



KANSAS  
PHYSICAL THERAPY  
ASSOCIATION

# 2019 Spring Conference

April 12-13

**April 12-13**

Hyatt Regency Wichita  
400 West Waterman St  
Wichita, KS 67202

Register online at [www.KPTA.com](http://www.KPTA.com)

# Conference Schedule

## Friday, April 12

8:00–9:00am	<b>Registration and Information</b> Front Desk Continental breakfast served	
9:00–10:30am	<b>The Young Athlete: Injury Prevention, Specialization, Performance Enhancement, and Long-Term Athletic Development</b> Dan Lorenz, DPT, PT, ATC/L, CSCS	1.5 CEU's available
10:30–10:45am	<b>Break</b>	
10:45am–12:15pm	<b>The Young Athlete: Injury Prevention, Specialization, Performance Enhancement, and Long-Term Athletic Development</b> Dan Lorenz, DPT, PT, ATC/L, CSCS	1.5 CEU's available
12:15–1:30pm	<b>Lunch</b> On your own	
1:30–3:00pm	<b>The Role of Physical Therapy in Stroke Rehabilitation: Assessment, Intervention, and Health Promotion</b> Hilary Wingate, PT, DPT, Board Certified Specialist in Neurological Physical Therapy	1.5 CEU's available
3:00–3:15pm	<b>Break</b>	
3:15–4:45pm	<b>The Role of Physical Therapy in Stroke Rehabilitation: Assessment, Intervention, and Health Promotion</b> Hilary Wingate, PT, DPT, Board Certified Specialist in Neurological Physical Therapy	1.5 CEU's available
4:45–6:00pm	<b>Dinner</b> On your own	
6:00–9:15pm	<b>KPTA Issues Forum</b> Celebrating the 50th Anniversary of the PTA	3 CEU's available

# Conference Schedule

## Saturday, April 13

7:00–8:00am	<b>Registration and Information</b> Exhibitors Open Continental breakfast served	
8:00–9:00am	<b>Research Platforms</b> To see list, please visit the <a href="#">KPTA website</a>	1 CEU available
9:00–10:00am	<b>Poster Presentations</b> To see list, please visit the <a href="#">KPTA website</a> Exhibit Hall open	
10:00am–12:00pm	<b>Preventing Re-Hospitalization by Improving Outcomes for Patients with Cardiovascular and Pulmonary Impairments</b> Donna Frownfelter, PT, DPT, MA, CCS, RRT, FCCP	2 CEU's available
12:15–1:45pm	<b>Business Luncheon:</b> <b>Healthcare Provider Ethics and Sexual Boundaries</b> Camille Snyder, PT, DPT Free to KPTA members. Registration required for all attendees.	1 CEU available
1:45–3:15pm	<b>Preventing Re-Hospitalization by Improving Outcomes for Patients with Cardiovascular and Pulmonary Impairments</b> Donna Frownfelter, PT, DPT, MA, CCS, RRT, FCCP	1.5 CEU's available
3:15–3:30pm	<b>Break</b>	
3:30–6:00pm	<b>Preventing Re-Hospitalization by Improving Outcomes for Patients with Cardiovascular and Pulmonary Impairments</b> Donna Frownfelter, PT, DPT, MA, CCS, RRT, FCCP	2.5 CEU's available

# Session Information

## *The Young Athlete: Injury Prevention, Specialization, Performance Enhancement, and Long-Term Athletic Development*

Daniel Lorenz, DPT, PT, ATC/L, CSCS

Youth sports injuries are on a meteoric rise, especially overuse injuries. The trend in youth sports is playing one sport year-round, specializing early and not participating in multiple sports. The physical therapist who treats these athletes needs to understand the complexities of youth sports injuries and how they differ from adults. This course will highlight evidence-based practices for injury prevention and performance enhancement in the young athlete. Additionally, a review of the data on sports specialization will be explored in order for the physical therapist to educate athletes, parents, and coaches. Finally, a framework for long-term athletic development will be discussed in order to help promote physical well-being and improve multiple athletic capabilities.

### **Presenter bio:**

Dan Lorenz, DPT, PT, ATC/L, CSCS is the Director of Sports Medicine at Lawrence Memorial Hospital in Lawrence, KS. Previously, he was an owner and Director of Physical Therapy for Specialists in Sports and Orthopedic Rehabilitation (SSOR), an outpatient physical therapy practice based in Overland Park, KS. He has a B.S. in Health Sciences with an emphasis in Athletic Training from Grand Valley State University in 1999 and a M.S in Physical Therapy from Grand Valley State in 2001. From 2004-2005, he completed the Duke University Sports Physical Therapy Fellowship. Formerly, he was an assistant athletic trainer and Director of Rehabilitation for the Kansas City Chiefs from 2005-2007. In 2009, he earned his Doctor of Physical Therapy from the University of St. Augustine in St. Augustine, FL. He is currently the Chair of the Sports Performance Enhancement Special Interest Group for the American Academy of Sports Physical Therapy. In 2018, Dan was recognized by the NSCA as the Sports Medicine/Rehabilitation Professional of the Year.

## *The Role of Physical Therapy in Stroke Rehabilitation: Assessment, Intervention, and Health Promotion*

Hilary Wingate, PT, DPT, Board Certified Specialist in Neurologic Physical Therapy

This program will examine the role of the Physical Therapist in the area of Stroke Rehabilitation. Using the APTA Vision Statement as a guide, we will explore how to impact our patients affected by stroke in order to optimize their movement and improve their human experience.

The first part of the session will focus on a neuroanatomy review to first understand the structures of the cortex and predicted clinical presentations we may encounter when working with patients affected by stroke. Next we'll review how to effectively complete and interpret a neurological examination and determine which important clinical outcome measures we should be utilizing in order to guide our intervention selection and to monitor functional change.

During the second portion of the program, we will review Kleim's Motor Principles and how these principles should be incorporated into our interventions to optimize our patients' functional improvement. We will highlight a few specific clinical interventions, including high intensity locomotor training, and discuss the available evidence on the topic. Finally, we'll examine the role of Physical Therapy in health and wellness, including our responsibility to provide education on the importance of continued exercise to prevent stroke recurrence and to offer referrals to other health care colleagues in other areas, such as nutrition and smoking cessation, to reduce the risk of secondary stroke.

### **Presenter Bio:**

Hilary Wingate works as a physical therapist on the Acute Inpatient Rehabilitation Unit at the University of Kansas Health System in Kansas City, Kansas. She earned a Master of Physical Therapy Degree in 2005 and a Doctor of Physical Therapy Degree in 2006, both from the University of North Carolina-Chapel Hill. She began her career at the University of Kansas Hospital in 2005 and has spent the last 10 years working in the acute inpatient rehabilitation setting treating patients with a variety of neurological impairments. She received Board Certification from the American Board of Physical Therapy Specialties in the area of Neurology in 2018. A native Kansan, originally from Salina, she is looking forward to sharing her knowledge and experience with all of the wonderful therapists in attendance at this year's KPTA Spring Conference.

## *KPTA Issues Forum*

Celebrating the 50th Anniversary of the PTA. This event will include a panel discussion of current issues that affect PT/PTA delivery of service, history of the PTA, PT/PTA team, honoring of distinguished graduates. Afterwards a trolley ride in downtown Wichita will continue the celebration.

# Session Information

## *Optimizing Outcomes for Patients with Cardiovascular and Pulmonary Issues to Prevent Hospital Re-admissions*

Donna Frownfelter, PT, DPT, MA, CCS, RRT, FCCP

The Centers for Medicare and Medicaid Services (CMS) with the Affordable Care Act and the Hospital Readmissions Reduction Program are penalizing hospitals deemed to have "excess readmissions" One in five elderly patients is readmitted to the hospital within 30 days of discharge. Many patients with CVP issues may be admitted in three days to two weeks! How can the inter-professional team have an impact on preventing the re-admissions? Is it only the hospital at fault or how can the community services, i.e. Transitional Care Units, Home Care, Outpatient services prevent the re-admissions? We will discuss how important communication is between transitions and how planning and procedures can impact the re-admissions. Discharge planning is important as is the role of the patient in self-care with support of families, significant others and community workers. Home exercise programs that are motivating and progress activity and exercise with good nutrition and integrative therapies may be some answers.

### **Presenter Bio:**

Dr. Donna Frownfelter received her Physical Therapy Education at Northwestern University Programs in Physical Therapy and her certificate in Respiratory Care from the University of Chicago. Additionally, she has an MS in Organizational Development from Loyola University of Chicago and her DPT from RFUMS. Dr. Frownfelter is recognized internationally as a teacher, clinician, author, and consultant in the area of Cardiovascular and Pulmonary Physical Therapy and is an APTA Board Certified Cardiovascular and Pulmonary Clinical Specialist as well as a Registered Respiratory Care Practitioner. Her most recent book that she co-edited with Dr. Elizabeth Dean, entitled Cardiovascular and Pulmonary Physical Therapy; Evidence and Practice is the primary text used in many Physical and Respiratory Therapy Programs. She is currently in the process of the 6th edition of the book which will have an "e" book format as well as a hard copy textbook. She has received many teaching awards and has presented at APTA National Conventions as well as many Continuing Education Courses. She has served two terms as the President of the Cardiovascular and Pulmonary Section of the APTA. She is a Board Member of the Respiratory Health Association of Metropolitan Chicago and serves on the COPD Advisory Committee. She is certified to present Courage to Quit Smoking Cessation Programs. She was elected a Fellow of the American College of Chest Physicians, the only physical therapist to be granted that distinction.

## *KPTA Business Luncheon: Health Care Provider Ethics and Sexual Boundaries*

Camille Snyder, PT, DPT

A robust discussion addressing the important ethical considerations regarding sexual boundaries in the health care provider relationship.

### **Presenter bio:**

Camille began her service to the Kansas Physical Therapy Association in 2011 as the Standards and Practice Chair. She is currently Vice President of the KPTA and has been for two terms. She has served as a Delegate since 2014. She is currently running for the KPTA President this Spring. Camille began practicing as a PT almost thirty years ago with her initial licenses in Virginia and New York. The last nineteen years her practice has been in Kansas, and she earned Orthopedic Clinical Specialists by the ABPTS in 1998. She earned her Doctor of Physical Therapy in 2006. She has guest lectured for Newman's OT program on professional practice and has volunteered with Health Volunteer's Organization in India on the panel for innovations for prosthesis management and is a Global PT Day of Service Ambassador. She sits on the Heart of America Board of Directors and currently manages the KPTA Impaired Provider Program as the Impaired Provider Coordinator.

# Program Information

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This program is designed to be of interest to physical therapists and physical therapy assistants presented by leaders in their field of physical therapy.

Speakers, topics and schedule are subject to change. All program materials will be available online for registered attendees prior to the meeting.

Exhibits will be present displaying products and services of interest. Products and services displayed are not necessarily endorsed or sanctioned by the Kansas Physical Therapy Association.

## Accommodations

Trying out a new location, we are hosting this year's conference in downtown Wichita, KS at the Hyatt Regency Wichita. Set along the Arkansas River, Hyatt Regency Wichita is one of the premier luxury hotels in Kansas. A special room rate of \$109 has been reserved for KPTA 2019 Spring Conference attendees.

## Continuing Education

Courses will be approved for continuing education credit by the KPTA. In conjunction with the Kansas State Board of Healing Arts (KSBHA) the KPTA approves courses for continuing education credit for physical therapists and physical therapist assistants licensed in Kansas. Additionally, the KPTA provides a continuing education tracking service to Kansas licensed PTs and PTAs. The KPTA tracking service is recognized by the KSBHA in that KSBHA acknowledges KPTA provided CE reports on behalf of tracking subscribers for their license renewal CE requirements.

## Lodging information

Hyatt Regency Wichita  
400 W Waterman St.  
Wichita, KS 67202

To make room reservations, use this link:  
<https://www.hyatt.com/en-US/group-booking/WICRW/G-KPTA>

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## Questions about the meeting?

Please email us at [kansas@apta.org](mailto:kansas@apta.org)



# Registration Form

## KPTA 2019 Spring Conference

April 12-13, 2019

Hyatt Regency Wichita

400 W Waterman St, Wichita, KS 67202

Register for the conference online at [www.kpta.com](http://www.kpta.com) or fill out this form and mail to:

KPTA  
1055 N Fairfax Street, Suite 205,  
Alexandria, VA 22314

*One registrant per form. Please print clearly. Online registration closes Sunday, March 31st.*

Name to be used for badge \_\_\_\_\_

APTA # \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

### Registration Fees

*Columns in white include discount for Early Bird pricing if registered before Friday, March 15th.  
Online registration closes on Sunday, March 31st.*

	2-Day		Friday, April 12		Saturday, April 13		Issues Forum Only (Friday)		Business Lunch (Saturday)	
PT Member	\$240	\$300	\$144	\$180	\$96	\$120	\$48	\$60	\$0	\$0
PTA Member	\$195	\$240	\$117	\$144	\$78	\$96	\$39	\$48	\$0	\$0
Student Member	\$60	\$75	\$36	\$45	\$24	\$30	\$12	\$15	\$0	\$0
Life Member	\$75	\$98	\$45	\$60	\$30	\$40	\$15	\$20	\$0	\$0
PT Non-member	\$300	\$375	\$180	\$225	\$120	\$150	\$60	\$75	\$12	\$15
PTA Non-member	\$255	\$315	\$155	\$190	\$102	\$126	\$51	\$63	\$10	\$12
Student Non-member	\$75	\$98	\$45	\$60	\$30	\$40	\$15	\$20	\$5	\$10

*Registration fees include admittance to the Exhibit Hall, breakfasts, and breaks. While there is no cost for the business meeting to KPTA members, you must register for lunch if you plan to attend.*

Payment:  Check Enclosed (payable to KPTA)

Credit Card (info below)

Registration Type \_\_\_\_\_ Amount \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

Name on Card (print) \_\_\_\_\_

Signature \_\_\_\_\_