

# Celebrating 100 Years & Launching PT into the Next Century



## APTA Kansas 2021 Fall Conference

**LIVE in Wichita Kansas**

Friday, October 15th – Saturday, October 16th

Friday, October 15th		Location
8:00am	<b>Registration/Check-in</b>	
8:30–11:30am	<p><b>Department of Defense Amputation/Polytrauma Care Programs Clinical Updates and Best Practices: Rehabilitation, Medical/Surgical Management, and Research</b></p> <p>Leigh Anne Lechanski, PT, DPT, Lisa Prasso, PT, DPT, Domonique Gamble, PT, DPT, Paul Pasquina, MD</p>	Grand Ballroom
8:30–10:00am	<p><b>Strengthening Our Exercise Prescriptions</b></p> <p>BJ Lehecka DPT, PhD <i>Review muscular deficits for common pathologies; review lit for exercise selection and dosage to address deficits</i></p>	Oak/Pecan Room
10:00–10:15am	<b>Break/Exhibits</b>	
10:15–11:45am	<p><b>Telehealth - Strategies and Tools for Completing Virtual Evaluations and Treatments</b></p> <p>Todd Norwood PT, DPT, OCS, SCS</p>	Oak/Pecan Room
11:45am–12:30pm	<b>Exhibits/Lunch</b>	
12:30–5:00pm	<p><b>Osteosarcopenia and Aging, Something Old, Something New and What to Do</b></p> <p>Timothy L. Kauffman PT, PhD, FAPTA, FGSA <i>Review pathologies leading to disability/death in aging</i></p>	Grand Ballroom
5:30–6:30pm	<b>Dinner on Your Own</b>	
6:30–10:00pm	<b>Centennial Celebration</b>	Grand Ballroom
6:30–6:45pm	Timothy L. Kauffman PT, PhD, FAPTA, FGSA	Grand Ballroom
6:45–7:45pm	<p><b>Insights and Stories of Residual Limb Management in India and Underserved Areas</b></p> <p>Camille Snyder, PT, DPT, Troy Simpson</p>	Grand Ballroom

7:45–8:15pm	<b>Centennial Scholar Update</b> Sierra Glaser	Grand Ballroom
8:15–8:45pm	<b>Membership Anniversary Pins and PAC</b>	Grand Ballroom
8:45–10:00pm	<b>Cash Bar and Social Hour</b>	Grand Ballroom
<b>Saturday, October 16th</b>		<b>Location</b>
8:00am	<b>Registration/Check-in</b>	
8:30–10:00am	<b>Blood Flow Restriction</b> Brett Nowotny PT, DPT, EP-C	Grand Ballroom
10:00–10:15am	<b>Break/Exhibits</b>	
10:15–11:45am	<b>Blood Flow Restriction</b> Brett Nowotny PT, DPT, EP-C	Grand Ballroom
11:45am–12:00pm	<b>Break/Exhibits</b>	
12:00–1:30pm	<b>Business Luncheon/HOD wrap up</b> Camille Snyder PT, DPT and AJ Thomas PT, DPT, MS, Board Certified Specialist in Sports Physical Therapy	Grand Ballroom
1:30–1:45pm	<b>Break/Exhibits</b>	
1:45–3:15pm	<b>Testing and Training Lower Extremity Rate of Force Development (RFD)</b> Brett Nowotny, PT, DPT, EP-C and Danny Larson, DPT, ATC, SCS, CSCS	Grand Ballroom
3:15–3:30pm	<b>Break/Exhibits</b>	
3:30–5:00pm	<b>Analysis and Treatment of the Injured Runner</b> Mitchell Montgomery, Nami Stone, Zach Sanchez-O'Neill (ATC) <i>Review running-related deficits and interventions to address deficits after ACLR</i>	Grand Ballroom

## Accommodations

### Holiday Inn Wichita East I-35

549 South Rock Road  
Wichita, Kansas 67207  
Main: 316-686-7131

Overnight guests enjoy special features including: Free high-speed, wireless Internet access throughout the property, 24-hour Business Center, indoor pool, and an on-site Fitness Center. Secure your reservation at the APTA KS rate of only \$104.00 per night by following the reservation link: <https://www.holidayinn.com/redirect?path=hd&brandCode=HI&localeCode=en&regionCode=1&hotelCode=ICTKS&PMID=99801505&GP-C=APT&cn=no&viewfullsite=true> or by calling 316-686-7131 and asking for the APTA Kansas group rate.

*The association's reservation block will expire on October 1st, 2021.*

## Registration

	2-day (October 15th-16th)		Friday Only (October 15th)		APTA Centennial Celebration (Friday 6:30)	Business Lunch (October 16th) HOD Wrap Up	
	Early Bird	Full Price	Early Bird	Full Price			
PT Member	\$235	\$275	\$156	\$185	For RSVPs	\$0	\$0
PTA Member	\$175	\$225	\$120	\$155		\$0	\$0
Student Member	\$40	\$65	\$30	\$40		\$0	\$0
Lifetime Member	\$60	\$80	\$45	\$60		\$0	\$0
PT Non-member	\$275	\$350	\$185	\$235		\$15	\$15
PTA Non-member	\$240	\$285	\$155	\$200		\$15	\$15
Student Non-member	\$50	\$80	\$40	\$60		\$15	\$15

## Session Information

### Department of Defense Amputation/Polytrauma Care Programs Clinical Updates and Best Practices: Rehabilitation, Medical/Surgical Management, and Research

Friday, October 15th | 8:30–11:30am | 3.0 CEU Credits

*Leigh Anne Lechanski, PT, DPT, Lisa Prasso, PT, DPT, Domonique Gamble, PT, DPT, Paul Pasquina, MD*

#### Course/Session Description:

The United States Department of Defense has robust programming for polytrauma and amputation care treatment and research. It maintains three advanced rehabilitation centers that provide comprehensive care to military members and their families with limb loss, limb difference, polytrauma, limb salvage, and/or chronic regional pain syndrome. The clinics are staffed with Physical Therapists, Occupational Therapists, Orthotists, Prosthetics, Plastic/Orthopedic/General Surgeons, Physical Medicine and Rehabilitation Physicians, Nurse Case Managers, Surgeons, Psychiatrists, and Dieticians who work as a team to facilitate world class care and restore optimal function. These programs also are home to world class clinical research labs that promote scientific progress and innovation in clinical care with advanced technology capabilities. This session will provide clinicians with clinical updates, best practices in treatment, and current research programming that are helping patients and clinicians advance the professions of medicine and rehabilitation in polytrauma and amputation care physical therapy.

#### Objectives:

- Define the Defense Health Agency's facilities' mission, scope of services, and treatment framework in polytrauma/amputation care programming.
- Describe common conditions and sequelae of clinical presentations from the Department of Defense patient population, and synthesize lessons learned.
- Review the progressive innovations in surgical, medical, and rehabilitation procedures used in limb loss, limb salvage, polytrauma and/or chronic regional pain syndrome conditions and the required rehabilitation treatment guidelines.
- Describe the latest research studies and projects/programs that influence clinical practice in amputation/poly-trauma rehabilitation care.

#### Speaker Biographies:



**Dr. Leigh Anne Lechanski, PT, DPT, OCS** graduated from Ithaca College's Physical Therapy Program in 2006. She is a board certified clinical specialist in orthopaedic physical therapy (OCS) with advanced training and experience in pelvic health rehabilitation, amputation/polytrauma care, and dry needling.

She was recently stationed at Walter Reed National Military Medical Center where she was the Officer in Charge of the Military Advanced Training Center (MATC) amputation/polytrauma rehabilitation program. Additionally, she served as the Lead Physical Therapist for the Department of Defense Osseointegration Program, an Assistant Professor at the Uniformed Services University of the Health Sciences (USUHS), and a Physical Therapy Consultant to the White House Medical Unit.

She has been an active member of the American Physical Therapy Association (APTA)

since 2001. In the APTA Federal Physical Therapy Section, she co-founded a Pelvic Health Rehabilitation- Special Interest Group (SIG), currently serves as the Army Service Representative, and has authored and presented educational sessions at multiple Combined Section Meetings on topics such as pelvic health, military readiness, and osseointegration.



**Lisa Prasso, PT, DPT** earned a Doctorate in Physical Therapy from University at Buffalo, The State University of New York in 2010. She worked as a travel Physical Therapist in Texas, Arizona, Oregon and Virginia before joining the medical staff at Walter Reed National Military Medical Center. She is currently a staff physical therapist at the Military Advance Training Center, an Assistant Professor at Uniformed Services University, an Injury Prevention Specialist for O2X, a Certified Adaptive Recreation and Sports Specialist (CARSS) and is Safe Sport Training certified. She also has her certification in Functional Dry Needling levels 1 and 2, Battle Field Acupuncture and Personalized Blood Flow Restriction Rehabilitation. Over the past 10 years of being a physical therapist, she has treated a wide variety of patient both civilian and military. Her current focus is in amputee/poly trauma care and how to return them to the fullest potential post injury.



**Dominique Gamble, PT, DPT** graduated from Washington College in 2010 with her bachelor's degree in Neuroscience. She went on to graduate from The US-Army Baylor DPT Program with her Doctorate in Physical Therapy in 2016. Dominique is a graduate of the Military Orthopedic Physical Therapy Residency program. She has advanced training and experience in acute care, critical care, amputation/polytrauma care, and dry needling.

Dr. Gamble was recently stationed at Camp Humphreys, South Korea where she was the Chief of the Physical Therapy Department. Previously, she was stationed at Walter Reed National Military Medical Center where she was the Officer in Charge of the Impatient Physical Therapy Department. Additionally, she served as the Co-chair of the DHA Acute and Critical Care Rehabilitation Working Group, an Assistant Professor at the Uniformed Services University of the Health Sciences (USUHS), and a Physical Therapy Consultant to the United States Forces Korea and United Nations Executive Medicine Team.

Dr. Gamble has been a member of the American Physical Therapy Association (APTA) since 2013, and has authored poster presentations at multiple Combined Section Meetings. Within the past year she has authored the DHA/WRNMMC COVID-19 Patient and Caregiver Guide, the Rehabilitation Response to COVID-19: Optimizing Recovery and Social Reintegration for Military Beneficiaries, and the DoD/VA Clinical Practice Guideline for the Management of COPD. She has also been a contributing author on the DoD COVID-19 Practice Management Guide.



**Paul Pasquina, MD** is a Professor and Chair of the Department of Physical Medicine & Rehabilitation (PM&R) at the Uniformed Services University of the Health Sciences (USUHS) and the Chief of the Department of Rehabilitation at Walter Reed National Military Medical Center (WRNMMC). His board certifications include PM&R, Electrodiagnostic Medicine, and Pain Medicine. He is a graduate of the United States Military Academy at West Point and USUHS. He also completed a fellowship in primary care sports

medicine from USUHS and Georgetown University. His current research efforts are focused on exploring new technologies to enhance the recovery, rehabilitation and reintegration of combat casualties, particularly those with extremity trauma and traumatic brain injury. In addition, he is engaged in several new programs to advance the care of musculoskeletal medicine to enhance military readiness. These efforts are primarily concentrated through his positions as Director of the Center for Rehabilitation Sciences Research (CRSR: [www.CRSR.org](http://www.CRSR.org)) and Executive Chair of the Musculoskeletal Injury Rehabilitation Research for Operational Readiness (MIRROR: <https://genevausa.org/programs/mirror/> )

Prior to his retirement from active military service, Dr. Pasquina served as the Chief of the Department of Orthopedics and Rehabilitation at Walter Reed National Military Medical Center, which also included the Amputee and Traumatic Brain Injury Services. He has served as the PM&R specialty consultant to the Army Surgeon General; Senior Medical Officer of the Ortiz Level II Military Treatment Facility, International Zone, Baghdad, Iraq; and a Secretarial appointee for the U.S. Department of Veterans Affairs' Advisory Committee on Prosthetics and Special Disabilities Programs. He continues to serve as a consultant to the Defense Advanced Research Projects Agency (DARPA), U.S. Army's Medical Research and Materiel Command (MRMC), Food & Drug Agency (FDA), and as a member of the Board of Visitors for the University of Pittsburgh's Human Engineering Research Laboratories (HERL).

Dr. Pasquina has received multiple military awards, as well as awards for teaching and mentorship, including the U.S. Army's "A" Proficiency Designation for academic excellence, the Order of Military Medical Merit, the Legion of Merit with two oak leaf clusters, da Vinci Lifetime Achievement Award, Partners in Progress Heroes of Military Medicine Award, Lewis Aspey Mologne Award, Alfred Mann Foundation Scientist of Year Award, Distinguished Clinician Award from the American Academy of Physical Medicine & Rehabilitation, Chapel of the Four Chaplains Legion of Honor Bronze Medallion Bronze, and Honorary Fellow of the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA).

He has authored several books, multiple book chapters, and numerous journal articles and policy papers. His work as the co-editor of the Textbook of Military Medicine: Care of the Combat Amputee, was recognized with the First Place award for Technical Text from the Washington Book Publishers Association in 2010.

## Strengthening Our Exercise Prescriptions

Friday, October 15th | 8:30–10:00am | 1.5 CEU Credits

*B.J. Lehecka, DPT, PhD*

### Course/Session Description:

At the heart of our strength exercise prescriptions are their intentions – we must ensure our choices target our clients' pathologies, injuries, or performances well. But the best intentions result in only modest outcomes without a host of supporting actions. Evidence-based practice includes applying research that directs us to both optimal selection and ideal delivery of strength exercises.

### Objectives:

- Participants will recognize the primary correlates to home exercise program non-compliance and how to design a program to address each of them.
- Participants will understand the impact of their words on clients' motivation and physiology.
- Participants will identify examples of highly effective strength exercises and ways to amplify their effects.

## Speaker Biography:



**B.J. Lehecka, DPT, PhD** is an associate professor in the Department of Physical Therapy at Wichita State University. At WSU, he primarily teaches content concerning the hip, spine, posture, gait, and other facets of musculoskeletal evaluation and treatment. Dr. Lehecka has published multiple peer-reviewed journal articles, authored and edited numerous book chapters, and presented at state, national, and international conferences. He earned his bachelor's degree in kinesiology from Kansas State University, a doctorate in physical therapy from Wichita State University, and a PhD in orthopedic and sports science from Rocky Mountain University of Health Professions.

## Telehealth - Strategies and Tools for Completing Virtual Evaluations and Treatments

Friday, October 15th | 10:15–11:45am | 1.5 CEU Credits

*Todd Norwood, PT, DPT, OCS, SCS*

### Course/Session Description:

In the past year, driven largely by the repercussions of the pandemic, telehealth physical therapy was utilized at a much higher rate than in prior years. However, as a profession, physical therapists collectively had little experience or training in providing care in this novel way. In fact, an APTA survey in 2020 revealed only 2% of PTs had delivered care with telehealth prior to the pandemic. This session will provide concrete evidence based strategies and tools for therapists looking to expand their practice into telehealth or refine their telehealth toolbox. The focus of this session will be to effectively evaluate and treat patients over telehealth by blending the best practices used in clinics everyday with concrete recommendations on how to adapt common tests and treatment techniques for the telehealth setting to deliver effective care. This session will also cover basics for setting up your telehealth sessions for success and discuss how present and emerging technologies will enhance our ability to provide care of telehealth.

**Objectives:** Following attendance of this session participants will be able to:

- Explain the strengths and limitations of conducting a Telehealth PT evaluation visit
- Explain how to use the information available in a telehealth PT evaluation to reduce diagnostic uncertainty and provide the best possible care
- Demonstrate how to adapt common evaluation and treatment techniques the clinic to a telehealth environment .
- Apply principles of evidence based practice to the evaluation of and treatment of patients in a telehealth setting
- Discuss how new and emerging technologies will enhance physical therapist's ability to provide quality care via telehealth.

## Speaker Biography:



**Todd Norwood, PT, DPT, OCS, SCS** is currently Director of Clinical Services at Omada Health where he works alongside the product team to develop new features to enhance both the patient and provider experience and leads a nationwide team of exclusively telehealth physical therapists. He first became involved in telehealth in 2016 and has practiced almost exclusively telehealth-based PT since 2017, focusing on the delivery of orthopedic rehabilitation. He completed an orthopedic physical therapy residency in 2012 and has been a Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

since 2013. He became a Board-Certified Clinical Specialist in Sports Physical Therapy in 2015. His outpatient practice focused on orthopedics and sports including sports specific injury prevention programs and bike fitting in addition to traditional clinic-based practice and sideline sports coverage. Todd received his B.A. in Human Biology from Stanford University where he was twice the captain of the cycling team and received his Doctorate in Physical Therapy from University of Southern California in 2011. He has been invited to present on telehealth by the North American Spine Society, American Congress of Rehabilitation Medicine and American Physical Therapy Association and various international associations.

## Osteosarcopenia and Aging, Something Old, Something New and What to Do

Friday, October 15th | 12:30–5:00pm | 4.5 CEU Credits

*Timothy L. Kauffman PT, PhD, FAPTA, FGSA*

### Course/Session Description:

Aging, the passage of time, is undeniable yet there are changes in the understanding of what it is. Emerging geroscience is the relationship of the biology of aging and pathology and for this course the focus will be on bones and muscles. After a brief review of the demographics, osteosarcopenia, a new syndrome with growing clinical issues will be discussed, including differential diagnosis and physical therapy interventions. Aging, as related to disabilities and death as well as aging with amazing grace will be presented. A participatory exercise class will engage participants with novel approaches to balance and falls prevention.

**Objectives:** At the end of the course, attendees will be able to:

1. Recognize that bone health is a lifelong concern.
2. Differentiate osteoporosis from sarcopenia and explain their relationship as it relates to geroscience.
3. Teach wellness strategies to healthy older persons.
4. Apply novel interventions to improve balance and decrease risk of injury from falls.
5. Utilize the Fit to a T program from the American Bone and Joint Initiative.

### Speaker Biography:



**Timothy L. Kauffman PT, PhD, FAPTA, FGSA**, distinguished physical therapy career started over 50 years ago and includes work in the US Army, nursing homes, home care, research, lecturing, and private practice. He served as an adjunct professor at a number of physical therapy schools as well as a clinical professor for physical therapy students. He is also an active member of the American Physical Therapy Association in the Geriatric and Oncology Sections. He is a Fellow in the American Physical Therapy Association and in the Gerontological Society of America. He has lectured throughout the United States and internationally on geriatric physical therapy care and his research has been published in a variety of journals. He is the lead editor of the first, second, and third editions of *A Comprehensive Guide to Geriatric Rehabilitation*, an internationally acclaimed text which has been translated to Portuguese and Chinese. Tim has served the Academy of Geriatric Physical Therapy, Lancaster Arthritis Foundation, Multiple Sclerosis Society, Lancaster Chapter of the Red Cross, Health Volunteers Overseas, and the United States Bone and Joint Initiative. He and his wife Brenda reside in Lancaster, Pennsylvania, and they remain actively engaged in the community including teaching Better Bones and Better Balance Classes.

## Camille Snyder and Troy Simpson Speak on Insights and Stories of Residual Limb Management in India and Underserved Areas

Friday, October 15th | 6:30–7:30pm | 1.0 CEU Credits

### Course/Session Description:

Troy will be speaking on Residual Limb Management with the Dept of Veterans Affairs. Camille will be sharing her experiences with patients at the Christian Medical Center in Vellore, India dealing with acute residual limb care, prosthetic training and rehab and interdisciplinary care management.

**Objectives:** Following attendance of this session participants will be able to:

- Comprehend the effective of various forms of postoperative prosthetics modalities for lower limb.
- List the benefits of postoperative treatment for the rehab of an individual after a lower limb amputation.
- Describe Goals of postoperative management.
- Research from the Military on advancements if postoperative care.
- Culturally sensitive approach to limb loss, causes and treatment.

### Speaker Biography:



**Camille Snyder, PT, DPT** is currently serving as president of APTA Kansas. Prior to this office she served six years as vice president. She has served on the Kansas delegation since 2014. She began her service to the KPTA as standards and practice chair beginning in 2011. She has been a practicing physical therapist for 30 plus years, the last 20 in Kansas and received her transitional DPT in 2006. In 1998, she earned her orthopedic clinical specialty by the American Board of Physical Therapist Specializations. Her practice settings are numerous, and she has volunteered in India for a teaching hospital outpatient and inpatient rehab departments. She has been the impaired provider coordinator serving as liaison to the Heart of America Provider's Network and the Kansas Board of Healing Arts since 2012.



**Troy Simpson** has been a Physical Therapist for 30 years. He is a 1990 graduate from Langston University and currently serves as the PT supervisor at the Robert J Dole VAMC. He has held this position for 4 years. Before working at the Robert J Dole VAMC, he owned TheraCare Sports and Industrial Rehab Centers of Wichita. Troy also served in the US Army Reserve for 22 years and retired after 22 years of service at the rank of First Lieutenant.

## Blood Flow Restriction

Saturday, October 16th | 8:30–11:45am | 3.0 CEU Credits

*Brett Nowotny, PT, DPT, EP-C*

### Course/Session Description:

This course will provide an in depth overview of Personalized Blood Flow Restriction Exercise (BFRE) and the research behind it. This course will provide insight into the history of BFRE, the exercise physiology and proposed mechanisms behind the theory on how BFRE improves strength and hypertrophy, and an critical examination of the literature of how BFRE is used to improve outcomes in Physical Therapy as well as in performance and strength and conditioning.

## Objectives:

- Explain and define Personalized Blood Flow Restriction Exercise.
- Understand the physiology of how personalized BFRE improves strength, hypertrophy, performance, and physical therapy outcomes.
- Understand the different areas and ways to utilize personalized BFRE in order to improve physical therapy outcomes and to improve performance.

## Speaker Biography:



**Brett Nowonty** graduated from South Dakota State University with a Bachelor's degree in Exercise Science and earned his Exercise Physiologist certification. He then pursued a Doctorate in Physical Therapy degree from The College of Saint Scholastica. He currently practices in Sioux Falls, South Dakota at Sanford Sports Physical Therapy. He sees a variety of orthopedic conditions and takes a special interest in return to sport of the injured athlete as well as patients suffering from hip related injuries. He also enjoys rehabbing patients coming back from knee surgeries to their active lifestyle. He has specialty certifications that include Personalized Blood Flow Restriction rehabilitation, Functional Dry Needling, and is an ASTYM provider. Brett is also a Certified Instructor for Owens Recovery Science and continues to teach across the United States. He is an active member of the American Physical Therapy Association.

## Business Meeting Lunch and House of Delegates Update

**Saturday, October 16th | 12:00–1:30pm | 0.5 CEU Credits**

*Camille Snyder PT, DPT and AJ Thomas PT, DPT, MS, Board Certified Specialist in Sports Physical Therapy*

### Course/Session Description:

We welcome all members to the Business meeting and lunch where we will be discussing our APTA KS Board Activities, Budget plan for 2022 and vote, and discuss important updates to our Summer Strategic Planning meeting, APTA activities and schedule as well as House of Delegate updates. Although potential members cannot vote at our Business meeting, we welcome you to attend to see where your professional organization is taking you as physical therapists and physical therapist assistants professionals.

### Delegate recap from the 2021 House of Delegates (.5 CEUs)

The APTA Kansas Delegation will be reporting on the motions and activities from the September House of Delegates 2021 which will have been held September 11th through the 13th hopefully in Washington, DC. We will discuss the motions as well as the updates of APTA Bylaws which may affect future events, representation, and governance at the APTA. Currently the House of Delegates is an APTA policymaking body comprised of voting chapter delegates, non-voting delegates (the Board of Directors and section, assembly, and PTA Caucus delegates), and consultants. The House meets annually, making decisions on issues that may have far-reaching implications for the association and for the profession of physical therapy.

## Objectives:

- Members and potential members will be informed on the house activities, motions and final actions by the 2021 HOD.
- Participants will be given the opportunities to voice their thoughts and opinions regarding practice,

representation, and other issues as they pertain to the federated model of the American Physical Therapy Association and the Kansas Component.

- Participants will be given the opportunity to discuss current professional needs that may be appropriate for motion formation.

## Testing and Training Lower Extremity Rate of Force Development (RFD)

Saturday, October 16th | 1:45–3:15pm | 1.5 CEU Credits

*Brett Nowotny, PT, DPT, EP-C and Danny Larson, DPT, ATC, SCS, CSCS*

### Course/Session Description:

Extensive literature exists regarding lower extremity training and testing for various physical qualities. Explosive strength (i.e., power) metrics such as rate of force development (RFD) and impulse have become popular topics of discussion as many athletic endeavors involve applying force quickly to the ground with ground contact times measured at a fraction of a second. Additionally, common injuries such as ankle sprains and anterior cruciate ligament (ACL) injuries may occur within 50ms of initial ground contact. Deficits in RFD have been documented in individuals with various injuries and conditions such as ACL reconstruction, patellofemoral pain, achilles tendinopathy, and hamstring strains. However, literature is limited for the training and testing of RFD and impulse in the rehabilitation setting. Although reliably assessing these metrics is not readily available in most clinical settings, understanding the training principles and force profiles of various forms of explosive exercise allows clinicians to address potential deficits in a safe and logical manner. Data from available research will be translated to clinically applicable approaches for progressing interventions to maximize adaptations of RFD and impulse. Recognizing the barriers to quantitative assessments, task-oriented clinical assessments will be discussed along with program design considerations as well as various interventions to improve lower extremity RFD and impulse performance.

### Objectives:

- Understand the background and importance of RFD and impulse to athletic tasks.
- Recognize current methods of explosive strength assessment and limitations in the clinical setting.
- Utilize task-based assessments to guide potential training interventions and rehabilitation/training progress.
- Develop and implement appropriate rehabilitation/training program designs to enhance RFD and impulse

### Speaker Biography:



**Danny Larson** completed his B.S. in Athletic Training at South Dakota State University in 2015 and his Doctor of Physical Therapy degree at Des Moines University in 2018. Following this, he completed Sports Residency training at Gundersen Health System in La Crosse, Wisconsin and achieved board certification as a Sports Certified Specialist (SCS) through the American Board of Physical Therapy Specialties. He also is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. He currently works in Lawrence, KS at Lawrence Memorial Hospital (LMH). He has a particular interest in treating athletes involved in field and court sports. In addition to providing patient care, he leads research efforts for the physical therapy department LMH with emphasis on return-to-sport testing and decision making. He will serve as LMH's Sports Residency Coordinator for the residency program that is currently in development.

He is actively involved with American Academy of Sports Physical Therapy (AASPT) and completes research reviews for the Sports Performance Enhancement Special Interest Group. He currently serves on the American Physical Therapy Association (APTA) - Kansas Chapter Board of Directors as the Programming Chair.

## Analysis and Treatment of the Injured Runner

Saturday, October 16th | 3:30–5:00pm | 1.5 CEU Credits

Mitchell Montgomery, Nami Stone, Zach Sanchez-O’Neill (ATC)

### Course/Session Description:

Participants will be presented an overall view of the most common running injuries and the benefits of a comprehensive 2D video analysis in developing the most appropriate plan of care and treatment interventions.

### Objectives:

- Understand common running injuries
- Learn the fundamentals of conducting a run assessment utilizing video technology
- Identify the 3 primary aspects of the running cycle that contribute to injury
- Understand general treatment ideas based off running assessment

### Speaker Biographies:



**Zachary Sanchez-O’Neill** is a clinical athletic trainer at LMH Health and shares a passion for the sport of running and helping treat running-related injuries. He works with the run retraining program and coaches off-season strength and conditioning to high school-aged runners. Zack graduated from the University of Florida with a degree in athletic training and received his master’s degree in athletic training at the University of Kentucky. He has more than ten years of experience working with Division I track & field and cross country athletes at the Universities of Kansas, Florida, Colorado and Kentucky. Zack has also competed in the Boston Marathon and runs the Hood Coast to Coast Relay each year with Dr. Prô.



**Mitchell Montgomery, DPT** is a Jayhawk, graduating from the University of Kansas School of Medicine with a doctorate of Physical Therapy. His experience as a licensed physical therapist focuses on sports and orthopedic conditions, functional movement screening and functional dry needling. Mitchell’s passion for treating the injured runner led him to complete training in video run analysis to assist with run retraining. He provides in-season cross country and track support to the high school athletic training staff and coaches off-season strength and conditioning for high school-aged runners.



**Nami Stone, PT** is a licensed physical therapist at LMH Health. A graduate of the University of Iowa physical therapy program, her 20 years of clinical experience include outpatient orthopedics, return to sport care and strength and conditioning training of the healthy athlete. She is certified in Graston 1 and 2 techniques and has formal training in the molding of custom orthotics. Nami has more than 15 years of coaching experience at both the high school and collegiate level and enjoys working with both recreational and competitive runners. She provides in-season cross country and track support to the high school athletic training staff and coaches off-season strength and conditioning for high school aged runners.

## APTA Kansas Terms and Conditions for the Conference:

### Cancellation and Refund Policies

APTA KANSAS hopes everyone who registers for OUR conference will be able to attend; however, APTA KANSAS knows extenuating circumstances do occur. The APTA KANSAS Cancellation and Refund Policies are as follows:

### Conference Refund and Cancellation Policy

The APTA KANSAS Conference Cancellation and Refund Policy will be as follows to assure consistency and is applicable to the annual APTA KANSAS conference.

- Conference registration canceled on-line 90 days prior to the conference is refundable but subject to a \$50 administrative fee.
- Registrants canceling within 0 – 90 days prior to the conference will not receive a refund. The refund and cancellation policy will not be waived. *Registration fees may be transferred to another individual*; the invoice for the new registration will be revised to reflect the new registrant's membership status.
- In the event APTA KANSAS must cancel the conference due to unforeseen circumstances, APTA KANSAS will refund the cost of registration. However, APTA KANSAS does not assume responsibility for any additional costs, charges, or expenses; to include, charges made for travel and lodging.

### Unforeseen Circumstances Defined for Refund and Cancellation Policies

Unforeseen circumstances is used to describe an event that is unexpected and prevents APTA KANSAS from continuing with a conference, training, or webinar. Examples of such circumstances can include, but are not limited to, inclement weather or other natural disasters, site unavailability, technology challenges, and presenter absence.

