

# November 4, 2023

Fall Virtual Meeting



## APTA Kansas 2023 Fall Conference

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## November 4

### Saturday, November 4

8.5 CEUS (8 CEUS for sessions and .5 CEUs for Business Meeting)

	Track 1	Track 2
8:00-8:10am	<b>President's Welcome</b> Camille Synder, PT, DPT, APTA Kansas President	
8:10-9:10am	<b>Where are We in 2023 with Clinical Decision Making of Criteria for Return to Sports in Individuals with Shoulder Pathologies?</b> George Davies, PT, DPT, MEd, SCS, ATC, LAT, CSCS, FAPTA	<b>Ethics, Burnout, Moral Distress (Learning from our Experiences: A Panel Discussion) - Part 1</b> Yvonne Colgrove, PT, PhD; Scarlett Morris, PT, DPT; Michael Steinbacher, PT, DPT; Razeena Umrani, PT, DPT; Jamie Nordstrom, PT, DPT
9:10-10:10am	<b>Reframing Return to Play Testing in the ACL Reconstructed Athlete</b> Laura Opstedal, PT, DPT	<b>Ethics, Burnout, Moral Distress (Learning from our Experiences: A Panel Discussion) - Part 2</b> Yvonne Colgrove, PT, PhD; Scarlett Morris, PT, DPT; Michael Steinbacher, PT, DPT; Razeena Umrani, PT, DPT; Jamie Nordstrom, PT, DPT
10:10-11:10am	<b>Spine Surgery: Red Flags for Therapists - Part 1</b> Jamie Nordstrom, DPT	<b>Aging in MS: Considerations for Rehabilitation</b> Hina Garg, PT, MS, PhD, NCS, CEEAA
11:10am-12:10pm	<b>Spine Surgery: Red Flags for Therapists - Part 2</b> Jamie Nordstrom, DPT	<b>The Praxis of Acute Care PT Cases in Top of the License Practice</b> Sujoy Bose, PT, DPT, MHS, BSPT
12:10-12:20pm	<b>Break</b>	
12:20-1:05pm	<b>Business Meeting</b>	
1:05-2:05pm	<b>Early Identification and Diagnosis of Axial Spondyloarthritis</b> Angelo Papachristos, BSc, BScPT, MBA	<b>Unlocking Success in Physical Therapy Business: A Mindset Transformation Journey - Part 1</b> Rajesh Khemraj, PT, OCS, CMPT, COMT, FAAOMPT
2:05-3:05pm	<b>What the Tech? Implementing Budget Friendly Technology in Rehab</b> Vien Vu, DPT, SCS, CSCS, CPSS	<b>Unlocking Success in Physical Therapy Business: A Mindset Transformation Journey - Part 2</b> Rajesh Khemraj, PT, OCS, CMPT, COMT, FAAOMPT
3:05-4:05pm	<b>Rehabilitation for the Acute Knee Injury: Combating Muscle Inhibition</b> Meredith Chaput, PhD, DPT, SCS	<b>Social Determinants of Health to Inform Patient Care: From Classroom Learning to Clinical Practice - Part 1</b> Neena Sharma, PT, PhD, CMPT Stacia Troshynski-Brown, DPT, PT
4:05-5:05pm	<b>Vital Signs, Vital What? A review of measuring patient vital signs.</b> Jamie Dehan, PT, PhD, DPT, MS	<b>Social Determinants of Health to Inform Patient Care: From Classroom Learning to Clinical Practice - Part 2</b> Neena Sharma, PT, PhD, CMPT Stacia Troshynski-Brown, DPT, PT
5:05-5:10pm	<b>Closing Remarks</b> Camille Synder, PT, DPT, APTA Kansas President	

## Session Information

### Where are We in 2023 with Clinical Decision Making of Criteria for Return to Sports in Individuals with Shoulder Pathologies?



*George J. Davies, PT, DPT, MEd, SCS, ATC, LAT, CSCS, FAPTA*

**Course Description:** Many athletes who have an injury/surgery may return to sport (RTS), but few return to the same level of performance and there

is a frequent reinjury rate with selected injuries or pathologies. So that raises the question regarding what criteria we are using for clinical decision making for criteria for return to sports. The purpose of this presentation is to provide an overview of critical thinking regarding the background and selected tests that have good psychometric properties and ecological validity that can be used for RTS with selected athletes. However, a missing link has involved the use of neuro-cognitive reactive testing for the upper extremity (UE) due to neuroplasticity that occurs following shoulder injuries. Results of research to establish the neuro-cognitive reactive reliability of UE closed kinetic chain and UE open kinetic chain will be presented and discussed.

#### Objectives:

1. Determine what Upper Extremity Functional Performance Tests are available in the literature that have good psychometric properties and ecological validity.
2. Assess and validate the importance of the "newer" literature indicating the importance of neuro-cognitive reactive testing as a critical component for criterion-based return to sports.
3. Compose an Upper Extremity Functional Testing Algorithm (FTA) based on facilities, equipment, philosophies, and patients including many of the components presented for a complete battery of tests for safe and effective return to sports.

*Dr. George J. Davies is an internationally known speaker who has presented hundreds of conferences*

*throughout the world on sports physical therapy, athletic training, shoulder, knee, orthopaedics, rehabilitation and Isokinetics. George is a clinician, educator, speaker, researcher, author, editor, and consultant. He has been involved in the clinical practice of sports physical therapy/athletic training, since he started as a student athletic trainer almost 60 years ago.*

*George was the original co-founder and co-editor of The Journal of Orthopaedic and Sports Physical Therapy in 1979 for approximately 10 years; Co-Founder and Co-Editor of Isokinetics and Exercise Science, 1991-1996; and one of the founders and original Associate Editors for Sports Health: A Multidisciplinary Approach, 2009-present.*

*He served as the President of the Sports Physical Therapy Section – APTA from 1992-1998. George was the 1994 recipient of the American Physical Therapy Association's prestigious Baethke-Carlin Award for Excellence in Academic Teaching. He was the 1999 recipient of the Peyton Award to acknowledge and honor an outstanding member of the SPTS. It is the highest award offered by the Sports Physical Therapy Section for contributions to the sports physical therapy profession. George was selected as a Fellow-American Physical Therapy Association (FAPTA), 2005. George also received the Hall of Fame Award - Sports Physical Therapy Section - APTA, 2006. George won the NATA President's Challenge Award for Outstanding Contributions to Sports Medicine, June, 2007. He was also the recipient of the NATA Most Distinguished Athletic Trainer Award, San Antonio, TX, June, 2009. George was selected for the Distinguished Alumni Award from Columbia University, NY, May, 2012. He was the recipient of the Lifetime Education Achievement Award by the SPTS in January, 2013. George was also honored as the first non-Orthopaedic Surgeon to be elected into the AOSSM – Hall of Fame; that is the highest honor offered by AOSSM, July, 2013. As a co-founder of JOSPT, an award has been named after him (George J. Davies-James A. Gould Excellence in Clinical Inquiry Award) at the 25th anniversary of JOSPT for the best clinical article published in the journal each year.*

*He has authored textbooks, many book chapters, published hundreds of articles, and has had numerous poster and platform presentations at various professional meetings: APTA, AASPT, AOSSM, NATA, ACSM, NSCA, ASSET, SOMOS, etc.*



George was one of the original Co-founders and Co-directors of the first publicly credentialed (by the APTA) Sports Physical Residency Programs in the U.S. at Gundersen Health Systems Sports Medicine over 27 years ago and continues to serve as a Consultant and Clinical Mentor. He has extensive sports medicine experiences working at high school games, university games, 4 Olympic Games (1980, Lake Placid, NY; 2002, Salt Lake City, UT; 2008, Beijing, China; 2012, London, UK) and as a consultant, athletic trainer, and physical therapist with the NFL New Orleans Saints (when they trained in LaCrosse, WI. for the summer training camps) for 12 years.

He has been an educator and taught in Physical Therapy programs for almost 50 years and still maintains an active clinical practice, performs, presents, and publishes research, and provides various services to the University, community, and professional societies.

## Ethics, Burnout, Moral Distress (Learning from our Experiences: A Panel Discussion)



Yvonne Colgrove,  
PT, PhD



Scarlett Morris, PT,  
DPT



Michael Steinbacher,  
PT, DPT

Yvonne Colgrove, PT, PhD

Scarlett Morris, PT, DPT

Michael Steinbacher, PT, DPT

Razeena Umrani, PT, DPT

Jamie Nordstrom, PT, DPT

This course will explore the ethical considerations of moral distress/injury and burnout for physical therapists in an engaging format. The panel of PTs will share examples of moral dilemmas and/or distress encountered in their various practice roles. Moderators will offer evidence-based guidance for dealing with ethical dilemmas and professional burnout at both individual and organizational/team levels. There will be opportunity for the audience to ask questions.

### Objectives:

- 1. Intro and setting the stage:** Moderators will define, compare and contrast: moral



Razeena Umrani,  
PT, DPT



Jamie Nordstrom,  
DPT

injury, moral distress, and burnout, and other types of ethical problems.

**Outcome:** Participants will recognize examples of moral distress and moral injury. Outcome: Participants will describe how moral injury can lead to professional burnout.

### 2. Panel experiences:

Appreciate implications of ethics in clinical practice from variety of PT career timepoints and roles. Discuss reflections and lessons-learned.

**Outcome:** Participants will identify variety of ethical

dilemmas in clinical practice relative to PT role/setting (and how they may apply to their own practice)

- 3. Explore solutions:** Moderators will offer evidence-based guidance for dealing with ethical dilemmas and professional burnout at both individual and organizational/team levels.

**Outcome:** Participants will identify 1-2 next steps to address ethical dilemmas and prevent burnout on the

1. Individual level
2. Team level
3. Organizational level

**Outcome:** Participants will brainstorm and share strategies that create a culture of ethical practice, wellbeing, and resilience.

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

Center, the goal is to promote excellence and collaboration to optimize physical therapy education. 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. She serves on the APTA Kansas Board of Directors as the Ethics Committee Chair.

Dr. Scarlett Morris is a clinical assistant professor at The University of Kansas Medical Center. She is a Board-Certified Orthopaedic Specialist and holds a certificate in orthopaedic manual therapy. She presently teaches in orthopaedics and acute care interventions in the Doctor of Physical Therapy program. Dr. Morris serves as a director and preceptor for students in the JaySTART and BullDoc pro bono clinics. She is currently engaged in research involving both student and faculty/staff stress, burnout, and resilience. Scarlett serves on the APTA Kansas Research Committee.

Michael received his Bachelor of Arts degree in Exercise Science from Ottawa University in 2017 and his Doctor of Physical Therapy degree from the University of Kansas Medical Center in 2020. He completed an Orthopedic Residency with Creighton University in 2022 and currently works in the UDPT Sports & Orthopedics Clinic. Michael also serves in the clinic as an APTA Credentialed Clinical Instructor.

Razeena Umrani is an Acute Care physical therapist in the Kansas City metro. She graduated from the University of Missouri of Kansas City with a Bachelor's in Chemistry and received her Doctor of Physical Therapy from Washington University School of Medicine in St. Louis. After graduate school she went on to complete an Acute Care Residency Program at Houston Methodist Hospital in Texas and has since been working in the sector for the past five years. She is a 2023 APTA Leadership Scholar and KPTA board member, serving on the Ethics and Nominating committees. She also does patient advocate work serving as a board member for the Sickle Cell Association of the Midwest and Heartland Southwest Sickle Cell Disease Network.

Jamie Nordstrom, DPT received her undergraduate degree in Kinesiology from Kansas State University. Went on to obtain a Doctorate in Physical Therapy from the University of Kansas Medical Center. Practiced in a variety of settings related to spinal cord injury and back pain including

hospital, post-acute and the outpatient setting. As her leadership and administrative skills developed within the Rehabilitation setting, she transitioned out of clinical practice to full-time administration. She is now the Service Line Director for Pain Management and Orthopedic Spine Surgery in the Southwest Kansas City market for the University of Kansas Health System.

## Reframing Return to Play Testing in the ACL Reconstructed Athlete



Laura Opstedal, PT, DPT

Anterior cruciate ligament reconstruction re injury continues to be very high despite best efforts to identify causes to include inadequate return to sports testing. Unfortunately, there is

no consensus on what testing batteries should be performed. This presentation encourages rethinking return to play testing as a terminal testing session and moving towards a model that most importantly identifies the needs of the individual athlete and using serial testing throughout rehabilitation as steps are taken to restore muscle capacity and expression.

### Objectives:

1. Understand concepts related to force capacity and force expression
2. Learn how to perform force testing using hand held dynamometry, calculate torque and interpret results
3. Obtain a basic understanding of isokinetic testing
4. View serial testing as a means for feedback on what changes are occurring throughout the rehabilitation lifecycle

Laura Opstedal, PT, DPT is the owner of Build Physio & Performance in Bozeman, MT. She is an ABPTS Board Certified Sports Clinical Specialist and a Board Certified Orthopedic Clinical Specialist and has a level 2 USA Weightlifting Coaching Certification. Laura has over 20 years of experience working with ACL injured athletes including pediatric, high school, NCAA, recreational and professional/elite athletes from many different sports including football, basketball, soccer and alpine skiing.

## Spine Surgery: Red Flags for Therapists



*Jamie Nordstrom, DPT*

Share knowledge related to Spine Surgery and the care of patients interacting with this surgical specialty that is meaningful, actionable and encourages evidence based

Physical Therapy practice to support the functional recovery of those we serve.

### Objectives:

1. Understand the basics of Spine Surgery
2. Be able to integrate evidenced-based imaging criteria for patients who present with back pain
3. Recognize red flags related to spinal cord injury and how they may relate to care provided in a rehab setting
4. Foster support and growth of interdisciplinary care for the patient with back pain

*Jamie Nordstrom, DPT received her undergraduate degree in Kinesiology from Kansas State University. Went on to obtain a Doctorate in Physical Therapy from the University of Kansas Medical Center. Practiced in a variety of settings related to spinal cord injury and back pain including hospital, post-acute and the outpatient setting. As her leadership and administrative skills developed within the Rehabilitation setting, she transitioned out of clinical practice to full-time administration. She is now the Service Line Director for Pain Management and Orthopedic Spine Surgery in the Southwest Kansas City market for the University of Kansas Health System.*

## Aging in MS: Considerations for Rehabilitation



*Hina Garg, PT, MS, PhD, NCS, CEEAA*

This course will address the aging considerations for individuals with MS, provide current evidence on healthy versus pathological aging,

discuss clinically appropriate physical therapy assessment and treatment practices in MS, and lastly

use case examples to design and apply a physical therapy plan of care in an aging individual with MS.

### Objectives:

1. To discuss the physiology of aging, its effects on the MS disease course, and the pathological, immunological & clinical changes associated with aging and disease progression.
2. To differentiate the effects of aging and disease progression for therapeutic purposes in MS
3. Using a case study example, to design and apply a comprehensive physical therapy evaluation and plan of care for an aging individual with MS.

*Hina Garg, PT, MS, PhD, NCS, CEEAA is a board certified neurologic clinical specialist focusing on clinical assessment and treatment practices using implementation science and quality improvement frameworks in individuals with MS and other neurologic conditions. She is an associate professor (Physical Therapy), MS PT & Wellness Center Director, and the Interim Director of the Office of Research and Sponsored Projects at the Rocky Mountain University of Health Professions (RMUoHP).*

*She completed her Bachelor of PT from GGS Indraprastha University, Delhi, India, M.S. from Texas A & M University and PhD in Rehabilitation Science from the University of Utah. At the RMUoHP and related clinic systems, Hina has developed, implemented, and disseminated multiple care models including those for individuals with MS, vestibular, pelvic and post-covid rehabilitative needs. In 2022, she was recognized by the National MS Society for going above & beyond in her work in MS and for establishing the MS PT & Wellness Center, the only kind in Utah. In addition, she has received many recognitions including 2022 APTA Utah PT of the year, 2019 'Outstanding Clinical Innovator' by the Academy of Neurologic Physical Therapy (ANPT) and the '40 Under 40' recipient of the Utah Valley business magazine. She currently co-chairs the ANPT telehealth taskforce, serves within the ANPT DEI and Balance and Falls workgroups, serves as a grant reviewer at the national level, is a current reviewer for multiple neurologic journals, a published author and has presented and served at the state and national conferences and boards on her clinical and research interests. Her passion is in the use of data in clinical and administrative decision making, evidence-based clinical practice, and training and development of faculty and student colleagues, clinicians and other staff members.*



## The Praxis of Acute Care - Cases in Top of the License Practice



*Sujoy Bose, PT, DPT, MHS, BSPT, CCS*

Relegating PT (& OT) Consults to “get the patient up and walk” is a common interpretation. But is it really so? Most people are capable to get up and walk.

Ask the referrer, and they are not quite sure what the physical therapist contribution is. But what is the physical therapist contribution, when it is, at best gray? This presentation will demystify the term “Consultation” vs. erstwhile “Evaluate and Treat”, and will expand on the role of the physical therapist in acute care beyond the “get the patient up and walk.”

### Objectives:

1. Define & discuss the differences between “consultations”, vs. “evaluate and treat”.
2. Analyze the expectations of a consultation and apply the concepts to physical therapy in a consulting role in acute care.
3. Using case studies, analyze the “why” as a reasoning for consultations
4. Incorporate the WHY in every consultation request in acute care.”

*Sujoy Bose is an Associate Professor with tenure at Marshall University in West Virginia, where he teaches fundamental sciences of Physiology, Pathology, Pharmacology, Integumentary, and Cardiovascular-pulmonary sciences. Dr. Bose derives content expertise from an extensive formal education, and 31+ years of professional practice, principally in acute care setting. He is board-certified in Cardiovascular & Pulmonary PT and recertified in 2022.*

*Dr. Bose is principally interested in pathophysiology and differential diagnosis of the fundamental basis of disease as it impacts function. Dr. Bose maintains clinical privileges with Cabell-Huntington hospital, a multi-specialty health system. He has served on the Board of Directors for the Academy of Acute Care Practice (a component of the APTA) as the erstwhile Secretary, and later, as Chief Section Delegate and is also a member of the Academy*

*of Cardiovascular & Pulmonary PT, and the Academy of Education of the APTA. He was appointed to SACE (Specialty Academy of Content Experts) of the American Board of PT Specialties in 2013 where he continues to serve as an item-writer. He is also a committee member on the American Board of Physical Therapy Residencies & Fellowships) ABPTRFE and where he serves as a site visitor for the residencies & fellowships.*

## Early Identification and Diagnosis of Axial Spondyloarthritis



*Angelo Papachristos, BSc, BScPT, MBA*

Axial Spondyloarthritis is an often-overlooked cause of chronic back pain. The EIDA Project raises awareness and educates non-rheumatologists

about clinical features that may suggest the presence of axial Spondyloarthritis. The goal of this program is to shorten the diagnostic delay, which is currently 5-8 years on average, by increasing awareness and knowledge of axial spondyloarthritis (axSpA) among non-rheumatology healthcare professionals who are caring for patients with chronic back pain to promote the timely referral of patients. Our ultimate goal is to improve long-term outcomes in axSpA by reducing the time from symptom onset to diagnosis and to provide patients with the benefits of early effective therapy.

### Objectives:

1. Develop an awareness of axSpA as treatable cause of back pain
2. Recognize an inflammatory back pain pattern as a typical presentation of axSpA
3. Identify other common clinical features of axSpA that occur outside the spine
4. Gain knowledge of basic principles of diagnosis and treatment of axSpA as applied by rheumatologists
5. Understand appropriate testing for a patient with chronic back pain suspected of axSpA and apply criteria for referral to rheumatology

*Graduated from University of Toronto with Bachelors in Science (BSc.) in 1994 and Physiotherapy degree (BSc.PT) in 1998.*

*Completed a Masters of Business Administration (MBA) in 2007 from Schulich School of Business. Completed the ACPAC (Advance Clinician Practitioner in Arthritis Care) program in 2006.*

*Currently working as an Advance Practice Physiotherapist (APP) practicing at Unity Health-St. Michaels Hospital, Toronto, Ontario in the areas of: Rheumatology, Hip and knee Joint Assessment Centre, Sports [multiligament reconstruction] and orthopaedic trauma.*

*My rheumatology focus is in Early Inflammatory Arthritis (ERA), Spondyloarthritis program and non-operative osteoarthritis program. Involved in the Women's Health and Pregnancy and Rheumatic Disease Initiative.*

*I hold status position as Clinical Lecturer at the University of Toronto, department of Rehabilitation Medicine. I am involved in extensive teaching and training in the post-graduate rehab, nursing and medical programs in the areas of arthritis management and inflammatory arthritis. I have presented nationally and internationally in the areas of Spondyloarthropathy to allied health and medical professionals as well as numerous patient organizations. Independent Medico-legal consultant with focus on complex trauma, traumatic brain injury and medical/rehabilitation-malpractice.*

## Unlocking Success in Physical Therapy Business: A Mindset Transformation Journey



*Rajesh Khemraj, PT, OCS, CMPT, COMT, FAAOMPT*

*Are you a dedicated physical therapist looking to elevate your practice to new heights of success? Are you ready to overcome the challenges that*

*may be holding you back and create a thriving, fulfilling business? Welcome to a transformative journey that blends cutting-edge neuroscience with the practicalities of your profession.*

### Objectives:

- 1. Mindset Essentials for Success (15 minutes):**  
Gain a rapid understanding of how your mindset influences your practice's success.  
Learn key principles from Dr. Joe Dispenza's work and their immediate applications.
- 2. Quick-Start Business Strategies (10 minutes):**  
Explore bite-sized, actionable strategies tailored for physical therapy practices.  
Discover efficient techniques for patient engagement, retention, and growth.
- 3. Interactive Exploration (15 minutes):** Engage in live discussions and interactive exercises. Share experiences and insights with fellow physical therapists in a condensed, dynamic setting.
- 4. Success Stories and Immediate Tips (10 minutes):** Hear inspiring success stories from practitioners who have rapidly transformed their practices. Receive immediate, actionable guidance to implement mindset changes.
- 5. Quick Metrics and Self-Assessment (5 minutes):** Discover simple metrics to gauge initial changes in your practice. Reflect on your personal growth and how it can drive business success.

*Rajesh has dedicated himself to helping people realize their full potential by unlocking the power of their brains and transforming their belief systems. His expertise as a NeuroChangeSolutions consultant allows him to guide individuals on a journey of self-discovery and personal growth, leading to positive and lasting changes in their lives.*

*Rajesh Khemraj's impact extends beyond individual consultations and therapy sessions. He is a dedicated educator and mentor, having served as an instructor with the North American Institute of Orthopedic Manual Therapy (NAIOMT). His multiple certifications and fellowship in manual therapy have allowed him to teach advanced manual therapy skills to aspiring physical therapists.*

*Rajesh's passion for his profession is not limited to clinical practice; he is also an advocate for elevating the status of physical therapists within the healthcare industry. He envisions a future where physical therapists are more respected and recognized for their vital role in patient care."*



## What the Tech?! Technology to Practice on a Budget



*Vien Vu, DPT, SCS, CSCS, CPSS*

Technology in rehab has been shown to enhance outcomes, but can be both overwhelming and expensive to use. This session will go over what tech professional and college

athletic teams use, then discuss cheap options that clinicians can use to find the same metrics. After this session, clinicians will be confident in immediately using new technology to make their treatments more objective and efficient.

### Objectives:

1. Review current technology used in sports teams and private practices
2. Understand key metrics pertinent to orthopaedic/sports rehab and outcomes
3. Discover cheap technology to measure key metrics in orthopaedic and sports rehab

*Vien Vu is a physical therapist for Stanford Athletics. He completed his D1 fellowship at Wake Forest University and sports residency at Gundersen Health Systems. He is also operator of Vien Vu Performance Labs where he consults providers and patients using tech and teaches con ed courses on technology, the shoulder, and the ankle/foot. He is also associated faculty for Tufts University for Boston and Seattle campuses, and has lectured at Ohio University, UNC-Chapel Hill, and Creighton DPT program. He is a consultant/product evaluator for SimpliFaster. He has presented nationally for both NSCA and APTA, and conducts research in ACL, health disparities, and attention topics.*

## Rehabilitation for the Acute Knee Injury: Combating Muscle Inhibition



*Meredith Chaput, PhD, DPT, SCS*

This course will overview general rehabilitation strategies for acute rehabilitation of knee injuries with the focus on diminishing muscle inhibition.

### Objectives:

1. Attendees will learn why muscle inhibition occurs after knee injury.
2. Identify disinhibitory modalities for muscle inhibition. Determine paired exercise progression with modalities for muscle inhibition.

*Meredith Chaput is an Assistant Professor of Physical Therapy in the School of Kinesiology and Rehabilitation Sciences. Chaput completed her undergraduate education in Exercise Science at the University of Minnesota Duluth and her Doctorate in Physical Therapy at Creighton University. After completing her doctoral training, she completed a post-professional residency in Sports Physical Therapy at Vanderbilt Orthopaedics Nashville and Belmont University and is a Board-Certified Clinical Specialist in Sports Physical Therapy. Currently, Chaput co-directs the CNSlab in conjunction with Drs. Matt Stock and Grant Norte within the Institute of Exercise Physiology and Rehabilitation Sciences. She obtained her PhD from Ohio University in 2023. Chaput's research investigates compensatory nervous system plasticity after lower extremity musculoskeletal injury with the goal to develop neurotherapeutic interventions for orthopedic rehabilitation. Her research integrates functional magnetic resonance imaging (fMRI) and laboratory metrics of functional performance and visual-cognition. Additionally, Chaput is actively engaged in the American Academy of Sports Physical Therapy as the Education Lead for the Sports Performance Enhancement Special interest Group.*

## Social Determinants of Health to Inform Patient Care: From Classroom Learning to Clinical Practice



Neena Sharma, PT, PhD, CMPT

Neena Sharma, PT, PhD, CMPT  
Stacia Troshynski Brown, PT, DPT  
The social determinants of health (SDOH) and how they inform patient care have received increased investigation through clinical studies. Learn about how the SDOH can inform patient care, with specific examples from recent studies, from educational activities in the physical therapy program at KUMC, and in practice-based examples. This is an interactive session, with case examples and opportunities to collaborate with colleagues.



Stacia Troshynski Brown, PT, DPT

### Objectives:

1. Disseminate most recent evidence of SDOH in physical therapy practice.
2. Share student learning activities of SDOH and faculty professional development activities at KUMC.
3. Provide examples/workshops of how clinical preceptors/instructors can facilitate opportunities for learning and clinical reasoning.

Neena Sharma, PT, PhD, CMPT is an associate professor in the Department of Physical Therapy, Rehabilitation Science, and Athletic Training at the University of Kansas Medical Center, KC, KS. Dr. Sharma has over 20 years of teaching and patient care experience and 15 years of research experience. She teaches Orthopedic courses in the entry level DPT program and mentors PhD students. Her research interests relate to central sensitization and efficacy of exercises and manual therapy interventions for chronic low back pain management. Neena has been involved in the university's many Diversity, Equity and Inclusive initiatives and activities for past several years, with regards to training DPT students to provide equitable and inclusive care, individualized to each patient.

Stacia Troshynski Brown, PT, DPT, has been on faculty in the Department of Physical Therapy, Rehabilitation Science, and Athletic Training at the University of Kansas Medical Center since 2015. She practiced concurrently in the outpatient orthopaedic setting for ten years and the

acute care setting for seven years prior to transitioning to her academic role. Troshynski Brown graduated from the University of Nebraska Lincoln in 2003 with a bachelor's degree in English and then obtained her doctorate in physical therapy from the University of Nebraska Medical Center in 2006. She became a board-certified specialist in orthopedic physical therapy in 2009. In 2017 she achieved recognition as a multiple sclerosis-certified specialist.

## Vital Signs, Vital What? A review of measuring patient vital signs.



Jamie Dehan, PT, PhD, DPT, MS

With direct access in physical therapy in Kansas, PTs/PTAs are often the first health care provider to see patients. With this ability, comes the responsibility to ensure the baseline health of our

patients to verify their ability to participate in therapy treatments. We all learn how to measure vital signs in school, but for some of us, it may be multiple years since school and potentially since we've measured vital signs. This course will review important vital signs to check on our patients as they enter our clinics and discuss any current research related to vital signs.

### Objectives:

1. Attendees will identify important vital signs to measure on patients we treat.
2. Attendees will articulate the appropriate technique to use to measure important vital signs.
3. Attendees will recall vital sign normal values.
4. Attendees will be motivated to measure vital signs on patients in their clinics.

Jamie Dehan is a Professor and Director of the Stefani Doctor of Physical Therapy Program at the University of Saint Mary in Leavenworth, KS. She has been a core faculty member in physical therapist education since 2010. Dr. Dehan received her MPT at Rockhurst University in 2006, her t-DPT from the University of Kansas Medical Center in 2011, and her PhD in Higher Education Administration from Saint Louis University in 2018. She is a 2021 graduate of the APTA Fellowship in Education Leadership (formerly known as ELI). Her scholarly interests focus on educational research and NPTE predictor variables. As a physical therapist, her experience is in adult rehabilitation focused on acute care.



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

#### Conference Refund and Cancellation Policy

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

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

#### Unforeseen Circumstances Defined for Refund and Cancellation Policies

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