

APTA Kansas

2020 Virtual Fall Conference

Friday, October 23rd – Saturday, October 24th



Friday, October 23rd

12:30–12:45pm **Exhibit Hall Open**

12:45–1:00pm **Welcome and Introduction**
Camille Snyder, PT, DPT, APTA Kansas President

	Tract 1	Tract 2
1:00–5:00pm	Hippotherapy 101 Katherine Smith, OTR/L; Diane Bemis, OTR/L; Edey Godden, CEO, OTR/L HPCS, CTRI, ESMHL; Shelby Winnall, CTRI, ESMHL; Kaiti King, OTD, OTR/L	Diagnostic Classification and Management Strategies for Patients with Low Back Pain Zane Ochs, DPT

5:00–5:15pm **Exhibit Hall Open**

5:30–7:30pm **APTA Kansas Board Meeting**

Saturday, October 24th

8:00–8:15am **Exhibit Hall Open**

8:15–8:30am **Welcome and Introduction**
Camille Snyder, PT, DPT, APTA Kansas President

	Tract 1	Tract 2
8:30–10:00am	Animal Physical Therapy in the 21st Century: Historical Perspectives, Educational Standards, Clinical Practice, and Legal Implications Kirk Peck, PT, PhD, CSCS, CCRT, CERP	Vestibular Rehabilitation: Current Concepts and Future Directions Dr. Linda D'Silva, PT PhD, NCS; Dr. Sarah Gallagher, PT, DPT, NCS; Dr. Lisa Farrell, PT, PhD, ATC

10:00–10:15am **Break / Exhibit Hall Open**

Saturday, October 15th *continued*

10:15–11:45am

Animal Physical Therapy in the 21st Century: Historical Perspectives, Educational Standards, Clinical Practice, and Legal Implications

Kirk Peck, PT, PhD, CSCS, CCRT, CERP

Vestibular Rehabilitation: Current Concepts and Future Directions

Dr. Linda D’Silva, PT PhD, NCS;
Dr. Sarah Gallagher, PT, DPT, NCS;
Dr. Lisa Farrell, PT, PhD, ATC

11:45am–12:00pm

Break / Lunch / Exhibit Hall Open

12:00–12:45pm

APTA Kansas Business Lunch

Camille Snyder, PT, DPT, APTA Kansas President

12:45–1:00pm

Medicaid Needs

Carolann Wishall

1:00–1:30pm

Delegate Updates from 2020 House of Delegates

AJ Thomas, PT, DPT, MS; Stacia Troshynski Brown, PT, DPT; Deanne Yates;
Phil Kilmer, PT, DPT; Camille Snyder, PT, DPT

1:30–2:00pm

Diversity, Equity, and Inclusion Member Discussion

Camille Snyder, PT, DPT; Phil Kilmer, PT, DPT

2:00–2:15pm

Break / Exhibit Hall Open

2:15–3:45pm

Animal Physical Therapy in the 21st Century: Historical Perspectives, Educational Standards, Clinical Practice, and Legal Implications

Kirk Peck, PT, PhD, CSCS, CCRT, CERP

Vestibular Rehabilitation: Current Concepts and Future Directions

Dr. Linda D’Silva, PT PhD, NCS;
Dr. Sarah Gallagher, PT, DPT, NCS;
Dr. Lisa Farrell, PT, PhD, ATC

3:45–4:00pm

Closing Statements

4:00–4:30pm

Exhibit Hall Open

6:30–9:30pm

APTA Kansas PAC sponsored “Events Around Kansas”

Keep your eye out for more details and how to join. Following CDC and health guidelines, we will have small groups across Kansas joined through Zoom to gather for some fellowship, fundraising, and fun.

Your KPTA Fall Conference will be going virtual October 23-24, 2020. Please save the date and plan to join us from wherever you are.

There will be 2 tracks on Friday afternoon, October 23:

Zane Ochs' presentation will be Diagnostic Classification and Management Strategies for Patients with Low Back Pain and Katherine Smith, Edye Godden, Kaitlann King, and Shelby Winnail will cover Hippotherapy. Occupational Therapists, Speech and Language Pathologists, and those interested in acquiring a better understanding of therapy on horses will be invited to attend the Hippotherapy educational session.

For the Saturday sessions on October 24:

Kirk Peck's presentation will be Animal Physical Therapy in the 21st Century: Historical Perspectives, Educational Standards, Clinical Practice, and Legal Implications and Linda D'Silva will be presenting Vestibular Rehabilitation: Current Concepts and Future Directions. Linda has invited two guests to join her for a portion of her presentation.

Multiple PAC socials are being organized throughout Kansas following the conference on Saturday evening. These APTA Kansas PAC sponsored events will not only provide opportunities to make a financial contribution to your profession, but will also allow ways to mingle with others in an atmosphere that meets social distancing standards. Stay safe and prepare to meet again in person in the spring of 2021 for our Centennial Celebration Spring Conference!

Registration

	Full Meeting		Friday Only	Business Meeting
	Early Bird	Full Price		
PT Member	\$190	\$240	\$90	\$0
PTA Member	\$170	\$210	\$75	\$0
Student Member	\$30	\$36	\$20	\$0
Lifetime Member	\$40	\$50	\$30	\$0
PT Non-member	\$222	\$275	\$110	\$12
PTA Non-member	\$200	\$250	\$100	\$12
Student Non-member	\$40	\$50	\$20	\$12

Session Information

Hippotherapy 101

Friday, October 23rd | 1:00–5:00pm | 3.5 Contact Hours of CE

Katherine Smith, OTR/L, Diane Bemis, OTR/L; Edye Godden, CEO, OTR/L, HPCS, CTRI, ESMHL; Shelby Winnail, CTRI, ESMHL; Kaiti King, OTD, OTR/L

Presentation Overview:

Welcome to HETRA: Program Overview and The Therapy Team

Presenters: Edye Godden and Katherine Smith

Audience will gain a brief history and introduction to Heartland Equine Therapeutic Riding Academy (HETRA) as well as a description of programs offered, including staff, volunteer and horse requirements. Listeners will learn how we have grown from 2 programs to 7 and why we aren't done yet!

Objectives:

- History and introduction to programs offered at HETRA (adaptive riding, therapy services, carriage driving, life skills, equine assisted learning, equine facilitated psychotherapy and veteran services)
- Description of policy and procedure
- Training requirements of staff, volunteers and horses for a successful program

Why Horses?

Presenters: Edye Godden and Shelby Winnail

Audience gain understanding of how to partner with horses in a therapy team. Information will be presented about how the psychology and biomechanics of the horse impacts treatment and why they are such valuable team members. Listeners will also learn the importance of horse selection and proper training and conditioning.

Objectives:

- Horse biomechanics, variability in movement and how it impacts the rider
- Training protocols and how it impacts affective movement.
- Tack and saddle fit and how it impacts efficiency for horse and rider.

Hippotherapy 101

Presenters: Kaiti King and Diane Bemis

Audience will learn what is required of a therapist in this practice setting as well as how to get started in hippotherapy including credentialing bodies, what to look for in a collaborative program and equipment needs. Presenters will also review documentation and goals for this practice area as well as funding and payment for services. Case Studies will be reviewed as time allows.

Objectives:

- How to get started in hippotherapy
- Common diagnoses and precautions and contraindications for hippotherapy
- Goal setting, documentation and funding for this area of practice

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Session Information

Hippotherapy 101

Friday, October 23rd | 1:00–5:00pm | 3.5 Contact Hours of CE

*Katherine Smith, OTR/L, Diane Bemis, OTR/L; Edye Godden, CEO, OTR/L, HPCS, CTRI, ESMHL;
Shelby Winnail, CTRI, ESMHL; Kaiti King, OTD, OTR/L*

Speakers' Bios:

Katherine Smith completed her BS degree in Occupational Therapy from the University of Kansas. After working in hospitals, nursing homes and private therapy clinics, she found the perfect job combining therapy and her love of horses. HETRA, or Heartland Equine Therapeutic Riding Academy became a passion for Katherine on the first day back in 1995. Having just purchased her first horse a year prior, she became involved with HETRA as a side walker and quickly joined Edye Godden, OTR/L in treating children with disabilities using horses. Edye is now the CEO and Katherine is the Program Manager for this non-profit organization. HETRA now provides services to all ages and people of all abilities. Katherine has completed the American Hippotherapy Association Level I and II courses, has maintained certification as a therapeutic riding instructor for many years, and received ESMHL certification several years ago. Katherine spends most of her time in the barn with the Therapy Services participants utilizing Hippotherapy.

Diane Bemis joined the HETRA team in 2006. She became a PATH, Intl. certified instructor in 2012. She has a Bachelor of Science in Occupational Therapy. Diane has also completed the American Hippotherapy Level 1 and Level 2 Courses.

Edye Godden started with at HETRA in 1991 as a volunteer while finishing her Occupational Therapy Degree from Creighton University and was certified as an instructor in 1995. She has attended the American Hippotherapy Level 1 and Level 2 Courses, and received her Hippotherapy Clinical Specialist Certification in 2016. In 2007 Edye was awarded the PATH, Intl. Region 7 Instructor of the Year Award. In 2013 Edye received the "Caring for Others" award from Woodmen of the World. Edye has presented numerous times at the PATH, Intl. Region 7 Conference, most recently presenting on posture and position corrections for the Certified Riding Instructor in 2016. Edye's favorite hobby is being a horse show mom to her two girls and occasionally doing a little showing herself. She loves taking care of her many dogs, cats and horses at home all of whom seem to be high maintenance and require lots of TLC. She especially enjoys teaching her dog Quincy fun new tricks!

Shelby Winnail serves as HETRA's Equine Operations Manager. Shelby grew up riding and showing American Quarter Horses and in a barn where adaptive riding and equine therapy services were being offered every day. Upon graduating with her bachelor's degree in Animal Science, she took a full-time position at Heartland Equine Therapeutic Riding Academy (HETRA). She has since become a PATH Intl. CTRI, ESMHL, Mentor and is the current Nebraska State Representative. Shelby loves working hands on with participants and volunteers, but her passion lies with the horses. Shelby is driven by building and maintaining a therapy herd that is "healthy, happy, sane and sound".

Kaiti King is an occupational therapist with a background in pediatric clinical therapy, focusing primarily on sensory dysfunction and behavior modification. She obtained her doctorate degree from Creighton University, completing her capstone research on "Animal Assisted Therapy's Impact on Functional Participation". She is a clinical practitioner in hippotherapy and is currently working toward her certification as a Certified Riding Instructor.

Session Information

Diagnostic Classification and Management Strategies for Patients with Low Back Pain

Friday, October 23rd | 1:00–5:00pm | 3.5 Contact Hours of CE

Zane N. Ochs PT, DPT

Presentation Overview:

This course is designed to share an evidence based approach to the physical therapy examination, diagnosis, and management of patients with low back pain by comparing and contrasting some of the more common systems used by physical therapists. The course will provide an overview of various systems as well as the diagnostic labels used and the appropriate treatment strategies. A lab component of this course will be aimed at giving the learners a chance to try many of the commonly used exercises from each of the systems.

Objectives:

- The learner will be able to describe various strategies for the physical therapy examination, diagnosis, and management of patients with low back pain
- The learner will be able to identify and perform appropriate components of the examination of patients with low back pain
- The learner will be able to create a treatment or management strategy for patients with low back pain that is in accordance with the patient's presentation and matched to the patient's diagnosis

Speaker's Bio:

Zane Ochs is a physical therapist in Wichita, Kansas with 7+ years of experience serving a variety of patient populations including outpatient orthopedics, acute care, home health, and sports and functional fitness athletes. Zane received a BA in Exercise Science from Wichita State University in 2010 and his DPT from Washington University in St. Louis in 2013. Zane achieved Orthopedic Clinical Specialist status from the APTA in 2015 and Fellowship status from the American Academy of Orthopedic Manual Physical Therapists in 2018. He was a poster presenter at CSM in 2018 for a case study regarding the management of costochondral pain. Zane received the Outstanding Clinical Service award from the KPTA in 2019 and served as a volunteer physical therapy provider for the Wichita State University alumni team, The Aftershocks, in The Basketball Tournament in 2019. Zane has served in a variety of roles with the DPT program at Wichita State University including as a clinical educator, adjunct faculty member, and a member of the academic advisory committee.

Session Information

Animal Physical Therapy In The 21st Century: Historical Perspectives, Educational Standards, Clinical Practice, and Legal Implications

Saturday, October 24th | 8:30–11:45am and 2:15–3:45pm | 4.5 Contact Hours of CE

Kirk Peck PT, PhD, CSCS, CCRT, CERP

Presentation Overview:

The practice of treating animals by licensed physical therapists has grown exponentially nationwide since the 1970s. Many of the skills used by physical therapists to treat animals are transferable with additional educational competencies in anatomy, biomechanics, pathology, and relevant behavioral adaptations and restraint. Identifying educational opportunities to acquire such competencies however has been limited due to a lack of post-graduate courses, especially those taught by licensed physical therapists. In addition, no formal documented standards of education for animal practice have existed until recently, and multiple scope of PT practice laws exhibit unfortunate barriers to the profession.

Part I of this session will address the practice of animal physical therapy, a brief history, evolution, and current state of the art. Part II will highlight research conducted on behalf of the Animal Physical Therapy Special Interest Group of the Academy of Orthopedic Physical Therapy, APTA. Details of a completed practice analysis, including an outline of essential competencies in clinical practice for animal physical therapy in the United States, will be presented. Part III will address concerns expressed by the veterinary profession and state policy and regulatory agencies regarding jurisdictional definitions of veterinary medicine, physical therapy, direct access, and term and title protection. Strategies to address underlying factors impacting regulatory issues and concerns by veterinarians regarding this niche market in PT clinical practice will be highlighted.

Objectives:

- Provide an historical perspective on the treatment of animals by physical therapists with a focus on current state laws and regulations related to clinical practice
- Present the purpose, methodology, analysis, and implications of data used to codify competencies defining the current educational standards of practice for animal physical therapy
- Outline common perspectives from the veterinary profession both in support of and opposition to physical therapists treating animals and highlight examples of successfully negotiated language presently codified in several state jurisdictions
- Discuss relevant issues and concerns related to facilitating successful communications between the professions of Physical Therapy and Veterinary Medicine

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Session Information

Animal Physical Therapy In The 21st Century: Historical Perspectives, Educational Standards, Clinical Practice, and Legal Implications

Saturday, October 24th | 8:30–11:45am and 2:15–3:45pm | 4.5 Contact Hours of CE

Kirk Peck PT, PhD, CSCS, CCRT, CERP

Speaker's Bio:

Dr. Peck holds a Bachelor of Science degree in Exercise Science, a Master's degree in Physical Therapy, and a PhD in Higher Education, Administration, and Leadership. He is current Chair of the Department of Physical therapy at Creighton University, Omaha, NE with a teaching focus in political advocacy, and clinical exercise physiology and wellness. Dr. Peck provides outpatient orthopaedic physical therapy pro bono services to the Native American population residing in Omaha, and is certified in both canine and equine rehabilitation with a focus on treating canine injuries, and equine in service for therapeutic riding and Hippotherapy.

Dr. Peck served two-terms as President of the Nebraska Physical Therapy Association, including 20-years as Chair of the state legislative committee. In addition, he served two-terms as President of the Animal Rehabilitation Special Interest Group (ARSIG) of the Orthopedic Academy, American Physical Therapy Association. He is current Vice Chair of the Nebraska Physical Therapy Licensure Board and was recently selected to serve on the Federation of State Boards of Physical Therapy as Chair of the Ethics and Legislation Committee. Dr. Peck has consulted with numerous physical therapists nationwide addressing political issues related to animal rehabilitation, and presented nationally at the APTA State Government Affairs Forum, APTA Combined Sections, and the Federation of State Boards of Physical Therapy. Finally, Dr. Peck worked extensively with the Nebraska Board of Veterinary Medicine and Surgery to draft statutes and regulations allowing PTs to acquire a professional license to treat animals following completion of additional educational competencies.

Session Information

Vestibular Rehabilitation: Current Concepts and Future Directions

Saturday, October 24th | 8:30–11:45am and 2:15–3:45pm | 4.5 Contact Hours of CE

Dr. Linda D'Silva, PT PhD, NCS; Dr. Sarah Gallagher PT, DPT, NCS; Dr. Lisa Farrell, PT, PhD, ATC

Presentation Overview:

This presentation will cover the anatomy, physiology and pathologies that affect the vestibular system. Symptom presentation will be used to make a differential diagnosis so that optimal outcome measures can be used to detect change with interventions. The pathology and interventions to treat a common vestibular condition, Benign Paroxysmal Positional Vertigo, will be discussed. Evaluation and treatment of vestibular hypofunction following the Clinical Practice Guidelines will be outlined. With the COVID-19 pandemic, the role of telehealth and the barriers to effectively treat patients with vestibular hypofunction will be highlighted by Dr. Sarah Gallagher. Additionally, more recent vestibular diagnoses, Persistent Postural Perceptual Dizziness (3PD) and Vestibular Migraine, will be discussed by Dr. Lisa Farrell.

Objectives:

- Describe the pathophysiology and symptom presentation of common vestibular conditions
- Use appropriate outcome measures and interventions for the management of BPPV and vestibular hypofunction
- Adapt in-clinic assessments and treatment to perform an effective telehealth session
- Identify 3PD and Vestibular Migraine using the diagnostic criteria and describe medical management and physical rehabilitation intervention in patients with these diagnoses

Speaker's Bio:

Dr. Linda D'Silva, PT PhD, NCS, is an Assistant Professor at the University of Kansas Medical Center. She is the Director of the STABILII laboratory which is focused on the diagnosis and management of persons with vestibular disorders. She has investigated the impact of Type 2 diabetes on the vestibular system, and she is currently examining the relationship between visual-vestibular deficits and mobility in adults with a mild traumatic brain injury. She is an active member of the Vestibular Special Interest Group of the American Physical Therapy Association.

Dr. Sarah Gallagher PT, DPT, NCS is the owner of South Valley Physical Therapy which specializes in neurologic and vestibular rehabilitation. Dr. Gallagher identified that access to expert vestibular rehab is limited due to limited expertise in the state of Colorado, long travel distances, and dizziness impeding commuting to the clinic. This problem led her to implement telerehab at South Valley PT for insurance reimbursement in 2017. She has presented on implementing telerehab at several national and state PT conferences.

Dr. Lisa Farrell, PT, PhD, ATC has been providing vestibular and balance rehabilitation for adults with various neurological pathologies in the South Florida area since 1999. She has been a guest lecturer and adjunct faculty member of Nova Southeastern University with neuroscience being her area of teaching since 2003. Since 2000, she has been a faculty member for the APTA's Vestibular Rehabilitation: A Competency-Based Course, and in 2013, became a co-director of this program. Additionally, she has been part of the faculty for the APTA's Pediatric Vestibular Rehabilitation: A Competency-Based Course from its inception in 2010 until 2018. With her graduate degrees, she concentrated her area of study in the field of balance as well as in vestibular assessment and rehabilitation. In 2017, Dr. Farrell founded Symmetry Alliance, LLC, a consulting firm for program development and provider of continuing education for rehabilitation professionals, so that she can contribute to helping communities improve their medical care for patients with vestibular pathology. Throughout her career, she has served her profession by being an active member of the American Physical Therapy Association.

Session Information

Delegate Updates from 2020 House of Delegates

Saturday, October 24th | 1:00–1:30pm | .5 CEU

Presentation Overview:

APTA Kansas Delegation will be reporting on the results of the June 2020 Virtual House of Delegates. We will have discussion on possible subjects that may be suitable for forming a motion and submitting.

Objectives:

- Members and potential members will be informed on the results of the 2020 HOD
 - Participants will be oriented on motion formation and language
 - Participants will be given the opportunity to discuss current professional needs that may be appropriate for motion formation
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Diversity, Equity and Inclusion Member Discussion

Saturday, October 24th | 1:30–2:00pm | .5 CEU

Presentation Overview:

Board Members will be discussing the meaning of Diversity, Equity and Inclusion as well as reviewing the Statement Sent out in June. We will be presenting how the APTA is leading the discussion.

Objectives:

- Participants will increase awareness about the leadership taken by the APTA and Members will be given the opportunity to discuss their views regarding the Statement that APTA Kansas gave in June
- Participants will be able to discuss current disparities in policies and what they have noticed in their places of work and home
- Participants will be able to determine the inequalities not only in race but socio economic and others as it pertains to medical care

Policies

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 – 30 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.
- Please contact info@kpta.com if you need to cancel due to unforeseen extenuating circumstances.
- 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.

Photograph/Video Policy

Photographs of the conference, workshops and events may be used for promotional material on the www.kpta.com website and social media. Registrant will email info@kpta.com with a picture of them self (for identification purposes) if the registrant does not wish to have his/her photograph posted.

Program Information

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 APTA Kansas.

Continuing Education

Courses will be approved for continuing education credit by APTA Kansas.

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