT, PhD has been a clinician in the outpatient setting for 21 years, specializing in chronic pain disorders. Her PhD studies focused on the science and practice of mind-body medicine and its role in our evolving healthcare system. Dr. Lahn is currently a clinical specialist with the Minneapolis VA Healthcare System, where she helped develop a CARF-accredited pain rehabilitation program. She is associate faculty with the Center for Mind-Body Medicine and has conducted training for both healthcare professionals and patients in stress resiliency and trauma-informed care.

**Morning Break-out Sessions**

*10:15am—11:45am: All sessions offer 1.5 CEU*

**Managing Pelvic Floor Dysfunction: Katherine Shephard, PT; Paul Niemuth, PT, DSc, OCS**

This course is an introduction to basic evaluation and treatment of pelvic floor dysfunction. All PT’s should be able to identify and provide basic treatment ideas in many different clinical practice settings. Special emphasis will be placed on core activation and breathing techniques. Click [here](#) for a full description of this course.

**Managing ACL Injuries in the Highschool and College Athlete— A Modern Approach from the Front Lines: Julie Eibensteiner, PT, DPT, CSCS**

An explanation of why we are not winning the ACL injury battle and a review of the best current practices and new approaches to improve outcomes in the highest risk populations. Click [here](#) for a full description of this course.
Using Lab Values to Guide Clinical Decision Making: Melissa P Hake, PT, DScPT; Nikita Mohabbat, PT, DPT
This course will provide an overview of critical lab values that physical therapy professionals use to help guide patient management decisions. Participants will gain an understanding of normal lab values, patient symptoms related to abnormal values, and relative/absolute parameters to guide clinical decision making. Participants will have the opportunity to immediately apply new knowledge through discussion of a variety of clinical case scenarios. Click here for a full description of this course.

Considering Deafblindness Across the Lifespan– Not Everyone is Helen Keller: Cathy Lyle, Teacher of the Deaf, Teacher of the Blind, Elementary Ed Licensure, MS in early childhood special education, Certificate of sign language interpreting; Michelle Hobbs, PCS, MSPT
How we understand and communicate with people who have deaf-blindness makes all the difference in the outcomes and carry-over into our client’s lives. This presentation will discuss etiologies, practical knowledge of deafblindness, and strategies to improve therapeutic interventions and better include clients within your physical therapy setting. Click here for a full description of this course.

NMES Refresher Lab: Incorporating Efficient Use of Electrical Stimulation into Clinical Practice: Amanda Simone, DPT, CLT-LANA
This course will focus on a review of NMES principles and supporting evidence as they apply to clinical application and parameter adjustment. The majority of the time will be spent in lab practicing the actual set up and parameter adjustments specific to various care studies. Click here for a full description of this course.

Evidence-Based Programs and the Value of Community Partnerships: Elizabeth Draper, PT, CEEAA; Chersten Keillor, BA, Eldercare Program Developer for SE MN Area Agency on Aging
Physical Therapists and physical therapist assistants can play an important role in improving population health. As educators, we can promote successful aging not just for the individual patient, but for the community. Learn about population health and injury prevention, the basis of the evidence-based health promotion model, and the opportunities for physical therapists and physical therapist’s assistants to collaborate with other community stakeholders. Click here for a full description of this course.
Afternoon Break—out Sessions

1:45pm—3:15pm: All sessions offer 1.5 CEU

Physical Therapy Management Post Lumbar Spine Surgery: Ryan Buus, PT, DPT, OCS; Samuel Fischer, PT, DPT; Madeline Lee PT, DPT
Surgical interventions for management of lumbar spinal stenosis and lumbar disc herniation are increasing. Physical therapists often play a critical role in patient recovery following selected surgical interventions. Knowledge of the surgical procedures used and expected outcomes is crucial for all aspects of physical therapy evaluation and treatment. Click here for a full description of this course.

Bridging the Gap Between PT and Extreme Conditioning Programs for Adults: Dr. Meredith Butulis, DPT, OCS, CIMT, CEP, CSCS, Pilates/Yoga Certified
Welcome to 2020, the rise of the adult-onset extreme athletes and fitness enthusiasts. When you see adult athletes wanting to return to extreme training, how prepared do you feel in selecting assessments, and then bridging the program design gap for a progressive return to play? This evidence-based course systematically answers these questions, providing you an efficient set of tools and resources for immediate clinical application. Click here for a full description of this course.

Wheelchair Evaluation: Bringing it Back to Basics: Kristin Hanowski, DPT, ATP
Physical therapists play a key role in performing wheelchair evaluations. The wheelchair evaluation can be overwhelming, especially for the novice clinician. Learn the basics of the wheelchair assessment from subjective interview to outcome measurements in this interactive and fun session. Click here for a full description of this course.

Comprehensive Assessment Tools for the Aging Adult: Mary Horoshak, PT, DPT
The number of aging adults continues to grow and currently 10,000 people per day enter the Medicare system. Many physical therapists are facing challenges such as, increased regulations, high productivity standards and limited budgets while needing to provide a comprehensive assessment for this population. By attending this course, you will learn effective, evidence-based assessment tools that can be applied in many different practice settings that are efficient, portable, easy to set up and cost effective. Click here for a full description of this course.
(1:45pm—3:15pm continued)

Two Paths to the Same Destination—PT in the Emergency Department: John Seip, PT, DPT, CSMT; Peter Drinkwine, PT, DPT
Physical therapy practice in the emergency department is challenging, exciting, unique, and incredibly rewarding. But, how do you get there? We intend to share our paths to the implementation of a sustainable full-time physical therapy practice in a hospital emergency department and provide inspiration to both new graduates and experienced therapists who are interested in serving in this environment. Click here for a full description of this course.

Burnout in Physical Therapy: Justin Berry, PT, DPT, PhD
Occupational burnout, which can affect individuals in many occupations, occurs in response to chronic interpersonal job related stress. Healthcare professionals, including physical therapists and physical therapist assistants, are especially at risk for burnout development. Burnout can result in increased levels of depression, absenteeism, and substance abuse, as well as decreased quality of patient care. These negative ramifications can be detrimental to the healthcare practitioner, their patients, their professional license, and to the institutions in which they work. This presentation will also include research on burnout in physical therapy, and potential strategies for decreasing burnout in this population. Click here for a full description of this course.

3:30pm—5:00pm—All sessions offer 1.5 CEU

The Use of Heavy Lifting as a Compliment to Core Strengthening for Low Back Pain: Olivia Full, PT, DPT
In this course, we will discuss the current literature for the treatment for low back pain and the controversy of core strengthening and heavy lifting. Learn how to implement heavy lifting into treatment strategies safely and effectively to get patients to the next level of their rehab. Click here for a full description of this course.

A Comprehensive Approach to Vestibular Migraine: Sara Oxborough, PT; Patricia Maetzod, PT, DPT, MSOT
This course is designed to allow clinicians to explore the complexities of evaluating and treating patients with vestibular migraines. You will learn about diagnostic criteria, differential diagnoses, important examination components and effective management techniques. You will have opportunity to examine the literature supporting these recommendations and learn from case study applications. Click here for a full description of this course.
Congenital Muscular Torticollis Evaluation and Treatment Using the APTA CPG: Therese O'Bright, DPT, Board Certified Clinical Specialist in Pediatric Physical Therapy; Julie Hause, DPT, Board Certified Specialist in Pediatric Physical Therapy
The APTA has recently published the updated version of the Clinical Practice Guideline on congenital muscular torticollis. This course will provide insight into the interpretation and application of the torticollis CPG in a busy clinic environment. Click here for a full description of this course.

Clinical Practice Guidelines for the Examination and Intervention of Clients with Heart Failure: Kristin Lefebvre, PT, PhD, CCS
In Fall 2019, Physical Therapy published a Clinical Practice Guideline to guide therapists in the rehabilitation of clients presenting with heart failure. This course will provide an overview of the Clinical Practice Guideline, including recommendations made to optimize intervention planning with this population. Click here for a full description of this course.

Building Therapeutic Alliance– Strengthen Relationships and Improve Outcomes: Peter Freeborn, PT, DPT
A strong relationship is the backbone to a successful healthcare experience from the client’s perspective. This course provides a conceptual framework of therapeutic alliance (TA), verbal and non-verbal communication techniques, how to repair a rupture, and examines the evidence of improved outcomes with strong TA. Click here for a full description of this course.

Student Platform Presentations
Join DPT students from The College of St. Scholastica, The University of Minnesota, Concordia St. Paul, The College of St. Katherine and The Mayo Clinic Program of Physical Therapy as they present research selected by their faculty based on both quality and clinical relevance.

Saturday Evening Social Hour 5:00pm—7:30pm
Wrap up an exciting day of learning with a chance to chat with each other over a free drink and hors d’oeuvres in a relaxed and casual atmosphere. Catch up with friends and colleagues or participate in an optional networking event where experienced clinicians* mix with students and physical therapy professionals who are at the beginning of their career. Feel free to stop by and introduce yourself, ask questions, and learn all you can about that area of practice. This is also a great opportunity to network with colleagues and other clinicians in your practice area.

* If you are a clinician with 3 or more years of experience in your discipline and would like to host a table please contact Kim Harris for more information.