

# March 14-15, 2025

Embassy Suites Olathe | Olathe, KS



## APTA Kansas 2025 Spring Conference

# APTA Kansas 2025 Spring Conference

## March 14-15, 2025

<b>Friday, March 14</b> <i>7 CEUs for Sessions</i>		
	<b>Track 1</b>	<b>Track 2</b>
7:00 - 8:00am	<b>Registration / Check-in</b>	
8:00 - 8:05am	<b>President's Welcome by Camille Snyder, PT, DPT, APTA Kansas President</b>	
8:05 - 10:05am 2 CEUs	<b>Blood Flow Restriction Therapy - Overview and Lab</b> Luke Kriley, PT, DPT, MS, OCS, CSCS, USAW-1 & Chris Deck, PT, DPT, MA, MBA	<b>Design an Effective Clinical Education Program at Your Clinical Site: Braintrust Banter Session</b> Heather Green, PT, DPT & Yvonne Colgrove, PT, PhD
10:05 - 10:20am	<b>Break / Exhibits</b>	
10:20am - 12:20pm 2 CEUs	<b>Translating Evidence into Clinical Practice of Concussion Management</b> Rebecca Bliss, PT, DPT, DHSc	<b>Nutrition and Injury Recovery within the Athletic Population and Nutrition Applications for the Clinical Setting</b> Kylie Keller MS, RD, LD
12:20 - 1:30pm	<b>Lunch on Own / Exhibits</b>	
1:30 - 3:30pm 2 CEUs	<b>TKA from A to Z - A Multidisciplinary Perspective to Achieve Positive Outcomes</b> Adam Goodyear, MD, FAAOS ; James Huston, MD; Holly Dawson, RN; Nami Stone, PT; Rebecca McClure, PT, MOMT; Andy Struble, DPT, OCS, CSCS, CMPT	
3:30-3:45pm	<b>Break / Exhibits</b>	
3:45 - 4:45pm 1 CEU	<b>Hip Fitness for Tennis and Pickleball Athletes</b> B.J. Lehecka, PT, DPT, PhD	<b>Tips for Writing a Clinical Case Study: For the Clinician (AKA Novice Author)</b> Linda D'Silva, PT, PhD & Yvonne Colgrove, PT, PhD
5:00 - 8:30pm	<b>Strategic Planning Meeting</b>	
CEUs 7		

# APTA Kansas 2025 Spring Conference

## March 14-15, 2025

### Saturday, March 15

6.5 CEUs Awarded for Sessions, 1 CEU for Business Meeting

	Track 1	Track 2
7:30 - 8:30am	<b>Registration/Student Breakfast</b>	
8:30 - 9:30am 1 CEU	<b>Platform Session</b>	
9:30 - 11:00am 1.5 CEUs	<b>Poster Session</b>	
11:00am - 12:30pm 1 CEU	<b>Lunch and Business Meeting</b> Members: Free Non Members: \$30 Camille Snyder, PT, DPT, APTA Kansas President	
12:30 - 2:30pm 2 CEUs	<b>The XYZ's of Lower Extremity Rehabilitation</b> Dennis Dolan, MEd, LAT, ATC, Power Athlete Certified Coach, PPSC	<b>Pushing Boundaries for Inclusion of HIIT in Clinical Practice - Part 1</b> Amanda Britton-Carpenter, DPT, NCS & Sandy Billinger, PT, PhD, FAHA
2:30 - 2:40pm	<b>Break / Exhibits</b>	
2:40-4:40 2 CEUs	<b>Evidence-Informed Update: Rotator Cuff Repair Rehabilitation and Evidence-Informed Update: Rehabilitation after Hip FAI Surgery</b> Dan Lorenz, DPT, PT, ATC, CSCS	<b>Pushing Boundaries for Inclusion of HIIT in Clinical Practice - Part 2</b> Amanda Britton-Carpenter, DPT, NCS & Sandy Billinger, PT, PhD, FAHA
Total CEUs 7.5		

## Platform Presentations

March 15 | 8:00–9:30AM

AUTHORS	TITLE
<b>Bria Bartsch</b> , Amanda Britton-Carpenter, Amanda Engler, Sandra Billinger	<b>#1.</b> Understanding the Relationship Between Fitness and Cognitive Domains Post-Stroke
<b>Derong Yang</b> , Rahul Rayan, Mustapha Mangdow, Carrie Bailey, Wen Liu	<b>#2.</b> Effects of a Novel Robot-Assisted Walking Training in Dependent Ambulatory Chronic Stroke Patients: Preliminary Results
<b>Ahmed S. Malik</b> , <b>Garrett V. Mason</b> , <b>Joseph A. McMichen</b> , Islam B. Hamed, Justin Trent	<b>#3.</b> Strategies to Minimize Fall-Related Injuries in Older Adults at Risk of Falls: The Falling Safely Training (Fast) Study
<b>Maryam Sadeghi</b> , Mohammadreza Kordi, Mehdi Daemi, Seyed Maziyar Tabasi, Mohammad Sina Ibrahimnejad Bashiri, Seyed Massood Nabavi, Seyed-Mahdi Khaligh-Razavi, Jeffrey Thompson, Jacob Sosnoff, Hannes Devos	<b>#4.</b> Comparing Exercise and Virtual Reality Gaming in Relapsing-Remitting Multiple Sclerosis: A Randomized Controlled Trial

**Friday Lunch  
is not provided.**

**Saturday Lunch  
will be provided to  
Business Meeting  
attendees only.**

If you are not already  
signed up, please stop  
by the registration desk.

Free to members,  
\$30 for Non-members.

## Poster Presentations

March 15 | 9:30–11:00AM

AUTHORS	TITLE
<b>Kelsey Sliter</b> , <b>Rachel Word</b>	<b>#1.</b> Acute Rehab Therapists' Perception and Experience with Transfer Training During Pre/Postpartum Phases
<b>Mallory Peterson</b> , <b>Kylie Simmons</b> , <b>Allison Gehrt</b>	<b>#2.</b> Implementing PT/OT Outcome Measures in the Acute Care Setting with Cardiac Patient Populations: A Review of Barriers and Facilitators
<b>Justin Trent</b> , <b>Jakob Hulquest</b> , <b>Cody Ibarra</b> , <b>Gian Jovellanos</b> , <b>Colten Morgan</b> , <b>Jose Ramirez-Cordero</b>	<b>#3.</b> The Impact Of Consistency in Orthopedic Physical Therapy – A Real-Time Delphi With Mixed-Methods Analysis
Chris Deck, <b>Justin Smith</b> , Adam Veenis, Bryan Lehecka, Nils Hakansson	<b>#4.</b> The 30-Second Roll to Quadruped Test: Linking Muscle Strength With Rolling
<b>Justin Smith</b> , Anna Buessing, Carson Pierce, Payton Hybarger, Taylor Antonowich, Wyatt Akins, Barbara Smith	<b>#5.</b> Physical and Mental Benefits of Chair Yoga For Older Adults: A Case Series
<b>Zhaoyang Liu</b> , Derong Yang, Irina Smirnova, Wen Liu	<b>#6.</b> The Impact of Tai Chi and Qigong on Non-Motor Symptoms of Parkinson's Disease: A Scoping Review
<b>Andrew Bianchi</b> , <b>Zachery Brehm</b> , <b>Tyler Ezra</b> , <b>Mollie Miller</b> , Phillip J. Kilmer	<b>#7.</b> The Efficacy of Blood Flow Restriction on Post-Activation Potentiation in Athletes: A Systematic Review
<b>Daniel Collins</b> , McAfee, Jayce L. McAfee, Abigayle M. Peery, Paige M. Rehagen, Julia D. Wagner, Ashlynn N. Williams	<b>#8.</b> Utilizing the Coaching Wheel as a Method of Tracking Overall Wellness Among DPT Students: Creating a Tool for Academic Advising
<b>Taryn Jones</b> , <b>Hamsini Isukapalli</b> , Joo Hyun Lee, Nathan Pickle, Paulien Roos, Jennifer Proctor, Linda D'Silva	<b>#9.</b> App For Vestibular Rehabilitation Increases Adherence to Vestibular Exercises: A Case Report
<b>Veronica Vabishchevich</b> , RT Smith, AJ Bittel	<b>#10.</b> Markers Of Clinical and Mitochondrial Adaptation in Response to Moderate Intensity Continuous Training: A Systematic Review and Meta-Analysis
<b>Hui Gao</b> , Man Lang, Mustapha Mangdow, Zhaohui Li, Xiaowu Yan, Enze Shi, Jianhua Lin	<b>#11.</b> Effects of Dual-Task Training on Improving Physical Function in Stroke Patients: A Meta-Analysis with Subgroup Analysis of Randomized Controlled Trials

## Poster Presentations

March 15 | 9:30–11:00AM

AUTHORS	TITLE
<b>Mustapha Mangdow</b> , Rahul Rayan, Derong Yang, Carrie Bailey, Gregory Tinkler, Sarah Eickmeyer, Gregory Herman, Wen Liu	<b>#12.</b> Robot-Assisted Gait Training for A Non-Ambulatory Chronic Stroke Patient With Maladaptive Gait Pattern: A Case Report
<b>Taylor Rees</b> , Michael Powers, Jenna Segraves, Jamie Dyson, Jeri Sindt, Sam Byrnes, Jane Garrow, Patricia R. Nelson	<b>#13.</b> Valuing Interprofessional Collaboration: An Acute Care Simulation
<b>Amanda Britton-Carpenter</b> , Bria Bartsch, Sandra Billinger	<b>#14.</b> Participant Perceptions of A 4-Week Exercise Program in Chronic Stroke
<b>Amanda Britton-Carpenter</b> , Bria Bartsch, Madeline Walker, Sandra Billinger	<b>#15.</b> Building A Participant Registry to Improve Opportunities and Engagement In Stroke Recovery Research
<b>Claude Lamoureux</b> , Courtney Goetz	<b>#16.</b> Self-Directed Rhythmic Drumming Home Exercise Program in a Parkinson's Disease Subject: A Case Study
<b>B.J. Lehecka</b> , Brent Ehresman, Franklin Hurst, Aaron King, Hannah Konen, Ron Michel-Lemus, Mitch Topel, Heidi VanRavenhorst-Bell	<b>#17.</b> Box Jumps Versus Squat Jumps: An Analysis of Effects on Gluteal Function, Bone Density, and Lower Extremity Muscle Mass
Madeline Walker, Amanda J Britton-Carpenter, Bria L Bartsch, Amanda Engler, Sandra Billinger	<b>#18.</b> Sex Differences in Cerebrovascular Health, Cognition, and Walking Function In Chronic Stroke
Joo Hyun Lee, Kai Cheng, Prabhakar Chalise, Linda D'Silva	<b>#19.</b> Comparison Of Balance Control Between Middle-Aged Adults With Persistent Symptoms After Mild Traumatic Brain Injury and Controls
Nicole Clark, Danny Collins, Porter Adams, William Flesher, Alexander Henning, Campbell Parham, <b>Danielle Sharp</b>	<b>#20.</b> Attitudes and Beliefs of Physical Therapy Students on Clinical Research
<b>Sainishitha Gudla</b> , Mustapha Mangdow, Lachlan Moore, Tara Woods, Carolina Quintana, Stacia Troshynski Brown, Neena Sharma	<b>#21.</b> A Scoping Review of Diversity, Equity, Inclusion, and Social Justice in Entry-Level Healthcare Programs

AUTHORS	TITLE
<b>Baleigh Fry</b> , Brooke Kempf, Megan Kindel, Yvonne Colgrove	<b>#22.</b> Examining The Relationship Between Pre-Admission Experience and Clinical Performance Scores of DPT Student
<b>Morgan Huggins, Haley Gleason, Harper Stevens</b> , Jennifer Celso	<b>#23.</b> Dyspareunia in Postpartum Women With Diastasis Rectus Abdominis
<b>Fatimah Alkhameys</b> , Kai Cheng, Chun-Kai Huang, Hassan Kawtharany, Neena Sharma	<b>#24.</b> Effectiveness of Stabilization Exercises on Balance in Adults With Non-Specific Chronic Lumbopelvic Pain: A Systematic Review And Meta-Analysis
<b>Kathryn Wagenheim</b> , Lauren Moore, Stacia Troshynski Brown, Laurie Steen, Carolina Quintana, Makenna Snyder, Melanie Somogie, Scarlett Morris	<b>#25.</b> Social Influences on Health and Accessibility in Patients at a Pro Bono Therapy Clinic
Jennifer Delcid, Sara Devero, Lindsay Feuerborn, Erik Juarez Farfan, Abigail Vaughn-Carranza, Shaima Alothman, Sonia Rawal	<b>#26.</b> The Effects Of Exercise on Insulin, Insulin Like Growth Factor (IGF-1) and IGF Binding Proteins (IGFBP-1,3) in Cancer Patients
<b>Samuel Durairaj</b> , Laurie Steen, Alvin Beltramo, Hannes Devos, Abiodun Akinwuntan	<b>#27.</b> Clinical Driving Assessments and Predictive Factors for Fitness to Drive
<b>Mostafa Mehraban Jahromi</b> , Hayden Gao, Neena K Sharma	<b>#28.</b> Immersive Learning: The Role of Virtual Reality in Patient Education For Musculoskeletal Conditions – A Systematic Review and Meta-Analysis
<b>Cameron Minihan, Mia Neaderhiser</b> , Austin Wohleb, Chance Dyck, Luke Hornberger, Jack Weitzman, Zaccur Nkrumah, Carl Luchies, Linda D'Silva	<b>#29.</b> Pilot Study to Quantify the Quality and Types Of Movement in Daily Life



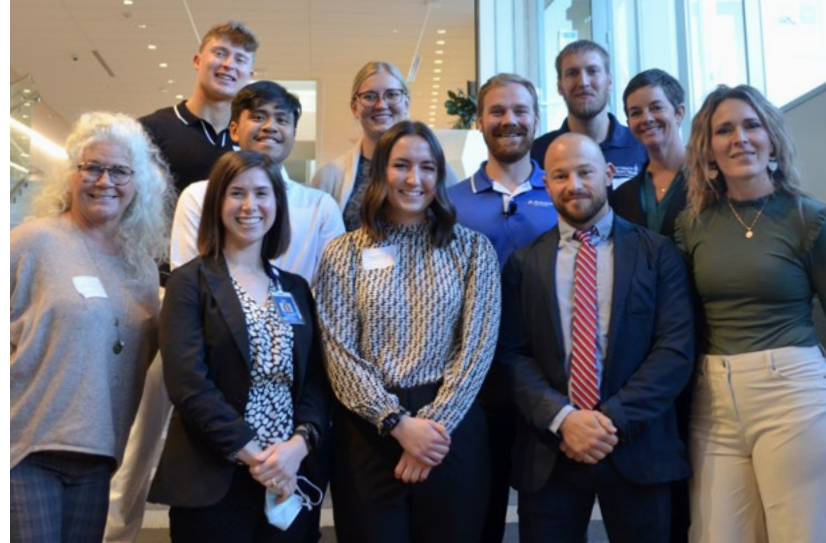
## Accommodations

### Embassy Suites Olathe Olathe, KS

10401 S. Ridgeview Rd.,  
Olathe, KS 66061

There are a limited number of hotel rooms reserved for conference attendees at the Embassy Suites Olathe, Olathe, KS.

Hotel reservations can be made for the reduced price \$169 per night. **Rooms must be booked by March 1** for this reduced rate.



[Reserve Hotel](#)

## Registration

2025 Spring Conference	One Day		Two Days		Saturday Business Meeting Lunch	
	Either Friday (7 CEUS) or Saturday (6.5 CEUS)		13.5 CEUS		1 CEU	
	Early Bird	Regular Price	Early Bird	Regular Price	Early Bird	Regular Price
<i>Early Bird Pricing ends on 2/15/25</i>						
PT Member	\$175	\$205	\$350	\$405	\$0	\$0
PTA Member	\$150	\$180	\$300	\$360	\$0	\$0
Student Member	\$30	\$40	\$60	\$70	\$0	\$0
Life Member	\$65	\$75	\$125	\$150	\$0	\$0
PT Non-Member	\$225	\$255	\$450	\$510	\$30	\$30
PTA Non-Member	\$200	\$235	\$405	\$465	\$30	\$30
Student Non-Member	\$50	\$60	\$95	\$120	\$30	\$30
Other Professional	\$225	\$255	\$450	\$510	\$30	\$30
APTA KS Board Members	\$0	\$0	\$0	\$0	\$0	\$0

## Session Information

### Blood Flow Restriction Therapy - Overview and Lab



Luke Kriley, PT, DPT, MS, OCS, CSCS, USAW-1



Chris Deck, PT, DPT, MA, MBA

**Friday, March 14 | 8:05 - 10:05am**

**Track 1 | 2 CEU Credits**

Luke Kriley, PT, DPT, MS, OCS, CSCS, USAW-1

Chris Deck, PT, DPT, MA, MBA

#### Course/Session Description:

This course will provide a brief overview of the basic concepts and functionality of blood flow restriction training. A hands-on lab will be included to allow attendees to experiment with BFR devices and their applications. Near Infra-Red Spectroscopy (NIRS) technology will be utilized to assess muscle oxygenation to analyze the effects of BFR during active/passive exercise.

1. Explain the concept of blood flow restriction and describe its basic mechanism, including hypoxia and cellular swelling.
2. Summarize the physiological mechanism behind BFR such as hypoxia, venous occlusion, reactive hyperemia, and lactate/hormonal influences on muscle adaptation.
3. Demonstrate practical and pneumatic wrapping techniques to achieve BFR while maximizing safety and effectiveness.
4. Utilize Near Infra-Red Spectroscopy to measure muscle oxygenation during BFR exercise to monitor and adjust training protocols.
5. Briefly discuss the role of BFR in managing various conditioning via the BFR progression model.
6. Discuss and review BFR devices and protocols regarding use and safety in various populations.

#### Speaker Biographies:

**Luke Kriley PT,DPT,MS,CSCS,USAW-1** is an Assistant Professor at Emporia State University. Luke teaches exercise-related courses in the undergraduate and graduate programs

for the Department of Health, Physical Education, and Recreation in the School of Applied Health Sciences. Luke is a board-certified clinical specialist in orthopedics and has been practicing in various capacities over the past 8 years. Luke is recognized as a certified strength and conditioning specialist through the NSCA and holds the USAW Level-1 credential as a Sports Performance Coach. Luke's primary research interests include investigating the effects of BFR training in athletic, healthy, and neuromuscular compromised populations.

**Chris Deck** brings over 30 years of physical therapy experience, with a special focus on blood flow restriction (BFR) in geriatric practice for the last 7 years. His leadership roles include Rehab Director at a PACE organization for 16 years and CEO of a Federally Qualified Health Center in Alaska.

Chris is an adjunct instructor and is active in research at Wichita State University, and he contributes to the physical therapy community as the Payment Chair for APTA-Kansas and serves on the editorial board member for the Private Practice Section's Impact Magazine.

### Design an Effective Clinical Education Program at Your Clinical Site: Braintrust Banter Session



Heather Green, PT, DPT



Yvonne Colgrove, PT, PhD x

**Friday, March 14 | 8:05 - 10:05am**

**Track 2 | 2 CEU Credits**

Heather Green, PT, DPT

Yvonne Colgrove, PT, PhD

#### Course/Session Description:

This working session is for anyone wanting to develop or improve the clinical education program at your clinical site whether you are just starting to take clinical students or have an established clinical education program in place. Bring any clinical education program materials that you may have for review by peers and experts to make this a productive learning session. There will be discussion of establishing and conveying clinic expectations, creating structure in the clinic program by establishing goals and objectives during the student's learning journey, designing learning experiences paired with clinical instructor development to plan for effective student learning.

## The objectives are:

- Assess student expectations and site expectations
- Outline or refine goals and objectives for your site clinical education program
- Outline or refine site student clinical education handbook
- Design appropriate learning experiences
- Plan for effective teaching methods to generate effective learning
- Assess resources and student programming

## Speaker Biographies:

**Heather Green, PT, DPT**, graduated with a Bachelor of Science in Biology with a chemistry minor from the University of Missouri–Kansas City before completing her Clinical Doctorate in Physical Therapy at Rockhurst University. She is working on her EdD in Instructional Design and Performance Technology at Baker University. Dr. Green has clinical experience in the outpatient setting, skilled nursing facilities, and school settings, but she has a primary passion in the acute (hospital) setting, treating those in the earliest stages of healing for orthopedics, neuromuscular, cardiovascular, and pulmonary events or injuries. Joining the Stefani Doctor of Physical Therapy Program in 2017 brought Dr. Green back to her hometown community. She often looks for opportunities for herself and USM DPT students to get involved in the Leavenworth area. Dr. Green is a member of the American Physical Therapy Association, the Kansas Chapter of the APTA, the Academy of Acute Care Physical Therapy, and the Academy of Physical Therapy Education. Dr. Green is licensed to practice in both Kansas and Missouri.

**Yvonne Colgrove, PT, PhD** is a clinical associate professor at the University of Kansas Medical Center in the Physical Therapy, Rehabilitation Science and Athletic Training program where she has served as Director of Clinical Education for 20 years. She is responsible for all full-time clinical student placements (over 200 per year) in the DPT program over 36 weeks the final academic year in the program. Colgrove has served on four national clinical education task forces with American Physical Therapy Association (APTA) and American Council of Academic Physical Therapy. As an active and founding member of the LEARN-PT Lab at the University of Kansas Medical, the goal is to promote excellence and collaboration to optimize physical therapy education. The educational research agenda of the group span both didactic and clinical education research questions. With over 25 peer reviewed publications in education and clinical research, her educational research agenda is primarily aimed at clinical education with several publications on topics of integrated clinical education, clinician productivity during student clinical experiences, pre-admission observation hours and PT-PTA intraprofessional education and has resulted in collaboration with faculty from over a dozen academic institutions. Over the past five years, she has

provided 18 national and regional presentations. She additionally serves on the APTA Kansas board of directors as the Ethics Committee Chair, the KCKCC PTA program board of advisors, is a credentialed trainer for the APTA CCIP program and member of the Central ACCE consortium.

## Translating Evidence into Clinical Practice of Concussion Management



**Friday, March 14 | 10:20am - 12:20pm**

**Track 1 | 2 CEU Credits**

*Rebecca Bliss, PT, DPT, DHSc*

### Course/Session Description:

Rehabilitation providers play a unique roll in screening, evaluation,

and treatment of individuals with concussion injuries. The heterogeneity of concussion, as well as ever evolving research makes it difficult to apply recommendations exactly as outlined and often clinical experience plays a role in optimal decision making. De-implementation of outdated clinician practices are essential to address prior to implementing new clinical guidelines. This session is aimed to assist physical therapist's of all experience levels in recognition of what may need to be de-implemented and new application of current best practice through case-based clinical reasoning scenarios. Implementation of the APTA's Concussion CPG will be infused through the lens of varying levels of clinical experience for optimal translation across the learning continuum with explicit breakdown of clinical reasoning to aid in CPG application.

- Describe barriers and facilitators to implementing the APTA Concussion CPG into clinical practice
- Recognize need for de-implementation of outdated clinical recommendations specific to concussion management
- Apply current recommendations to clinical practice for optimal outcomes
- Value recognition of contextual factors associated with complicated concussion recovery

## Speaker Biography:

**Becky Bliss, PT, DPT, DHSc** is an Clinical Associate Professor in the University of Kansas Medical Center Physical Therapy, Rehab Science and Athletic Training Department where she serves in the role as Director of Faculty Development and Student Achievement. She is a board certified in Neurological Physical Therapy and also serves in the role of Program



*Coordinator for the University of Missouri's Neurological Physical Therapy Residency. Becky has been actively practicing in the field of physical therapy for 24 years with specialization in concussion management since 2006. Becky current on the mTBI/Concussion CPG Revision Committee for the APTA and also provides telementorship nationally through Missouri Tele network Concussion ECHO program. Her clinical research interests include translating best practice in concussion care into clinical practice and higher level neuromotor control deficits that are not detected by routine clinical examinations.*

## Nutrition and Injury Recovery within the Athletic Population & Nutrition Applications for the Clinical Setting



**Friday, March 14 | 10:20am - 12:20pm**

**Track 2 | 2 CEU Credits**

*Kylie Keller MS, RD, LD*

### Course/Session Description:

Session 1: We will review the importance of nutrition and the

role it plays in getting back on the playing field. Nutrition is a key factor that a lot of athletes do not take into consideration when recovering from injury. This session will be focusing on the athletic population.

Session 2: We will discuss the role nutrition plays in recovery in the clinical and inpatient setting. We will review barriers these individuals face as well as common supplements used to help close the gap and provide these individuals with key nutrients to speed recovery time.

### Objectives:

#### Session 1

1. Understand macronutrients and the role they play in injury recovery.
2. Address key supplements for athletes to consider.
3. Review common eating patterns athletes tend to go towards during injury and recovery.

#### Session 2

1. Gain insight on timing of treatment during inpatient stays.
2. Provide apps to guide patients in terms of improving eating habits.
3. Supplement recommendations for the mid-upper age patients.

### Speaker Biography:

**Kylie Keller**, a Registered Dietitian, holds bachelor's degrees in Dietetics and Public Health Nutrition along with a master's degree in Human Nutrition, and has a strong background in collegiate sports and clinical nutrition. She is a former Division 1 rower and has many years of experience in collegiate athletics as well as clinical nutrition. She currently works as a clinical dietitian at Hays Medical Center in Hays, Kansas and runs her private practice that focuses on sports performance nutrition. During her time in collegiate athletes she oversaw the nutrition needs for all sports at K-State's athlete performance table and served as the team sports Dietitian for baseball, rowing, and volleyball. Currently, as a clinical dietitian she educates patients on many disease processes from REDS, eating disorders, diabetes, heart disease and GI issues to bariatric surgery.

Kylie also owns K2 Performance Nutrition, LLC to help athlete's properly fuel to meet their performance goals. She works with athletes to ensure they are eating consistently and incorporating a good variety of nutrients to meet their needs based on their workouts. From individual meal plans to making slight adjustments in their current intake, Kylie aims to help athletes excel in their recovery and on the field. Performance nutrition is not a one size fits all approach, so Kylie enjoys getting to know those she works with to provide the most individualized approach

## TKA from A to Z - A Multidisciplinary Perspective to Achieve Positive Outcomes

**Friday, March 14 | 1:30 - 3:30pm**

**Track 1 | 2 CEU Credits**



*Adam Goodyear, MD, FAAOS*

*Adam Goodyear, MD, FAAOS ; James Huston, MD; Holly Dawson, RN; Nami Stone, PT; Rebecca McClure, PT, MOMT; Andy Struble, DPT, OCS, CSCS, CMPT*

### Course/Session Description:

Recovery following total knee arthroplasty is a true multidisciplinary endeavor. Patients pursue this surgical option hoping to restore their prior levels of activity. The road to recovery is lined with potential pitfalls. This lecture will discuss all aspects of recovery, from surgical techniques and recovery



*James Huston, MD*

care, to inpatient and outpatient rehabilitation, emphasizing the role of each discipline. Attendees will learn the various roles and be provided with an update of best current practices to ensure that patients achieve the best possible outcomes.

## Course Objectives:

1. Learn the different roles of the multidisciplinary team involved in total knee arthroplasty surgery from surgery to discharge from PT.
2. Provide an overview of surgical techniques, the role of robotic-assisted surgery, and literature update pertaining to pre- and post-operative PT.
3. Understand the role of physical therapy immediately post-op to assist with safe transfer home.
4. Learn appropriate strategies for determining readiness to discontinue therapy services and return to previous activities.

## Speaker Biography:

**Dr. Goodyear** is a board-certified orthopedic surgeon specializing in hip and knee replacement and revision, as well as non-operative management of arthritic hip and knee conditions. After earning his medical degree at the University of Texas Medical School in Houston, Dr. Goodyear completed an orthopedic surgery residency at the University of Kansas Hospital and a fellowship in adult reconstruction at the University of Colorado Hospital and Denver Health.

**Dr. Huston** is a board-certified orthopedic surgeon specializing in total joint replacement of the knees and hips, including primary and revision surgeries. After earning his medical degree at the University of Kansas Medical School, Dr. Huston completed orthopedic surgery residency at the Geisinger Health System in Danville, PA, and a fellowship in adult reconstruction at Baylor College of Medicine in Houston, TX.

**Holly Dawson** is a registered nurse that has been employed with LMH Health since 2006. She is the Nurse Navigator at OrthoKansas specifically working with patients receiving total joint replacements. Holly graduated from Mary Grimes School of Nursing and holds an associate's degree in nursing.

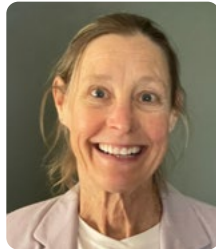
**Nami Stone** is a licensed physical therapist and Director of Rehabilitation at LMH Health. A graduate of the University of Iowa physical therapy program, her 25 years of clinical experience include outpatient orthopedics, return to sport care



Holly Dawson, RN



Nami Stone, PT



Rebecca McClure, PT, MOMT



Andy Struble, DPT, OCS, CSCS, CMPT

and strength and conditioning training of the healthy athlete. Her 10 years of management include outpatient services, specialty line services, inpatient acute medical services, Acute Rehab and Skilled Nursing services. In the area of joint replacements, Nami is part of the Total Joint Accreditation team at LMH Health and worked collaboratively with the nursing teams, care coordination and the surgeons to implement pre-operative physical therapy assessments on all patients receiving joint replacements at LMH. In addition she was a part of the team that developed the role of the therapist in assessing patients post same day surgery to help promote safe discharge home within hours of the surgical procedure.

**Becky McClure, PT, MOMT** is an outpatient physical therapist at Lawrence Memorial Hospital in Lawrence, Kansas. She has 34 years of clinical outpatient experience. For the past 3 years she has mainly been involved in education for patients preparing to have total joint surgery and giving patients a final check out prior to going home from same day joint surgery. She received her undergraduate degree from Kansas State University and Physical Therapy degree from Oklahoma University. Now in the heart of Jayhawk country she enjoys running, biking and dog walking.

**Andy Struble** is a physical therapist with the University of Kansas Health System. He has 14 years of experience in outpatient PT. He is a board-certified clinical specialist in orthopaedics (OCS), certified strength and conditioning specialist (CSCS), and a three-term member of the Specialization Academy of Content Experts (SACE). He is the residency director for a developing orthopaedic physical therapy residency with the Health System. He earned his Doctorate of Physical Therapy from the University of Kansas Medical Center.

## Hip Fitness for Tennis and Pickleball Athletes



Friday, March 14 | 3:45 - 4:45pm

Track 1 | 1 CEU Credit

B.J. Lehecka, PT, DPT, PhD

### Course/Session Description:

This presentation equips attendees with the knowledge to optimize hip performance in

tennis and pickleball athletes. Attendees will recognize the movement patterns, musculoskeletal demands, and injury risks unique to each sport. Appropriate assessment techniques for hip strength, power, and mobility will be discussed. The program will also cover injury prevention strategies and evidence-based exercises to enhance on-court performance for these unique athletes.

1. Analyze the functional demands of tennis and pickleball on the hip joint.
2. Understand appropriate assessments of hip mobility, strength, and power in these court sport athletes.
3. Apply evidence-based exercises and training techniques to maximize hip strength, power, and mobility in tennis and pickleball athletes.

### Speaker Biography:

**Dr. B.J. Lehecka, PT, DPT, PhD** is a 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 many peer-reviewed journal articles, authored and edited numerous book chapters, co-authored a manual therapy textbook, and presents often at state, national, and international conferences. Dr. Lehecka earned the highest teaching awards in his department, university, and state organization. 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.

### Tips for Writing a Clinical Case Study: For the Clinician (AKA Novice Author)

Friday, March 14 | 3:45 - 4:45pm

#### Track 2 | 1 CEU Credit

Linda D'Silva, PT, PhD &  
Yvonne Colgrove, PT, PhD

#### Course/Session Description:

During this one-hour session, we will share tips for writing and publishing a case report. This will be a working session where you can share your case with peers in small groups, receive feedback, and start writing out your case report.

1. Identify a clinical case appropriate for publication.
2. Determine where to publish.
3. Identify and work on the required components of a case study article.
4. Work in small groups to discuss your case, receive feedback, and start the writing process.



Linda D'Silva, PT, PhD



Yvonne Colgrove,  
PT, PhD

### Speaker Biography:

**Yvonne Colgrove, PT, PhD** is a clinical associate professor at the University of Kansas Medical Center in the Physical Therapy, Rehabilitation Science and Athletic Training program where she has served as Director of Clinical Education for 20 years. She is responsible for all full-time clinical student placements (over 200 per year) in the DPT program over 36 weeks the final academic year in the program. Colgrove has served on four national clinical education task forces with American Physical Therapy Association (APTA) and American Council of Academic Physical Therapy. As an active and founding member of the LEARN-PT Lab at the University of Kansas Medical, the goal is to promote excellence and collaboration to optimize physical therapy education. The educational research agenda of the group span both didactic and clinical education research questions. With over 25 peer reviewed publications in education and clinical research, her educational research agenda is primarily aimed at clinical education with several publications on topics of integrated clinical education, clinician productivity during student clinical experiences, pre-admission observation hours and PT-PTA intraprofessional education and has resulted in collaboration with faculty from over a dozen academic institutions. Over the past five years, she has provided 18 national and regional presentations. She additionally serves on the APTA Kansas board of directors as the Ethics Committee Chair, the KCKCC PTA program board of advisors, is a credentialed trainer for the APTA CCIP program and member of the Central ACCE consortium.

**Linda D'Silva, PT, PhD**, is an Assistant Professor in the Department of Physical Therapy, Rehabilitation Science, and Athletic Training at the University of Kansas Medical Center. She is a board-certified specialist in Neurological Physical Therapy and holds a specialist certificate in Vestibular Rehabilitation from the American Physical Therapy Association. Dr. D'Silva is the Director of the STABILITI lab at the University of Kansas. Her lab is focused on developing innovative rehabilitation interventions to increase the mobility of people with vestibular or neurological disorders. She is the Chair of the Research Committee for APTA Kansas.

### The XYZ's of Lower Extremity Rehabilitation



Saturday, March 15 | 12:30 - 2:30pm

#### Track 1 | 2 CEU Credits

Dennis Dolan, MEd, LAT, ATC, Power Athlete Certified Coach, PPSC

#### Course/Session Description:

This INTERACTIVE presentation will coach attendants through the set up and execution of the 4 lower extremity primal movement patterns and archetypes as they pertain to rehabilitation of



the injured athlete. These 4 movement patterns will be paired with 3 warm up exercises that double as a clinician's evaluative tool. Active participation, while not required, is encouraged.

- Coach clinicians through the set up, execution and common faults to 3 Lower Extremity Primal Movement Patterns as they relate to athletic rehabilitation and performance.
- Give the clinician 3 warm up exercises to expose their athlete's limiting factors and assess daily readiness.
- Programming, progression and implementation recommendations for the warm ups and LE Exercises that were demonstrated.

#### Speaker Biography:

**Dennis Dolan** is the Head of Athletic Training at Restore/Thrive Physical Therapy and Performance in Overland Park, KS.

A Kansas City native, Dennis went to Rockhurst High School and graduated from the University of Kansas with a Bachelor's Degree in Exercise Science and Athletic Training and a Master's Degree in Sport Science. He has practiced as a licensed athletic trainer for the last 25 years, helping high school athletes get back on the field as better athletes than prior to injury. He has also designed strength and conditioning programs to help high school athletic departments, collegiate and professional athletes, perform their best.

In addition to his work as an athletic trainer, Dennis is a Power Athlete Certified Coach, former member of Power Athlete/Crossfit HQ Sport Specific Application (SSA) Seminar Staff, and a Pain-Free Performance Specialist (PPSC).

## Pushing Boundaries for Inclusion of HIIT in Clinical Practice – Part 1 & 2

Saturday, March 15 | Track 2

12:30 - 2:30pm

2:40 - 4:40pm

2 CEU Credits per session

Amanda Britton-Carpenter, DPT, NCS

Sandy Billinger, PT, PhD, FAHA

#### Course/Session Description:

Most healthcare professionals report uncertainty in optimizing exercise prescription for their patients. This course is designed to provide attendees with a foundation for understanding exercise physiology principles, risk stratification and how to effectively implement for exercise prescription, and explore the role of high-intensity interval training (HIIT)



Amanda Britton-Carpenter, DPT, NCS



Sandy Billinger, PT, PhD, FAHA

applications for rehabilitation. This course will equip therapists with skills to move beyond traditional assessments or current practices for exercise prescription. Through evidence-based presentations and thought-provoking, interactive discussions, participants will learn how to effectively assess risk, prescribe exercise, and implement HIIT training protocols across clinical populations.

1. Understand the basics of cardiovascular and pulmonary physiology
2. Identify cardiovascular risk factors and effectively implement risk stratification for exercise testing and training

3. Interpret a clinically relevant submaximal exercise test
4. Understand how to prescribe and provide high intensity interval training across clinical populations

#### Speaker Biographies:

**Amanda Britton-Carpenter** graduated with her Doctor of Physical Therapy from the University of Kansas Medical Center in 2013. After which, she completed a residency program in neurologic physical therapy at Baylor Institute for Rehabilitation/Texas Woman's University in 2014. In 2015 she became a board certified clinical specialist in neurologic physical therapy. Dr. Britton-Carpenter has been working as a physical therapist on the Acute Inpatient Rehabilitation Unit at the University of Kansas Health System since 2017. In 2023, she began working as a research physical therapist in the Research in Exercise and Cardiovascular Health Laboratory at the University of Kansas Medical Center.

**Sandy Billinger** is an internationally recognized leader in stroke rehabilitation, exercise physiology, and brain health research. She is a Professor and Vice Chair of Stroke Translational Research at the University of Kansas Medical Center and serves as the Assistant Director of the Neuroimaging Core at the KU Alzheimer's Disease Research Center. Dr. Billinger has mentored numerous graduate students, postdoctoral fellows, and junior faculty at the national and international levels and now serves as co-PI and co-Director of an NIH-funded T32 Brain Health Training Program. She has led multiple NIH-funded R01 projects and has been recognized globally for her work in advancing stroke rehabilitation through innovative



exercise testing and training approaches. Dr. Billinger has over 120 peer-reviewed publications and has played a pivotal role in shaping stroke rehabilitation guidelines, including serving as lead author of the 2014 AHA Scientific Statement on Physical Activity and Exercise Recommendations for Stroke Survivors. She has received numerous prestigious awards, including the AHA Stroke Council Lecture Award, the Excellence in Neurologic Research Award from the APTA, international recognition by the World Stroke Organization and was recently featured on the cover of Women World Magazine as one of the Top 10 Most Influential Women in 2024.

## Evidence-Informed Update: Rotator Cuff Repair Rehabilitation and Evidence-Informed Update: Rehabilitation after Hip FAI Surgery



**Saturday, March 15 | 2:40 - 4:40pm**

**Track 1 | 2 CEU Credits**

*Dan Lorenz, DPT, PT, ATC, CSCS*

### Course/Session Description:

These two one-hour lectures will provide an evidence-based,

clinically relevant, and practical approach to the rehabilitation of rotator cuff repairs and rehabilitation following FAI surgery in the hip.

### • Rotator Cuff

- Review the current evidence on rotator cuff re-tears
- Highlight best available evidence for exercise progression following rotator cuff repair
- Review best practices for functional testing throughout the rehabilitation continuum following rotator cuff repair

### • FAI

- Highlight post-operative best practices following FAI surgery
- Review the best exercises for the hip musculature based on available EMG data to inform progression and programming
- Review functional testing and return to play criteria following FAI surgery

### Speaker Biography:

**Dan Lorenz, DPT, PT, ATC, LAT, CSCS** is the Director of Sports Medicine at Lawrence Memorial Hospital/OrthoKS 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 with three locations. 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. In 1997, he was an athletic training intern for the Chicago White Sox Major League Baseball team. From 2004-2005, he completed the Duke University Sports Physical Therapy Fellowship. Formerly, he was an assistant athletic trainer and physical therapist 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 was the founder and Chair of the Sports Performance Enhancement Special Interest Group for the American Academy of Sports Physical Therapy for 6 years. Dr. Lorenz has been published several times in peer-reviewed journals and has been an invited speaker numerous times at local, state, and national conferences in sports medicine. In 2018, Dan was recognized by the NSCA as the Sports Medicine/Rehabilitation Professional of the Year and in 2014, he was awarded the inaugural Distinguished Physical Therapy Alumni Award from Grand Valley State University.

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Empower Stroke Recovery is an outpatient mobile therapy practice serving the Kansas City Metro area. Our expert physical and occupational therapists bring specialized neurological therapy to you in the comfort of your home. We help motivated stroke survivors thrive by providing the quality, intensity, and frequency of care they deserve. We are committed to providing 1:1 evidence-based care focused on high repetitions of meaningful tasks to help you reach your goals. We believe every stroke survivor deserves care that is as unique as their journey; let us partner with you on your stroke recovery journey.



Thrive Therapy of Kansas is dedicated to supporting individuals affected by brain injuries. Offering a wide range of services—including physical, occupational, speech, behavioral, and cognitive therapies—the company helps patients regain independence, improve daily life skills, and achieve long-term recovery. Their team of highly trained therapists creates personalized care plans to meet the specific needs of each patient, ensuring comprehensive rehabilitation. Thrive Therapy emphasizes a compassionate, patient-centered approach that promotes healing and well-being. With a focus on making positive, lasting impacts, Thrive Therapy is committed to providing the highest quality of care for those navigating life-changing injuries and challenges.



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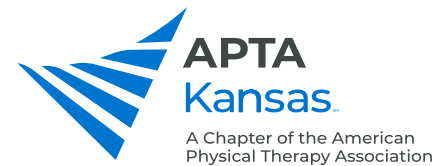
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**November 8, 2025**

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#### **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.
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- 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.

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