APTA Minnesota in Motion Annual Conference
Saturday, April 9, 2022

Attendee Guide
Schedule

7:00am — 8:00am Registration and Check-in
Check in at the registration table and receive your name tag and schedule of the day’s events.

8:00am — 9:00am Keynote Session 1
Learn – Educate – Advocate, Physical Therapy & Our Patients Are Counting on You!
Presented by Eva Norman, PT, DPT, CEEAA

9:10am — 11:10am: Morning Breakout Session 2

11:10am — 1:10pm Lunch, Exhibitors and Student Poster Presentations
Take time to network and visit with colleagues over lunch. Stop by the exhibitor tables 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.

1:10pm — 2:40pm: Afternoon Breakout Session 3

2:50pm — 4:20pm: Afternoon Breakout Session 4

4:30pm — 6:30pm Awards and Evening Social Hour
Wrap up the day of learning with an evening of networking with your colleagues and friends and celebrating their accomplishments as we announce the professional awards, and outstanding student awards. Prizes from the Exhibitor BINGO and will be announced at this time as well.

This event is brought to you by our generous sponsors:

Centrex REHAB™

WINKLEY orthotics&prosthetics
Additional Information

Platform Presentations
The Research Platform Presentations provide a great opportunity to recognize and focus attention on the excellent research being conducted by students at the DPT Programs in the state of Minnesota. One student or student group from each DPT program will present research selected by their faculty based on both quality and clinical relevance. This Session will be held virtually on April 29th, 2022 via Zoom, 7pm - 8:45pm. Contact the co-chairs of the Research Committee for more information on how to join.

Evening Event Details
Wrap up the day of learning with an evening of networking with your colleagues and friends while celebrating their accomplishments as we announce the professional awards, and outstanding student awards. Prizes from the Exhibitor BINGO will be announced at this time as well.

Meals
We appreciate everyone’s understanding that this years’ Conference, being our first year back in person, may look a bit different. There will be no breakfast served and we are encouraging attendees to bring their own lunches this year. For your convenience, if packing your own is not preferred, there will be an option to purchase a Box Lunch when registering. The Box Lunch must be purchased in advance during Conference Registration. Box lunches will only be available to those who pre-purchased and have a lunch ticket. Meals may not be purchased on the day of the event. If you choose not to purchase lunch, be prepared to bring your own. Whichever lunch option you choose, please be sure to join other attendees, exhibitors, sponsors and poster presenters in the BEC and Student Life Center to eat, network, visit exhibitor tables, and listen to presentations.

Conference Refund/Cancelation Policy
- Full refund if canceled by March 1st
- Half refund if canceled by March 20th
- No refund if canceled after March 21st
- No refund for day of event “no-shows”
- Full refunds on meals purchased if event is canceled
- No refunds on meals purchased if attendee cancels
- If canceling after March 21st because of Covid - proof of a positive test from Doctor or a test site will be requested, with attendees name and information, in order to be approved for a refund.

If the event goes virtual - registrants will receive a full refund and instructions will be provided for attending the virtual event.

CEUs
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 (Manage Profile - Professional Development). You must log into your APTA Minnesota online profile to access your records.

Photo Policy and Opt-out Release
We believe that using photos of physical therapy professionals in our print and web publications fosters a greater sense of community. As a participant in APTA Minnesota events, you have a right to opt out of inclusion in photographs/media, but unless a “Media Images Opt-Out Release” is signed and on file at the APTA Minnesota office with a reference image of the person opting out, participation in APTA Minnesota activities implies permission for the use of images taken at those events. Read the full Photo Policy and Media Opt-Out Release on the Registration Page.
Keynote

Learn – Educate – Advocate
Physical Therapy & Our Patients Are Counting on You!

Eva Norman, PT, DPT, CEEAA

The profession of physical therapy is heavily influenced by state and federal legislation. Therefore, physical therapists must understand policies affecting patient/client care and advocate for the profession effectively. Issues at hand include improved access to physical therapy, fighting payment cuts, reducing administrative burdens, and promoting diversity in the profession. Physical therapists, physical therapist assistants, and students are intermediaries between patients/clients and policymakers. The keynote session will focus on why it is essential to advocate. Real-life experiences illustrate how the support and passage of critical legislation advanced the profession and provide practical strategies for lifting the voices of our patients/clients to make a difference in the profession’s future.

Pricing

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REGISTER HERE
The Use of Heavy Lifting as a Primary Treatment for Non-specific Low Back Pain

Olivia Full, PT, DPT, OCS

Literature support for treatment of low back pain continues to evolve. Newer thoughts revolve around the controversy of core strengthening and heavy lifting with the idea that we are not pushing patients hard enough to meet the demands of their functional activities. The aim of the course is to learn how to implement heavy lifting treatment strategies safely and effectively in order to advance patients to the next level of their rehabilitation capabilities. Lecture and lab activities will include the use and progressions of the dead lift, squats and lunges to complement other core activities.

Pediatric Intensive Therapy: An Expert Panel Perspective

Molly Peterson, PT; Kathy Grinde, PT; Rachel Van Heel, DPT

Intensive physical therapy programs provide the push a child needs to gain the next level in their development or maintain current conditioning. Short bouts of intensive therapy can progress a child’s motor skills, typically taking months to achieve with a traditional outpatient schedule. This panel will focus on the different types of intensive therapy programs used to improve motor function for children with disabilities. Leaders of the various programs will describe program components at their organizations along with factors facilitating success. The panel will accept questions and provide information to guide participants interested in identifying children who can benefit from these services.

Activity Based Wellness Programs for Adults with Neurologic Conditions: An Expert Panel Discussion

Melanie Brennan, PT, DPT; Jessica Buss; Jeanne M Olson, PT, MBA; Rob Wudlick

Individuals with chronic neurological diseases and disorders often benefit from participation in activity based wellness programs. Activity based wellness programs provide client focused restorative and maintenance rehabilitation services in an environment that is accessible and community based. Additionally, these programs often include specialized adaptive equipment or services that are often not available at traditional community fitness centers. A panel of experts practicing in this unique and important setting of physical therapy will provide important insight into the various business model approaches, program structures, common patient populations/characteristics, and outcome assessments.
Beating 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.

Building Values-based Compassion for Oneself and Others during Turbulent Times in Clinical Practice: An Ethics Toolkit

Jessica Scholl, PTA, MA; Deborah Madanayake, PT, JD, GCS

In this interactive course, participants will have an opportunity to learn about and apply a number of tools from the field of ethics while discussing contemporary, challenging clinical situations. The foundation for this session will be the RIPS Model of Ethical Decision-Making. Instruction will include a presentation, small group case application, and large group discussion. Participants will develop strategies for considering stakeholders’ differing values and perspectives, allowing them to compassionately navigate during turbulent times.

Using Lab Values to Guide Clinical Decision Making

Melissa Hake, PT, DPT, DScPT; Nikita Mohabbit, 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.
Session 3 Breakouts

Re-thinking the Role of Static Interventions in the Treatment of the Dynamic Human Experience

Chris Kramer PT, DPT, OCS, FAAOMPT; Bill Koch PT, DPT, OCS, FAAOMPT

The APTA's Vision Statement discusses our role in “optimizing movement” for the clients we serve. This focus on an approach emphasizing dynamic movement is quite often in contrast to our profession’s longstanding utilization of static interventions. These static interventions include sitting posture, lifting posture/mechanics and static/sustained muscular stretches. As a profession who prides itself on following the “best evidence” it is apparent we have a blind spot for these specific interventions. In this session we will seek to challenge longstanding biases and assumptions around the importance and value of these treatments in clinical practice. Additionally, we will discuss how continued emphasis around these topics distracts our patients from the importance of more effective movement-based interventions.

What Are You Wearing? - Peripheral Neuromodulation Through Wearable Technologies to Enhance Mobility in Older Adults

Laura Jacobs, PT, DPT

Wearable technologies using peripheral neuromodulation have the potential to provide much needed therapeutic relief to an unprecedented number of people affected by age-related mobility issues worldwide. Mobility and gait impairments decrease participation in activities of daily living and can lead to loss of independence. Additionally, these impairments contribute to falls, disability, hospitalization, and even death in older adults. The rise of modern-day wearable peripheral neuromodulation therapies suggests novel ways of improving mobility and gait function in older adults and different populations of patients. This course is based on a recent narrative review, which aimed to investigate (1) wearable technologies/ devices that exist to improve mobility through peripheral neuromodulation in older adults and (2) the mechanism behind wearable/ non-invasive devices using neuromodulation to improve mobility in older adults.

Prodromal Parkinsonism: Strategies for Early Detection and Intervention

Rebekah Summers, PT, DPT, PhD

Physical Therapy for Parkinson disease (PD) is commonly delivered when physical function is impaired and substantial neurodegeneration (approximately 50%-90% loss of nigral dopaminergic cells) has already occurred, likely limiting the effectiveness of physical interventions. However, PD and related neurodegenerative diseases are associated with a long early or prodromal stage of disease when the symptoms are so mild that a diagnosis cannot be made. Recent literature has indicated that several motor and non-motor symptoms may make it possible to identify people in the early stage of Parkinsonism, making it possible to study protective therapies like exercise. This course will review motor abnormalities that are linked to early motor system dysfunction and exercise strategies for individuals with mild Parkinsonism.
Emerging Technologies: Novel Applications of Digital Therapeutics and Telehealth

**Jill Lawrence PT, DPT, TPS**

As technology, patient-needs, healthcare cost and growing populations meet, telehealth is emerging as a viable option serving people in need of healthcare. This is especially true for chronic medical conditions that require monitoring and guidance, such as diabetes, heart disease, rheumatoid arthritis, and persistent pain. Telehealth has seen a steady, progressive growth over time and recently catapulted forward due to the COVID-19 pandemic. This 90 minute course will discuss a brief history and the growth of telemedicine, initiatives specific to its use, proposed advantages of telehealth, current evidence, barriers, and practice considerations specific to chronic conditions including pain. One strategy, tied to an explosion of mobile health (mHealth) is the use of apps. The discussion will also include how mobile health applications and other digital therapeutics can assist providers with persistent pain care. Come learn how digital therapeutics and telehealth can enhance your practice.

APTA Commits to Being an Anti-Racist Organization: What is Your Role?

**Elizabeth Ramos Young, PT, DPT; Elora Koepcke, PT, DPT; Patrick Webster, PT, DPT**

The APTA posits social responsibility and inclusion as core values for the profession. The Diversity, Equity, and Inclusion Committee of APTA MN looks forward to discussing actionable ways to integrate DEI principles, including anti-racism/discrimination, into practice. This presentation will help define terminology in the context of physical therapy, develop skills to recognize and address the root causes of health disparities to optimize client outcomes, and discuss approaches to interrupt and manage racist, discriminatory, and/or inequitable behaviors in our spaces. A portion of the presentation will be dedicated to discussing contentious scenarios from the perspectives of student, researcher, clinician, and APTA MN member emphasizing how to take action as an individual or organization.

Physical and Occupational Therapy Interventions for Post-COVID Syndrome

**Mike Trenary, PT, DPT**

Patients infected with COVID-19 have been experiencing greater than expected fatigue and deconditioning after their infection. The purpose of physical therapy for patients with Post COVID Syndrome (PCS) is to recondition and strengthen the entire body, including the muscles used for respiration. Occupational therapy focuses on helping patients safely resume daily activities and life roles using time management and moderation principles. Psychosocial barriers are addressed. The primary treatment philosophy is patients with post-COVID symptoms benefit from an individualized, slow paced rehabilitation program. Rapid increases in activity can cause flares of post viral fatigue and worse outcomes. This course will assist the learner in defining key evaluation strategies and how to proceed safely with treatment interventions.
Targeted Treatment for Patients with Chronic Pain: A Four Pillars Approach
Jennifer Erdmann, PT, DPT
The contents of this course arose out of necessity for the author to have some structure in her own practice when helping “repeat offenders” in the chronic pain population. Often this population has “been through this before”, and this practical guideline allows the treating therapist to identify practical pieces of treatment and education that may have been overlooked in previous episodes. It is a sampler of sorts, guiding the therapist through pertinent education, exercises and aerobic progression to help the patient as they navigate their pain experience. This guideline is meant as a resource, not a strict recipe (although most of us learned to cook using a recipe first!) and can be modified/personalized to the individual patient.

Human-Centered Design: VA-Driven Medical Device Innovation for Rehabilitation
Christine Olney, PhD, RN; Billie Slater, MAEd, CCRC; Nicole Walker, MS, CPO; Dr Andrew Hansen, PhD; Patricia McCracken, PT, DPT, MBA
Human-centered design is a participatory, interactive process whereby design solutions are prioritized based on the users’ needs and requirements, while at the same time mitigating any negative effects on safety, performance, and health. The Minneapolis Adaptive Design and Engineering (MADE) Program from the Minneapolis VA Health Care System uses human-centered design to develop new innovations that impact physical therapy practice. This course will introduce the attendee to human-centered design and describe how this process has been used to successfully develop three novel rehabilitation technologies with the potential to influence current practice in rehabilitation. The Multi-Purpose Arm Cycle Ergometer (MPACE) is a versatile supine arm cycle ergometer used for therapeutic exercise that adapts to a variety of positions. Habit Camera technology, an option for patients at risk for pressure injury to monitor and report evidence of skin changes, has clinical applications in patients with spinal cord disorders, diabetes, or insensate skin at risk for pressure ulcers. Finally, prosthetic socket and ankle technologies that improve the comfort, utility, and quality of life for persons living with limb loss will be presented.

Boundaries in Physical Therapy Practice
Steven Scherger PT, Cert. MDT; Sara Conrad, PTA, ART, APP
At the core of our profession, our license allows us to provide therapy to our patients as long as we keep the patient-therapist relationship intact. In ever changing landscape of patient expectations and technology and culture standards; boundary issues with patients can be easy to cross. In this session participants will explore a variety of boundary related issues all therapists need to navigate in clinical practice. Speakers Steven Scherger and Sara Conrad from the Minnesota Board of Physical Therapy will help participants examine the issue with discussion, case studies and group interactions. All areas of practice will benefit from this thought filled presentation.
Biofeedback is a common tool used in many physical therapy practices. However, heart rate variability or HRV is something few have heard of or are implementing. Come find out why this could be helpful in your practice. Along with HRV, we will also be discussing proprioceptive retraining with the use of a laser. We will go deeper into how many different ways a laser can be implemented into your treatment regimen to aide in proprioceptive retraining. These two new biofeedback tools are easy to implement with some solid science behind them, how familiar are you with them?

Current Topics and Challenges of Implementing Evidence Into Practice

Jena Ogston PT, PhD; Peter Rundquist, PT, PhD
It has been over two decades since evidence based practice became one of the integral parts of Vision 2020. EBP contributes to the rationale for avoiding unwarranted practice variation outlined in the APTA's 2019-2021 Strategic Plan. The ever expanding world of online resources can leave the clinician and consumer alike overwhelmed and confused about what is “best evidence”. The purpose of this educational session is to address some of the current challenges and recent developments in this area and provide a platform for additional discussion. Topics to be addressed include: finding the best evidence and challenges within Clinical Practice Rules and Clinical Practice Guidelines.

POD 0: Clinical Pearls for Same Day Evaluation of Total Joint Arthroplasties

Laura Wichman, PT, DPT; Sarah Kraus, PT, DPT
This course will provide a comprehensive review of same-day PT evaluations for primary and secondary total joint arthroplasties in the acute care orthopedic setting. As the health care climate changes, shortening length of stay has become mutually beneficial for the patient and hospital. It takes a multidisciplinary team and specific patient characteristics to facilitate successful evaluation on post-operative day zero. The presenters will discuss personal experiences that guide clinical reasoning in higher complexity cases. This course will review evaluation considerations, clinical pearls, and patient education topics that should be considered when working in this practice setting.
(The below verbiage was copied from APTA CSM guidelines and adapted for the APTA MN Conference)

We are excited to welcome our members and guests to APTA MN’s annual Minnesota in Motion Conference on April 9th, 2022 at Concordia University in St. Paul, MN. APTA MN asks for your help to promote the safety of all participants at the Conference by reading and following the guidelines listed below.

These are our expectations for participation:

**Proof of vaccine or negative test:** In order for participants to pick up their name badge and Conference materials, attendees must show proof of vaccination or a negative COVID-19 test within 72 hours of registration. In addition, regardless of vaccination status, masks will be required indoors, except when in the act of eating or drinking.

**Proof of vaccine:** Boosters are encouraged, consistent with CDC guidance, however the CDC considers people fully vaccinated two weeks after the second dose of the Pfizer or Moderna vaccines or the single-dose Johnson & Johnson vaccine. Attendees must provide their vaccination card or a photo of their vaccination card during the check-in process to receive their Conference material and have access to the event.

**Proof of negative test:** Those showing proof of a negative COVID-19 test instead of proof of vaccination are responsible for finding a testing facility and getting tested. Any COVID-19 diagnostic test results from a testing facility are acceptable.

**COVID-19 tests:** Getting a COVID-19 test, regardless of vaccination status, is a great way to support a healthy Conference. If you receive a positive test within a week of the event, contact APTA MN Staff for instructions on next steps.

The above approach is consistent with current CDC guidance. We thank you for your critical partnership to enable everyone to have a healthy experience.
Frequently Asked Questions

**Will venue staff follow APTA MN's COVID-19 expectations and requirements?**
APTA MN staff working at the Conference are required to comply with the above expectations and requirements. Staff employed by Concordia and students on campus are not required to follow these guidelines. St. Paul, MN currently has a mask mandate in place effective as of January 5th, 2022.

**Will seating at the Conference be socially distanced?**
To the best of our abilities, APTA MN will try to increase spacing in regard to classroom seating, exhibitors, posters, etc. - however, due to the size of the building and rooms rented, this may not be possible in every situation.

**Is there a virtual option to attend the Conference?**
APTA MN will decide whether or not it is necessary to switch to a virtual event. If this happens, APTA MN will contact registered attendees with information regarding the virtual event, potential refunds, and to answer any questions.

**Can I get a refund if unable to participate in the APTA MN Conference due to COVID-19?**
If you are cancelling after March 21st due to COVID, we will need proof of a positive test from a doctor or testing site.

**Will APTA prohibit participation for those who fail to comply with these COVID-19 expectations and requirements?**
Yes - in order to check in and receive a name badge, participants will need to show proof of vaccination or a negative COVID test. If a participant cannot provide either of these, they will not be admitted into the Conference.

**Do speakers need to attend in person?**
Yes. The in-person attendee experience depends on in-person participation by accepted speakers. Speakers are responsible for discussing any attendance challenges with the APTA MN staff to determine if the course needs to be cancelled or if speakers can be substituted.