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# FRIDAY, APRIL 24, 2020

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8 to 9 AM

Registration + Breakfast with the Exhibitors

9 to 10:30 AM

Leadership Diversity – The Journey to a Healthier Workplace

**Description:**

The modern workplace continues to evolve every day. From the APTA through local clinics, our profession has recognized that increasing diversity in the workplace is a key initiative to drive our profession forward. Research has demonstrated that the most engaged workforces are ones where a variety of opinions, thoughts, and beliefs are brought together for the common good. The purpose of this session is to bring together a diverse group of therapy professionals that have contributed to the advancement of diversity in our profession, and allow them an opportunity to share their journey, challenges, and rewards as they personally have advanced their career. After the panel shares a vignette representing their journey, the audience will participate in a live Q&A to discuss.

**Learning Objectives:** The learner will:

- Identify the importance of diversity in the modern workplace.
- Identify one strategy to overcome a barrier in their career journey.

**About the Content Leaders:**

*Lucas VanEtten, PT, DPT, MBA*  
*Board-Certified Orthopaedic Clinical Specialist*

Dr. VanEtten is a board-certified specialist in orthopaedic rehabilitation at The Ohio State University's Wexner Medicine Center and the current manager of physical therapy at the Jameson Crane Sports Medicine Institute. He completed his MBA with an emphasis on strategic planning and leadership, and he works at the Fisher College of Business Leadership Institute, serving as a business coach for students with an emphasis on leadership style and communication. He has lectured on the effects of communication on patient interactions and has mentored within the Upper Extremity Fellowship and Orthopaedic Residency at The Ohio State University Wexner Medical Center. Prior to coming to OSU, Dr. VanEtten was the Director of the Orthopaedic Residency at the Malcom Randall VAMC in Gainesville, Florida.



*Tonya Apke, PT, DPT*  
*Board-Certified Orthopaedic Clinical Specialist*

Dr. Apke is an Assistant Professor and the Director of Clinical Education in the School of Health and Rehabilitation Sciences, Physical Therapy Division at The Ohio State University. She is board-certified in orthopaedic physical therapy, a credentialed trainer for the APTA Clinical Instructor Credentialing Program and has completed the APTA Health Policy and Administration Section Leadership, Administration, Management and Professionalism leadership certification program. Dr. Apke is currently the President of the Ohio Chapter of the APTA and serves as the Wellness Innovator for the School of Health and Rehabilitation Sciences at The Ohio State University. She teaches in the areas of advanced therapeutic interventions, professional issues, clinical education and health care policy.



*Dawn Bookshar, PT, DPT*  
*Board-Certified Geriatric Clinical Specialist*

Dr. Bookshar is a board-certified geriatric clinical specialist who has been a physical therapist in many settings, currently working primarily in the skilled nursing and long-term care settings. Dr. Bookshar is a Regional Clinical Director for Genesis Rehab Services. In that role, she provides clinical support for the skilled nursing, long-term care, assisted living, and independent living settings. Her focus areas of practice include interdisciplinary cognitive care, falls prevention and management, physical agent modalities and wound care.



**10:45 AM to 12:15 PM**

*Knowledge Pathway: Wellness*

*Five Power Transform Talks*

## **Transform Talk #1 - Designed to Move: Leveraging Physical Literacy to Optimize Movement for Young Athletes**

### **Description:**

While sports participation has been a tool of public health for over a century, particularly among youth, the recent professionalism of the youth game is manifesting in a culture of overuse injuries, lower participation rates, and decreased quality of life for a higher than expected proportion of children. With a special focus on the role of injury prevention and rehabilitation specialists at the intersection of sport, youth, and health, this talk promises to reach to the core vision of the physical therapy profession: to transform society by optimizing movement to improve the human experience. The emerging construct of physical literacy will headline this dialogue as the transformative lens for practice, research, and public health initiatives that can optimize the human experience for our youngest generation...kids who are designed to move, and who deserve to move well.

### **Learning Objectives:** The learner will:

- Appreciate the current youth sports injury landscape while evaluating the quality of current rehabilitation efforts for young athletes.

- Understand the importance of positive physical literacy development for the long-term health and wellness of our youth.
- Apply the fundamentals of physical literacy development within injury prevention and rehabilitation efforts for the young athlete.

### **About the Content Leader:**

*Christy Zwolski, PT, DPT*  
*Board-Certified Orthopaedic Clinical Specialist*

Dr. Zwolski is a board-certified orthopaedic physical therapy specialist at Cincinnati Children's Hospital Medical Center and Ohio State University (OSU) Sports Medicine. She is a current Ph.D. student and graduate research associate in the School of Health and Rehabilitation Sciences at OSU. Specialty topics of focus in her research, published work and national presentations include the female athlete, the soccer player, outcomes following ACL reconstruction, lower extremity biomechanics, physical literacy and injury prevention. She is the program developer for the Soccer Outreach Program at Cincinnati Children's, current Chair of the Female Athlete Special Interest Group within the American Academy of Sports Physical Therapy (AASPT) of the APTA and founding member of the Physical Activity Innovation Team at Ohio State University. Dr. Zwolski also holds a national role as a representative of the APTA and the AASPT at Project Play summits and workshops.



## **Transform Talk #2 - Designed to Move: Leveraging Physical Literacy to Promote Population Health and Get Kids Active**

### **Description:**

With over 13 million obese youth and declining rates of physical activity, our nation faces a public health crisis. As champions of the human movement system, physical therapists are ideally positioned to promote lifelong physical activity at the individual and population health levels. However, the complexity of this epidemic requires the role of the physical therapist to evolve if we are truly going to “transform society.” Physical literacy, an integration of one’s physical competence, motivation, confidence, and knowledge to engage in physical activity, may enhance how physical therapists optimize the health of our patients and our society.

This Transform Talk will provide the audience with background information regarding the current state of childhood obesity and inactivity epidemic. We will also explore how physical therapists can leverage the emerging construct of physical literacy to improve prevention and health promotion efforts, and ultimately transform society.

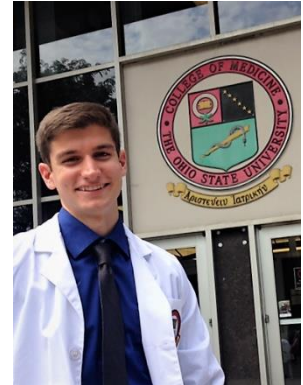
### **Learning Objectives:** The learner will:

- Understand the construct of physical literacy and its relationship with disease prevention, physical activity, and population health.
- Understand how physical therapists can incorporate physical literacy to improve the treatment and prevention of childhood obesity.
- Incorporate the construct of physical literacy into practice to optimize outcomes for obese and inactive youth.

## About the Content Leader:

*Matthew Paponetti, SPT*

Mr. Paponetti is a third-year physical therapy student at The Ohio State University. He is completing specializations in Pediatrics and Research, with a focus on childhood obesity, physical activity, and physical literacy. He has previously presented on physical literacy in orthopaedic, pediatric, and neurologic physical therapy clinics, as well as at the 2019 APTA Combined Sections Meeting. Matthew will also be completing a practicum experience at Cincinnati Children's Hospital Medical Center focused on physical literacy, wellness, and health promotion efforts in physical therapy research and practice. He has also been involved in multiple research projects related to physical literacy, including a doctoral defense case study. Matthew is passionate about the role of the physical therapist in treating and preventing childhood obesity to ensure all children develop physical literacy and become active for life.



## Transform Talk #3 - Designed to Move: Leveraging Physical Literacy for Wellness after Neurological Injury/Diagnosis

### Description:

Imagine being thrust into a body that no longer operates like it once did. This is often the experience of our patients diagnosed with neurologic conditions including SCI, TBI, CVA or neurodegenerative diseases. They have experienced a profound disruption in their capacity to participate in physical activity. Our job as PTs and PTAs is to help them learn a new 'movement language.' Are you equipped?

Physical literacy (PL) provides a powerful lens for examining a patient's motivation, confidence, physical competence, and knowledge contributing to the capacity for physical activity. We'll explore PL in the context of the adult patient and how PTs and PTAs can best help them reestablish a sound understanding of what PL means after neurologic diagnosis. We'll also discuss that, if utilized effectively, inclusive physical activity and adapted sport can serve as powerful catalysts in the development of PL in individuals after neurologic diagnosis.

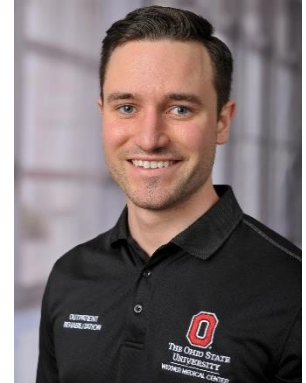
**Learning Objectives:** The learner will:

- Define physical literacy (PL) in the context of the adult neurologic patient population and describe how it might differ from the development of PL in the pediatric population.
- Provide potential tools for the assessment of physical literacy in the adult neurologic patient population.
- Understand the role of inclusive physical activity and adapted sport in the development of physical literacy in individuals after neurologic injury or diagnosis.

## About the Content Leader:

*Doug Eck, PT, DPT*  
*Board-Certified Neurologic Clinical Specialist*

Dr. Eck is an outpatient physical therapist at The Ohio State University Wexner Medical Center. He is a board-certified neurologic clinical specialist and his primary clinical interests include rehabilitation after spinal cord injury and patients diagnosed with neurodegenerative diseases (ALS, muscular dystrophy, multiple sclerosis). He is a proud graduate of Virginia Commonwealth University (DPT, '16) and The Ohio State University's Neurologic Residency program. Inclusive physical activity is a passion of his and he is highly involved in the adapted sports community throughout Central Ohio, currently serving as a coach for the local wheelchair rugby team. Dr. Eck is dedicated to empowering his patients and athletes by removing barriers, building community and optimizing movement for individuals of all abilities.



## Transform Talk #4 - Wellness Begins with We – and Me!

### Description:

Chronic diseases such as heart disease and diabetes are the leading cause of morbidity and mortality in the US, prompting a call to action for health care providers to respond to these escalating health concerns. Physical therapists have the knowledge and skills necessary to take the lead in these critical wellness initiatives with patients and in the community. In this session, we will explore strategies to encourage behavior change associated with modifiable risk factors, particularly in the area of inactivity based on the health-disease/wellness-illness continuum and the multiple dimensions of wellness. We will discuss ideas to promote wellness within our clinics and communities by thinking beyond the traditional PT role and leveraging our knowledge of disease prevention and honing our skills to invoke behavior change. The goal is to shift the health care delivery mindset from the current disease-based model to one that is focused on prevention and wellness.

**Learning Objectives:** The learner will:

- Understand the difference between health and wellness.
- Identify the skills necessary to take the lead in wellness initiatives with patients and in our communities.
- Think outside the box of traditional PT roles to facilitate a shift in the healthcare delivery mindset from reactive to proactive.

## About the Content Leader:

*Lori DeShetler, PT, MSPT  
Board-Certified Orthopaedic Clinical Specialist*

Ms. DeShetler received a Master of Science in Physical Therapy degree in 1992 from the University of Miami and a Bachelor of Health Science degree in 1991. She became a board-certified specialist in orthopaedic physical therapy in 2008. During her 26-year career, she has worked in a variety of clinical settings, including: acute care, home health, in-patient and out-patient neurorehabilitation, and out-patient orthopaedics. Lori has been with The Ohio State University Wexner Medical Center for the past 20 years. She became a Certified Health and Wellness Coach through Wellcoaches in 2015. She currently works as an outpatient ortho PT and health coach at the Philip Heit Center for Healthy New Albany. This collaborative venture brings together the Healthy New Albany community, OSU medical staff and OSU Health and Fitness Center staff. She has given numerous educational presentations on wellness for the local community, as well as developing training modules to educate on-site fitness staff.



## Transform Talk #5 - How Are You Feeling? Barriers to Comprehensive Wellness Screening

### Description:

Quality care of any patient population involves diligent monitoring of a patient's health and wellness in a consistent and ongoing way. The patient care team in a person-centered care environment can be both extensive and diverse. Can or should all members of the patient care team, including both medical professionals and ancillary service providers, be active inpatient screening for wellness? This presentation will explore this question and examine the benefits and potential barriers of including all members of the team in this approach. This presentation will include an overview of wellness screening in history and in contemporary practice. The elements and benefits of such screening will be discussed. Issues of ethics, policy, law, and regulatory compliance will be explored. Assessing the need for changes to the training and supervision of team members will be explored. Opportunity for audience interaction and feedback will be provided and appreciated.

### Learning Objectives: The learner will:

- Discuss the history, purpose, and elements of wellness screening.
- Recognize the benefit of utilizing all members of the care team for ongoing '24/7' screening.
- Understand legal and policy barriers to full staff inclusion in screening for wellness.
- Participate in the implementation of full staff wellness screening in their medical care facility.

## About the Content Leader:

*Mark Carroll, PT, Ed.D*

Dr. Carroll is an Associate Professor of Physical Therapy at The University of Mount Union, where he teaches wellness, orthopaedics, psychosocial aspects of disability, interprofessional studies and graduate research. Following eight years in private practice, Dr. Carroll founded the Physical Therapist Assistant Program at Marion Technical College. He earned a Doctorate in Education and Leadership Studies at Bowling Green State University, a Master of Arts in Education degree from Mount Vernon Nazarene University, and his physical therapy degree from The Ohio State University. His research interests include ethics, interdisciplinary education, healthcare policy, and wellness. Over the course of his 23-year career in physical therapy education Dr. Carroll has had many pieces of peer-reviewed research on these topics accepted for publication and presentation.



### *Knowledge Pathway: Prevention*

#### *Recommended for our Early Professional Attendees*

## **Nutrition Fact or Fiction: Providing Evidence-Based Education**

### **Description:**

In today's digital era, information, and misinformation, is readily available for most people via media outlets, social media and online streaming videos. Nutrition is of utmost interest due to its role in health, fitness and weight management. Because of the public interest and information availability, a general, evidence-based nutrition counseling should be provided by all qualified health care providers to appropriate patients in an effort to refute any misunderstandings and deliver accurate guidance.

This session will discuss common nutritional "myths" and how to use evidence-based practice to answer patient questions in regard to diets, weight loss, cardiovascular health and athletic performance. The session will also discuss the physical therapist and physical therapist assistant's scope of practice in terms of nutrition counseling and how to practice within this scope. The course is designed to provide a source of practitioner and patient evidence-based nutritional education to facilitate the nutritional counseling process.

### **Learning Objectives:** The learner will:

- Accurately summarize the physical therapist and physical therapist assistant scope of practice regarding nutritional counseling.
- Correctly discriminate between nutritional facts and fiction using evidence-based practice.
- Correctly apply the evidence-based practice guidelines to produce an introductory nutritional counseling session of a physical therapy patient.

## About the Content Leader:

*Nicole Schroeder, PT, DPT, CSCS*

Dr. Schroeder is an assistant professor for the University of Findlay's Doctor of Physical Therapy Program where her research interests include the effects of core strengthening on rehabilitation and athletic performance, the effects of nutrition on rehabilitation and athletic performance, the role of physical therapy in regenerative medicine and pain science and the treatment of pain. She authored "Core Muscle Strengthening Improves Balance Performance in Community-dwelling Older Adults: A Pilot Study" in the Journal of Physical Activity and Aging and "Core Stability Training in Dynamic Balance Testing Among Young, Healthy Adults" in Athletic Training & Sports Health Care. Since graduating with her DPT in 2012, Dr. Schroeder has practiced in orthopaedic and outpatient settings with a focus on the athletic population.



### *Knowledge Pathway: Movement*

## **Bridging the Gap Towards Wellness: Can the Experts in Human Movement be the Drivers?**

### **Description:**

Physical therapists are experts in human movement. Physical activity is defined as the movement of the body using energy, and exercise is a form of physical activity. Many chronic diseases are correlated to a lack of physical activity. Physical therapy professionals are trained to apply special disease considerations in dosing physical activity safely and effectively. Physical therapy professionals can be drivers in the community and individual physical activity, and through inter-professional communication, promote change in patient and client wellness. The goal of today is to open minds to incorporating wellness in physical therapy day to day evaluation and intervention. This lecture will provide an innovative structure to a physical therapy wellness-focused evaluation and provide a discussion on the future of wellness in physical therapy.

### **Learning Objectives:** The learner will:

- Explain the impact of a lack of physical activity on chronic disease.
- Strategically plan wellness intake, tests and measures, and interventions to be incorporated into a physical therapy examination and plan of care.
- Determine the need for inter-professional communication and referral to enhance patient outcomes.
- Generate ideas for incorporating wellness into day to day physical therapy operation.

## About the Content Leader:

*Angela Huber, PT, DPT*  
*Board-Certified Orthopaedic Clinical Specialist*

Dr. Huber received a transitional Doctor of Physical Therapy degree from Arcadia University in 2019, a Master of Physical Therapy degree from Ohio State University in 2008, and a Bachelor of Exercise Science degree from the University of Dayton in 2005. She has been a board-certified clinical specialist in orthopaedic physical therapy since 2017. She is an Assistant Professor at the University of Findlay's Traditional and Weekend Doctor of Physical Therapy Program and teaches courses in applied physiology, therapeutic exercise, and musculoskeletal examination. Her peer-reviewed presentations topics include prevention of running-related injury, use of video feedback intervention in total knee replacements, and effect of caffeine on running performance. She has always had a passion for treating the whole person in her outpatient, home health, school, and hospital practice settings.



### *Knowledge Pathway: Wildcard*

## Reduce Your Stress: Strategies for Smart Documentation

### **Description:**

There has been a recent increase in OTPTAT Board disciplinary action, including among OPTA members, which indicates the need for continuing education regarding documentation. This presentation will provide an overview of documentation requirements for the PT and PTA, with a focus on improving quality and demonstrating skill. Accurate, defensible documentation is critical for protecting yourself and your license, as well as for efficient continuity of care and maximizing reimbursement. Course content will culminate into real-life examples from documentation peer review findings and an interactive round table discussion that focuses on legal and ethical issues surrounding documentation.

### **Learning Objectives:** The learner will:

- Provide an overview of recent OTPTAT Board actions and peer review complaints to reflect on the current therapy environment.
- Discuss strategy for producing defensible documentation that demonstrates skilled services and meets legal requirements.
- Highlight key areas of practice that require ethical decision making.

## About the Content Leaders:

*Lisa Kohler, PT, DPT*

Dr. Kohler is the Director of Rehab for American Mercy Home Care. She received her tDPT with an emphasis on practice management from Evidence in Motion in 2020 and graduated from The Ohio State University in 1990 with a Bachelor of Science degree in Allied Health. The majority of her tenure has been spent in managerial positions across the continuum of healthcare settings where she is known as a strong leader, focused on ensuring quality outcomes through strategic analysis and program development. Quickly becoming a well-known presenter, Dr. Kohler uses her unique experiences to discuss a variety of topics, such as gait speed, clinical decision making, ethics and fall prevention. She is serving her second term as Ethics Committee Chair for the Ohio Physical Therapy Association, which has grown to five members under her leadership.



*Alexia Lairson, PT, DPT*  
*Board-Certified Geriatric Clinical Specialist*

Dr. Lairson is an assistant professor of physical therapy at Walsh University. She earned a doctorate degree in physical therapy from Walsh University and a bachelor's degree in psychology from Youngstown State University. She is a board-certified geriatric clinical specialist with experience in skilled nursing and homebased primary care with the VA. In addition to serving on the OPTA Ethics Committee, Dr. Lairson works as a peer reviewer evaluating physical therapy treatment records for quality of care concerns, adherence to professional standards of practice and ethical considerations. Dr. Lairson's passion is student education and mentoring of new professionals, for which she was awarded the OPTA Outstanding Clinical Educator Award for 2016.



*Truly Moore, PT, Cert. MDT, TPS*

Ms. Moore graduated from The Ohio State University with a Bachelor of Science degree in physical therapy in 1996 and received her International Mechanical Diagnostics Certification in 2002 from the McKenzie Institute. She became certified in pelvic physical therapy in 2017, and recently became a therapeutic pain specialist. Her primary population has been the elderly with 17 years in long-term care/skilled nursing environment, with eight years in management, and another six years in outpatient. Currently, Ms. Moore is an evaluating and treating therapist at Kingston of Ashland which specializes in skilled nursing short-term stays and a growing outpatient program where she has direct referrals from local providers for the McKenzie protocol, pelvic floor and chronic pain management. As a Kingston employee, she also has the privilege of assisting with inpatient and outpatient program development and providing continuing education. She is an active member of the APTA, OPTA - conference and ethic committees, McKenzie Institute, and ISPI with active participation in local government affairs. In her off hours, she enjoys providing CEUs for therapists, advancing her knowledge, and traveling with her husband.



*Jill Dubbs, PT, DPT*

Dr. Dubbs earned her tDPT from Simmons College in 2012, graduating from the University of Toledo in 1988 with a bachelor's degree in physical therapy. The first three years of her career she worked in an acute rehab setting and obtained adult NDT certification. Dr. Dubbs then moved on to spend four years in skilled nursing facilities. She joined the Cleveland Clinic in 1995 - working in a variety of settings and managerial roles for the organization. Since the year 2000, she spends her clinical time treating people with pelvic floor disorders and balances patient care time with her outpatient Cleveland Clinic Rehabilitation and Sports manager duties at Lutheran Hospital in Cleveland. She has been an APTA/ OPTA member since 1986 and serves on the OPTA Ethics Committee.



**12:15 to 1:30 PM**

**Power Lunch**

**1:30 to 3 PM**

*Knowledge Pathway: Wellness*

### **Promoting Wellness and Neuroplasticity via Intensity in Patients Post Stroke**

**Description:**

Current evidence-based recommendations suggest that exercising at moderate to high intensity can drive motor and cortical changes in patients following stroke. This presentation will provide the learner with an analysis of the literature surrounding stroke rehabilitation, including the impacts of higher intensity treatments on the health and wellness of individuals with stroke. The session will include strategies to promote higher intensity training throughout a session. Barriers to intensity of treatment will be addressed. The learner will gain strategies to increase intensity of practice in the treatment of patients following stroke.

**Learning Objectives:** The learner will:

- Identify current evidence-based recommendations regarding intensity and neuroplasticity for patients with stroke.
- Gain insights to methods for driving intensity among patients following stroke.

## About the Content Leaders:

*Jamie O'Brien, PT, DPT*

*Board-Certified Neurologic Clinical Specialist*

Dr. O'Brien received her Doctor of Physical Therapy degree from the University of Indianapolis and her Bachelor of Science degree from The Ohio State University. She is a board-certified neurologic clinical specialist with a wide range of experience in acute neurologic rehabilitation, outpatient pediatric rehabilitation, skilled nursing, and home health. She is currently employed as an Assistant Professor at the University of Findlay, where she teaches cardiopulmonary and neurologic course work. Dr. O'Brien is currently researching the use of vital signs as measures of intensity in various physical therapy settings.



*Kasey McKanna, PT, MSPT, C/NDT*

Ms. McKanna received her Master of Science degree in physical therapy from the University of Indianapolis and her Bachelor of Science degree in physical therapy from Ohio University. She is certified in LSVT and PWR and has a wide range of experience in acute neurological rehabilitation in the acute and inpatient setting as well as in the outpatient setting. She is currently a lab assistant in various neurological courses at the University of Findlay and works at Wood County Hospital's Outpatient Rehabilitation Clinic.



## Knowledge Pathway: Prevention

### Merging Optimal Performance and Injury Prevention in Youth Athletes Through Physical Therapy

#### Description:

Youth sports participation is at an all-time high and the rate of injuries has unfortunately followed. Physical therapy is frequently recommended for the young athlete after an injury; however, there is variability in training before the occurrence, interventions applied during the episode of care, and the post-rehab return to sport program. Current evidence for an integrated functional rehab regimen and an injury prevention/performance enhancement program for individual athletes and teams will be presented. The opportunities to positively affect this population are great but there are challenges as well. We know that incorporating both training components is beneficial to the health and longevity of our youth athletes. We will facilitate a discussion on how physical therapist professionals are well-positioned to bridge the often-competing approaches of sport-specific skill training coaches and parents prefer to evidence-based total athletic development that medical professionals and the literature recommends.

**Learning Objectives:** The learner will:

- Synthesize the evidence for youth athletic performance training in order to manage youth athletes.
- Apply performance measures to youth athletes in order to track progress in modifiable risk factors for injury.
- Discuss the factors that lead to youth athletic injuries.
- Discuss physical therapy's role in injury prevention for the youth athlete.

## About the Content Leaders:

*Tonya Apke, PT, DPT*  
*Board-Certified Orthopaedic Clinical Specialist*

Dr. Apke is an Assistant Professor and the Director of Clinical Education in the School of Health and Rehabilitation Sciences, Physical Therapy Division at The Ohio State University. She is board-certified in orthopaedic physical therapy, a credentialed trainer for the APTA Clinical Instructor Credentialing Program and has completed the APTA Health Policy and Administration Section Leadership, Administration, Management and Professionalism leadership certification program. Dr. Apke is currently the President of the Ohio Chapter of the APTA and serves as the Wellness Innovator for the School of Health and Rehabilitation Sciences at The Ohio State University. She teaches in the areas of advanced therapeutic interventions, professional issues, clinical education and health care policy.



*Sean Apke, PT, MS, ATC*

Mr. Apke has been a practicing athletic trainer for 30 years and a practicing physical therapist for 28 years. He has clinically worked in a variety of settings including sports physical therapy, orthopaedics, pediatric ortho/sports and owning/managing a youth athletic training center. Throughout his career, he has provided AT and PT services and event coverage for middle school, high school and college athletes. Mr. Apke completed additional certification in youth sports performance through Fusionetics and has been a volunteer parent coach for baseball, basketball, soccer, football and flag football.

## *Knowledge Pathway: Movement*

### **Latching On: How Physical Therapists Can Help Infants Achieve Breastfeeding as a Movement Milestone**

#### **Description:**

The World Health Organization and the American Academy of Pediatrics recommend breastfeeding as a foundation for wellness and prevention associated with better population health. Many infants experience difficulties initiating and maintaining breastfeeding due to factors that a physical therapist professional is well suited to address. Frequently, this population is being referred to other healthcare professionals for breastfeeding dysfunction associated with plagiocephaly, torticollis, ankyloglossia, and other neurodevelopmental impairments. We have a unique understanding of musculoskeletal and neuromotor development that can be used to enhance this first movement milestone. This session will focus on the physical therapy professional's role in helping families achieve breastfeeding success. The speaker will explain the physiology and biomechanics of breastfeeding and how to identify impairments that impede the movement needed for this process. Knowledge of this as an option for practice can be helpful to early professionals and students.

#### **Learning Objectives:** The learner will:

- Recognize the physical therapy professional's role in facilitating breastfeeding function.
- Describe breastfeeding as a movement milestone associated with better motor outcomes into adolescence.
- Discuss neuromotor deficits that can interfere with breastfeeding and interventions that can improve the movement needed to breastfeed.
- Identify the levels of lactation care and how to reciprocally collaborate within the maternal and infant healthcare team.

## About the Content Leader:

*Allyson Wessells, PT, MPT, IBCLC*

Ms. Wessells is a physical therapist and co-owner of Nurture Columbus, a private practice in Columbus. She received her Master of Physical Therapy degree from Northwestern University in 1999, became a board-certified lactation consultant (IBCLC) in 2014, and is currently serving as president of the Ohio Lactation Consultant Association. She is a passionate speaker who frequently presents on her knowledge of breastfeeding and lactation science to a variety of audiences ranging from university settings to professional associations. As a physical therapist and IBCLC, she values helping families understand how our bodies move for optimal health. Through professional presentations, she endeavors to engage colleagues to recognize breastfeeding as an extension of pregnancy and birthing, often requiring just as much or more care to achieve goals and associated health outcomes to the best degree possible.



### *Knowledge Pathway: Wildcard*

#### *Recommended for our Early Professional Attendees*

## Evoking Healthy Change: Motivational Interviewing Skills for Physical Therapy Practice

### **Description:**

Physical therapy professionals inspire patients to change. Motivational interviewing (MI) is a collaborative, patient-centered, goal-oriented style of communication for eliciting and strengthening a person's own motivation to change. (Miller and Rollnick, 2009). MI first demonstrated its effectiveness in the treatment of substance abuse/addictions, but the evidence has grown, and it is now utilized in other health care settings, including physical therapy.

Physical therapist professionals see patients whose health and wellness could be improved by positive health behavior change. This session will discuss MI as a tool for evoking change in physical therapy practice. Participants will learn the theory and evidence behind MI, observe it in action, and practice techniques with case-studies in a lab setting. MI techniques will complement the communication skills participants are already using, and therapists can use elements of MI in every day clinical practice.

### **Learning Objectives:** The learner will:

- Discuss evidence for motivational interviewing in clinical practice.
- Describe the four guiding principles (RULE) of motivational interviewing.
- Demonstrate the core skills of motivational interviewing.
- Describe opportunities to apply motivational interviewing principles in physical therapy practice to promote health, wellness, and prevention.

## About the Content Leaders:

*Kendra Lucas, PT, DPT*

Dr. Lucas is an aquatic physical therapist at Kettering Health Network in Centerville. She graduated from the University of Dayton in 2016 with her Doctor of Physical Therapy degree and earned her Certificate in Aquatic Physical Therapy Clinical Competency in 2018. Professional areas of interest include aquatics, behavioral health, chronic pain, geriatric rehab, and advocacy. Currently, she serves as a legislative key contact, an OPTA Conference Committee member, a Leadership Subcommittee member, a member of the OPTA Early Professional SIG, and is proud to wear the “red jacket” as a PT-PAC Trustee. She has presented on advocacy and PT-PAC at the national level and co-presented Bridging the Gap: Identifying Opportunities for Involvement, Building Your Personal Brand and Transitioning from Student to Professional at the 2017 OPTA Annual Conference. Dr. Lucas is excited to share her success stories utilizing motivational interviewing techniques across the lifespan in her clinical practice.



*Michelle Losurdo, PT, DPT*

Dr. Losurdo earned her Doctor of Physical Therapy from the University of Montana and a Master of Science in physical therapy from Springfield College. Over the course of her career, she has practiced in acute and skilled rehabilitation, home health, private practice, and outpatient orthopaedics. Her current practice is with older adults where she utilizes motivational interviewing techniques for positive health behavior change with her patients. A lifelong learner, Dr. Losurdo is involved in teaching, continuing education, and communication in the clinic and profession. She is an adjunct faculty member at Sinclair Community College PTA program and has instructed PT CEU courses on a variety of topics including EBP, documentation, and geriatric rehab. She has been a member of APTA since 1990, has served in various roles with OPTA, including as the current Conference Committee Chair, and sits on the executive board of the Community Rehab Project, a nonprofit organization.



**3:15 to 4:45 PM**

*Knowledge Pathway: Wellness*

**Walk with a Doc... of Physical Therapy: A Wellness Initiative and an Experiential Learning Opportunity**

### **Description:**

This session intends to provide a framework in launching a community wellness initiative, from an academic & clinical lens, as part of an internationally recognized program, Walk with a Doc (WWAD). We will discuss the why, what, when, where, & how of integrating a “doctor-led” community program to support population health, advocate for the PT profession, & establish socialization of the profession through collaboration, partnership, & service. WWAD has afforded the profession (clinicians, academics, and students alike) a unique opportunity to exercise their leadership abilities & share their expansive knowledge & skills within their communities. It has validated how PT is a primary resource for the community in supporting & inspiring wellness through education, exercise, & empowerment. The WWAD mission, “inspiring communities through

movement and conversation”, aligns with our APTA mission of “building a community that advances the profession of PT to improve the health of society”.

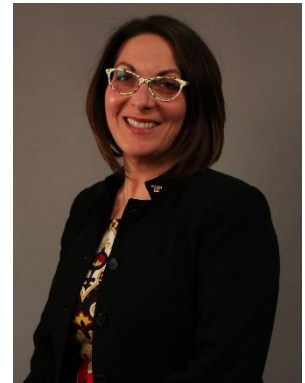
**Learning Objectives:** The learner will:

- Have a thorough and detailed understanding of the model and processes of how the WWAD program was integrated into a Physical Therapy curriculum and how clinicians and academics can integrate it into practice to develop social capital and drive socialization of the PT profession in communities.
- Realize the roles, influence, and opportunities, based on the literature, of Physical Therapists (SPTs) and Physical Therapist Assistants (SPTAs) in being a resource and leader in community wellness programs and population health to create socialization of the profession and to meet the needs of community and industry stakeholders.
- Have a clear appreciation for the experiential and service-learning components for SPTs, SPTAs, and other allied health students with the WWAD initiative from interprofessional collaboration and community partnerships to knowledge and skill acquisition around constructs of wellness and the development of employability and leadership skills to support curricular goals.

**About the Content Leaders:**

*Cara Berg-Carramusa, PT, MSPT, EdD  
Board-Certified Geriatric Clinical Specialist*

Dr. Berg-Carramusa is an assistant professor and the Director of Clinical Education for Youngstown State University’s DPT program. Her clinical experiences, expertise, and passions have been focused on the aging populations with an emphasis on active aging, wellness, and fall prevention in older adults. As a practitioner and academic, she embraces and is grounded in the Model of Excellence in PT Education. She is passionate and energetic about population health, experiential and service learning for students, and the socialization of the physical therapy profession for the community and her students through advocacy and service. She aims to promote the development of DPT students through leadership experiences and community engagement by strengthening their employability skills while igniting a sense of commitment to the profession and all the stakeholders they will serve.



*David Sabgir, MD, FACC*

Dr. Sabgir is a board-certified cardiologist who practices in Columbus. He attended the Medical College of Ohio for medical school and the University of Miami for undergraduate training, serving his internship, residency, and fellowship at The Ohio State University Medical Center. Dr. Sabgir is the founder and CEO of Walk with a Doc - a free, unique, doctor-led program that aims to inspire communities through movement and conversation. He started Walk with a Doc in 2005 at a park in Westerville and the program has expanded to more than 500+ chapters worldwide. The program has been featured in the Wall Street Journal, CNN, AARP, and Medical Economics, among others.



*Gabriella Gessler, SPT  
Elliott Metheny, SPT  
Shannon Witte, SPT  
Christopher Wright, SPT*

## *Knowledge Pathway: Prevention*

### **Health Promotion and Prevention Through Optimal Seating Selection**

#### **Description:**

The presentation will take a look at basic and intermediate wheelchair positioning along with postural accommodations. Proper measurement techniques will be instructed, demonstrated, and encouraged to be practiced during the session. Proper equipment selection for adults and geriatrics will be reviewed along with consideration of diagnoses and fragility of the patients. Goals for good wheelchair positioning will be presented to assist with the prevention of advancing postural deformities during the late stages of aging as well as prevention of skin breakdown. In addition, we will help the clinicians to learn problem-solving strategies for the promotion of ADLS from the wheelchair level and available equipment.

#### **Learning Objectives:** The learner will:

- Identify and effectively assess/measure patients with postural deformities for proper selection of seating system and mobility equipment.
- Have a basic working knowledge of available equipment and indications for each type of equipment that can assist with prevention of skin break down and preservation of joint and skeletal deformities.
- Vocalize the basic requirements for reimbursement and differences in payment sources for wheelchair equipment. (i.e. Medicare, Medicaid, commercial ins.)
- Identify appropriate seating options based on diagnoses and presentation of the patient.

#### **About the Content Leaders:**

*Truly Moore, PT, Cert. MDT, TPS*

Ms. Moore graduated from The Ohio State University with a Bachelor of Science degree in physical therapy in 1996 and received her International Mechanical Diagnostics Certification in 2002 from the McKenzie Institute. She became certified in pelvic physical therapy in 2017, and recently became a therapeutic pain specialist. Her primary population has been the elderly with 17 years in long-term care/skilled nursing environment, with eight years in management, and another six years in outpatient. Currently, Ms. Moore is an evaluating and treating therapist at Kingston of Ashland which specializes in skilled nursing short-term stays and a growing outpatient program where she has direct referrals from local providers for the McKenzie protocol, pelvic floor and chronic pain management. As a Kingston employee, she also has the privilege of assisting with inpatient and outpatient program development and providing continuing education. She is an active member of the APTA, OPTA - conference and ethic committees, McKenzie Institute, and ISPI with active participation in local government affairs. In her off hours, she enjoys providing CEUs for therapists, advancing her knowledge, and traveling with her husband.



*Steve Isaac, ATP*

Mr. Isaac entered into the Complex Rehab Wheelchair (CRT) industry in 2005. He went on to receive his ATP license in 2009 for pediatrics to geriatrics. In his career he has fitted over 3,000 patients with custom wheelchairs ranging from a six-month old child to a 102-year-old. He specializes in the selection, design and fitting of high-end CRT with alternative drive controls (i.e. sip n puff systems and head rays) with an emphasis on patients who have neuromuscular disorders and spinal cord injuries.



*Knowledge Pathway: Movement*

*Recommended for our Early Professional Attendees*

*Five Power Transform Talks*

**Transform Talk #1 - Who Will Fall Next? Interdisciplinary Fall Prevention Strategies When Chair Alarms Are Not an Option**

**Description:**

Fall prevention is central to physical therapy. This session focuses on fall prevention strategies successfully implemented in a skilled nursing facility (SNF) where chair and bed alarms are considered a restraint and not permitted. The learners will receive background information on the prevalence, cost, and impact of falls as well as evidence-based interventions to reduce a patient's fall risk. The speaker will provide a brief history of the origins of an interdisciplinary fall prevention committee and outline methods successfully utilized to reduce the number of falls within a SNF from 2018 to 2019.

**Learning Objectives:** The learner will:

- Describe the prevalence, cost, and impact of falls.
- Identify elements of an interdisciplinary fall prevention program.
- Compare a variety of fall prevention interventions.

**About the Content Leader:**

*Shannon Simpson, PTA*

Ms. Simpson has a bachelor's in psychology from Anderson University and an AAS from Sinclair Community College. She is currently employed at UC Health's Daniel Drake Center for Post-Acute Care where she contributes to the Wellness Committee, focusing on an interdisciplinary, non-pharmacological pain intervention strategies and the Evidence-based Practice Committee, leading monthly training sessions to facilitate knowledge translation therapy staff. Prior to beginning her physical therapy career, she held a job where chasing monkeys was a necessity.



## Transform Talk #2 - Fall Prevention: Don't Forget About BPPV!

### Description:

This Transform Talk will discuss the importance of including screening for benign paroxysmal positional vertigo (BPPV) in a fall prevention program or physical therapy treatment plan. Falls result in significant costs to the US healthcare system—a recent study estimates the cost of fatal and non-fatal falls in 2015 to be approximately \$50.0 billion. Physical therapists play a vital role in the prevention and treatment of falls, but we need to do better to adequately address fall prevention. One way to do so is by regularly screening for and treating benign paroxysmal positional vertigo within a fall prevention program. BPPV is a very common condition among older adults, but patients may report more generalized imbalance rather than the typical symptoms of vertigo with position changes. Increasing awareness of BPPV and completing appropriate screening may improve the effectiveness of fall prevention strategies.

### Learning Objectives: The learner will:

- Understand the implications of falls within the United States and the role that benign paroxysmal positional vertigo plays.
- Create or strengthen existing fall prevention programs by incorporating appropriate BPPV screening and treatment to reduce falls and healthcare costs.

### About the Content Leader:

*Katherine Chae, PT, DPT*

Dr. Chae is a physical therapist at the Cleveland Clinic. She graduated from the University of Missouri in 2016 with her doctorate in physical therapy. She has worked in outpatient rehabilitation at the Cleveland Clinic since 2016, specializing in vestibular and neurological rehabilitation and has a special interest in chronic pain and headaches, and has worked in intensive interdisciplinary treatment programs for chronic headache. She earned a certificate in Vestibular Rehabilitation from Emory University and the APTA in 2018. She has presented frequently within the Cleveland Clinic system and in the community on topics relating to vestibular and headache rehabilitation.



## Transform Talk #3 - Mapping Your Professional Journey Through Mentorship

### Description:

Mentorship is a commonly sought-after workplace benefit cited by new grads, but creating this rewarding relationship requires a collaborative effort between both mentees and mentors. Initiating this connection as a young professional can be a challenging and daunting task. In this session, we will review current concepts regarding mentorship within the physical therapy field and will explore the paths of two young professionals who have successfully navigated very different mentorship pathways. First, we will discuss formal mentorship that exists within a residency program and consider strategies for continuing this beyond the confines of the residency timeframe. Second, we will explore an informal pathway of seeking and fostering a mentor as a full-time entry-level clinician. We will focus throughout on sharing common pitfalls and successful approaches to developing this two-way relationship in a manner that is rewarding and beneficial to both the mentor and the mentee.

**Learning Objectives:** The learner will:

- Discuss current concepts regarding mentorship within the field of physical therapy.
- Implement strategies to initiate and foster a mentor-mentee relationship in their workplace.

**About the Content Leaders:**

*Karen Thatcher, PT, DPT*

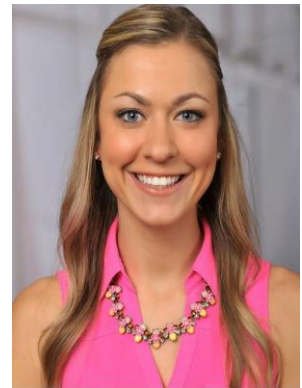
Dr. Thatcher earned her Doctor of Physical Therapy from The Ohio State University in 2017 and has worked for OSU as a full-time sports medicine physical therapy since then. She has also studied part-time as a Ph.D. student in Health and Rehabilitation Sciences at OSU. She was awarded the 2018 Legacy Grant from the American Academy of Sports Physical Therapy as well as a 2018 Promotional of Doctoral Studies scholarship from the Foundation for Physical Therapy. She is currently working toward her specialty certification in orthopaedics.



*Alli Burfield, PT, DPT*

*Board-Certified Orthopaedic Clinical Specialist*

Dr. Burfield earned her doctorate in physical therapy (2016) from Cleveland State University and her bachelor's degree (2013) from Kent State University. She completed an Orthopaedic Physical Therapy Residency (2018) at the University of Pittsburgh Medical Center Centers for Rehab Services in Pittsburgh where she gained experience with recreational to professional athletes. She is currently a faculty member of the Orthopaedic Residency Program at The Ohio State University Wexner Medical Center, where she provides clinical mentoring and is also employed as a full-time staff physical therapist.



## **Transform Talk #4 - Recharging Our Batteries: Why Are We Sleep Deprived and Why Does it Matter?**

**Description:**

Sleep is an important human need that affects and is affected by a variety of lifestyle, socioeconomic, and health-related factors. Research suggests that human sleep time has decreased on average by seventy minutes over the last century. In addition, nearly half of the United States population reports getting less than the recommended amount of sleep on a daily basis. Sleep deprivation contributes to wide-ranging neurobehavioral deficits that decrease wellness. Physical therapists may especially be interested, but lacking applicable knowledge and skills, in the neurobiology of sleep and pain management. This session will discuss the current limitations of management of sleep deprivation and then introduce the assessment of sleep deprivation and its effects on wellness with a focus on pain. Attention will be brought to novel management techniques, including cognitive behavioral therapy and sleep restriction therapy.

**Learning Objectives:** The learner will:

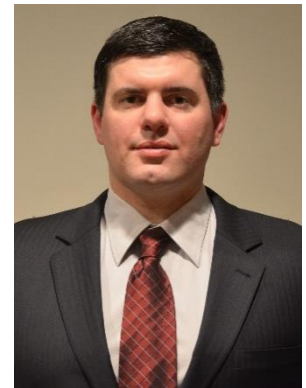
- Accurately assess the effects of sleep deprivation on wellness and pain.
- Effectively compare the challenges and benefits of treatment techniques for sleep deprivation disorders.

- Accurately instruct the application of sleep restriction therapy to improve sleep for wellness and prevention.
- Demonstrate effective techniques for the application of cognitive behavioral therapy to improve sleep disorders.

### **About the Content Leader:**

*Patrick McGinty, PT, DPT  
Board-Certified Orthopaedic Clinical Specialist*

Dr. McGinty is a graduate of the University of Illinois at Chicago with a doctorate in physical therapy degree and West Point with a bachelor's degree in engineering psychology. He completed an orthopaedic residency at the Cleveland Clinic and is a board-certified orthopaedic clinical specialist. Dr. McGinty served as a physical therapist at the Cleveland Clinic in a multidisciplinary chronic pain program, which emphasized cognitive behavioral therapy and pain neuroscience education. He was also faculty in the orthopaedic residency with modules on spine and pain. During this time, he co-authored "A Biopsychosocial Approach in the Management of Chronic Low Back Pain in a Large Hospital System: Program Feasibility and Initial Outcomes." Dr. McGinty is currently an assistant professor at Cleveland State University with interests in wellness, chronic pain, and ethics. He has presented at the OPTA Scientific Symposium and the Cleveland Clinic Sports Health Summit.



## **Transform Talk #5 - The Secret to Work Happiness and Success is...**

### **Description:**

Who doesn't want to be happy and successful at work? Workplace research suggests that psychological safety plays a major role in team learning and performance. This concept refers to the idea that team members feel safe to take interpersonal risks such as asking clarifying questions, offering ideas, and being creative in one's job role. Physical therapists operate in an environment measured by safety, outcomes, productivity, and patient satisfaction. Likewise, physical therapy programs operate in an environment measured by enrollment rates, licensure pass rates, and job placement. This creates a challenge for any individual or organization.

This presentation will be helpful for students, clinicians, educators, and managers to learn about psychological safety and how it impacts one's workplace dynamics and success. We will cover practical ways to determine whether or not your team has it and ways to build it.

### **Learning Objectives:** The learner will:

- Define psychological safety in the workplace and how it impacts job satisfaction and success.
- Assess the current state of psychological safety in his/her workplace.
- Use practical strategies to enhance psychological safety among his/her colleagues.

## About the Content Leader:

*J. J. Kuczynski, PT, DPT  
Board-Certified Orthopaedic Clinical Specialist*

Dr. Kuczynski is a physical therapist and rehab services manager at The Ohio State University Wexner Medical Center in the Sports Medicine Rehab department. In addition to his role as manager, he serves an orthopaedic residency faculty member and clinical mentor. Dr. Kuczynski has presented on a variety of topics at the state and national level. He has received the Emerging Leader Award from both the OPTA and APTA, Ohio State's Emerging Clinical Educator Award, and the Mary McMillan Scholarship. In his role as rehab manager, he has worked with a clinical team to blend the concepts of evidence-based practice and leadership.



## Knowledge Pathway: Wildcard

### Utilizing Manual Therapy in the 'Pain Science' Era

#### Description:

The topic of manual therapy and its efficacy in physical therapy practice has come under scrutiny in the past several years due to the shift in our profession from the biomechanical basis as the understood mechanism to an emphasis on the neurophysiological pathways involved in pain management. We have seen literature questioning the application of manual therapy, and to some degree promoting a 'hands-off' approach in treating many musculoskeletal conditions; however, we must appreciate the fact that while the mechanisms of action are overall poorly understood and continue to evolve, the application of therapist touch and manual therapy interventions as a whole has been a largely studied area demonstrating effectiveness in many musculoskeletal conditions. It is important for us to accept the fact that manual therapy and pain education are not contradictory but complementary and should be used congruently to facilitate improved patient experiences and promoting improved quality of life.

#### Learning Objectives: The learner will:

- Understand what pain is, how it is produced, and different types of pain that can be experienced.
- Understand the neurophysiological effects of manual therapy interventions.
- Understand research regarding patient perception and its role in outcomes related to manual therapy interventions.
- Understand the role of pain education as an adjunct to manual therapy intervention.

## About the Content Leaders:

*Damian Keter, PT, DPT  
Board-Certified Orthopaedic Clinical Specialist*

Dr. Keter earned his doctorate in physical therapy from Chatham University in 2013 and is currently enrolled in a Philosophy Doctorate program through Youngstown State University. He became board certified as an orthopaedic clinical specialist in 2017 and completed a certificate program in chronic pain rehabilitation through the Retrain Pain Organization in 2018. Dr. Keter is a clinical faculty member for the Cleveland VA Orthopaedic Residency program teaching coursework in pain science, shoulder dysfunction, cervical, and thoracic spine. Dr. Keter has taken coursework in the Maitland, McKenzie, and Mulligan methods of physical therapy



and is certified in dry needling. Dr. Keter is a faculty-appointed clinical instructor for Chatham University's Doctor of Physical Therapy program and is actively involved in research with this institution. He has guest lectured at local universities and is an adjunct faculty member at Mount Union University's Physical Therapy Program. Dr. Keter has presented several times at the local and state level on various topics related to chronic pain and pain science. He is currently serving a two-year appointment to the Specialization Academy of Content Experts for the APTA.

*Kevin Brochetti, PT, DPT, C-OMPT,  
Board-Certified Orthopaedic Clinical Specialist  
Fellow of the American Association of Orthopaedic Manual Physical Therapists*

Dr. Brochetti graduated from the doctoral of physical therapy program at Cleveland State University in 2013. Upon graduation, Dr. Brochetti accepted a job with the Cleveland Veterans Affairs hospital, in the outpatient setting. He has since completed his certification of orthopaedic manual therapy, certification in dry needling, orthopaedic residency, and orthopaedic and manual fellowship at the Institute of Therapeutic Sciences. Dr. Brochetti has also obtained board certification as an orthopaedic clinical specialist, along with attending numerous manual therapy continuing education courses of various philosophies. Dr. Brochetti is currently a faculty member and mentor for the Cleveland VA Orthopaedic Residency, while also assisting with mentorship for residents and fellows of other programs.



**5 to 6 PM**

**EPSIG + SSIG Networking**

**6 to 8 PM**

**PACcy Hour**

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# SATURDAY, APRIL 25, 2020

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7 to 8 AM

Registration + Breakfast

8 to 9:30 AM

*Knowledge Pathway: Wellness*

**PFS: The Triad of Health and Wellness**

**Description:**

Physical Therapists (PTs) and Physical Therapy Assistants (PTAs) have long been looked to as leaders in neuro-musculoskeletal training across the lifespan aimed toward rehabilitation. However, PTs and PTAs are excellently positioned to provide physical activity and lifestyle change counselling while addressing fitness-oriented goals and producing pathophysiologic changes to those at risk for chronic disease. Utilizing Physical, Functional and Social Determinants (PFS) of health (the triad of health and wellness), this course will overview key aspects of chronic diseases and active self-management, providing a robust course of information that PTs and PTAs of all levels of experience will be able to reference.

**Learning Objectives:** The learner will:

- Identify the pathophysiology involved in common health risk factors and chronic diseases.
- Select appropriate education modalities for specific populations and settings.
- Address health risk factors and chronic diseases alongside of normal human movement, mobility, and the ability to engage in optimal lifestyle activities.
- Construct a statement sentence supporting why PTs and PTAs are health and wellness experts.

**About the Content Leaders:**

*John Connell, PT*

*Board-Certified Cardiovascular and Pulmonary Clinical Specialist*

Mr. Connell has been a practicing physical therapist for 15 years in various practice settings after graduating from the Medical College of Ohio in 2003. His area of specialty and practice is cardiovascular and pulmonary. In 2014, John began working at the Cincinnati VA Medical Center (CVAMC) and has been part of an integral team in developing an Early Mobility Protocol that started in the Intensive Care Units and is now hospital wide. Mr. Connell became board-certified in 2018 and became the Coordinator of Pulmonary Rehabilitation at CVAMC the same year. He has been an adjunct faculty member at Mount St Joseph University in the DPT program, at Sinclair Community College in the PTA program and a guest lecturer in the University of Toledo DPT program. In 2019, he presented a Transform Talk at the 2019 OPTA conference entitled "It Takes a Village" and organized and presented at the 1st Annual Marci Moreno Pulmonary Rehab Conference at CVAMC.



*Stephanie Christman, PT, DPT*  
*Board-Certified Orthopaedic Clinical Specialist*

Dr. Christman has served at the Cincinnati VA Medical Center for over ten years. She began her VA career designing programming for weight loss within the MOVE! Weight Loss National initiative to address veteran obesity rates, contributing to national program and resource development. Dr. Christman participates in specialty care including the TBI/Polytrauma, Primary Care and Emergency Department and is the clinical director for the Cincinnati VAMC Orthopaedic residency program.



### *Knowledge Pathway: Prevention*

## **The Trials & Tribulations of the Baseball Athlete**

### **Description:**

Considered fun and entertaining, the game of baseball is often considered an interest of many youth through collegiate athletics. However, competitive play and the yearly demands of the game can lead to injury. As one's career progresses from the youth level into professional more demands ensue and the number of professionals working with these athletes also rise, from strength and conditioning specialists to pitching or hitting instructors. This course will discuss the many demands of the sport of baseball that include hitting and pitching and the role a physical therapist can play as an intermediary between the many professionals. Discussion will include the positional demands of the sport, how to coordinate with many sports professionals to avoid overuse, injury prevention strategies, and evidence-based standards of care to communicate to a team of professionals.

**Learning Objectives:** The learner will:

- Recognize the positional demands of the game of baseball.
- Identify the seasonal demands of baseball.
- Recognize yearly planning and injury prevention strategies.
- Identify the necessity of collaborating with all baseball-related professionals and their contribution to injury prevention

### **About the Content Leaders:**

*Ryan Monti, PT, DPT*  
*Board-Certified Sports Clinical Specialist*

Dr. Monti has extensive experience working with a variety of overhead athletes. His special interests and research have involved the baseball athlete at all levels of competition, with a particular emphasis in pediatric sports. Dr. Monti completed an accredited Upper Extremity Athlete Fellowship Program through OSU Sports Medicine, working in professional baseball with the Cleveland Indians and their AAA affiliate the Columbus Clippers. Beyond these settings, he has lectured on several baseball-related topics and published literature on return to baseball hitting following injury. Currently, he practices and owns his own private sports outpatient physical therapy practice in Northeast Ohio.



*Mitch Salsbery, PT, DPT, MBA*  
*Board-Certified Sports Clinical Specialist*

Dr. Salsbery is a board-certified specialist sports physical therapist. He completed a Sports Residency and Upper Extremity Athlete Fellowship from The Ohio State University. He has spent several seasons in professional baseball in a variety of roles and currently serves the profession as co-chair of the APTA Shoulder Special Interest Group. He lectures around the country on a variety of topics focused on overhead athletes.



### *Knowledge Pathway: Movement*

*Recommended for our Early Professional Attendees*

### *Residency Forum*

## **Residency Forum #1 - Subscapularis Muscle Dysfunction in the Recreational Weightlifter**

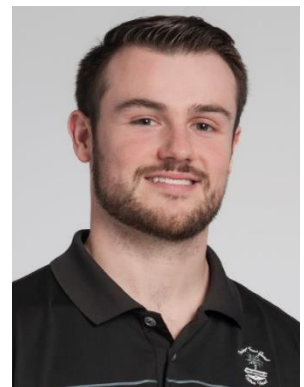
### **Description:**

Shoulder pain is common with Subacromial Impingement Syndrome (SIS) being the most common diagnosis associated with shoulder pain (Shire 2007). Although supraspinatus and infraspinatus dysfunction are typically found in this diagnosis, the subscapularis muscle can also be involved (Thurner 2013). This case is an example of nonspecific shoulder pain with the hallmark signs of subscapularis tightness of decreased external rotation in an adducted position (Thurner 2013). Various studies have been performed and demonstrate the effectiveness of contract relax technique on gains in shoulder external rotation in an adducted position (Godges 2003). The assessment of subscapularis length can be effective in improving patient outcomes in SIS patients.

### **About the Content Leader:**

*Matthew Kelley, PT, DPT*

Dr. Kelley is an outpatient orthopaedic physical therapist in the Cleveland area. He earned his doctorate in physical therapy at Ohio University in 2016 and his bachelor's degree in biology in 2013. He is currently in the Cleveland Clinic Orthopaedic Clinical Residency Program, holds advanced certification in dry needling and is a credentialed clinical instructor. Dr. Kelley presented this case study at the Cleveland Clinic Case Night.



## **Residency Forum #2 - Putting the Clinical Practice Guidelines into Practice: A Case Series of Patellofemoral Pain Patients**

### **Description:**

Anterior knee pain is a common clinical diagnosis that affects patients across the lifespan. Patients with patellofemoral pain (PFP) encompass a substantial subset of this population. The literature supports that the most commonly cited prevalence of this injury is at 25% in the general population. The age range of patients most commonly diagnosed with PFP are those between 12-19 or 50-59 years of age. The recurrence rate of

PFP is alarmingly high and can be up to 94%. Due to the high volume of these patients seen in the clinic, a clinical practice guideline (CPG) was created by Wily et. al to better standardize and streamline care for these patients. This case series will categorize patients with PFP as recommended by the CPG and may serve as a basis for future clinical research.

#### **About the Content Leader:**

*Bailey Lanser, PT, DPT, AT, ATC*

Dr. Lanser is currently the Sports Physical Therapy Resident at the Cleveland Clinic Sports Health facility. She obtained a doctorate in physical therapy and a bachelor's degree in kinesiology-athletic training at the University of Wisconsin-Madison. One of her most unique experiences to date is serving as the proud athletic trainer for the UW marching band. She has a clinical interest in treating patellofemoral pain in athletes, specifically in biomechanical movement analysis in these patients. She is currently providing outpatient care at a Sports Health facility in Garfield Heights. She also enjoys blending her athletic training and physical therapy clinical skillset as the outreach physical therapist for St. Edward's high school and John Carroll University athletes.



### **Residency Forum #3 - Implementation of the Shoulder Symptom Modification Procedure in Treatment of Chronic Impingement**

#### **Description:**

Case study designed to outline a common patient case of chronic shoulder impingement syndrome, utilizing a nontraditional assessment and treatment technique, the Shoulder Symptom Modification Procedure (SSMP). The patient is a 34-year-old male with more than a 15-year history of moderate (4/10), intermittent right shoulder pain including catching, popping and clicking. Symptoms increased with the use of right arm during heavier home management tasks, lifting and carrying children, and with recreational/fitness activities. The patient reported no improvement with previous PT and cortisone injection ~5 years ago.

#### **About the Content Leader:**

*Amanda Everden, PT, DPT  
Board-Certified Orthopaedic Clinical Specialist*

Dr. Everden is a Cleveland native who received her DPT degree from Mount St. Joseph University in Cincinnati and her bachelor's degree in health science from The Ohio State University. She has spent her career focused in the outpatient orthopaedics setting, with additional experience treating work related injuries and occupational health cases. In 2018, she achieved her board certification as an orthopaedic specialist. Dr. Everden is an orthopaedic resident through the Cleveland Clinic, and is anticipated to complete this program in January 2020. Her particular clinical interests include shoulder rehabilitation and return-to-work retraining. She delivered this case study presentation at a Cleveland Clinic case report seminar, as well as through in-service presentations at multiple clinics within the Cleveland Clinic outpatient rehabilitation department.



## Residency Forum #4 - Can 2D Motion Analysis be used to Test for Neuromuscular Deficits Post ACLR in Clinics?

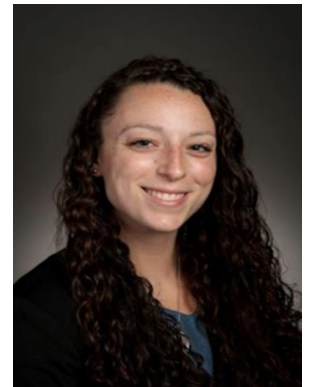
### Description:

After an anterior cruciate ligament (ACL) tear, reconstruction surgery (ACLR) is performed with aims to restore mechanics of the limb. Neuromuscular mechanics of the lower extremities (LE) can be affected asymmetrically due to alterations in weight bearing and integrity of the reconstructed ACL. The ACL is comprised of inert tissue, which has lower adaptability under tension. With altered LE mechanics after ACLR, mistranslated force distribution between joints can increase risk for secondary tears while running, jump-landing or cutting. The purpose of this study was to analyze walking, jogging and sprinting using 2-Dimensional (2D) motion analysis to assess LE limb asymmetries in individuals with ACLR.

### About the Content Leader:

*Jamie Kronenberg, PT, DPT*

Dr. Kronenberg graduated from Ithaca College in 2018 with her doctorate in physical therapy and in 2016 with a bachelor's degree in clinical health. During her time at Ithaca College, she completed research projects involving both 2D and 3D motion analysis inpatients with scoliosis, Parkinson's Disease and after-ACL reconstruction. After working with 2D analysis, she realized the practicality of objective motion analysis in clinics with the use of 2D cameras and decided to focus on this technique to see how 2D analysis can be used to help the ACL reconstruction population. Dr. Kronenberg has presented aspects of this project at ASB East Coast 2018 as well as WCB 2018. She is the current Sports Physical Therapy Resident at Cincinnati Children's Hospital and is continuing to work on 2D motion analysis to develop a safe return to sport protocol for athletes recovering from ACL reconstruction to decrease the re-injury rate of secondary ACL tears.



## Residency Forum #5 - Activity Modifications Required in Traumatic Incomplete SCI with Polytrauma in Inpatient Rehabilitation

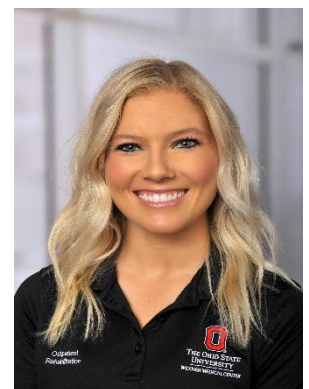
### Description:

High repetition task-specific training facilitates motor recovery in individuals with neurological disorders. Individuals with spinal cord injury (SCI) may have difficulty participating in task training due to extremity weakness and concomitant injuries. This case report describes a physical therapist's clinical decision making and implementation of multiple activity modifications to overcome barriers to repetitive task-specific training in a patient with SCI and polytrauma.

### About the Content Leader:

*Katlyn Baker, PT, DPT*

Dr. Baker received her doctorate in physical therapy in 2018 and bachelor's degree in exercise and sports science in 2016 from the University of Evansville. She also completed a Neurologic PT Residency at The Ohio State University Wexner Medical Center in September 2019.



## Residency Forum #6 - Concussion in Wheelchair Athletes: Upper Body Ergometer Exertion Testing and Return to Activity

### Description:

Participation in adapted sports improves the physical and mental health and quality of life of individuals with disabilities. While there are many benefits to participation in adapted sports, some individuals sustain sports-related concussions (SRCs) that can lead to greater disability. Given the importance of adapted sports and the prevalence of SRCs, evaluation and treatment of concussion in wheelchair athletes is vital. Clinicians currently lack guidelines on how to determine safe exercise intensity and progression in athletes with disabilities and concussion as current exercise testing and return to activity (RTA) protocols are designed for able-bodied athletes. The purpose of this case report is to describe the development and application of modified exercise testing and RTA protocol to a wheelchair rugby player with SRC and Post-Concussive Syndrome (PCS).

### About the Content Leader:

*Erin Wallach, PT, DPT*

Dr. Wallach received her doctorate in physical therapy in 2018 from The Ohio State University and a bachelor's degree from The University of Alabama in 2015, majoring in human performance and exercise science with a minor in nutrition. In September 2019, she graduated from The Ohio State University's Neurologic Physical Therapy Residency Program, specializing in the evaluation and treatment of patients with neurologic disorders across the continuum of care. She now works at The Ohio State University Wexner Medical Center as an outpatient neurologic therapist. Given her interest in sports and recreation and personal training background, she is passionate about health and wellness programming. A PWR! Certified Therapist, she uses the principles of functional medicine and high intensity training with patients of varying acuity and diagnoses. Dr. Wallach presented on "Concussion Management in the Adapted Athlete" at Ohio State's 2019 Adapted Sports Symposium.



### *Knowledge Pathway: Wildcard*

## Recovery from Brain Injury: Neuroscience Makes it Simple

### Description:

This session aims to review recovery from acquired brain injury (ABI) from a neuroscience perspective. A synopsis of basic cortical-level concepts including core cavitation, the resolution of the penumbra, diaschisis, and the four phases of recovery will be provided. Included will be the role of brain healing during the subacute phase and driving neuroplastic change during the chronic phase.

Simple to implement neuroplasticity-driving options will be outlined. The survivor drives their nervous system changes, making simplicity fundamental to reaching the highest level of potential recovery. Simple rules allow anyone, including patients and caregivers, to understand the process. Simple is essential to the lifelong quest towards recovery given limited therapy contact time provided by managed care. This helps expand the therapeutic footprint to allow discharge to be "the end of the beginning," not "the beginning of the end" of recovery.

**Learning Objectives:** The learner will:

- Understand how ABI manifests itself in the brain, including the role of the penumbra, core cavitation, and diaschisis.
- Understand strategies essential to leveraging brain plasticity to rewire for recovery.
- Describe three neuroplasticity-driving ABI-recovery options.

**About the Content Leader:**

*Peter Levine, PTA, RA*

Mr. Levine is a clinician, clinical researcher, author, instructor, adjunct professor and science communicator. He is dedicated to researching and reporting on the best systems for driving post-acquired brain injury cortical plasticity. For two decades, he has tested innovative neuroplasticity-driving neurorehabilitation options including mental practice, EMG-based gaming, wearable robotics, and transcranial magnetic stimulation. Mr. Levine was a University of Cincinnati lab co-director at the Drake Center, a Research Associate at the Kessler Institute for Rehabilitation and a research consultant at OSU. He is the co-developer of modified constraint-induced therapy and co-author of more than 60 articles and abstracts including: *Stroke*, *Archives of PM&R*, *Physical Therapy*, *Neurologic Physical Therapy*, *Clinical Rehabilitation*, and *Neurorehabilitation and Neural Repair*. He is also the author of the book *Stronger After Stroke*.



**9:45 to 11:15 AM**

*Knowledge Pathway: Wellness*

*Recommended for our Early Professional Attendees*

## **Strong Bones, Good Balance and a Focused Mind: Pilates for Osteoporosis and Fall Prevention**

**Description:**

This session will discuss Pilates-based intervention and wellness programs to prevent falls and manage osteoporosis. The speaker will highlight the benefits of using Pilates programs to improve balance, strength and decrease kinesiophobia and pain in the aging population as supported by research. Attendees will participate in a specialized Pilates class tailored to the needs of our active aging population. Exercises can be used in a clinical setting when applied through a physical therapy model or for wellness programs in the community or clinic. Contraindications and modifications relevant to this population will be covered in order to create safe and effective options for bone-building and fall risk reduction. Long term wellness and post-rehabilitation plans will also be described to illustrate the maximum benefit to this population.

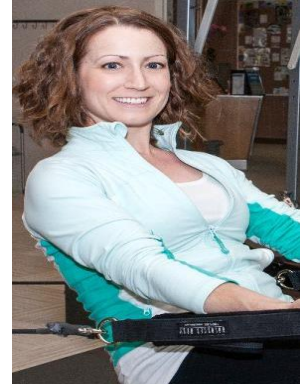
**Learning Objectives:** The learner will:

- Understand how Pilates can be used as a tool to address the prevention of falls and manage osteoporosis.
- Perform and learn how to teach 10-12 exercises to address the needs of the aging population.
- Understand which Pilates exercises are indicated and contraindicated for osteoporosis and falls management.

## About the Content Leader:

*Ashli Gauthier, PT, DPT*

Dr. Gauthier is a physical therapist, Pilates instructor and educator specializing in Pilates-based rehabilitation. Her background includes a doctorate in physical therapy from Cleveland State University, a Comprehensive Certification in Pilates, a fellowship in aging, a bachelor's degree in dance and many years of experience as a professional dancer and teacher. She presents regularly on the topics of Pilates rehabilitation as well as utilizing exercise to improve brain function to physical therapists, physical therapy assistants, DPT students and the public at OPTA annual conference, Cleveland State University, OPTA district events, the Cleveland Clinic, University Hospitals, private practices and skilled nursing facilities. In her practice, she works with adults and school age children using a holistic approach that combines traditional physical therapy and Pilates for lifelong health and fitness.



### *Knowledge Pathway: Movement*

## Effects of Exercise on Age-Associated Abnormalities in the Cardiovascular System

### **Description:**

Currently, more than 50 million people in the US are in their age of 65 or older and the number of old people ( $\geq 65$  years old) is projected to expand rapidly to more than 80 million in 20 years. Cardiovascular diseases such as congestive heart failure and hypertension are prevalent among old people and are leading causes of death. The purpose of the course is to help attendants to understand how the cardiovascular system is deteriorated during the aging process and how regular exercise training ameliorates aging-induced abnormalities in the heart and systemic blood vessels. Subtopics that will be included in the course are left ventricular hypertrophy, cardiac fibrosis, diastolic and systolic cardiac functions, hypertension, vascular endothelial dysfunction, and the methodologies of assessment of arterial stiffness and compliance.

**Learning Objectives:** The learner will:

- Explain how the structure and function of the heart deteriorate with the aging process.
- Explain how regular exercise training counteracts the effects of aging on the heart.
- Explain how blood vessels deteriorate with the aging process.
- Explain how regular exercise training counteracts the effects of aging on blood vessels.

## About the Content Leader:

*Abraham Lee, PT, Ph.D.*

Dr. Lee is an Associate Professor in DPT Program, the University of Toledo. He has taught several courses including cardiovascular pulmonary PT for more than 15 years. He received his Ph.D. in exercise science with a concentration on exercise physiology from Arizona State University; a master's of science in physical therapy from Texas Women's University; masters in exercise physiology and cardiac rehabilitation from Northeastern Illinois University, masters in physical education from Yon Sei University (Seoul) and a bachelor's degree in physical education from Kyungpook National University in Daegu City, South Korea. In addition, he received post-doctoral training at the Washington University School of Medicine in Saint Louis in the area of glucose metabolism. He has published research findings in the number of scientific journals. He gave several talks at the annual conferences of OPTA and APTA. Dr. Lee is the co-chair of the OPTA Research Committee.



### *Knowledge Pathway: Wildcard*

#### *Five Power Transform Talks*

## **Transform Talk #1 - Clinical Observations of Adolescents with Chronic Pain and Developmental Coordination Disorder**

### **Description:**

The aim of this Transform Talk is to provide a brief overview of developmental coordination disorder (DCD), explore the potential relevance to and overlap with chronic pain, present literature suggesting similarities between chronic pain and DCD, and present potential clinical and research questions to investigate further how these conditions may relate.

**Learning Objectives:** The learner will:

- Understand what developmental coordination disorder and suspect DCD look like in adolescents.
- Understand psychosocial implications of DCD and chronic pain in adolescents.
- Explore clinical implications of DCD and chronic pain, and how clinicians can adapt treatments to facilitate long term improvements.

## About the Content Leader:

*Heidi Kempert, PTA*

Ms. Kempert is a physical therapist assistant who graduated from Kent State University in 2009. She has worked with the Pediatric Pain Rehabilitation Program at the Cleveland Clinic Children's Hospital for Rehabilitation for nine years. She has experience seeing kids with various types of chronic pain, chronicity of pain, and varied level of psychological involvement. Ms. Kempert has published two articles in *Advance PT*, two peer-reviewed articles in *Archives of Physical Medicine and Rehabilitation* and in the *Scandinavian Journal of Pain*, and two peer-reviewed commentaries in the *Pediatric Pain Letter* for the APS. She has presented outcomes posters at the ISPP, APS, and CSM for the APTA and two webinars for the OPTA. She has presented symposiums through CCF, SoPAC, APTA's NEXT education conference, the OPTA's scientific symposium, three symposiums at ACRM, and most recently at OPTA's 2019 annual conference.



## Transform Talk #2 - Effects of Extracurricular Activity on Strength, Balance and Endurance on Children with Disabilities

### Description:

While about 18% of children and adolescents in the United States have a chronic condition or disability, there are minimal opportunities for these children to participate in extracurricular physical activities. Those with disabilities are at an even greater disadvantage as they are often socially segregated due to negative societal stereotypes, rendering them with limited opportunities for participation in group activities. Thus, understanding the positive effects of physical activity done out of school is essential in raising awareness, increasing participation, and promoting an overall healthy active lifestyle. Research that identifies the effects on specific outcomes, including strength, balance, endurance, and quality of life for children with disabilities participating in extracurricular physical activity is of interest to pediatric physical therapists. This evidence can support the need for more programs in the community.

**Learning Objectives:** The learner will:

- Understand current literature supporting extracurricular activities for children with disabilities.
- Recognize the effects of extracurricular physical activity on strength, balance, endurance and quality of life.
- Describe community programs that can assist in implementing extracurricular activities and complimenting physical therapy.

## About the Content Leaders:

*Betsy Donahoe-Fillmore, PT, Ph.D.*  
*Board-Certified Pediatric Clinical Specialist*

Dr. Donahoe-Fillmore is an Associate Professor in the Department of Physical Therapy at the University of Dayton. She received her Ph.D. in physical therapy and education from the Union Institute and University; a Master of Science in physical therapy from the University of Indianapolis and her undergraduate degree in physical therapy from The Ohio State University. She has practiced at Cincinnati Children's Hospital Medical Center for over 30 years and has completed a 200-hour yoga teacher training program. Dr. Donahoe-Fillmore's research focuses on pediatric and women's health and wellness, including yoga, mindfulness, therapeutic riding, inclusive programs and Pilates. She has presented her work at national and state conferences and has published in peer-reviewed journals such as *The Journal of Bodywork and Movement Therapies* and the *Journal of Women's Health Physical Therapy*.



*Christy Lee, SPT, ATC*

Ms. Lee is a graduate assistant and DPT student at the University of Dayton. She is a certified Group Fitness instructor and President/Co-Founder of Faith and Fitness, a non-profit organization whose mission is to bring glory to God through faith, fitness and fellowship. Through this ministry she works with others to promote the wellness of communities across Ohio. She has research experience in mindfulness and therapeutic riding and recently presented at the OPTA conference.



## Transform Talk #3 - Physical Therapy in the Treatment of Childhood Obesity

### Description:

It is time for physical therapists (PTs) to better understand and develop our role in the assessment and treatment of children with obesity. The prevalence of pediatric obesity and its impact on functional mobility indicates this need. Speakers will describe Be Well Kids Clinic, a pediatric multidisciplinary weight management clinic, and the role of a PT as a provider in this clinic. Education will be provided on the assessment as well as treatment interventions used. Data will be presented that describes initial and subsequent changes in functional strength and endurance of children with overweight and obesity with PT intervention. In summary, this talk hopes to provide an example of PTs addressing functional deficits in pediatric patients with obesity and discuss how this information may be translated into practice for PTs in the treatment of patients with obesity.

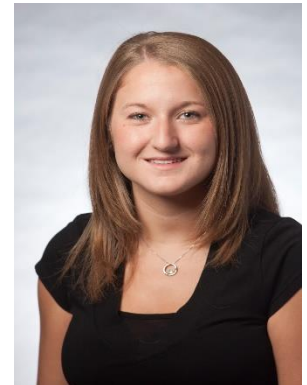
**Learning Objectives:** The learner will:

- Identify some of the functional deficits often affecting children and adolescents with overweight and obesity.
- Identify appropriate assessments to determine the functional strength and submaximal functional exercise capacity of pediatric patients.
- Understand the role of a physical therapist in treating children with obesity.

## About the Content Leaders:

### *Raquel Griffis, PT, DPT*

Dr. Griffis is an outpatient pediatric physical therapist at Cleveland Clinic Children's Hospital for Rehabilitation. She graduated from Duke University with her Doctor of Physical Therapy in 2014 and received a Bachelor of Science in biological sciences from The University of Toledo in 2011. She promotes physical activity and fitness as a provider in Be Well Kids Clinic at Cleveland Clinic Children's – a pediatric multi-disciplinary weight management program. She has presented research posters at the Cleveland Clinic Obesity Summit 2019 as well as at the Obesity Summit 2019 in Las Vegas on improving functional exercise capacity and functional strength in children with overweight and obesity. Dr. Griffis has also presented several talks at The Marfan Foundation's Annual Conference in 2017 and 2019 on staying fit with a chronic condition. She has a special interest in promoting wellness and fitness in children and adolescents.



### *Meridith Jochum, PT, DPT*

Dr. Jochum received her doctorate in physical therapy from Chatham University in 2017 and a Bachelor of Science in exercise science from Elon University in 2015. She is currently a pediatric physical therapist at Cleveland Clinic Children's Hospital for Rehabilitation and is a member of the multi-disciplinary team providing weight management intervention for children and adolescents at Cleveland Clinic Children's Be Well Clinic.



## Transform Talk #4 - Moving Through the Stigma: Exercise Options for Fibromyalgia

### **Description:**

Fifty million Americans live with chronic pain. Of that number, 10 million suffer from fibromyalgia. Although research in this area has expanded, we continue to struggle to find ways to reduce pain in this population. As physical therapists, we have the unique gift of time and movement expertise to effectively help patients manage chronic pain. Why then, do 83% of those with fibromyalgia avoid exercise? In this presentation, we will go in-depth about the barriers to exercise in patients with fibromyalgia and how to navigate the stigmas associated with this diagnosis. Overall, our duty to patients is to promote self-efficacy and long-lasting positive change. We will address how to do this with fibromyalgia specifically in mind along with dosing strategies for exercise and recreational activity.

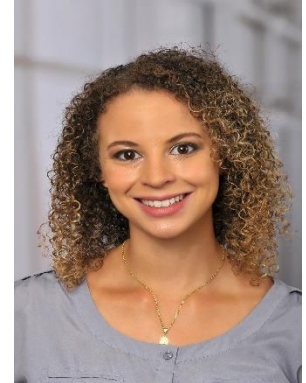
### **Learning Objectives:** The learner will:

- Identify barriers to exercise for patients with fibromyalgia.
- Apply principles of exercise prescription specific to fibromyalgia.
- Promote efficacy, health and wellness in patients suffering from chronic pain.

## About the Content Leaders:

*Thalia Wynne, PT, DPT, AT*

Dr. Wynne is a physical therapist at The Ohio State University Wexner Medical Center in the Sports Medicine Division at the Philip Heit Center for Healthy New Albany. This facility is unique within the OSUWMC system in that clinicians and staff members are involved in regular wellness initiatives in addition to patient care. She received her Doctor of Physical Therapy degree from Ohio University and a Bachelor of Science degree in athletic training at The Ohio State University as well as the following certifications: Mechanical Diagnosis and Treatment, Dry Needling, and Grasten Technique. Currently, she is pursuing her board certification in orthopaedic physical therapy. She recently presented on the topic of fibromyalgia and wellness to OSUWMC PTs in September of 2019.



## Transform Talk #5 - Did I Cause Chronic Low Back Pain: How Language and Biomechanics Effect the Person in Pain

### Description:

This topic will highlight how simple phrases and words we use to educate patients may, in fact, cause fear and distress. This may then place this patient down a path of catastrophizing, kinesiphobia and possibly chronicity. At the heart of this iatrogenic cause of chronicity are imaging findings and rigid biomechanical beliefs. By substituting different explanations for common harmful phrases and describing our interventions differently, it should be possible to begin lessening the fear associated with low back pain and prevent some from progressing from acute to chronic.

**Learning Objectives:** The learner will:

- Identify evidence-based examples of common phrases used in practice and the associated meaning patients take from them.
- Review current evidence on mechanisms of manual therapy and core stabilization treatment options.

### About the Content Leader:

*Philip Toal, PT, DPT*

*Board-Certified Orthopaedic Clinical Specialist*

*Fellow of the American Association of Orthopaedic Manual Physical Therapists*

Dr. Toal is a graduate of the State University of New York at Buffalo. He has completed an Orthopaedic Physical Therapy Residency at the Institute of Therapeutic Science as well as a Fellowship in Orthopaedic and Manual Physical Therapy. Dr. Toal is board certified in orthopaedic physical therapy, a fellow of the American Academy of Orthopaedic and Manual Physical Therapists. He is the Program Director for the Cleveland Clinic's Orthopaedic Physical Therapy Residency and manages the Cleveland Clinic Akron General Health and Wellness Center in Bath. He also serves in adjunct faculty positions at ITS in both residency and fellowship programs, Cleveland State University's DPT program, and at the University of Mount Union. Dr. Toal owns Tier One Education, LLC teaching continuing education courses to other physical therapists locally and nationally and serves as a consultant for Eli Lilly, USA on its Comprehensive Pain Management Advisory Board.



11:30 AM to 1 PM

Annual Membership Meeting + Awards Luncheon

1 to 1:30 PM

Meet the Candidates

1:30 to 3 PM

*Knowledge Pathway: Wellness*

*Recommended for our Early Professional Attendees*

**Workplace Wellness: Work Tools for the Physical Therapy Professional's Toolbelt**

**Description:**

Navigating the workplace can be a challenge. Whether you are preparing to enter the workforce for the first time, or have been at it for years, the workplace ecosystem can be a challenging sea to navigate. In this session, the presenters will review best practices from organizational psychology and the business world that will help you be a better teammate at work. From navigating conflicts to developing others, participants will leave this session with new strategies to help them in their day-to-day grind.

**Learning Objectives:** The learner will:

- Identify methods to resolve conflict in the workplace.
- Describe the difference between earned and owed respect and apply them to their workplace.
- Identify the differences between coaching and management of teammates and employees.

**About the Content Leaders:**

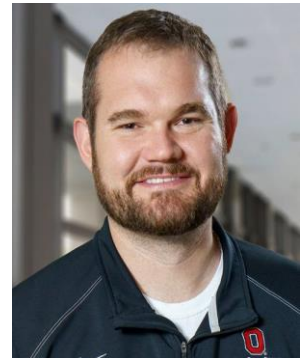
*Lucas VanEtten, PT, DPT, MBA*  
*Board-Certified Orthopaedic Clinical Specialist*

Dr. VanEtten is a board-certified specialist in orthopaedic rehabilitation at The Ohio State University's Wexner Medicine Center and the current manager of physical therapy at the Jameson Crane Sports Medicine Institute. He completed his MBA with an emphasis on strategic planning and leadership, and he works at the Fisher College of Business Leadership Institute, serving as a business coach for students with an emphasis on leadership style and communication. He has lectured on the effects of communication on patient interactions and has mentored within the Upper Extremity Fellowship and Orthopaedic Residency at The Ohio State University Wexner Medical Center. Prior to coming to OSU, Dr. VanEtten was the Director of the Orthopaedic Residency at the Malcom Randall VAMC in Gainesville, Florida.

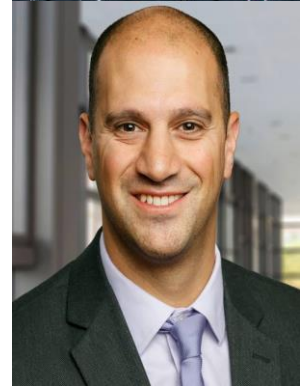


*Mitch Salsbery, PT, DPT, MBA*  
*Board-Certified Sports Clinical Specialist*

Dr. Salsbery is a board-certified specialist sports physical therapist. He completed a Sports Residency and Upper Extremity Athlete Fellowship from The Ohio State University. He has spent several seasons in professional baseball in a variety of roles and currently serves the profession as co-chair of the APTA Shoulder Special Interest Group. He lectures around the country on a variety of topics focused on overhead athletes.



*Anthony Ganim, PT, MBS*  
*Board-Certified Orthopaedic Clinical Specialist*



### *Knowledge Pathway: Prevention*

## **Seven Days in Heroin: An Interprofessional Approach to Addressing Addiction and the Opioid Epidemic**

### **Description:**

Institutions must prepare work-force ready graduates and equip clinicians to provide patient/ population-centered care. Speakers will highlight the current epidemic of opioid abuse and its impact on healthcare settings, families, and neighborhoods. Attendees will examine the role of social, environmental, and economic support systems in preventing addiction and recidivism and improving quality of life. We will have an introduction to the opioid epidemic, followed by insights on an interdisciplinary education entitled 'The Greater Cincinnati Quality of Life Forum.' Presenters will describe a patient case surrounding addiction in a collegiate athlete, using the ICF model. Through thoughtful discussion, attendees will be prompted to consider the physical, psychosocial, mental and emotional impact that addiction has on a patient and their family. Consideration for collaboration and roles in the interprofessional team to optimize the movement and function for all.

### **Learning Objectives:** The learner will:

- Identify a unique strategy for addressing complex societal issues through the use of an interprofessional education activity.
- Raise awareness of health care concerns and conditions that are relevant to the opioid epidemic, including the current state of opioid use, misuse and abuse.
- Empower health providers and students to mitigate provision of care to those experiencing substance abuse.
- Apply Interprofessional Education Collaborative Core Competencies to a case study surrounding opioid addiction relevant to the design of interprofessional education activities.

## About the Content Leaders:

*Erin Hofmeyer, PT, DPT  
Board-Certified Geriatric Clinical Specialist*

Dr. Hofmeyer is an instructor and Assistant Director of Clinical Education in the Physical Therapy Program at Mount St. Joseph University. She practices, and has interest in, the geriatric population within the Skilled Nursing Setting as a board-certified clinical specialist in geriatric physical therapy. Since 2015, she has served as a member of the Ohio OTPTAT Board and presently is the PT Section Chair. Her teaching roles focus on Professional Socialization, Administration, Health Policy and Geriatrics.



*Jamie Bayliss, PT, MPT, DHSc*

Ms. Bayliss serves as the Director of Clinical Education and is an assistant professor in the physical therapy program at Mount St. Joseph University. She is a graduate of the APTA's ELI Fellowship. Her teaching responsibilities include professional issues, special topics, and temporomandibular content. She is a member of the National Consortium of Clinical Educators and currently serves as secretary.

## *Knowledge Pathway: Wildcard*

### **Building Blocks: Athlete Nutritional Needs and Supplements for Rehab**

#### **Description:**

Patients often work very hard in rehab to work through an injury or surgery, and rehabilitation. Optimizing nutrition during this time of specific needs for the body is important to good tissue healing and maintenance of lean mass. Patients are often tempted to take dietary supplements based on the advice of well-meaning supports and may ask the therapist for advice on such topics. This presentation will provide current evidence-based recommendations for nutrition, and supplement support for healing and rehabilitation. Resources important to consider while researching dietary supplements will also be shared.

**Learning Objectives:** The learner will:

- Outline the energy, protein, dietary fiber, and vitamin/mineral needs important to the healing process.
- Identify current dietary supplement trends, and resources to examine for evidence of purity, safety, and efficacy.
- Recognize when patients should be referred to a nutrition professional.



#### **About the Content Leader:**

*Jackie Buell, Ph.D., RDN, CSSD, ATC*

Dr. Buell is an expert in sports nutrition at The Ohio State University. As an athletic trainer/dietitian, she has worked with athletes all of her career with about 20 years of focus in sports nutrition. As a registered dietitian, she holds the advanced practice CSSD credential, and currently sees athletes of all levels from the community as part of OSU's Jameson Crane Sports Medicine Center. She teaches medical dietetics in the College of Medicine, and her current research program includes nutrition and bone density studies in athletes as well as metabolic syndrome issues in larger athletes. Dr. Buell has served as the lead author for the National Athletic Trainers Association position statement for the Evaluation of Dietary Supplements for Performance Nutrition and is currently serving on the Sports Nutrition Care Manual for the Academy of Nutrition and Dietetics with a focus on Nutrition for Rehabilitation.

