



2020 COMBINED CONFERENCE

Outside of the Box



September 25-26
VIRTUAL

Pre-Registration Brochure



Table of Contents

Agenda	3
Session Descriptions & Speaker Information	4-11
Registration Information	12
FAQ's	12

Agenda

All times Eastern


Friday, September 25, 2020

5-7 PM Virtual Research Forum - You will have an opportunity to visit only the presentations that interest you and chat with the researchers.

7-9 PM Virtual Expo - Schedule appointments to discuss your resume, career, and opportunities with rehabilitation facilities; learn about new technology and equipment helping the physical therapy profession deliver evidence-based care to patients.

Saturday, September 26, 2020

Schedule subject to change

7:00AM-8:00AM	<i>PTA SIG Meeting</i>	<i>Pediatric SIG Meeting</i>	<i>Orthopaedic SIG Meeting</i>	<i>Student SIG Meeting</i>	<i>New Professionals SIG Meeting</i>
8:00AM-9:30AM	<i>STUDENT TRACK Concussion: Clinical Presentation and Rehab Management</i>	<i>What Every PT Needs to Know About Chronic Pain, Trauma, the Role of the SNS and How to More Successfully Treat All Chronic Pain Patients</i>	<i>Oncology Rehabilitation: A Road Map for Outpatient Physical Therapists</i>	<i>PTA Transitions: Moving from Student to Clinician to Clinical Leader</i>	
9:45AM-11:15AM	<i>STUDENT TRACK Resume & Interview Panel</i>				
11:45AM-1:45PM	<i>APTA KY Awards & Business Meeting</i>		<i>APTA IN Awards & Business Meeting</i>		
2:00PM-3:30PM	<i>The Missing Link: SCOLIOSIS</i>	<i>Removing the Kid Gloves in Neurologic Physical Therapy</i>	<i>STUDENT TRACK Engaging the Stigma: Mental Health in Physical Therapy Practice</i>	<i>Falling with Style: Preventing Injuries Across the Lifespan with Safe Fall Landing Strategies</i>	
3:45PM-5:15PM	<i>BAD: Addressing Burnout, Anxiety, and Depression Among Physical Therapy Professionals (Panel Discussion)</i>	<i>Developmental and Therapeutic Importance of Play</i>	<i>STUDENT TRACK Residency Panel</i>		

Session Descriptions

BAD: Addressing Burnout, Anxiety, and Depression Among Physical Therapy Professionals (Panel Discussion)

Being a physical therapist (PT) or physical therapist assistant (PTA) can be fulfilling, but it also can be demanding and challenging—so demanding and challenging that those feelings of fulfillment seem out of reach at times. The result: burnout, a condition being experienced by an increasing number of PTs and PTAs, sometimes before they even know it's happening to them. In this session you'll learn about some of the major contributors to PT and PTA burnout, including some employers' unreasonable productivity demands and the cloud of student debt that puts additional pressures on many in the profession. But there are other, less-obvious factors that can lead to burnout, too, including a lack of mentorship, feelings of being undervalued, and the letdown that inevitably results when unrealistic career expectations as a student aren't met upon joining the workforce.

Panelists from a spectrum of practice settings will discuss "Beating Burnout" and offer strategies for making positive changes to defeat burnout and achieving work/life balance.

Developmental and Therapeutic Importance of Play - presented by Suzanne "Tink" Martin, PT, PhD

This 1.5 hour course will present the types of play and why it is so important in child development; how play has been assessed, and how pretend play differs from other types of play. The relationship between play and language will be explored. Evidence of pretend play's impact on cognitive/social development and its symbolic function will be presented. Differences in pretend play in children with motor disabilities will illustrate why play development should be a therapeutic goal for children with specific motor disabilities. A play hierarchy and keys to play intervention will complete the presentation.

Suzanne "Tink" Martin, PT, PhD

Dr. Martin has practiced as a pediatric physical therapist in acute care, early intervention, and in an outpatient setting. She taught human development, pediatrics, and neurorehabilitation for over 35 years in a physical therapy and physical therapist assistant program. Dr. Martin is the coauthor of two entry-level textbooks: Functional Movement Development Across the Lifespan, 3 editions and Neurologic Interventions in Physical Therapy, 4th edition in press. The latter has been translated into Korean, Polish, and Greek. Dr. Martin has been an APTA member for 51 years, serving as delegate and chief delegate for APTA Indiana. She has served as Chair of the APTA Academy of Pediatric Physical Therapy and is a Fellow of the Academy of Cerebral Palsy and Developmental Medicine. Dr. Martin has been honored with the following awards: Bud DeHaven (Section on Pediatrics, APTA); Fran Ekstam (APTA Indiana); Lucy Blair (APTA).

Falling with Style: Preventing Injuries Across the Lifespan with Safe Fall Landing Strategies - presented by Steven Kinney, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy; John Kiesel, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy; Lydia Miller, PTA

Injuries from falls are common and potentially disabling, affecting a wide range of patients. While falls are considered most in the geriatric population, the consequences of falls can impact younger individuals as well. Despite the effectiveness of interventions to prevent and protect against falls, injuries from falls still occur. Incorporation of safe fall landing strategies can address this issue. Safe fall landing strategies are interventions attempting to improve the biomechanics of a fall, thus reducing the risk of injury. This intervention has major implications for injury prevention and improving wellness across the lifespan. In this session, evidence regarding safe fall landing strategies will be reviewed. Safe fall landing strategy interventions will be demonstrated. A Virtual Lab will follow where the audience can practice safe fall landing strategy interventions. If safe to do so, participants have the option of bringing a family member to practice the hands-on techniques. Participants will also be able to participate in the lab if they do not have a partner. Afterwards, the audience will work through case studies utilizing safe fall landing strategies (continued next page).



Session Descriptions

Steven Kinney, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Steve has practiced in outpatient, subacute rehab, inpatient rehab, and acute care hospital settings with diverse patient populations. He currently is working at Indiana University Health in Bloomington, IN. He has been involved in the continuing education and training of physical therapists and other healthcare professionals. He has volunteered as a physical therapist locally and abroad. Steve has also trained for years in Kali, a Filipino martial art that employs various fall techniques. He now regularly uses safe fall landing strategies in his clinical practice.



John Kiesel, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

John works as an assistant professor at Indiana State University in the Doctor of Physical Therapy program. He maintains a clinical practice as a physical therapist in an outpatient orthopedic setting treating a mix of chronic pain and athletes with a focus on spine care. His research focus is on active interventions and education to better treat people in pain. He has a particular passion for translating the current evidence on our understanding of pain and helping others use this to optimize how they move and live.



Lydia Miller, PTA

Lydia graduated with an Associate's degree in Physical Therapy Assisting from Ivy Tech Community College in 2017. Lydia works as a Physical Therapy Assistant in aquatic therapy and physical therapy at IU Health Rehab. Other areas of clinical interest include Rocky Steady Boxing coaching, orthopedics, soft tissue mobilizations. Lydia is also a certified personal trainer. She is certified to teach the YMCA's Healthy Life Styles, Group Fitness, and Strength Training classes. She is also certified to teach Healthways Silver Sneakers Classic, Silver Yoga, Silver Splash, and Silver Cardio classes.



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...And receive **FREE** registration to this conference.



Session Descriptions

The Missing Link: SCOLIOSIS - presented by Karen Wyss, PT, DPT

This course will give an introduction to scoliosis as a 3D problem. The objectives include identifying the difference between structural vs non-structural scoliosis, the Adolescent Idiopathic Scoliosis, the medical definition, and the researched based scientific theory regarding the curve directions. We will discuss the differentiation from other scoliosis, the variety of curve patterns, as well as the outside influences on the progression of the scoliosis. We will cover early presentation, the importance of the early detection, the criteria to refer back for an X-ray or when to suggest bracing. We will discuss what causes there are to the rotational factor as well as the muscle imbalance discussing the weakness on both the convex and concave sides. We will review the Adams tests and its interpretation as well as the Cobb angle and its importance when looking at prediction of progression.

Karen Wyss PT, DPT

Dr. Karen Wyss graduated in 1985 in the Netherlands and worked in Switzerland where she was introduced to manual therapy. In 1988 Karen came to the United States and continued her focus on Manual Therapy. After two years of MT training via the Ola Grimsby institute, she continued to obtain her DPT in 2007 from University of St. Augustine, and her Cranio-Facial Certification with Dr. Rocabado in 2008. Presently Dr. Wyss is about to complete a Fellowship program in a continued effort to stay up to date with the ever-growing evidence regarding evaluation and choice of treatment. Dr. Wyss has lectured for years focused on Cervical and Upper Extremity relationship, Thoracic spine, Lumbar spine, and related Manual Therapy focused courses.

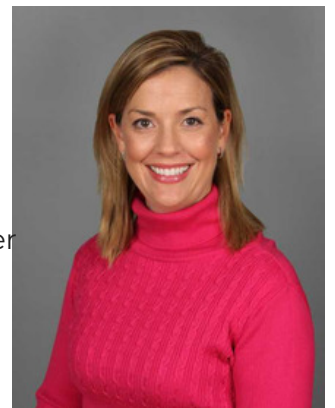


Oncology Rehabilitation: A Road Map for Outpatient Physical Therapists - presented by Paula Stout, PT, DPT, Board-Certified Clinical Specialist in Oncologic Physical Therapy, Certified Lymphedema Therapist

Physical Therapists will most likely encounter patients with a history of cancer, who have undergone various treatments (surgery, radiation, systemic therapies), or are currently undergoing treatment. Physical Therapists should be familiar with the acute and late side effects unique to this population. This session will present an overview of the epidemiology and physiological process of cancer and the medical treatment of cancer as it relates to rehabilitation practice. In addition, an overview of the most common cancers and the role of rehabilitation will be provided. A summary of the most recent exercise guidelines for cancer patients will be discussed. An evidence-based approach for physical therapy treatment of the side effects of cancer treatment will be presented.

Paula K. Stout, PT, DPT, Board-Certified Clinical Specialist in Oncologic Physical Therapy, Certified Lymphedema Therapist

Dr Stout is a Physical Therapist and Certified Lymphedema Therapist at Franciscan Point Rehabilitation in Crown Point, Indiana. She received her Bachelor of Health Science in Physical Therapy from the University of Missouri in Columbia, and her Doctorate in Physical Therapy from A.T. Still University in Mesa, Arizona. She is a Board Certified Specialist in Oncologic Physical Therapy, the first in Indiana. Dr. Stout has over 21 years of experience in the treatment of cancer patients, and has developed cancer rehabilitation programs in both Missouri and Indiana. She has presented educational topics related to Oncology Rehabilitation on a local and multi-state level to physicians, rehab specialists, ancillary staff, and medical students. Dr. Stout also serves on the Specialization Academy of Content Experts (SACE) for the Oncologic Specialty Council and is an Item Writer for the American Board of Physical Therapy Specialties (oncology)



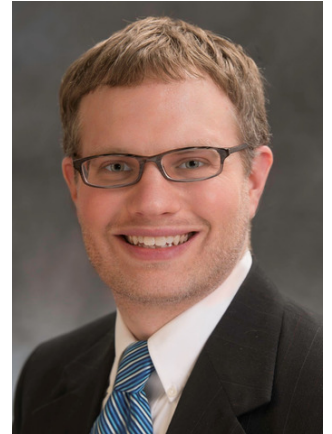
Session Descriptions

PTA Transitions: Moving from Student to Clinician to Clinical Leader - presented by Frank Bates, PT, DPT, MBA, Board-Certified Clinical Specialist in Geriatric Physical Therapy; Donna Peterson, PTA, MEd

This course, geared toward physical therapist assistants and student PTAs, provides an indepth exploration into effective practices for PTAs to serve as educators and leaders in multiple realms, including patients/clients, families/caregivers, peers, other healthcare providers, and students. Topics discussed include facilitating communication (verbal, nonverbal, and written), cultural sensitivity, health literacy, person-centered care, shared decisionmaking, effective teaching/learning strategies, motivational interviewing and coaching techniques, and leadership development. Concepts will be applied within the spheres of healthcare and student education.

Frank Bates, PT, DPT, MBA, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Dr. Bates is an adjunct professor at the University of Indianapolis and prior program director of the PTA program in the Krannert School of Physical Therapy. He is a board-certified geriatric clinical specialist (GCS) and practices at IU Health in Indianapolis treating outpatients, where he utilizes coaching and motivational techniques to empower his patients. He is a graduate of the APTA Education Leadership Institute and has received the APTA's 2019 F.A. Davis Award for Outstanding PTA Educator. He has presented on multiple topics including teaching and learning, health and wellness, and leadership. He is active in the APTA at national and state levels, currently serving as recording secretary with APTA Indiana. He also serves as a commissioner on CAPTE and on the Exam Development Committee with FSBPT.



Donna Peterson, PTA, MEd

Donna is an assistant professor in the Krannert School of Physical Therapy at the University of Indianapolis. She is the Assistant Director of Clinical Education with the PTA program. She is an educator and physical therapist assistant specializing in neurological rehabilitation and clinical education. Donna received her AS from Vincennes University, BSHS from Indiana University Purdue University Indianapolis, and MEd from Purdue University. Donna is active in APTA at a local level and serves as a CAPTE Site Reviewer. Donna received the Schneider PTA Recognition Award from APTA Indiana in 2017.



Session Descriptions

Removing the Kid Gloves in Neurologic Physical Therapy - presented by Chris Henderson, PT, DPT, PhD, Board-Certified Clinical Specialist in Neurologic Physical Therapy; Molly Holthus, PT, DPT; Jennifer Lotter, PT, DPT; Abby Plawecki, PT, MPT

The goal of this talk is to detail the accumulating evidence regarding the feasibility and efficacy of locomotor training of skilled walking tasks at higher cardiovascular intensities. Previous and recent studies have challenged the efficacy of traditional rehabilitation strategies to improve locomotor function following stroke, spinal cord injury or traumatic brain injury. More directly, interventions that focus on ameliorating impairments underlying walking dysfunction, focus on stepwise progression of practiced tasks to incrementally increase the difficulty, and attempt to normalize movement performance consistently demonstrated limited gains in walking recovery. Conversely, strategies that emphasize task-specific practice of skilled locomotor tasks, specifically at higher cardiovascular demands, has been shown to be safe and able to improve multiple aspects of locomotor performance including gait quality and neuromuscular coordination. In this talk, emphasis will be placed on recent randomized trials and current strategies directed towards implementation of such training into clinical rehabilitation of these patients.

Molly Holthus, PT, DPT

Dr. Holthus is a physical therapist at the Rehabilitation Hospital of Indiana specializing in the rehabilitation of individuals following stroke and brain injury. She also works as a research physical therapist within Indiana University's Locomotor Recovery Lab where she is involved in numerous studies focused on high intensity gait training and its effects on individuals with stroke, spinal cord injury, or traumatic brain injury.



Jennifer Lotter, PT, DPT

Dr. Lotter is a physical therapist at the Rehabilitation Hospital of Indiana specializing in the rehabilitation of individuals following stroke and brain injury. She also works as a research physical therapist with the Locomotor Recovery Lab associated with Indiana University. She recently delivered a platform presentation at the 2020 Combined Section meeting on the topic of high intensity gait training in the SCI population.



Abbey Plawecki, PT, MPT

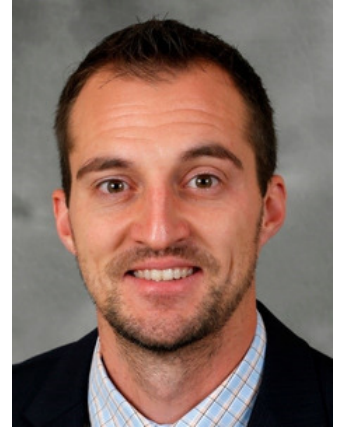
Abbey is senior physical therapist at the Rehabilitation Hospital of Indiana specializing in the rehabilitation of individuals following stroke and brain injury. She also works as a research physical therapist within Indiana University's Locomotor Recovery Lab. She recently presented at the 2020 Combined Sections Meeting on the topic of changes in daily stepping activity following participation in high intensity gait training.



Session Descriptions

Chris Henderson, PT, DPT, PhD, Board-Certified Clinical Specialist in Neurologic Physical Therapy

Dr. Henderson is an assistant Research Faculty within the School of Medicine at Indiana University and physical therapist at the Rehabilitation Hospital of Indiana. Dr. Henderson holds a PhD in Movement Sciences, with previous experience in mechanical engineering. Dr. Henderson's work is focused on optimizing the rehabilitation of individuals following acute onset neurologic injuries and translating evidence-based interventions into routine neurologic physical therapy practice. Dr. Henderson has co-authored publications on the topic of stroke rehabilitation and presented on the topic at both regional and national conferences. Most recently, Dr. Henderson presented at the 2020 Combined Sections Meeting and was awarded Best Platform Presentation by the Stroke Special Interest Group.



What Every PT Needs to Know About Chronic Pain, Trauma, the Role of the SNS and How to More Successfully Treat All Chronic Pain Patients - presented by Mary Beth Genday, PT, MHSPT

This course will review of research regarding statistical significance of trauma and chronic pain and why this information impacts every PT who is treating any type of chronic pain. The evidence will support why as PTs we need to better understand how the autonomic nervous system is affected with trauma and chronic pain and why helping people heal is more than just explaining this relationship. Physical therapists are in a unique position to use specific manual skills and exercise to affect the diaphragm and full abdominal cavity and this can provide a direct impact on the chronic pain population. Also discussed will be measures of autonomic health, as these can be used as outcomes and goals, and how the research supports these for the crossover of chronic pain and pain. Finally, trends toward trauma and chronic pain for populations that are under-served and under-represented to include Spanish speaking population, LBGTQ, lower socioeconomic and pediatric populations.

Mary Beth Genday, PT, MHSPT

Mary Beth Genday has been a practicing PT for 32 years. After getting a BS in Nutrition Science from Penn State, she went on to get another BS in Physical Therapy from University of Texas Southwestern Medical Center. Her PT journey has included 6 states and Canada and her patient populations include ortho, neuro, pediatrics, amputees, acute care, school system, burn, long term care, and pelvic health. Though she never specialized, she did find patterns in her patient populations: the co-existence of fear and elevated SNS and pain/dysfunction. Studying research helped Mary Beth find evidence for the correlation of trauma, PTSD, anxiety and chronic pain. Thanks to some of the great PTs who do work with the diaphragm, she began to incorporate the "script" and the techniques described in her course description with much success. She has addressed the role of the PT for victims of trauma at Indiana Coalition to End Sexual Assault (ICESA) in April 2020. She also speaks to physician groups on pediatric aspects of care and provides in-services for local schools on techniques they can use to improve the autonomic nervous system in children.



Student Track

Residency Panel - St. Vincent and UE Neurologic Residency; Progressive Health of Indiana and UE Acute Care Residency; University of Indianapolis and Body One PT Orthopaedic Residency; Parkview Health Sports Residency; Rehabilitation and Performance Institute, PSC, and UE Orthopaedic Residency; Evidence in Motion Sports

Resume/Interview Panel - panelists: Christina Minniz (Select/KORT), Ryan McDivitt (Athletico), additional panelists may be identified.

Engaging the Stigma: Mental Health in Physical Therapy Practice - presented by Germaine Herman, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy; Sara Zehr, PT, DPT, MPH, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

“Engaging the Stigma” is a course designed to engage the practicing physical therapist. Through heavy reliance on evidence this course sheds light on common mental health concerns that many clients carry with them into the physical therapy setting. During the course, physical therapists are exposed to a variety of screening tools, cultural considerations, and rehabilitation treatment approaches that are mental health diagnosis specific and reflect current literature. The use of interactive case studies help clinicians apply principles and contemplate concepts such as adjusting the physical therapy prognosis and plan of care based on mental health concerns.

Germaine Herman, PT, DPT, Board Certified Clinical Specialist in Orthopaedic Physical Therapy

Dr. Herman studied physical therapy at the University of Texas Health Science Center at San Antonio, TX. She then obtained orthopaedic residency training through Harris Health System in Houston with board certification shortly following. Dr. Herman practiced clinically in the outpatient setting with a predominantly refugee population while teaching and presenting to a variety of clinicians at the resident and experienced practitioner level. She currently works in the safety net hospital system in Indianapolis, IN as an emergency department therapist. As a native Spanish speaker, Germaine is passionate about providing culturally competent and holistic care as well as educating others in this realm.



Sara Zehr, PT, DPT, MPH, Board Certified Clinical Specialist in Orthopaedic Physical Therapy

Dr. Zehr graduated from the Krannert School of Physical Therapy in 2010 and began her clinical career working in an outpatient orthopaedic setting in Houston, TX. She worked at the county hospital in orthopaedics, obtained her board certification in orthopaedics, and began teaching physical therapy residents in the subjects of exercise prescription and holistic care. Sara is a proponent for teaching and practicing in a manner that incorporates the biopsychosocial approach into local “global health”. She presented in an educational session at the APTA’s combined sections meeting in 2018 advocating for the advancement of global health training within our profession. Dr Zehr currently practices in Indianapolis at the safety net hospital’s emergency department where she continues to participate in clinical education of physical therapy students as well as medical residents.



Student Track

Concussion: Clinical Presentation and Rehab Management - presented by Priya Gangwani, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy

This course will cover the pathophysiology, assessment and rehabilitation strategies for concussion and mild TBI based on the latest research available. Focus will be on the latest assessments/outcome measures and treatment strategies for management of symptoms. There will be an emphasis on an interdisciplinary team approach and explanation of the role of each discipline in concussion management. This will also include patient education and accommodations for return to school/work or play. Will apply to pediatrics and adult patient population. All disciplines (PT, OT and SLP) are welcome.

Priya Gangwani PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy

Dr. Gangwani has been board certified in Neurology since 2012. She has worked in the field of neurorehabilitation for the past 17 years. She started her work as a PTed in an inpatient stroke rehab unit from 2005-2009 and received her NDT certification for stroke rehabilitation in 2008. She then transitioned into the outpatient rehab world where she started working with the vestibular population. She is also a PT consultant at the vestibular clinic at IU and helps with interpreting VNG and assessing patients for vestibular rehabilitation. She serves as a PT consultant at the Traumatic Brain Injury clinic at Riley Children's Hospital for the mild traumatic brain injury population. She helped develop outcome bundles and treatment protocols for concussion management at the IU Neurorehabilitation and Robotics. Her passion for concussion management led her to receive her certification as a brain injury specialist through the Brain Injury Association of America (BIAA) in 2018. Apart from these diagnoses she has worked with a varied range of patients with neurological conditions including multiple sclerosis, parkinson's disease, spinal cord injury, neuropathies. She also has experience in robotic therapy and uses it as an adjunct to conventional PT.

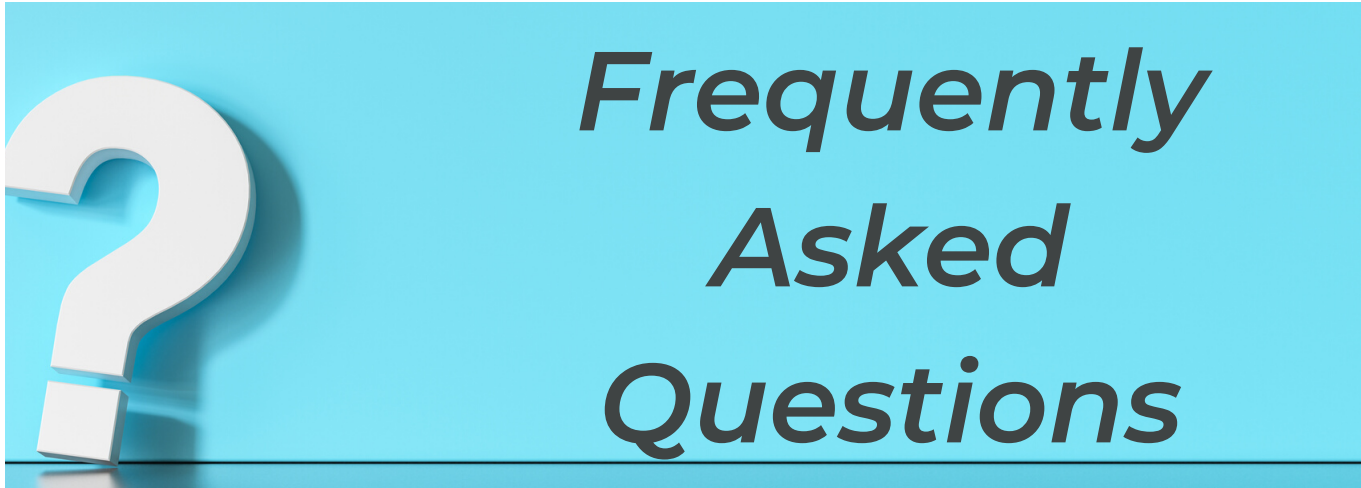


Once registered you'll receive instructions and links on joining the conference. You'll also have the opportunity to schedule appointments to meet with exhibitors and attend virtual coffee breaks.



Registration

This event is FREE for APTA Indiana members. Non-members may register for \$25 (\$20 after August 14). Click [HERE](#) to register.



How will I connect to the event?

Once you register, detailed instructions will be sent to you explaining the connection process.

I can't attend in-person. Will recordings be available after the event?

Yes, all sessions will be available free to members for 60-days following the event.

I'd like to organize a watch party for my clinic, is this permissible?

Absolutely! We encourage you to make this event as fun and interactive as possible. In light of COVID-19, please adhere to all CDC and state safety guidelines when planning your watch party.

I'm interested in career opportunities. How can I participate in the Virtual Expo to learn more about facilities that are hiring?

Once you register we'll give you opportunities to schedule an appointment to meet with an exhibitor.

I don't think I can sit in front of my computer for the whole conference. What options are available to me?

Screen fatigue is definitely an issue for virtual conference participants. We'll take plenty of breaks, but since the sessions will be recorded, you can participate live when possible and view the recordings later at your leisure.

How will I get my CEUs?

Attendees will complete a brief post-test for each session they participated in. Upon successful completion, your certificate will be issued to you.

I have more questions not answered here. Who should I contact?

Please contact us at info@inapta.org with additional questions.

