



**SOUTH DAKOTA
PHYSICAL THERAPY ASSOCIATION**

**SPRING CONFERENCE ~ DEADWOOD, SD
~ March 23-24, 2019 ~**

Lodge at Deadwood
10 Pine Crest Lane
Deadwood, SD

***MODERN MANAGEMENT OF THE OLDER ADULT – Live
seminar***

Institute of Clinical Excellence

Christina Prevett, PT, MScPT, CSCS, PhD (c)

Dr. Dustin Jones, PT, DPT

***CANCER REHABILITATION: TREATING THE
CARDIOPULMONARY AND MUSCULOSKELETAL
DYSFUNCTION FROM CANCER SURGERY, CHEMOTHERAPY
AND RADIATION***

Waltke Cancer Rehabilitation Academy

Leslie J. Waltke, PT, DPT

Questions about this Conference weekend? Call SDPTA Office at 605-339-4839

www.sdapta.org

Unable to attend?

Please pass this information along to contacts including PT, PTA, OT, OTA, & students.



SDPTA SCHEDULE OF EVENTS

Saturday March 23, 2019

7:30-8:00 am *Registration at Lodge – Conference Main Entrance*

Breakfast on your own

8-5:00 pm *Modern Management of the Older Adult Course*

8-5:00 pm *Cancer Rehabilitation Course*

12 pm *Lunch – provided at the Lodge*

12-2 pm *Business Meeting*

Sunday March 24, 2019

7:30-8 am *Course Check In at Lodge- Conference Main Entrance*

Breakfast on your own

8-5:00 pm *Modern Management of the Older Adult Course*

8-2:00pm *Cancer Rehabilitation Course*

12-1 pm *Lunch - provided at the Lodge*

ROOM RESERVATIONS

A block of rooms is reserved at the **Lodge at Deadwood** for **\$111/night. 605-920-8712 or 877-393-5634**. Please request the “SD Physical Therapy Association” grouping. *The room block with this **special rate expires 2/22/19**, call early for reservations!*

www.deadwoodlodge.com

SDPTA Cancellation Policy:

Registration fee, less \$35 administrative charge, is refundable if written cancellation is received two weeks prior to program date. No refunds will be made within two weeks of the program date; however those funds may be transferred to a future SDPTA course.

REGISTRATION DEADLINE: March 9, 2019

**REGISTRATION BY FEBRUARY 16TH QUALIFIES YOU FOR ENTRY INTO \$50
DRAWING FOR SDPTA COURSE CREDIT!**

MODERN MANAGEMENT OF THE OLDER ADULT

Christina Prevett, PT, MScPT, CSCS, PhD (c)

Dr. Dustin Jones, PT, DPT

COURSE DESCRIPTION:

Designed for rehabilitation professionals who want to elevate their clinic skill set in the management of older adults. The size of this population is growing rapidly, unfortunately the desire to manage them with cutting edge evidence guided treatment has lagged well behind. Too often we see our older adults getting under treated, both with exercise and manual therapy, apparently as a consequence of both fear and ignorance. This course is designed to take a deep dive into exploring myths and misconceptions of aging while laying out a clear current best evidence pathway to enable our older adults to not only survive but to thrive. A special emphasis is placed on progressive functional fitness in this population to stave off functional decline.

FORMAT:

Day 1:

- 8:00-8:30: Myths & Misconceptions of Aging
- 8:30-9:30: The Impact of Ageism
- 9:30-10:30: Lab: The Process
- 10:30-12:00: Reserve & Geriatric Syndromes
- 12:00-2:00: LUNCH & BUSINESS MEETING
- 2:00-3:00 Exercise Rx 1: Exercise as a Drug
- 3:00-3:30: Lab: Squat
- 3:30-4:30: Exercise Rx 2: Older Adults as Masters Athletes
- 4:30-5:00: Lab: Deadlift

Day 2:

- 8:00-8:30: Day 1 Review
- 8:30-9:30: Psychosocial Considerations
- 9:30-10:30: Lab: Carries, Presses, & Pulls
- 10:30-11:30: Falls Prevention
- 11:30-12:00: Lab: Balance Interventions
- 12:00-1:00: LUNCH
- 1:00-2:00: The Rise of the Masters Athlete
- 2:00-3:00: Lab: Floor Transfers & Get Up's
- 3:00-4:00: Becoming Providers of Choice
- 4:00-5:00: Wrap-Up: Review & Demonstration

INSTRUCTORS BIOS:

CHRISTINA PREVETT, PT, MScPT, CSCS, PhD (c)

Christina finished her Bachelor of Science in Neuroscience from the University of Toronto in 2007 and graduated with her Masters of Physiotherapy from McMaster University in 2013. She is a firm believer in the strength of exercise for rehabilitation, especially with older adults. She began her PhD in 2015 in the Faculty of Health Sciences at McMaster University. Her doctoral research looks at the utilization of strength training principles for healthy aging and prevention of disability. She runs and operates STAVEOFF Physiotherapy and Exercise Facility in Kingston, Ontario in Canada with her husband, Nick.

DR. DUSTIN JONES, PT, DPT

Dustin is a Home Health Physical Therapist with a background in sports and orthopedics. He received his Doctorate of Physical Therapy in 2011 from the University of Kentucky and went on to become a Certified Strength and Conditioning Specialist (CSCS) and Russian Kettlebell Instructor (RKC-1). He blends what he has learned working with athletic populations to help older patients improve their function. The creator of The Senior Rehab Project, Dustin has been a key voice in shifting attention towards elevating the quality of care, and more specifically in many cases, the intensity of care that we deliver to aging adults.

CANCER REHABILITATION: TREATING THE CARDIOPULMONARY AND MUSCULOSKELETAL DYSFUNCTION FROM CANCER SURGERY, CHEMOTHERAPY AND RADIATION

Waltke Cancer Rehabilitation Academy

Leslie J. Waltke, PT, DPT

COURSE DESCRIPTION:

It is expected that up to 90% of people undergoing treatment for cancer may develop significant musculoskeletal, cardiopulmonary and functional impairments. Most of these problems including pain, fatigue, weakness can be reduced, eliminated or prevented with rehabilitation. Cancer rehabilitation has been shown to contribute to better outcomes in oncology including improved quality of life, patient longevity, and decreased risk of cancer recurrence. Rehabilitation for patients with cancer is evidence-based, reimbursable care that may also shorten inpatient stays, decrease fall risk, and decrease hospital re-admissions and ED visits. Historically, the typical rehabilitation therapist has not received much and/or recent education and training regarding cancer rehabilitation, and has not consistently treated patients with cancer. This introductory course will teach therapists not only basic cancer pathophysiology, but also cancer rehabilitation techniques required to effectively recognize, evaluate, predict and treat the physical dysfunctions associated with cancer treatment modalities including surgery, radiation, and chemotherapy. Participants who complete this course will be better equipped to recognize typical clinical presentations and evaluate and treat patients with cancer.

COURSE OBJECTIVES:

By course end, participants will:

- *List the definition of basic cancer pathophysiology
- *Describe 3 cancer treatments and their mechanisms of action
- *Describe 3 musculoskeletal, cardiopulmonary and other functional deficits associated with cancer medical management
- *Describe 3 exercises in a basic rehabilitation program to combat fatigue during chemotherapy and radiation
- *List the 3 major components of lymphedema risk reduction

FORMAT AND METHOD OF INSTRUCTION:

This is a classroom style course in which participants will learn through lecture, video, group discussion and lab demonstration.

INSTRUCTOR BIO:

Leslie J. Waltke, PT, DPT is a physical therapist with a clinical mastery in cancer rehabilitation and Founder of the Waltke Cancer Rehabilitation Academy. Since earning her degree in Physical Therapy from the University of Wisconsin in 1988, Dr. Waltke has dedicated most of her career solely to treating the cardiopulmonary, musculoskeletal, integumentary and functional needs of persons during and after treatment for cancer. She is respected nationally and internationally as an oncology physical therapist, cancer rehabilitation key opinion leader, author, educator and consultant.

Since 2005 Dr. Waltke has been the Cancer Rehabilitation Coordinator for Aurora Health Care, one of the United States' largest cancer programs and proud holder of the rare Commission on Cancer "Outstanding Achievement Award." Her role, in addition to treating patients with cancer, includes cancer rehabilitation program development, education and training, and best practice and clinical standards development. Cancer rehabilitation programs are now available at each of Aurora Health Care's 14 hospitals and at 27 outpatient Aurora Rehabilitation Centers throughout Wisconsin. The Commission on Cancer and the National Accreditation Program for Breast Centers have consistently described her cancer rehabilitation programs as "excellent" "amazing" and "outstanding."

A gifted and impassioned speaker, Dr. Waltke teaches and lectures throughout the world to rehab professionals, universities, medical and oncology providers, cancer organizations as well as cancer patients and survivors. She recently spoke at the 2014 China Cancer Congress and the 2015 and 2017 World Cancer Congresses.

Dr. Waltke is a former Board Member of the Oncology Section of the American Physical Therapy Association, an APTA Credentialed Clinical Instructor, on the Specialization Academy of Content Experts and a founding and current board member of ABCD, Inc. Recent honors include the "2014 Article of the Year Award" from the *Journal of Patient-Centered Research and*

Reviews, the 2015 Academic Excellence and Leadership Award from Rosalind Franklin University of Medicine and Science, and the 2015 Physical Medicine and Rehabilitation Education Recognition scholarship.

SDPTA SPRING CONFERENCE REGISTRATION March 23-24, 2019

Register online at www.sdapta.org

or

Mail registration form and checks payable to:
SDPTA, PO Box 91146, Sioux Falls, SD 57109-91146

Please fill out form completely!

Name: _____

PT _____ PTA _____ Student _____ OT _____ OTA _____ Other _____

Address: _____

City: _____

State /

Zip: _____

Phone: _____

APTA Membership #: _____

EMAIL: _____

MODERN MANAGEMENT OF THE OLDER ADULT

_____ \$475 APTA Member

_____ \$575 Non-Member

_____ \$125 Student

CANCER REHABILITATION

_____ \$475 APTA Member

_____ \$575 Non-Member

_____ \$125 Student

TOTAL _____

***Participants will receive an email with secure access to handouts prior to the course. Please contact admin@sdapta.org if this was not received. Free WiFi is available at The Lodge.