

March 22-23, 2024

Hyatt Regency | Wichita, Kansas



**APTA Kansas
2024 Spring Conference**

Friday, March 22nd <i>7.5 CEUs for Sessions</i>		
	Track 1	Track 2
7:00 - 8:00am	Registration / Check-in	
8:00 - 8:05am	President's Welcome by Camille Synder, PT, DPT, APTA Kansas President	
8:05 - 10:05am 2 CEUs	The Application of Pain Neuroscience Education: A Step-by-Step Clinical Guide Adriaan Louw, PT, PhD	
10:05 - 10:20am	Break / Exhibits	
10:20am - 12:20pm 2 CEUs	I Hurt because I'm old: Really? Adriaan Louw, PT, PhD	
12:20 - 2:05pm	Lunch on Own / Exhibits	
2:05 - 3:05pm 1CEU	Physical Therapy Lessons to be Learned From Pilates - Part 1 Noelle Dowma, DPT, BFA, NCPT, NCPT, BSPTS	Butt Science BJ Lehecka, DPT, PhD
3:10 - 4:10pm 1 CEU	Physical Therapy Lessons to be Learned From Pilates - Part 2 Noelle Dowma, DPT, BFA, NCPT, NCPT, BSPTS	How to navigate the post-concussion return-to-learn process. Rich Bomgardner, EdD, LAT, ATC, CSCS
4:10 - 4:20pm	Break / Exhibits	
4:20 - 5:50pm 1.5 CEUs	Heart of America Professional Network- The Risk Management of Impaired Healthcare Providers Duane Olberding, LSCSW and LCAC	
6:00 - 7:00pm	APTA KS Board Meeting / Dinner - Board Members Only	
CEUs 7.5		

Saturday, March 23rd	
<i>7.5 CEUs Awarded for Sessions, 1 CEU for Business Meeting</i>	
7:30 - 8:30am	Registration/Student Breakfast
8:30 - 9:30am 1 CEU	Platform Session
9:30 - 11:00am 1.5 CEUs	Poster Session
11:00am - 12:30pm 1 CEU	Lunch and Business Meeting Members: Free Non Members: \$30 Camille Snyder, PT, DPT, APTA Kansas President
12:30 - 1:30pm 1 CEU	How You Show Up Matters Vicki Landers, PT, DPT, ACC
1:30pm - 2:30 1 CEU	Managing Pelvic Girdle Pain During Pregnancy and Postpartum Kelsey Kuehn, PT, DPT, CSCS, CF-L1
2:30 - 2:40pm	Break / Exhibits
2:40 - 3:40pm 1 CEU	Exercise Prescription for the Female Athlete Kelsey Kuehn, PT, DPT, CSCS, CF-L1
3:40 - 5:40pm 2 CEUs	Conservative Treatment for Knee Osteoarthritis Rob Manske, PT, DPT, SCS, ATC, CSCS, FAPTA
Total CEUs 8.5	

Session Information

The Application of Pain Neuroscience Education: A Step-by-Step Clinical Guide



Friday, March 22 | 8:05 - 10:05am
Track 1 | 2 CEU Credits

Adriaan Louw, PT, PhD

Course/Session Description:

In recent years there has been a big interest in teaching people about pain. Various meta-

analyses, systematic reviews and randomized clinical trials confirms its efficacy to help pain and disability in people struggling with chronic pain. In contrast to the scientific activity, there remains a clinical need: How do you actually do it? Who needs it? How do you merge it with traditional movement-based treatments? What about documentation? What about coding? Time management? The list can go on and on. Enough research! This session, will provide a step-by-step clinical application of PNE in a real-life clinical practice. Using current pain mechanisms, clinicians will be taught how to identify ideal patients for PNE; examine and screen these patients and prepare them for PNE. PNE will be showcased via various, ready-to-use metaphors including patient education tools and home-exercise activities. The sessions will show how PNE compliments and blends with movement-based therapies including pacing, graded exposure and exercise. The clinical aspects of documentation, coding and time-management will be showcased, allowing for immediate clinical use. This session is a must for anyone treating patients in pain.

Upon completion of this educational session the participants will be able to:

- Develop a greater understanding of the content and delivery methods of pain neuroscience education
- Develop strategies to educate patients regarding various aspects of pain
- Combine pain neuroscience education with movement-based approaches to practice in line with current best-evidence for treating chronic pain
- Apply the information from the educational session into clinical practice

I Hurt because I'm Old: Really?

Friday, March 22 | 10:20am-12:20pm | 2 CEU Credits

Adriaan Louw, PT, PhD

Course/Session Description:

Ever heard: "I hurt because I have arthritis!" Is it true? This idea that the health (and age) of our tissues is correlated to pain is fundamentally flawed. If this was the case, then only older patients should hurt and younger patients should not hurt! This misbelief and self-limiting perception powerfully impact the experience of pain and outlook for older adults. As the United States population ages, and physical therapy take its rightful place in the assessment and treatment of older adults, we must reevaluate our pain paradigms in the elderly. It is overwhelmingly shown that older patients do hurt, but not because they are old, but because they stop moving. Fear-avoidance and pain catastrophizing, powerfully driven by these misbeliefs regarding aging powerfully limits movement. Recent pain neuroscience education (PNE) research has shown that normalizing pain beliefs, including the role of aging and pain, powerfully influences movement, pain and disability – even in older adults. In this lecture we will explore the myth of aging and pain, evolution and evidence for PNE and showcase how various ready-to-use metaphors can help older adults understand pain better and facilitate much-needed movement.

Upon completion of this educational session the participants will be able to:

- Recognize the current aging of the US population, it's impact on rehabilitation and future needs, especially in regards to pain
- Update their knowledge of pain science and how it pertains to pain experiences in older adults
- Develop a working knowledge of pain neuroscience education for older adults to facilitate healthier beliefs about pain and facilitate movement
- Build a pain-science-based pacing and graded exposure for older adults to encourage and facilitate movement
- Immediately apply the information from the educational session into clinical practice

Speaker Biographies:

Adriaan Louw, PT, PhD earned his undergraduate, master's degree and PhD in physiotherapy from the University of Stellenbosch in Cape Town, South Africa. He is an adjunct faculty member at St. Ambrose University and the University of Nevada Las Vegas, teaching pain science. Adriaan has taught throughout the US and internationally for 25 years at numerous national and international manual therapy, pain science and medical conferences. He has authored and co-authored over 100 peer-reviewed articles related to spinal disorders and pain science. Adriaan completed his Ph.D. on pain neuroscience education and is the Director of the Therapeutic Neuroscience Research Group – an independent collaborative initiative studying pain neuroscience. Adriaan is a senior faculty, pain science director and vice-president of faculty experience for Evidence in Motion.

Physical Therapy Lessons to be Learned From Pilates Part 1 & 2



Friday, March 22
2:05-3:05pm Track 1 | 1 CEU Credit

2:05-3:05pm, 3:10 - 4:10pm
Track 1 | 1 CEU Credit

Noelle Dowma, DPT, BFA, NCPT, NCPT, BSPTS

Course/Session Description:

This is a course for anyone interested in finding out more about how Pilates principles can enhance their practice of physical therapy. Pilates history, Pilates principles application in rehabilitation and fitness, and general applicable lessons learned from implementing Pilates based treatment plans will be the main focus.

The student will:

1. List the 6 Polestar Pilates principles
2. Describe the origin of the Pilates method invented by Joseph Pilates
3. Differentiate between classical and evolved Pilates
4. Critique 3 differences between mat vs equipment Pilates

Speaker Biography:

Noelle began studying Pilates when rehabilitating a dance injury in 1992. Since that time, she trained through the Physical Mind Institute, Polestar Pilates Education and is Nationally Pilates Certified. She is a Principal Educator for Polestar Pilates Education, where she teaches fitness and rehabilitation professionals how to use Pilates with their clients and patients.

Pilates was a part of Noelle's life before becoming a physical therapist and it continues to be an essential part of her success with patients. In her private practice in Overland Park, KS, she utilizes Pilates to treat orthopaedic conditions, dancers, scoliosis, athletes, hypermobility disorders, dysautonomia, osteoporosis, neurologic conditions and geriatric patients. Noelle sees the powerful impact Pilates has on her patients with restoring motor control, strength, range of motion and function. Her passion for this treatment approach has led to her present on Pilates based topics around the US as well as internationally.

Butt Science



Friday, March 22 | 2:05-3:05pm
Track 2 | 1 CEU Credits

BJ Lehecka, DPT, PhD

Course/Session Description:

When muscles contract, they secrete chemicals and proteins into the bloodstream that have

profound effects on both the body and the brain. Muscle contraction and movement are how our body and brain know we're alive and engaged in life, so we're rewarded when we engage in physical activity. In this sense, the gluteals, our body's largest and most powerful muscles, are also a pair of our body's largest and most powerful pharmacies.

This lecture is about the science behind those massive, medicinal movers. It has three sections. The first is meant to motivate. It siphons the best science of butt strength as it relates to the low back, hips, knees, ankles, and more, and presents the importance of our gluteals. The second section shows how we test the strength, endurance, and other functions of these muscles. The third section is all about training and presents evidence-based recommendations for high-quality gluteal exercise.

Objectives:

1. Participants will recognize the importance of the gluteals as they relate to low back, hip, knee, and ankle pain.
2. Participants will understand evidence-based testing of gluteal strength, endurance, power, and functional tasks.
3. Participants will identify high-quality gluteal exercises.

Speaker Biography:

B.J. Lehecka, DPT, PhD is a professor in the Department of Physical Therapy at Wichita State University (WSU). At WSU, he primarily teaches content concerning the hip, spine, posture, gait, and other facets of musculoskeletal evaluation and treatment. Dr. Lehecka has published many peer-reviewed journal articles, authored and edited numerous book chapters, and presented at state, national, and international conferences. He received the KPTA Award in Academic Excellence, WSU's Academy for Effective Teaching Award, and KSU's Distinguished Clinician Award. 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.

How to Navigate the Post-concussion Return-to-learn Process



Friday, March 22 | 3:10-4:10pm
Track 2 | 1 CEU Credit

Rich Bomgardner, EdD, LAT, ATC, CSCS

Course/Session Description:

This course reviews return-to-learn policies, management

strategies, and school environment challenges for students returning to the classroom after a concussion.

Objectives:

1. Examine possible areas where return-to-learn policy is limited.
2. Recognize current return-to-learn guidelines and recommendations to facilitate success.
3. Discuss possible challenges in the classroom and school environment where concussion management strategies could be explored.

Speaker Biography:

Dr. Rich Bomgardner has been the Athletic Training Program Director at Wichita State University for the past 19 years. His professional career in athletic training has spanned over 33 years, including 12 years as a Head Athletic Trainer in the college setting and 2 years minor league baseball. His research interests focus on post-concussion return-to-learn (RTL) policies and school/classroom management strategies. Dr. Bomgardner has published on the national and regional level and has presented at conferences ranging from local to international as well as worked on concussion legislation efforts in Kansas. He holds a Bachelor of Arts degree in Physical Education/Athletic Training from Wichita State, a Master of Science degree in Health and Human Performance from Fort Hays State, and a Doctor of Education degree in Educational Leadership from Liberty University.

Heart of America Professional Network - The Risk Management of Impaired Healthcare Providers



Friday, March 22 | 4:20-5:20pm
Track 1 | 1.50 CEU Credits

Duane Olberding, LCSW and LCAC

Course/Session Description:

This presentation will aid the participants in understanding how, and why, impaired provider

programs came about. It will help the participant recognize what impaired means for the healthcare professional, and the scope of the problem. Finally, the participant will learn what an alternative to discipline program is and what HAPN provides: including monitoring, referral, expertise, education and advocacy.

The attendee will::

1. Learn about Kansas Risk Management Law legislating Impaired Professional Monitoring Programs.
2. Learn the definition of an impaired healthcare provider, types, and scope of the problem.
3. Learn what an Alternative to Discipline program is and provides.
4. Learn about Professional/Ethical responsibilities of Healthcare Providers and Ethical Lapses.
5. Learn about what HAPN Monitoring Program provides: including Expertise, Education and Training, and Advocacy.

Speaker Biography:

Duane Olberding is the Executive Director of Heart of America Professional Network. Past professional experience includes being a member of Kansas Association of Addiction Professionals Executive Board; Kansas Family Partnership Board; Kansas Citizen's Committee of the SRS; and President of the Kansas Coalition on Problem Gambling. He has presented on mental health and addictive disorders throughout Kansas and the Midwest. His work experience has included being Executive Director and Owner of Professional Treatment Services; Adjunct Professor at Washburn University; Therapist at Advent Health Shawnee Mission Inpatient Behavioral Health Unit; and Therapist in the Menninger Clinic Professionals in Crisis Unit.

In his spare time, he is a grandparent, parent, gardener, orchardist, and fisherman.

How You Show Up Matters



Saturday, March 23 |
12:30 - 1:30pm | 1 CEU credit

Vicki Landers, PT, DPT, ACC

Course/Session Description:

Healthcare professionals are faced with overwhelm, stress, and constant change. In this thought-

provoking talk, Vicki shares powerful strategies that demonstrate how the improvement of patient care is in each of our hands. Learn an empowering framework you can implement right away to increase the effectiveness of your organization.

Objectives:

1. Describe how you impact patient care with your interactions.
2. Discuss how anabolic and catabolic energy influence all workplace interactions.
3. How to identify your reactions and shift them in real-time.

Meet **Vicki D Landers**, a seasoned healthcare professional with almost three decades of expertise spanning clinical, leadership, and information technology roles in home health. As a Physical Therapist, Professional Speaker, and Certified Professional Coach, Vicki is the visionary CEO of In Progress Coaching. She advocates passionately for a return to the core purpose of healthcare—taking care of people. Vicki has been a guiding force in diverse healthcare settings, from clinician and educator to IT strategist and Home Care Director.

A dedicated advocate for well-being, Vicki has taught chronic disease and exercise at Rockhurst University, impacting aspiring healthcare providers. She continues to

make a difference in the lives of individuals with chronic diseases through private fitness sessions in their homes, enhancing their quality of life.

Vicki's mission is to empower healthcare providers to take control of their personal and professional lives. Whether through captivating live presentations, or individual coaching, Vicki instills hope in her audience. Her passion lies in creating interactive experiences that entertain, educate, and inspire. By living her own life with intention, Vicki is committed to helping others shape a life they choose, reflecting her enduring dedication to the well-being of both individuals and the healthcare industry.

Managing Pelvic Girdle Pain During Pregnancy and Postpartum



Saturday, March 23 |
1:30pm - 2:30 | 1 CEU credit

Kelsey Kuehn, PT, DPT, CSCS, CF-L1

Course/Session Description: This course covers the physiological changes during each trimester

and the postpartum period. It includes recent evidence regarding prevalence and treatment of pelvic girdle pain (PGP), screening tools and diagnostic tests for PGP, evidence supported treatment interventions and when to refer to a pelvic floor PT.

Objectives:

1. Identify pelvic girdle pain (PGP) in the pregnant and postpartum population using evidence supported tests and clinical diagnostic guidelines
2. Implement appropriate treatment for the management of PGP in the pregnant and postpartum population
3. Identify when to refer the patient to a pelvic floor physical therapist for further assessment and treatment

Exercise Prescription for the Female Athlete

Saturday, March 24 | 2:45-3:45pm | 1 CEU Credit

Kelsey Kuehn, PT, DPT, CSCS, CF-L1

Course/Session Description:

This course will dive into the research surrounding exercise recommendations throughout pregnancy and postpartum including the efficacy of various exercise interventions. It will also address treatment of diastasis recti and provide progressions/

regressions for common exercises. Finally, it will also include recommendations surrounding exercise dosage throughout the menstrual cycle based on the current research literature.

Objectives:

1. Identify specific bodily system changes that may impact an athlete's ability to exercise in each trimester
2. Select evidence-supported exercise modifications for pregnant/recently postpartum athlete
3. Provide appropriate exercise recommendations throughout the menstrual cycle based on current research

Speaker Biography:

Dr. Kelsey Kuehn is a doctor of physical therapy and a strength and conditioning specialist. She uses a performance-focused approach in the treatment of athletes and the pelvic floor. With a diverse clinical skill set ranging from TMJ to foot and ankle, Dr. Kelsey is proficient at guiding patients of all types through the rehabilitation process. She specializes in pelvic health with an emphasis on exercise and resistance training throughout pregnancy and postpartum. Her clinical sweet spot lies at the crossroads of barbell sports and pelvic health. Dr. Kelsey is competitive in powerlifting and has years of experience coaching and competing in CrossFit. She also travels as the team physio for Guam Women's National Soccer, recently aiding the team during the EAFF 2023 Championship in China.

Conservative Treatment for Knee Osteoarthritis



Saturday, March 23
3:40 - 5:40pm | 2.0 CEUs
Credit

Rob Manske, PT, DPT, SCS, ATC, CSCS, FAPTA

Course/Session Description:

Knee osteoarthritis (OA) is one of the most common joint disorders and causes considerable pain and immobility. Conservative treatment of knee OA is always the first line of defense against this malady. This course will describe the incidence and prevalence of knee OA and discuss current options for conservative treatment including medication, bracing, injections, arch supports and of course therapeutic exercise. Pro's and con's of each

will be deliberated in this informative session. Practical ways to help those with knee OA will be discussed.

Following completion of this lecture the participants will be able to:

1. Discuss the impact of knee OA on the general population.
2. Compare and contrast multiple forms of conservative treatment for knee OA.
3. Understand the importance of therapeutic exercise on the progression of knee OA.

Speaker Biography:

Mr. Robert C. Manske PT, DPT, MPT, MEd, SCS, ATC, CSCS, FAPTA, is a professor and former chair in the Doctoral Physical Therapy Program at Wichita State University in Wichita, Kansas. Rob graduated from WSU in 1991 with a Bachelor of Arts in Physical Education, a Master of Physical Therapy degree in 1994, and further earned a Master of Education degree in Physical Education in 2000. Rob completed a year-long sports physical therapy fellowship in 1997 at Gundersen Lutheran Medical Center in La Crosse, WI. He received his DPT from Massachusetts General Institute of Health Professions in 2006. Rob has been an APTA Board Certified Sports Physical Therapist since 2002. Rob is also a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, and a certified Athletic Trainer (ATC) through the National Athletic Trainers Association. Rob has been nominated and received numerous awards for excellence in teaching at the local, state, and national level – receiving the APTA Catherine Worthingham Award in 2023, the Sports Academy's Turner A. Blackburn Hall of Fame Award in 2021, the Academy's Excellence in Education Award in 2007 and the Ron Peyton Award in 2018.

Lunch Business Meeting and Awards



Saturday, March 24
12:00–1:30pm | 1.0 CEU Credit

Camille Snyder, PT, DPT;
Committee Chairs for
APTA Kansas

Course/Session Description:

APTA Kansas President and Board of Directors will be presenting on current issues and summarizing committee reports. Review and discussions on APTA Kansas Strategic Goals and Objectives.

Objectives:

1. Members and potential members will get updates on APTA Kansas' Strategic Plan and specific implementation for goals including outreach, patient access, professional development, mentorship, and research promotion.
2. Members and potential members will be informed on the upcoming activities for the 2024 HOD and general promoting of what the HOD is and does for our national organization
3. Participants will be given the opportunity to discuss current Kansas practice issues and offer suggestions for improved professional practice and outreach.

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.