

**October 7–8, 2022**  
Hilton Garden Inn | Hays, Kansas



**APTA Kansas  
2022 Fall Conference**

### Friday, October 7th

6.5 CEUs for Sessions, 2 CEUs for Business Meeting

	Tract 1	Tract 2
7:45–8:25am	<b>Breakfast / Registration / Check-in</b>	
8:25–8:30am	<b>Welcome by Camille Synder, PT, DPT, APTA Kansas President</b>	
8:30–10:20am 2 CEUs	<b>Ins, Outs, Ups, and Downs of High-Intensity Gait Training for Individuals with Neurologic Conditions</b> Amanda Britton-Carpenter, PT, DPT, NCS	<b>Arthofibrosis after TKA: What is It? And What Can You Do About It?</b> Andy Struble, DPT, OCS, CMPT, CSCS
10:20–10:35am	<b>Break / Exhibits</b>	
10:40am–12:10pm 1.5 CEUs	<b>Interventional Pain Management and Physical Therapy; What to do After the Shot</b> AJ Thomas, PT, DPT, MS, SCS; Amanda Bisby, DNP, BSN, RN, FNP-BC	<b>Concierge, Cash and Alternative Practice Models in Physical Therapy</b> Aimee Riegel, PT, DPT; Courtney Morse, PT, DPT; Aspen Balthazor, DPT
12:10–1:00pm	<b>Lunch on Own / Exhibits</b>	
1:00–2:30pm 1.5 CEUs	<b>Harnessing Technology to Increase Adherence and Engagement with Vestibular Rehabilitation Exercises</b> Linda D'Silva, PT, TPS, CSMT	<b>Strategies for a Successful Clinical Experience</b> Andy Struble, DPT, OCS, CMPT, CSCS; Heather Green, PT, DPT; Phil J. Kilmer, PT, DPT, GCS
2:30–2:40pm	<b>Break / Exhibits</b>	
2:40–4:10pm 1.5 CEUs	<b>Cardiovascular Disease Risk in Women and How Physical Therapy Can Join the Fight</b> Dawn Osborne, PT, DPT	
4:15–6:15pm 2 CEUs	<b>House of Delegate Wrap up Discussion, Fall 2022 Business Meeting, Residency Program Formed in Kansas</b> <i>Free 2 CEUs for members - light appetizers will be served</i> Camille Snyder, PT, DPT; AJ Thomas, PT, DPT, MS, SCS; Danny Larson, PT, DPT, ATC	
6:30–8:00pm	<b>Friday Night Social / APTA Kansas PAC Event at The Fort Tavern and Patio Bar</b>	

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### Saturday, October 8th

6.5 CEUs Awarded

6:45–7:30am	<b>Morning Mobility with FIT PT and Wellness</b>
7:30–8:30am	<b>Breakfast / Registration / Check-In</b>
8:30–10:20pm 2 CEUs	<b>Strength and Conditioning Principles for the Rehabilitation Professional</b> Luke Kriley, PT, DPT, MS, CSCS, USAW; Gerald Morehead, CSCS
10:20–10:35am	<b>Break / Exhibits</b>
10:40am–12:10pm 1.5 CEUs	<b>Concussion Teams: Interdisciplinary Care to Optimize Safe Return to Activity</b> Phillip Vardiman, PhD, LAT, ATC, CSCS, TSAC-F; Molly Ryan, DPT; Anna Boyer, M.S., CCC-SLP
12:10–1:30pm	<b>Lunch on Own</b>
1:30–3:00pm 1.5 CEUs	<b>Patient Care Implications from Acute care to Long Term Care, an Interprofessional Panel and Discussion</b> Camille Snyder, PT, DPT; Elizabeth Lewis, PT, DPT; Morgan Davis, OTR/L; Larissa Mounce, RD/LD
3:00–3:10pm	<b>Break / Exhibits</b>
3:10–4:40pm 1.5 CEUs	<b>Health and Wellness for the Older Adult: From Frailty to Fitness</b> Phil J. Kilmer, PT, DPT, GCS

## Accommodations

### Hilton Garden Hays

221 West 43rd Street

Hays, KS 67601

Main: 785-727-7721

Overnight guests enjoy special features including: Free wireless Internet access throughout the property, 24-hour Business Center, indoor saline pool, and an on-site 24 hour Fitness Center. Secure your reservation at the APTA KS rate of only Rate \$120.00 per night for King and \$132 for Double Queen by following the reservation link: [https://www.hilton.com/en/hotels/hysiigi-hilton-garden-inn-hays/?SEO\\_id=GMB-AMER-GI-HYSIIGI&y\\_source=1\\_MTc2MDY4NDgtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D](https://www.hilton.com/en/hotels/hysiigi-hilton-garden-inn-hays/?SEO_id=GMB-AMER-GI-HYSIIGI&y_source=1_MTc2MDY4NDgtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D) or by calling 785-727-7721 and asking for the APTA Kansas group rate.

**Important Booking Instructions:** When booking online. Enter the desired dates, Click on Special Rates box, In Group Code enter KPTA then click Update.

## Registration

Fall 2022	1 Day (Fri or Sat)	2 Day (Fri & Sat)	HOD / Business Meeting (Fri)
	<i>6.5 CEUs</i>	<i>15 CEUs</i>	<i>2 CEUs</i>
	Regular Price	Regular Price	Regular Price
PT Member	\$165	\$330	-
PTA Member	\$130	\$265	-
Student Member	\$35	\$70	-
Lifetime Member	\$55	\$110	-
PT Non-Member	\$200	\$395	\$10
PTA Non-Member	\$167	\$327	\$10
Student Non-Member	\$55	\$110	\$10



## **Friday Night Social / APTA Kansas PAC Event at The Fort Tavern & Patio Bar**

**Friday, October 7th | 6:30–8:00PM**

109 W 7th St  
Hays KS

It's Oktoberfest in Hays during the conference. To celebrate, APTA Kansas has reserved a party room at The Fort Tavern & Patio Bar from 6:30-8:00 pm on Friday, October 7th. The venue offers food and drinks for purchase as well as many optional activities including Axe throwing, Duckpin Bowling and Virtual Reality. The room is open as a meet up to anyone for a suggested donation of \$15 to the APTA Kansas PAC which will be collected onsite. The party room is only available until 8:00 pm but, the bar is open until later if you wish to keep the party going.



## Session Information

### **Ins, Outs, Ups, and Downs of High-Intensity Gait Training for Individuals with Neurologic Conditions**

Friday, October 7th | 8:30–10:20am | Tract 1 | 2.0 CEU Credits

*Amanda Britton-Carpenter, DPT, NCS*

#### **Course/Session Description:**

The purpose of this course is to review current best rehabilitation practices for locomotor training in the neurologic patient population with focus on the application of high intensity gait training to improve walking function. After this course, clinicians should have a better understanding for how to implement high intensity gait training into their practice.

#### **Objectives:**

- Understand current recommendations to improve walking for patients with stroke, incomplete spinal cord injury, and traumatic brain injury
- Understand the case for intensity
- Define the four biomechanical subcomponents of gait
- Define the “FITT” Principle
- Understand how to challenge the four biomechanical subcomponents of gait
- Understand how to apply the “FITT” Principle to your practice
- Identify potential barriers to implementation of high-intensity gait training

#### **Speaker Biographies:**



**Amanda Britton-Carpenter** graduated with her Doctor of Physical Therapy from the University of Kansas Medical Center in 2013. She completed a residency program in neurologic physical therapy in 2014, and became a board-certified clinical specialist in neurologic physical therapy in 2015. Amanda has been working on the Acute Inpatient Rehabilitation Unit at the University of Kansas Health System since 2017. Her interests include optimizing care for individuals following stroke, best practice, and clinical research.

### **Arthrofibrosis after TKA: What is it? And What Can You Do About It?**

Friday, October 7th | 8:30–10:20am | Tract 2 | 2 CEU Credits

*Andy Struble, DPT, OCS, CMPT, CSCS*

#### **Course/Session Description:**

This course will dive into the presentation and pathology that is arthrofibrosis following joint replacement surgery at the knee. Included topics will be identification of both modifiable and non-modifiable risk factors, early identification and classification, discussion of the full range of possible surgical and non-surgical treatment options, and an update of evidence-based conservative treatment options to both minimize the risk of arthrofibrosis development or resolution when present.

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### Objectives:

- Participants will gain an understanding of the pathology and risk factors associated with development of arthrofibrosis following arthroplasty.
- Participants will understand the full spectrum of treatment options for knee stiffness after surgery.
- Participants will be provided with an update of evidence-based treatment options to avoid or resolve arthrofibrosis.

### Speaker Biographies:



**Andy Struble** completed his undergraduate studies at the University of Kansas in Sports, Health, and Exercise Science. He then obtained his Doctorate of Physical Therapy from the University of Kansas Medical Center in 2011. He has worked in outpatient physical therapy in both Kansas and Missouri. He currently works as a full-time clinician in orthopedics and sports medicine at the OrthoKansas clinic associated with Lawrence Memorial Hospital. He has previously taught as adjunct faculty at Washburn University in Topeka, KS, and WellSpring Allied Health in Kansas City, MO. He is an APTA Board Certified Orthopedic Clinical Specialist, a certified manual therapist (CMPT), and a certified strength and conditioning coach (CSCS).

## Interventional Pain Management and Physical Therapy; What to do After the Shot

Friday, October 7th | 10:40am–12:10pm | Tract 1 | 1.50 CEU Credits

*AJ Thomas, PT, DPT, MS, SCS; Amanda Bisby, DNP, BSN, RN, FNP-BC*

### Course/Session Description:

Unlike many orthopedic procedures, therapy guidelines for interventional pain management procedures are not widely spread and have considerable variation due to medical provider approach. In this course the PT and PTA will be educated on the top 5 most common interventional pain management procedures, from epidurals to radio frequency ablations, and their implications for the patient. This interprofessional presentation will combine an in depth look at the procedures as well as evidence-based guidelines for post procedure interventions that will help guide your patient's plan of care.

### Objectives:

- Identify and describe the 5 most common interventional pain management procedures that physical therapist will rehab.
- Describe specific post procedure strategies to improve effectiveness of interventional pain management procedures.
- Describe evidence based physical therapy interventions to improve functional outcomes post interventional pain management procedures.

### Speaker Biography:

**AJ Thomas** currently serves as the VP of Operations for Holistic Pain Management where he helps to develop interprofessional educational content for APRN, PA, CRNA, and MD practitioners. AJ earned his B.S. in Psychology and Chemistry and Masters of Biology, all from Fort Hays State University. He went on to complete his DPT from Rockhurst University. AJ has most recently served as CEO of a Hospital in Western Kansas. AJ has a diverse background as a clinician and as a Rehabilitation Director, overseeing Physical



Therapy, Occupation Therapy, Speech Therapy, Cardiac Rehab, and Sports medicine outreach services. AJ is an adjunct instructor at Fort Hays State University in the Biology and Athletic Training departments where he helps mentor students and promote the benefits of serving rural citizens at the highest professional level. He is Board Certified as a Sports Clinical Specialist and serves as team Physical Therapist for Fort Hays State Athletics and on the United States Olympic Committee's Volunteer Medical Team. AJ is on the Board of Directors of the Kansas Physical Therapy Association and the Chief Delegate of Kansas for the American Physical Therapy Association.

AJ Thomas is the Chief Clinical Officer with Holistic Pain Management, an interventional pain management group that focuses practice on rural America. Amanda earned her B.S. in nursing from the University of Kentucky and went on to get her Doctor of Nursing practice from the University of Wyoming. Amanda has a dual role in both administration with Holistic Pain Management as well as clinic provider for the North Dakota region. Amanda helped develop an educational platform for NP's, PA's and physicians interested in pursuing a career in non-surgical pain management. She oversees the clinical education and delivery of care. She began her career as a field provider in Powell, WY and is now the chief clinical officer overseeing standardization and quality of training as well as ongoing competency of providers managing clinical care in rural sites throughout the country.



**Amanda Bisby, DNP, FNP-BC, BSN, RN** is the Chief Clinical Officer with Holistic Pain Management, an interventional pain management group that focuses practice on rural America. Amanda earned her B.S. in nursing from the University of Kentucky and went on to get her Doctor of Nursing practice from the University of Wyoming. Amanda has a dual role in both administration with Holistic Pain Management as well as clinic provider for the North Dakota region. Amanda helped develop an educational platform for NP's, PA's and physicians interested in pursuing a career in non-surgical pain management. She oversees the clinical education and delivery of care. She began her career as a field provider in

Powell, WY and is now the chief clinical officer overseeing standardization and quality of training as well as ongoing competency of providers managing clinical care in rural sites throughout the country.

## Concierge, Cash and Alternative Practice Models in Physical Therapy

Friday, October 7th | 10:40am–12:10pm | Tract 2 | 1.50 CEU Credits

*Aimee Riegel, PT, DPT; Courtney Morse, PT, DPT; Aspen Balthazor, DPT*

### Course/Session Description:

Have you ever contemplated opening a cash based or concierge practice? Have you wanted to explore options outside of the traditional PT practice model? Do you want to provide wellness services to clients but not sure where to start? In this panel discussion, we will hear from three clinicians and entrepreneurs who have ventured into alternative practice and payment models.

**Objectives:** At the end of the course, attendees will be able to:

- Participants will be able to understand current roadblocks (regulatory, standards and practices and payment) for the services that we traditionally render for our patients.
- Participants will be able to better understand Concierge Physical Therapy, Cash Based Physical Therapy, Wellness services and group classes, and other spaces of practice that we can utilize to serve our patients.

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## Speaker Biography:



**Dr. Aimee Riegel, PT, DPT** is a graduate of the University of Kansas with a Bachelor of Science in Education with an emphasis in Exercise Science. She attended the University of Kansas Medical Center Physical Therapy program where she received her Doctor of Physical Therapy degree in 2007. She has practiced outpatient orthopedics her entire career, spending 6 years in Northeastern Kansas, where she served as the director of a small outpatient clinic prior to relocating to western Kansas in 2013.

Aimee founded FIT PT and Wellness, LLC in September 2019, a cash-based concierge practice, which she expanded to include a Fitness and Yoga Studio in October 2020. She provides services to clients in her fitness studio as well as in their homes. Aimee has a passion for helping adults stay active through their lifespan with an emphasis on health and wellness. Aimee specializes in Functional Dry Needling and is a level 2 Dry Needling practitioner. Aimee also teaches virtual and in person individual and group fitness programming, as well as offers specialty fitness and health workshops both locally and on a national level to increase awareness of health and wellness for all ages.

Aside from the clinic, Aimee devotes her time to her profession by serving on the Board of Directors for APTA Kansas. She currently serves as the Vice President of APTA Kansas. She previously served as the Payment Committee Chair from 2014 through 2019. Aimee has provided education on Defensible Documentation at various state conferences and launched the first webinar on the APTA Kansas Website. Aimee was awarded the APTA Emerging Leader award in 2017. She also founded and serves as executive director of a non-profit organization, Lovegrass Music Festival Association, which funds a very successful annual free music festival in North Central Kansas as well as other music events throughout the year.

Aimee is a native of Pawnee Rock, Kansas where she grew up on the family farm, attending Great Bend High School. She and her husband, Jason, spent 12 years in Lawrence before moving back to western Kansas to raise their two sons, Jonah, and Jude. In her free time Aimee and her family enjoy playing bluegrass and performing in their band, 80 Proof Alice, camping, kayaking, hiking, shooting sports and attending concerts and sporting events. Therapy degree in 2007. She has practiced outpatient orthopedics her entire career, spending 6 years in Northeastern Kansas, where she served as the director of a small outpatient clinic prior to relocating to western Kansas in 2013.



**Courtney Morse** is a performance-based physiotherapist, entrepreneur, and cash practice consultant. After spending several years as an in-network clinical director, he burned out and took his family on a year-long travel assignment. Upon returning, home, burnout almost immediately returned and he left in-network PT to start his own practice, Natural Wellness Physiotherapy, in 2018. Over the past few years, he's been able to grow his cash practice to a standalone location with multiple providers.

In 2020, Courtney was tapped by PT Biz owner Danny Matta to teach other clinicians how to do the same thing in the Clinical Rainmaker program. He loves providing straightforward and passionate advice to entrepreneurs on how to model a lifestyle of their choosing.

He is happily married to his wife, Rebekah, and has two kids, Henry and Claire. He enjoys trail running, mountain biking, and lifting weights. He is a very below-average piano player.

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**Aspen Balthazor, DPT**, is the founder of Joy of Movement Physical Therapy and Wellness, a mobile company serving the Wichita, KS area. Since graduating in 2008 from Wichita State University Doctor of Physical Therapy Program, she has worked in an in-patient rehabilitation hospital, outpatient clinics, home health, assisted living, and skilled nursing. During her time in these various settings, she was drawn to neurological diagnoses, movement disorders, and more specifically, Parkinson's Disease. In May of 2018, she began working at Rock Steady Boxing of Wichita, a wellness group class for people with Parkinson's Disease, and became a certified Rock Steady Boxing Coach in July of 2018. Working with these clients, hearing their stories of struggles in the home and community, led her to recognize the need for therapy services in a client's home/community. In October of 2019, she founded Joy of Movement Physical Therapy and Wellness. Aspen holds certifications for LSVT BIG Clinician, LSVT BIG for Life Clinician, Rock Steady Boxing for Parkinson's Disease Coach, Urban Poling, and PWR! Moves. She enjoys spending time with her family which includes, 11-year-old twins Tenley and Camden, husband Sergeant Matt Balthazor with the Wichita Police Department, 3 dogs, cat, lizard, and snake! Her passion is to help people find the Joy of Movement to improve their quality of life.

## Harnessing Technology to Increase Adherence and Engagement with Vestibular Rehabilitation Exercises

Saturday, October 8th | 1:00–2:30pm | Tract 1 | 1.50 CEU Credits

*Linda D'Silva, PT, TPS, CSMT*

### Course/Session Description:

For people with dizziness due to vestibular dysfunction, vestibular rehabilitation is effective to reduce dizziness and fall risk. For maximum benefit, adherence to exercises and accurate performance of prescribed exercises are essential. Hence, providing feedback during exercises can improve exercise performance. Additionally, providing exercises in a game-format can increase adherence with the exercise program. Therefore, an app that provides feedback while performing the exercises at home can improve outcomes related to dizziness, mobility, and fall risk.

**Objectives:** Following attendance of this session participants will be able to:

- Describe the Vestibular Rehabilitation APP and the rationale behind the development
- Explain the development process and collaboration with our industry partner, CFD Research Corporation
- Share results of a preliminary trial involving 10 healthy adults
- Demonstrate the exercises in the App and encourage participants in the session to interact with it

### Speaker Biography:



Dr. D'Silva is an Assistant Professor in the Department of Physical Therapy, Rehabilitation Science, and Athletic Training program at the University of Kansas Medical Center. She has clinical experience in various practice settings and has advanced training in vestibular physical therapy. Dr. D'Silva is the Director of the Vestibular and Balance Rehabilitation Lab (STABILITI Lab) at the University of Kansas Medical Center. Her research is focused on examining vestibular impairments and novel methods to increase engagement and adherence to vestibular rehabilitation exercises. The NIH funding that she has received, and her expertise have played a critical role in developing the Vestibular Rehabilitation App.

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## Strategies for a Successful Clinical Experience

Friday, October 7th | 1:00–2:30pm | Tract 2 | 1.50 CEU Credits

*Andy Struble, DPT, OCS, CMPT, CSCS; Heather Green, PT, DPT; Phil J. Kilmer, PT, DPT, GCS*

### Course/Session Description:

This course will dive into multiple facets of providing a successful clinical experience for DPT students. Topics will range from strategies to utilize clinically to ensure development of student clinical reasoning and critical thinking skills to fostering a conducive and productive learning environment for the student. Finally, we will discuss how to address a student's performance gaps, as well as remediation steps in the case that the student is not on track to meet clinical performance benchmarks.

### Objectives:

- Participants will recognize the importance of a specific emphasis on developing critical thinking skills for students and new clinicians.
- Participants will be able to employ several learning activities to develop the clinical reasoning skills of students in the clinic.
- Participants will understand how to provide a foster an engaging and conducive learning environment for student physical therapists.
- Participants will be able to describe how to address performance or knowledge gaps in a respectful and meaningful manner.
- Participants will be able to describe three remediation strategies that can be utilized to close the gap in performance and expectations.
- Participants will articulate the expectations of all parties involved in the clinical education journey.

### Speaker Biography:



**Andy Struble** completed his undergraduate studies at the University of Kansas in Sports, Health, and Exercise Science. He then obtained his doctorate of physical therapy from the University of Kansas Medical Center in 2011. He has worked in outpatient physical therapy in both Kansas and Missouri. He currently works as a full-time clinician in orthopedics and sports medicine at the OrthoKansas clinic associated with Lawrence Memorial Hospital. He has previously taught as adjunct faculty at Washburn University in Topeka, KS, and WellSpring Allied Health in Kansas City, MO. He is an APTA Board Certified Orthopedic Clinical Specialist, a certified manual therapist (CMPT), and a certified strength and conditioning coach (CSCS).



**Heather Green, PT, DPT** graduated with a Bachelor of Science in Biology, Chemistry Minor from the University of Missouri – Kansas City before completing her Clinical Doctorate in Physical Therapy at Rockhurst University. She joined the faculty at the University of Saint Mary Stefani DPT Program in 2017 and is an assistant professor and DPT Director of Clinical Education. Dr. Green is currently working on her EdD in Instructional Design and Performance Technology with Baker University.

Dr. Green has clinical experience in the outpatient setting, skilled nursing facilities, and school settings, but has a primary passion in the acute (hospital) setting treating those in

the earliest stages of healing for orthopedics, neuromuscular, cardiovascular, and pulmonary events.

She 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 an APTA Credentialed Clinical Instructor and is licensed to practice in Kansas.



**Dr. Kilmer** completed his undergraduate Bachelor of Science in Biology Pre-Med (Chemistry Minor) from Emporia State University. He then went on to obtain his Clinical Doctorate in Physical Therapy from The University of Kansas Medical Center. Dr. Kilmer is currently an assistant professor at the University of Saint Mary in the Stefani Doctor of Physical Therapy program, having joined the faculty full-time in 2019, and is actively pursuing a PhD in Leadership – Health and Human Performance.

He possesses clinical experience in school-based pediatric, outpatient, inpatient rehabilitation, and skilled nursing settings, but is most passionate about the application of treatment interventions in geriatric populations, most notably, resistance training modalities.

Dr. Kilmer is an APTA Board Certified Geriatric Clinical Specialist, an APTA Credentialed Clinical Instructor, the Public Relations Chair for APTA KS, and the APTA Geriatric State Advocate for Kansas.

## Cardiovascular Disease Risk in Women and How Physical Therapy Can Join the Fight

Friday, October 7th | 2:40–4:10pm | 1.50 CEU Credits

*Dawn Osborne, PT, DPT*

### Course/Session Description:

There is a critical role for PTs and PTAs to address the public health crisis of women's cardiovascular disease. Women experience discrepancies in care and have unique signs, symptoms, and risk factors that are less relevant to the male population. This session will investigate cardiovascular disease (CVD) prevalence, signs, symptoms, and risk factors in women and their relationship to physical therapy practice. Exploration of professional roles, knowledge, and attitudes towards cardiovascular screenings will occur with discussion of the public health crisis of women's cardiovascular risk and disease, as well as current research and opportunities for health prevention and promotion.

### Objectives:

- Explain the significance of cardiovascular disease in women as a public health issue
- List modifiable and nonmodifiable cardiovascular risk factors, including those that are gender specific for women
- Distinguish the signs and symptoms of a cardiovascular event in females compared to males
- Discuss the important role that PT professionals can play in addressing cardiovascular disease in women
- Identify 3 steps that a clinician in any setting can take to assess cardiovascular disease in their patient population

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### Speaker Biography:



**Dawn Osborne, PT, DPT** earned her undergraduate degree with honors from Kansas State University with a B.S. in Human Nutrition and a B.S. in Kinesiology. She completed her Doctor of Physical Therapy at Hardin Simmons University (TX). She is licensed to practice in K.S. and MO, is a member of the KPTA and APTA, and has clinical experience in manual therapy, outpatient orthopedics, and skilled nursing care. Her professional academic experience includes serving as an adjunct professor, Director of Clinical Education, and full-time professor. She is passionate about patient education and prevention healthcare. It was through personal experience that her interest in cardiopulmonary health grew, with a particular focus on women's health. She is a student in the Doctor of Health Science program at the University of Indianapolis and currently working on her dissertation. She also serves on the Website Committee for the Academy of Cardiovascular & Pulmonary Physical Therapy.

### House of Delegate Wrap up discussion, Fall 2022 Business meeting, and Residency Program Formed in Kansas

Friday, October 7th | 4:15–6:15pm | 2.0 CEU Credits

*Camille Snyder, PT, DPT; AJ Thomas, PT, DPT, MS, SCS; Daniel Larson, PT, DPT, ATC*

#### Course/Session Description:

Our Chief Delegate and APTA KS delegates will be presenting on this year's APTA House of Delegates, motions and the final vote and determination of motions adopted as well as challenges this year regarding motion language. They will be discussing what House of Delegates is and why it is in place to be the policymaking body. This body comprises voting chapter delegates, nonvoting delegates (the Board of Directors and section, assembly, and PTA Caucus delegates), and consultants. The House meets annually, making decisions on issues that may have far-reaching implications for the association and for the profession of physical therapy.

APTA Kansas President and Board of Directors will be presenting on current issues and summarizing current Strategic Goals and Objectives. During this Fall Conference, our treasurer also will be reporting on the yearly budget to members and how it aligns with the Strategic Plan. Our President will also be discussing specific initiatives of the APTA and how, due to the federated model, this affects our Chapter and our own initiatives. She will also discuss what the Leadership Congress accomplished this year and what the plans are for the future in national Leadership Congress meetings.

Our Programming Chair will be reporting on our first Kansas state accredited Sports Residency program. He will discuss what a residency program is and its importance for the PT interested in the certification from the American Board of Physical Therapy Specialties. There are 362 current residency programs in the US with the bulk of them being orthopedic. He will discuss the current process for a residency accreditation, the sports residency program in specific, and how LMC meets the expected criteria. There are currently ten certified Physical Therapy specialist programs: Cardiovascular and Pulmonary, Orthopaedic, Pediatric, Sports, Clinical Electrophysiologic, Neurologic, Geriatric, Women's Health, Oncologic and Wound Management.

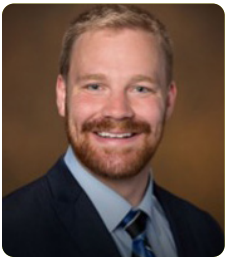
#### Objectives:

- Members and potential members will be informed on the results of the 2022 HOD
- Participants will be oriented on motion formation and language as well as what the House of Delegates do.

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- Participants will be able to see what our profession is doing both national and locally and how members can get involved with the ongoing opportunities to increase professional development.
- Members and potential members will be able to glean insights on the evolution of the profession regarding practice, payment, regulations, legislation efforts as well as education to and for our stakeholders of our strategic endeavors and outreach to our patients and clients.
- Participants will get an opportunity to learn about the current residency numbers and landscape for pathways to the ABPTS Specialist Certifications for ten different types of Physical Therapy specialties.
- Therapists will get the opportunity to learn the process of accreditation with our very own first Kansas started residency program and the steps it took to arrive at the current standards and what those standards encompass.

### Speaker Biography:



**Danny Larson** completed his B.S. in Athletic Training at South Dakota State University in 2015 and his Doctor of Physical Therapy degree at Des Moines University in 2018. Following this, he completed Sports Residency training at Gundersen Health System in La Crosse, Wisconsin and achieved board certification as a Sports Certified Specialist (SCS) through the American Board of Physical Therapy Specialties. He also is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. He currently works in Lawrence, KS at Lawrence Memorial Hospital (LMH). He has a particular interest in treating athletes involved in field and court sports. In addition

to providing patient care, he leads research efforts for the physical therapy department LMH with emphasis on return-to-sport testing and decision making. He will serve as LMH's Sports Residency Coordinator for the residency program that is currently in development. He is actively involved with American Academy of Sports Physical Therapy (AASPT) and completes research reviews for the Sports Performance Enhancement Special Interest Group. He currently serves on the American Physical Therapy Association (APTA) - Kansas Chapter Board of Directors as the Programming Chair.



**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.



**AJ Thomas** currently serves as the VP of Operations for Holistic Pain Management where he helps to develop interprofessional educational content for APRN, PA, CRNA, and MD practitioners. AJ earned his B.S. in Psychology and Chemistry and Masters of Biology, all from Fort Hays State University. He went on to complete his DPT from Rockhurst University. AJ has most recently served as CEO of a Hospital in Western Kansas. AJ has a diverse background as a clinician and as a Rehabilitation Director, overseeing Physical Therapy, Occupation Therapy, Speech Therapy, Cardiac Rehab, and Sports medicine

outreach services. AJ is an adjunct instructor at Fort Hays State University in the Biology and Athletic Training departments where he helps mentor students and promote the benefits of serving rural citizens at the highest professional level. He is Board Certified as a Sports Clinical Specialist and serves as team Physical Therapist for Fort Hays State Athletics and on the United States Olympic Committee's Volunteer Medical Team. AJ is on the Board of Directors of the Kansas Physical Therapy Association and the Chief Delegate of Kansas for the American Physical Therapy Association.

## Strength and Conditioning Principles for the Rehabilitation Professional

Saturday, October 8th | 8:30–10:20am | 2.0 CEU Credits

*Luke Kriley, PT, DPT, MS, CSCS, USAW; Gerald Morehead CSCS, ACE Certified Personal Trainer*

### Course/Session Description:

How do I get strong? This course will provide a comprehensive review of traditional and modern strength and conditioning principles, including the manipulation of these variables to develop functional strength. A review of athlete assessment and training readiness will be completed with an overview of soft tissue healing time frames as it relates to end-stage performance rehabilitation. This is not a discussion on return to play, but merely a piece of the overall puzzle involved in proper return to sport decision making. We will discuss the concepts of linear vs non-linear (undulating) periodization and review resistance training recommendation differences between the American College of Sports Medicine and the National Strength and Conditioning Association. Finally, a review of exercise progressions utilizing the 5 pillars of movement will be discussed including volume and intensity recommendations for plyometric and agility related activities.

### Objectives:

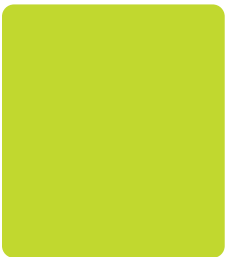
- Define Strength, Power, Agility, Work Capacity, and Strength Endurance
- Review and describe bioenergetics of training regarding energy systems utilization and how to manipulate variables to enhance specific energy systems related to specific sports
- Review and describe soft tissue healing time frames to parallel training periodization
- Review of traditional training principles SAID, progressive overload Load/Intensity, Volume, Frequency, Rest Periods, and Specificity
- Discuss screening essentials for athlete's functional assessment, training readiness, and sports needs analysis
- Review and explore linear vs non-linear or (undulating) periodization
- Review and discuss practical uses of autoregulation training in a clinical setting
- Define and review strength training recommendation differences between ACSM vs. NSCA standards for general population vs athletes
- Discuss implementation of safe plyometric and agility activities and progressions
- Review of internal vs external cueing strategies for performance rehabilitation
- Utilizing the 5 pillars of movement to develop strength, power, and mobility and their progressions
- Review of specific patient case studies related to implementation of S/C principles into the rehabilitative setting

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## Speaker Biography:



**Dr. Luke Kriley** is an assistant professor within the health and human performance program at Fort Hays State University. As an active clinician, his experience includes orthopedics, sports performance and rehabilitation, and rural physical therapy. Luke is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) and holds certification through the United States of American Weightlifting Association (USAW) as a Level I Sport Performance Coach. Luke has been an active member of the KPTA Conference Planning & Programming committee since 2021. Luke has assisted in co-authored research in The NSCA's Journal of Strength & Conditioning Research and presented at various state/local conferences throughout Kansas.



**Gerald Morehead** is a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA) and a Certified Personal Trainer through the American Council on Exercise (ACE). Gerald currently serves as the Fort Hays State University Strength and Conditioning graduate assistant working under the supervision of the Head Strength & Conditioning, Coach Doug Boucher. Gerald is in his second year of FHSU's Master of Science in Exercise Science program and will graduate this May. Gerald has experience working with a variety of clientele, but specifically with collegiate athletes over the past two years.

## Concussion Teams: Interdisciplinary Care to Optimize Safe Return to Activity

Saturday, October 8th | 10:40am–12:10pm | 1.5 CEU Credits

*Phillip Vardiman, PhD, LAT, ATC, CSCS, TSAC-F; Molly Ryan, DPT; Anna Boyer, M.S., CCC-SLP*

### Course/Session Description:

Interdisciplinary care supports better outcomes and supports a culture of precision healthcare for patients who have suffered many injuries or illnesses including concussion. Developing a interdisciplinary concussion team and a return to activity framework can enhance a patients diagnosis, plan of care, and support a safe return to activity. The panel will review common baseline assessment instruments and acute injury assessments and discuss how to build a return to activity framework. The roles and responsibilities of the concussion team members will be discussed and the panelist will engage participants with an interactive case study review.

### Objectives:

- Participants will be able to develop a list of baseline and acute assessment procedures that will be used to diagnosis and support return to activity progression.
- Participants will be able to design return to activity framework to support the assessment, treatment, and safe return to activity progression.
- Participants will be able to assemble the appropriate members of their interdisciplinary team to coordinate assessment, treatment, and safe Return to Activity progression.
- Participants will be able to discuss the importance of each team member and their role in supporting the patients safe return to activity.

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## Speaker Biography:



**Phillip Vardiman, PhD, LAT, ATC, CSCS, TSAC-F** is currently the program director for the Graduate Athletic Training Program at Kansas State University. He also serves as the National Football League Team Lead Athletic Training Spotter at Arrowhead Stadium. He has been a certified athletic trainer since 1996. Dr. Vardiman received his BA from Park University in 1996, his Master of Science degree from Oklahoma State University in 1998, and his PhD from the University of Arkansas in 2006. He has served as an AT for USA Track and Field since 2008 and currently serves as the President of the Kansas Athletic Trainers' Society.



**Molly Ryan, DPT** is a pediatric school-based physical therapist for USD 383 Manhattan-Ogden Schools. She graduated with a Masters in Secondary Education from the University of Nebraska-Lincoln and a Master's in Special Education from Kansas State University. She worked in the secondary school system in the roles of Special Education Director, teacher, and basketball/track coach for 10 years. Molly then returned to school to earn Doctorate in Physical Therapy from the University of Oklahoma Health Sciences Center in 2016. She worked as an outpatient orthopedic physical therapist in Tulsa, Oklahoma before returning to her home state of Kansas in 2017.



**Anna Boyer, MS, CCC-SLP** is a speech-language pathologist at Irwin Army Community Hospital at Fort Riley, KS. She received her undergraduate and graduate degrees from Kansas State University and is a member of the American Speech-Language-Hearing Association (ASHA). She has a passion for working with soldiers and military families and has special interest in treating speech sound disorders in the pediatric population, as well as aphasia, dysphagia, and cognitive deficits related to TBIs and CVAs in the adult population.

## Patient Care Implications from Acute care to Long Term Care, an Interprofessional Panel and Discussion

Saturday, October 8th | 1:30–3:00pm | 1.5 CEU Credits

*Camille Snyder, PT, DPT; Elizabeth Lewis, PT, DPT; Morgan Davis, OTR/L; Larissa Mounce RD/LD*

### Course Description:

Take a journey with the patient who has been receiving health and rehabilitative care from the ICU or Acute Care, acute rehab, skilled therapies and long-term care. What does supporting that patient mean for the team caring for them? What would your evaluation or plan be for determining appropriate transition for ongoing care? How do you determine patient prognosis and why is this a standard in rehabilitative care? Join our multi-disciplinary panel to discuss managing these patients and be able to discuss at a clinical level your questions, concerns, and ideas.

- Participants will be able to gain a greater understanding of the Acute Care, Subacute Care and Long-Term Care implications for patient, caregivers and family.
- Participants will learn specific care plan strategies to determine patient prognosis in an objective manner.

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- What does the care team look like in each setting and how we can be a productive member and leader for the team?
- We will be discussing how patient illness and transition of care impacts family and coping strategies for the care team and patient.

### 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.



**Elizabeth "Liz" Lewis** is a senior staff physical therapist at the University of Kansas Health System. She has twelve years of experience in the acute care setting with a special interest in critical care. She has worked in intensive care units across the health system and has primarily cared for patients in the neurological intensive care unit for the last five years. Liz attended Avila University in Kansas City for her bachelor's in biology and a minor in sport science. She went on to earn a Doctor of Physical Therapy from Rockhurst University. At the University of Kansas Health System, she leads special interest groups on research and critical care. She is also a member of the vestibular and fall committees. In her personal time, she enjoys traveling, outdoor sports, and hiking with her golden retriever, Norman.



**Morgan Davis, MOT, OTR/L**, is an occupational therapist (OT) working in the adult inpatient rehabilitation setting in Overland Park, KS. Prior to earning her Master of Occupational Therapy, Morgan obtained a bachelor's degree in public relations and worked for six years in the nonprofit sector. In 2020, Morgan was selected to present her research on productive aging among populations with intellectual and developmental disability at the American Occupational Therapy Association Conference. Morgan co-leads The Joint Commission-certified Amputee Rehabilitation Team at MidAmerica Rehabilitation Hospital and serves on the Employee Connection Team.

## Health and Wellness for the Older Adult: From Frailty to Fitness

Saturday, October 8th | 3:10–4:10pm | 1.5 CEU Credits

*Phil J. Kilmer, PT, DPT, GCS*

### Course/Session Description:

This course will begin by introducing the participants to the various and interrelated components of frailty

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and how they affect the older adult. We will review the structural and morphological changes associated with sarcopenia. Next, we will examine activity recommendations for older adults, and components of a proper resistance training program. Participants will be introduced to the concept of anabolic resistance and review current protein intake recommendations. Finally, participants will be introduced to motivational interviewing for enacting nutritional and activity.

### Objectives:

- Participants will be able to define frailty and understand the interrelated components.
- Participants will understand how an individual is screened for frailty.
- Participants will understand the physiological and morphological changes associated with sarcopenia, as well as how they respond to activity and nutritional interventions.
- Participants will be able to list the basic components of an effective resistance training program, and the beneficial effects to associated bone and musculature.
- Participants will understand current protein recommendations, as well as the concept of anabolic resistance in older adults.
- Participants will be able to understand the basics of motivational interviewing for behavioral change.

### Speaker Biographies:



**Dr. Kilmer** completed his undergraduate Bachelor of Science in Biology Pre-Med (Chemistry Minor) from Emporia State University. He then went on to obtain his Clinical Doctorate in Physical Therapy from The University of Kansas Medical Center. Dr. Kilmer is currently an assistant professor at the University of Saint Mary in the Stefani Doctor of Physical Therapy program, having joined the faculty full-time in 2019, and is actively pursuing a PhD in Leadership – Health and Human Performance.

He possesses clinical experience in school-based pediatric, outpatient, inpatient rehabilitation, and skilled nursing settings, but is most passionate about the application of treatment interventions in geriatric populations, most notably, resistance training modalities.

Dr. Kilmer is an APTA Board Certified Geriatric Clinical Specialist, an APTA Credentialed Clinical Instructor, the Public Relations Chair for APTA KS, and the APTA Geriatric State Advocate for Kansas.

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## Conference Refund and Cancellation Policy

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- 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.

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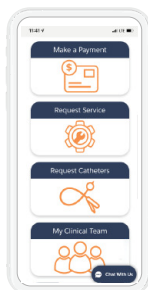
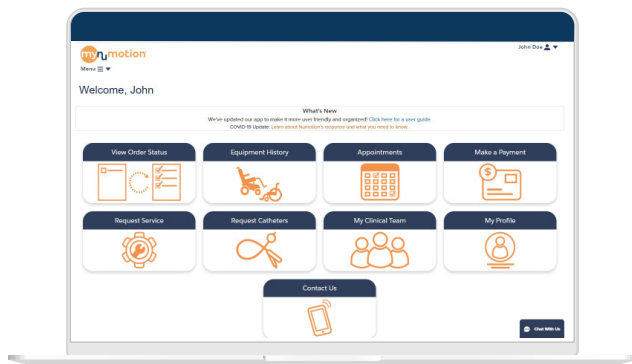


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