

# March 24-25, 2023

Hilton Garden Inn | Manhattan, Kansas



## APTA Kansas 2023 Spring Conference

<b>Friday, March 24th</b>		
<i>6 CEUs for Sessions, 2.5 CEUs for Current Issues &amp; Suds and Science (Poster Hall and Social)</i>		
	<b>Track 1</b>	<b>Track 2</b>
7:30 - 8:25am	<b>Registration / Check-in</b>	
8:25 - 8:30am	<b>President's Welcome by Camille Synder, PT, DPT, APTA Kansas President</b>	
8:30 - 10:00am 1.5 CEUs	<b>Neck pain, Headaches and Dizziness: Postural and Motor Control Rehabilitation - Manual and Vestibular Physical Therapy Approach Part 1</b> Dr. Craig P Goldberg DPT, FAAOMPT, DHSc and Maria Davenport, MSPT	<b>Optimizing Automaticity in Parkinson's Disease: Progressing from Single-Task to Dual-Task Therapy Part 1</b> Amy Nichols, PT, DPT
10:00 - 10:15am	<b>Break / Exhibits</b>	
10:15 - 11:45am 1.5 CEUs	<b>Neck pain, Headaches and Dizziness: Postural and Motor Control Rehabilitation - Manual and Vestibular Physical Therapy Approach Part 2</b> Dr. Craig P Goldberg DPT, FAAOMPT, DHSc and Maria Davenport, MSPT	<b>Optimizing Automaticity in Parkinson's Disease: Progressing from Single-Task to Dual-Task Therapy Part 2</b> Amy Nichols, PT, DPT
11:45am - 1:15pm	<b>Lunch on Own / Exhibits</b>	
1:15 - 2:45pm 1.5 CEUs	<b>Pregnancy, Postpartum, and Pelvic Health Rehabilitation</b> Jillian Stecklein, DPT	<b>Utilization of Aquatic Therapy in Your Rehab Practice and How to Get Started</b> Jesse Spencer, PT, DPT, ATC
2:45 - 3:00pm	<b>Break / Exhibits</b>	
3:00 - 4:30pm 1.5 CEUs	<b>"Bridging the Gap" – A Multidisciplinary Approach to Recovery, from Physical Therapy to Sports Performance and General Fitness</b> Ryan Sloop, MS, LAT, ATC, CSCS	<b>Home Health: Where PT's Can Still Thrive</b> Danny Collins, PT, DPT and Gail Johnson, PTA
4:30 - 6:30pm	<b>APTA KS Board Meeting / Dinner - Board Members Only</b>	
6:30 - 7:30pm 1 CEU	<b>Current Issues Discussion: Gender Inequalities Training and Rehabilitation of the Athletic Population</b> Jesse Spencer, PT, DPT, ATC <b>Community Health: From Your Head to Your Heart</b> Lorna Jarrett, MS, PTA, Sierra Glaser, PT, DPT	
7:30 - 9:00pm 1.5 CEUs	<b>Suds and Science (Poster Hall and Social)</b>	

<b>Saturday, March 25th</b>	
<i>5 CEUs Awarded for Sessions, 1 CEU for Business Meeting</i>	
7:30 - 8:30am	<b>Registration/Student Breakfast</b>
8:30 - 9:30am 1 CEU	<b>Expanding the Envelope of Function: The Knee &amp; Hip - Part 1</b> Erik Meira, PT, DPT
9:30 - 9:45am	<b>Break / Exhibits</b>
9:45 - 10:45am 1 CEU	<b>Expanding the Envelope of Function: The Knee &amp; Hip - Part 2</b> Erik Meira, PT, DPT
10:45 - 11:00am	<b>Break / Exhibits</b>
11:00am - 12:00pm 1 CEU	<b>Platform Presentations</b>
12:00 - 1:30pm 1 CEU	<b>Lunch and Business Meeting</b>
1:30 - 2:30pm 1 CEU	<b>Expanding the Envelope of Function: The Knee &amp; Hip - Part 3</b> Erik Meira, PT, DPT
2:30 - 2:45pm	<b>Break / Exhibits</b>
2:45 - 3:45pm 1 CEU	<b>Expanding the Envelope of Function: The Knee &amp; Hip - Part 4</b> Erik Meira, PT, DPT
<b>Total CEUs</b> 14.5	

## Accommodations

### Hilton Garden Inn Manhattan

410 South 3rd Street  
Manhattan, KS 66502

There are a limited number of hotel rooms reserved for conference attendees at the Hilton Garden Inn, Manhattan.

Hotel reservations can be made for the reduced price \$129 per night. Rooms must be booked by March 1 for this reduced rate.

Reservation Link: <https://www.hilton.com/en/attend-my-event/mangigi-kpta-00ef831e-c0c2-4819-8405-2f65a810360e/>



## Registration

2023 Spring Conference	One Day	Two Days	Friday Current Issues and Poster Session	Saturday Business Meeting Lunch
	Either Friday (6 CEUS) or Saturday (5 CEUS)	11 CEUS	2.5 CEUS	1 CEU
PT Member	\$175	\$340	\$35	\$0
PTA Member	\$140	\$275	\$35	\$0
Student Member	\$35	\$70	\$0	\$0
Life Member	\$65	\$120	\$35	\$0
PT Non-Member	\$210	\$405	\$60	\$25
PTA Non-Member	\$177	\$337	\$60	\$25
Student Non-Member	\$65	\$120	\$0	\$25
Other Professional	\$210	\$405	\$60	\$25
APTA KS Board Members	\$0	\$0	\$0	\$0

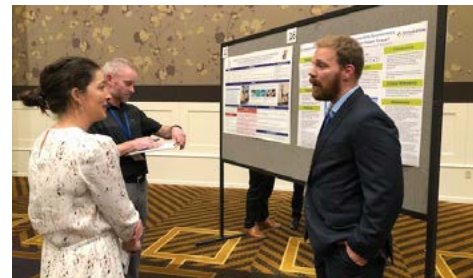
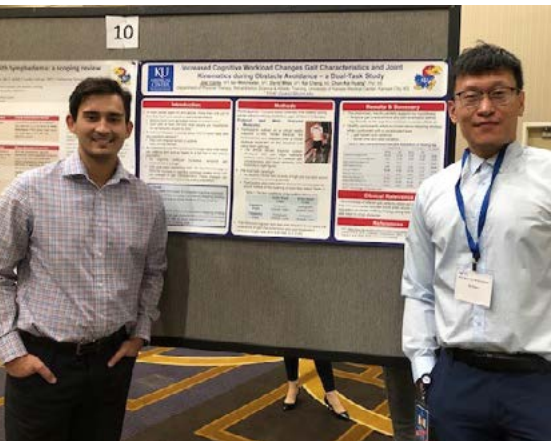
## Suds & Science

Friday Night, March 24 | 7:30–9:00PM

### Poster Hall

The “Suds and Science” event at the APTA Kansas Spring Conference will be held on Friday night, March 24th from 7:30-9:00 pm. This year we will have 23 poster presentations. Poster presenters will be standing by to explain the details of their experiments and case studies. We have a range of topics covering orthopedics, neurology, cardiovascular, and technology provided by clinicians and students.

Enjoy a beverage at the cash bar then stop and talk to the presenters as they showcase their studies in a relaxed atmosphere.



## Student Breakfast

Saturday Morning, March 25 | 7:30–8:30AM

APTA Kansas is hosting a FREE Student Only hot breakfast for student attendees to network with the APTA KS Board of Directors on Saturday, March 25th at 7:30-8:30am.

Don't miss your chance to meet the Board of Directors, ask them anything, voice a concern or point you in the right direction for your specific interests? Register for the APTA KS Student Breakfast with the Board today!

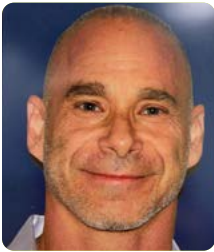
The APTA KS Board of Directors are experts in their areas of practice, education, and research. They have been practicing physical therapists and physical therapist assistants for decades and some for many decades. They would love to share their knowledge and expertise with physical therapy students.

Link to RSVP: [https://docs.google.com/forms/d/e/1FAIpQLSehxnQR6tRygOrkF\\_Mq1-ZWa9d0unC3n5gaxl9DuOhnBJ7yCw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSehxnQR6tRygOrkF_Mq1-ZWa9d0unC3n5gaxl9DuOhnBJ7yCw/viewform) or stop by the Registration Desk to register onsite.



## Session Information

### Neck pain, Headaches and Dizziness: Postural and Motor Control Rehabilitation- Manual and Vestibular Physical Therapy Approach



Friday, March 24 | 8:30-10:00am,  
10:15-11:45am | Track 1 |  
3 CEU Credits

*Dr. Craig P Goldberg DPT,  
FAAOMPT, DHSc and  
Maria Davenport, MSPT*

#### Course/Session Description:

Neck pathology can be debilitating and may lead to loss of work, affects personal relationships, and diminishes a patient's quality of life. Millions of people suffer from symptoms such as cervical pain from

faulty posture and muscle imbalances, cervicogenic dizziness, cervical based headaches, and migraines. Traditional evaluation techniques identify the symptomology and treat accordingly; a more useful and effective classification system will be discussed to streamline decision making in the fast-paced clinical setting.

Learn examination and treatment techniques to aid in the regulation of the cervical and upper thoracic spine in regards to: posture correction, neck pain, strengthening/coordination to address motor control and proprioceptive deficits, manual techniques involving a Maitland/ Mulligan approach of mobilization to the upper cervical spine, along with specific myofascial techniques in the management/ treatment of cervicogenic dizziness and headache. A clinical reasoning and evidence-based approach with "hands-on" lab skills instructed by an expert outpatient manual physical therapist and a seasoned vestibular physical therapist that specializes in post-concussion, cervicogenic dizziness/ headache management, migraine, and vestibular rehabilitation will be presented. Instructors will utilize their extensive knowledge base gained from both clinical

and academic didactic experiences to present a well-rounded approach to patient care.

It can be difficult for healthcare professionals to differentiate cervical pathology from other vestibular, medical, and vascular disorders- requiring a high level of skill and a thorough understanding of the proper tests and measures to accurately "rule in" or "rule out" a competing diagnosis. Participants will learn to approach the cervical and upper thoracic spine from both an orthopedic and vestibular therapy viewpoint to treat the "whole" patient. Biomechanical examination, along with lecture and lab emphasis, will be presented. Lab practical sessions will introduce participants to key tests and interventions.

#### Objectives:

- Participants will be able to perform a clinical assessment to differentiate cervicogenic and vestibular causes of dizziness and utilize a combined orthopedic and vestibular approach of manual therapy and/or exercise management.
- Participants will be able to assess motor control and movement control/postural stability deficits in patients with chronic and sub-acute neck pain with and without cervicogenic headache and/or dizziness.
- Participants will be able to identify articular / myofascial causes of cervical tension and/or cervicogenic headache and implement current best evidence to provide a multi-modal approach consisting of manual therapy, exercise, and patient education to successfully manage this patient population.
- Participants will be able to design and implement a treatment plan consisting of exercise and motor control strategies, cervical and thoracic spine mobilization techniques, myofascial mobilization, and education for patients who present with neck pain and mobility deficits related to postural dysfunction.
- Participants will be aware of key precautions/ contraindications to cervical manual therapy to ensure patient safety.
- Participants will engage in lab sessions throughout the presentation with emphasis on

development of skillful palpation and mobility testing for both assessment and treatment purposes to include: muscle energy techniques, graded segmental mobilizations, myofascial / trigger point release, and differentiation between central and peripheral vestibular dizziness in relation to cervicogenic impairments.

### Speaker Biographies:

**Dr. Craig Goldberg** currently practices at the University of Kansas Marc A. Asher Spine Center, specializing in the treatment of Spinal Orthopedic Conditions. Craig was an Assistant Professor at Midwestern University, where his teaching responsibilities included: Differential Diagnosis, Clinical Conditions, and all advanced Orthopedic Courses including Spinal Mobilization and Manipulation. His teaching experience also includes courses at Franklin Pierce University, Lab Assistance at A.T. Still University, Evidence in Motion and a Cervicogenic Headache CEU course. Clinically, he uses an eclectic evaluation and treatment approach with a focus on Posture and Motor Control, Specific Exercise and Soft Tissue and Joint Mobilization and Manipulation in the context of a patient-response model. He has years of experience in Maitland, Osteopathic, Muscle Energy and PNF techniques and incorporates these daily in his patient care.

**Maria Davenport, MSPT**, practices at the University of Kansas Marc A. Asher Spine Center, specializing in vestibular/ concussion rehabilitation, Parkinson's Disease management, cervicogenic dizziness/ headache care, and sacroiliac dysfunction treatment. She has actively worked with patients across a wide spectrum of settings for more than 25 years. Maria graduated with a Master of Physical Therapy degree from the University of Kansas Medical Center in 1996. She holds a certification in LSVT-BIG training for Parkinson's clients since 2013. Her research interests include devising outpatient clinical post-concussion protocols with interdisciplinary collaboration to streamline decision making in the fast-paced clinical setting. She is an active member within the Academy of Neurological Physical Therapy and provides didactic instruction as an adjunct professor on post-concussion treatment, vestibular rehabilitation, and sacroiliac dysfunction. She is passionate about providing exceptional clinical care from a holistic patient-centered approach involving both neurological and orthopedic management.

## Optimizing Automaticity in Parkinson's Disease: Progressing from Single-task to Dual-Task Therapy.



Friday, March 24 | 8:30-10:00am,  
10:15-11:45am | Track 2 |  
3 CEU Credits

Amy Nichols, PT, DPT

### Course/Session Description:

Parkinson's Disease is a slowly progressive neurodegenerative

brain disorder that affects over 1 million Americans. Symptoms typically involve multiple systems such as motor control, cognitive function, and speech. Bradykinesia and smaller amplitude of movements are common, a clinical presentation that can be attributed to loss of motor automaticity. This course will review the clinical-based evidence available on dual-task exercises to restore the automaticity of gait and balance in those with Parkinson's. Participants will learn about the wide variety of tasks and exercises available in dual-task training and how to implement it into therapy sessions for improved outcomes.

### Objectives:

- Participants will be able to describe how automaticity affects those with Parkinson's disease and how dual-task training impacts performance.
- Participants will understand how task selection and instructions affect patient performance during dual-tasks.
- Participants will be able to define the difference between single-task and dual-task activities, while formulating associated exercises.
- Participants will be able to identify outcome measures used to evaluate the effectiveness of dual-task training.

### Speaker Biographies:

Amy Nichols, PT, DPT is a neurologic physical therapist who practices in the outpatient setting. She began her career at Rowe Neurology Institute after graduating from the University of Kansas with her DPT in 2007. During her tenure at RNI she developed a passion for the neurological-focused population through patient care and

clinical research, in which she was able to present research findings at both APTA KS and APTA CSM conferences. She transitioned to Olathe Medical Center in 2013 and became certified in LSVT treatment, starting an LSVT Big for Life exercise class in 2019. Amy is an APTA Certified Clinical Instructor and was named the KUMC DPT Clinical Instructor of the Year in 2017. She enjoys speaking on topics in neurologic rehabilitation in the community and began teaching in the continuing education department at Johnson County Community College in 2015. She is always looking to advance her practice and completed the APTA vestibular competency course in 2021. She became a "Partner in MS Care" with the National MS Society in 2022. Amy serves on multiple committees including the APTA KS Research Committee, the MS Society Healthcare Advisory Board KS/MO/IL, and the Parkinson's Foundation Grant Committee.

### Pregnancy, Postpartum, and Pelvic Health Rehabilitation



**Friday, March 24 | 1:15-2:45pm**  
**Track 1 | 1.50 CEU Credits**

*Jillian Stecklein, DPT*

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

In this course, we will dive into the role of physical therapists in the pregnancy and postpartum

journey. In addition, learn about the most common pelvic health symptoms, assessment strategies, and treatment options for both women and men with a variety of conditions related to both pelvic health and thorough orthopedic care. After this course, you will be able to confidently discuss pelvic health-related symptoms, determine needed referrals, and add skills to your current practice to treat the whole person.

#### **Objectives:**

What role do Physical Therapists play in the birthing journey?

- Prenatal: Preparing for pregnancy
- Pregnancy: Common symptoms and their solutions!
- Postpartum: What does the healing process look like?
- How to Heal: What does care look like?
- Questions and Practicals!

#### **Speaker Biography:**

**Jillian Stecklein** grew up in the suburbs of Chicago. She enjoyed an active lifestyle, being involved in many sports and extracurricular activities, and a wonderful family upbringing. She knew she was meant to be a Physical Therapist since high school. After visiting a healthcare career fair and seeing how physical therapy was an amazing blend of preventative medicine, leadership, exercise, and nutrition, she has worked toward that goal ever since. It also allowed for great balance between family and career!

She continued on her education earning a Bachelors of Science in Molecular and Cellular Biology and Psychology from the University of Illinois at Urbana-Champaign. During this time, she thrived as the President of the Fighting Illini Triathlon Team, participated in activities at her Church, and enjoyed being a part of her sorority. She completed her Doctorate of Physical Therapy at the University of Illinois at Chicago in 2014.

She met her husband, Kelton, at a Catholic adventure camp in the Rockies the summer before PT school. Their family is happy to be home in the town of Hays, KS near family with their children, Kolbe and Gianna. She finds great joy in serving the community with her skills and experience!



### Utilization of Aquatic Therapy in Your Rehab Practice and How to Get Started



Friday, March 24 | 1:15-2:45pm  
Track 2 | 1.50 CEU Credits

*Jesse Spencer, PT, DPT, ATC*

#### Course/Session Description:

Aquatic therapy is a highly useful resource in outpatient physical therapy practice that

many patients can benefit from. This course will cover topics such as: the benefits and drawbacks of aquatic therapy in your rehab practice, utilization of the pool with different patient populations throughout the rehabilitation process including exercise progressions, manual therapy, and tips for getting an aquatic therapy program started in your clinic.

#### Objectives:

- Participants will gain knowledge of basic principles and the pros/cons of aquatic therapy for various patient populations in accordance with current scientific literature
- Participants will learn how to incorporate aquatic therapy throughout the entire rehabilitation plan
- Participants will learn basic manual techniques, exercise selection and exercise progressions for a variety of patient populations
- Participants will gain basic understanding of how to start an aquatic physical therapy program (including accessing a pool, regulations, and billing)

#### Speaker Biography:

**Jessica Spencer** received her bachelor's in athletic training from Kansas State University. She then went to obtain her Doctorate in Physical Therapy from the University of Kansas Medical Center in 2018. Jessica is currently a full-time clinician at OrthoKansas associated with Lawrence Memorial Hospital in Lawrence, KS with a focus in treating post-surgical and non-operative orthopedic conditions. Jessica has been doing aquatic therapy at her current clinic since 2020 and has aquatic therapy experience with populations including pediatric, geriatric, neuro, orthopedic and sports. She is a certified athletic trainer and assists full time athletic trainers at high schools associated with Lawrence Memorial Hospital on an as needed basis. She currently lives in Lawrence, KS with her husband and dog where they enjoy hiking, golfing, and traveling whenever they can.

### “Bridging the Gap” – A Multidisciplinary Approach to Recovery, from Physical Therapy to Sports Performance and General Fitness.



Friday, March 24 | 3:00-4:30pm  
Track 1 | 1.50 CEU Credits

*Ryan Sloop, MS, LAT, ATC, CSCS*

#### Course/Session Description:

This session will aim to educate attendees on the background, development, and execution

of an interdisciplinary sports performance center, backed by an academic medical institution. Available programs will be featured, including: ACL Bridge, Arm Care, Sport Concussion, Golf Fitness & Injury Prevention, Cash-based Athletic Training services, 3D Motion Running Gait Analysis, VO2Max testing, Sports Performance training, Female-specific sports performance training, General Adult Fitness & Personal Training, Sports Nutrition, and Sports Psychology. Education on how to manage and develop a multi-disciplinary team will be included.

#### Objectives:

- Highlight and describe the mission of an academically based, multi-disciplinary sports performance center
- Explain the role of Athletic Trainers and Physical Therapists in the creation and implementation of medically-based injury reduction programs
- Review the different programs available at a sports performance center to help guide individuals of all backgrounds and fitness levels to achieve better health, wellness and performance
- Discuss the collaboration needed between physical therapists, athletic trainers, certified strength coaches, and certified fitness instructors to promote a team-based approach to recovery, performance, and fitness

#### Speaker Biography:

**Ryan Sloop** is the Program and Facility Coordinator at the Sports Medicine and Performance Center in Overland Park, KS. Ryan has been with The University of Kansas Health System for nine years, previously serving as the Head Athletic Trainer at Shawnee Mission West High

School for his first five years. In his current role, he coordinates the implementation of medically-based injury reduction programs, including ACL Bridge, Arm Care, Sport Concussion, Golf Fitness and Injury Prevention, cash-based athletic training services and 3D- motion capture running gait analysis. Ryan also serves as the lead provider for the Golf Fitness program, training golfers of all ages to improve their physical performance and reduce the likelihood of injury.

Ryan holds a master's degree from Baylor University, where he worked as a graduate assistant with the football team and a teaching assistant in the undergraduate Athletic Training program. He earned his undergraduate degree in Athletic Training from The University of Kansas. He also currently serves as a preceptor and adjunct instructor for the University of Kansas Athletic Training Education Program. Previous professional experience includes working as a seasonal intern athletic trainer for the Kansas City Chiefs in 2013.

### Home Health: Where PT's Can Still Thrive



**Friday, March 24 | 3:00-4:30pm**  
**Track 2 | 1.50 CEU Credits**

*Danny Collins, PT, DPT and  
Gail Johnson, PTA*

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

Our goal with this discussion is to give insight into home health physical therapy. We want to promote and educate on ways that Physical Therapists (PTs) and Physical Therapy Assistants (PTAs) can still thrive in this setting. We will describe the day in the life of a home health therapist, and

everything included beyond just patient care. Both speakers will talk about their roles as PT and PTA and how we can collaborate to improve patient care, even if we cannot be in the same room. We will focus on how creativity is key in success as a home health therapist and ways to avoid underdosing

of exercises to achieve outcomes needed. Home health is a field that is still growing, and more PTs/PTAs are choosing home health. We want to continue to promote the profession and show how we can still achieve the same patient outcomes without all the equipment.

#### **Objectives:**

- By the end of this session, attendees should be able to identify the roles and responsibilities of a physical therapist and physical therapist's assistant in a home health setting.
- By the end of this session, attendees will appreciate the collaboration between Physical Therapist and Physical Therapist Assistants to optimize patient care in a home health setting.
- By the end of this session, attendees will improve their ability to properly prescribe exercises with avoidance of underdosing among cardiopulmonary and geriatric patients.
- By the end of this session, attendees will understand how creativity is needed to develop exercises and therapeutic activities for patients in a home health setting.

#### **Speaker Biography:**

**Danny Collins** is a Physical Therapist in Kansas City and is also an Assistant Professor for the University of Saint Mary DPT program. Prior to teaching, he spent 5 years as a home health PT treating various conditions throughout the Kansas City area. He continues to work as a home health PT PRN. As a faculty member, he teaches Cardiopulmonary PT and focuses on properly prescribing aerobic exercise, as well as teaching other courses such as Health and Wellness, Geriatrics, and Interventions.

**Gail Johnson** is a PTA for Aquinas Home Health in the Kansas City area. She graduated from Penn Valley Community College in 2010. After graduation she worked at St Joseph Medical Center, acute and rehab for 3 years also while working at Home Health.

### Current Issues Discussion

Friday, March 24 | 6:30-7:30pm  
1 CEU Credit



#### Community Health: From Your Head to Your Heart

Lorna Jarrett, MS, PTA and  
Sierra Glaser, PT, DPT

#### Course/Session Description:

Each of us has unique strengths and leadership potential. In this course you will learn about community health care and learn strategies to use your uniqueness to engage your community. Participants will engage in discussion surrounding strengths and

healthcare leadership, and learn how to engage both our heads and our hearts in the community.

#### Objectives:

1. Learn to identify your community and its unique needs.
2. Learn to partner through community health care, its goals and approaches as well its implications to inclusion.
3. Define your health care leadership potential through identifying your personal strengths
4. Identify strategies to improve community engagement.

**Lorna Jarrett** has been a PTA, MS since 2010. She believes that mentoring is a responsibility and that community engagement is a health care strategy. She currently is a Board member for the APTA KS, PTA Caucus Representative-KS and Healthcare & Wellness domain-Unite KC. She also is the Funfitness Clinical Director-Special Olympics and REACH mentor program/lead facilitator. Lorna holds a Master of Science in Kinesiology (dual degree Corrective exercise and orthopedic rehabilitation & Adaptive Sports) Doctor of Health Science (DHSc-2024) from A.T. Still University College of Graduate Health Studies with an emphasis in Education. She is adjunct professor for Wellspring School of Allied Health, MO. As a graduate of Polestar Pilates Rehabilitation with PMA (Pilates Method

Alliance) national certification, she integrates her clinical knowledge and dance background to create Pilates-based rehab and wellness programs. She is founder, owner of Pneuma Pilates and Wellness in Overland Park, KS which integrate holistic health with whole body movement and alternative therapies. In addition, she has experience providing exercise programs for the Parkinson's Foundation-Heartland, MS Achievement Center and the Myotonic Dystrophy Foundation, she enjoys sharing the gift of movement to all levels. Her movement and coaching certifications are Pilates for MS & Neurological Disorders, American Institute of Balance/Vestibular Rehabilitation, TheraPilates™ Bone Building & Injuries, CAPS (Certified Aging in Place Specialist), and Capp (Coaching and Positive Psychology Institute).

**Sierra Glaser** is a Doctor of Physical Therapy and recent graduate from the University of Kansas Medical Center (KUMC). In 2021 she served as the Centennial Scholar for APTA Kansas. Sierra has experience in acute care, inpatient rehab, outpatient, and telehealth. Additionally, she is a clinical instructor for JaySTART, a pro-bono teaching clinic at KUMC. In her free time, Sierra enjoys spending time with her husband Neil and trying new coffee shops around the Kansas City area.



#### Gender Inequalities Training and Rehabilitation of the Athletic Population

Jesse Spencer, PT, DPT, ATC

#### Course/Session Description:

Since the establishment of Title IX in 1972, the participation of

females in sports has increased from 1 in 27 to 2 in 5 today. Although female participation in sports has grown tremendously, we continue to see gaps in training, education, research, and access for female athletes. We will discuss these current inequalities and how as physical therapists; we can help close these gaps.

#### Objectives:

1. Participants will be able to identify current gaps in education, research, and training related to the female athletic population.

- Participants will gain an understanding of how, as physical therapists, we can address these gaps to work on improving outcomes for female athletes in a rehab setting.

**Jessica Spencer** received her bachelor's in athletic training from Kansas State University. She then went to obtain her Doctorate in Physical Therapy from the University of Kansas Medical Center in 2018. Jessica is currently a full-time clinician at OrthoKansas associated with Lawrence Memorial Hospital in Lawrence, KS with a focus in treating post-surgical and non-operative orthopedic conditions. Jessica has been doing aquatic therapy at her current clinic since 2020 and has aquatic therapy experience with populations including pediatric, geriatric, neuro, orthopedic and sports. She is a certified athletic trainer and assists full time athletic trainers at high schools associated with Lawrence Memorial Hospital on an as needed basis. She currently lives in Lawrence, KS with her husband and dog where they enjoy hiking, golfing, and traveling whenever they can.

### Poster Hall Social (Suds and Science)

Friday, March 24 | 7:30–9:00pm  
1.50 CEU Credits

#### Course/Session Description:

This APTA Kansas event which will provide face-to-face discussion with clinicians and students throughout Kansas of current clinical research. This 1.5-hour long poster session, is planned to generate discussions which can further professional development leading to new clinical questions and directions for research and practice. There will be an award for the best poster, presented at Saturday's business meeting.

#### Objectives:

- Present posters prepared by students and professionals in the practice or education of Physical Therapists and Physical Therapist Assistants encouraging one-on-one interactions.
- Generate questions and future directions based on the presenters' findings and body of study.



### Expanding the Envelope of Function: The Knee & Hip

Saturday, March 25  
8:30-9:30am, 9:45-10:45am,  
1:30-2:30pm, 2:45-3:45pm  
4 CEUs Credit

Erik Meira, PT, DPT

#### Course/Session Description:

The lower extremity is a complex region that comprises the structural and functional core of many human movements, from ADL to sport. Having a deeper understanding of what is known and not known while not losing site of the basics can help professionals develop the most effective programs to address these issues.

This four-hour course will include lecture and lab demonstration to give an overview of the complexity of the lower extremity and the patient attached to it. This will all be presented through the lens of dynamical systems theory and the application of the envelope of function model. These concepts will be rooted in a strong foundation of biomechanics and the role that force plays in these presentations.

This complex content will be presented in a way that is simple to understand and even simpler to implement by focusing on key concepts in a hierarchical format.

#### Objectives:

Upon completion of this course, participants will be able to:

- Use the envelope of function model to explain rehab
- Explain how to manipulate biomechanics to alter symptom presentation in lower extremity dysfunction
- Describe the most effective programs for reducing the risk for lower extremity injuries
- Prioritize primary goals of postoperative rehabilitation to maximize return to sport function
- Develop a targeted and streamlined exercise progression for maximal benefit
- Give a basic description of dynamical systems and how that applies to rehabilitation

### Speaker Biography:

**Erik P. Meira, PT, DPT** is currently the director of the Physical Therapy Science Communication Group based out of Portland, OR, USA, a company that specializes in sports rehabilitation and education. He is an ABPTS Board Certified Sports Clinical Specialist and an NSCA Certified Strength and Conditioning Specialist with over 25 years of experience in the management of sports injuries at many different levels. He is a frequent consultant for organizations within the NCAA, NBA, NFL, MLS, WNSL, and other elite sports leagues. A regularly published author, his recent book *Sports Injury Prevention: Anatomy* was a #1 sport medicine bestseller on Amazon.

Dr. Meira lectures internationally in small private team settings all the way through being the keynote speaker at large professional conferences. Known for his ability to make complex ideas simple to understand with a humorous delivery style, he is effective at communicating with medical staff, coaches, management, and directly with the players themselves. Getting multiple stake-holders on the same page of rehab and performance is a common goal.

He is also the co-host of *PT Inquest*, a podcast dedicated to understanding physical therapy science and provides continuing education through *The Science PT*.



### Lunch Business Meeting and Awards

**Saturday, March 24**

**12:00–1:30pm | 1.0 CEU Credit**

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

### Course/Session Description:

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

### Objectives:

- Members and potential members will get updates on APTA Kansas' Strategic Plan and specific implementation for goals including outreach, patient access, professional development, mentorship, and research promotion.
- Members and potential members will be informed on the upcoming activities for the 2023 HOD and general promoting of what the HOD is and does for our national organization
- Participants will be given the opportunity to discuss current Kansas practice issues and offer suggestions for improved professional practice and outreach.

### Speaker Biography:

**Camille Snyder, PT, DPT** is currently serving as president of APTA Kansas. Prior to this office she served six years as vice president. She has served on the Kansas delegation since 2014. She began her service to the KPTA as standards and practice chair beginning in 2011. She has been a practicing physical therapist for 30 plus years, the last 20 in Kansas and received her transitional DPT in 2006. In 1998, she earned her orthopedic clinical specialty by the American Board of Physical Therapist Specializations. Her practice settings are numerous, and she has volunteered in India for a teaching hospital outpatient and inpatient rehab departments. She has been the impaired provider coordinator serving as liaison to the Heart of America Provider's Network and the Kansas Board of Healing Arts since 2012.

## Platform Presentations

**March 25 | 11:00AM–12:00PM**

AUTHOR	TITLE
<b>Addison ML,</b> Johnsen L, Sewester H.	Effectiveness of a preoperative consultation panel for lower extremity amputee patients in the acute care setting – a pilot study
<b>Lewis MA, Meuli MV,</b> Maddux C, Staecker H, D'Silva LJ.	Vestibular dysfunction affects physical activity to a greater extent compared to gait speed or cognitive function
Struble AC, <b>Montgomery MH,</b> McClure, RJ, Larson DD.	Asymmetrical loading patterns during a squat following total knee arthroplasty
<b>Britton-Carpenter A, Thomas J,</b> Whitaker AA, Billinger SA, Eickmeyer SM.	High-Intensity Gait Training Increased Discharge Home from Inpatient Rehabilitation After Subacute Stroke: A Retrospective Analysis

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Minds Matter, LLC is an organization dedicated to helping individuals who have experienced a brain injury live independently at home. Our innovative experts provide services and resources that empower consumers to relearn, reinvent and reconnect in their communities. We are currently seeking several Physical Therapists in various locations in Kansas to join our dynamic team to help carry out the goals for our consumers. If interested in learning more, please contact Reiko Reliford, HR Director at 913-348-4231. You may also visit [www.mindsmatterllc.com](http://www.mindsmatterllc.com).



Phillips County Health System is a 25-bed Critical Access Care hospital located in the beautiful plains of North Central Kansas. At PCHS, we offer a wide range of specialty and outpatient services that include outreach specialists, outpatient specialty nursing, surgical, radiology, and laboratory. Our Health system also includes a general and family medicine clinic with a rehabilitation department that provides inpatient and outpatient therapies.

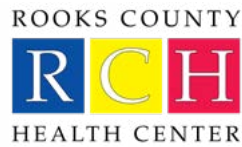
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Select Physical Therapy is part of the Select Medical Outpatient Division family of brands. We are the leading provider of outpatient physical rehabilitation services across the country. We take pride in creating an exceptional patient experience, helping all patients get back to athletics, work, life and the things they love. We work closely as a team at all levels – locally, regionally and nationally – providing the highest quality of care to patients in a trusting, communicative and compassionate environment. We also ensure a positive workplace and provide ongoing learning opportunities for our clinicians.



### **Friday Lunch is not provided.**

There are no onsite food options and lunch.

Click on the QR Code for a list of nearby restaurants.

*Please note:* Many of the restaurants accept pre-order online orders for pick up or delivery. We highly recommend pre-ordering your lunch to avoid long lines at area restaurants.

### **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,  
\$25 for Non-members.





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### CONTACT

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The ERC remains available for employers, including Physical Therapists. There are two options for employers to claim this credit: if your facility experienced a significant decline in gross receipts or were subject to either a full or partial suspension by a governmental order.

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# PHILLIPS COUNTY HEALTH SYSTEMS

"Patient-Centered Excellence"

## RAISING THE BAR & REACHING FOR THE STARS



4.7 Google Rating

\*\*11/2022

**M**Minds Matter<sup>LLC</sup>  
Live. Independently.

Each year over 2.6 million people experience a brain injury<sup>1</sup>

Over 20,000 Kansans sustain a brain injury each year<sup>2</sup>

### Minds Matter has the most innovative model to support people with brain injuries in the nation.

We use the independent living philosophy to address areas such as:

- > Physical environment
- > Education
- > Housing
- > Accessibility
- > Employment
- > Social networks & friendships
- > Medical needs - connecting you with physicians, attendant care and nursing

#### Why our model works

- > Meaningful therapy based on consumer-directed goal planning
- > We go to a person, the person does not come to us
- > Our therapists have extensive training in brain injury
- > We specialize in coordinating safe transitions from facilities
- > A comprehensive team approach to services

#### Guiding Principles

When people are at the center of every decision and interaction related to their rehabilitation, they are far more likely to thrive and lead a rewarding life in their community.

##### We believe:

everyone has the right to create their place in the community

all people have the right to fully control every aspect of their life and environment

when individuals and therapists collaborate on goal setting, outcomes are optimized

in the value of teaching skills that individuals need to live fully after a life-changing injury or event

<sup>1</sup>Brain Injury Association of America

<sup>2</sup>Kansas Department of Health & Environment

### The Brain Injury Waiver provides...

Up to 780 hours per year of physical, occupational, speech, cognitive and behavioral therapy combined.

Additional 780 hours per year of transitional living services.

Up to 24 hours a day of care attendant services in the home, including night support.

Assistive service funds for home modifications and durable medical equipment.

Continued services as individuals make progress toward their consumer driven goals (living independently, driving, employment, education, etc.)

### Care Coordination and Follow Along Program

Our staff meet the person where they are at to assist with eligibility and funding needs

We help with each step along the way whether we begin with planning discharge from a facility or in the community

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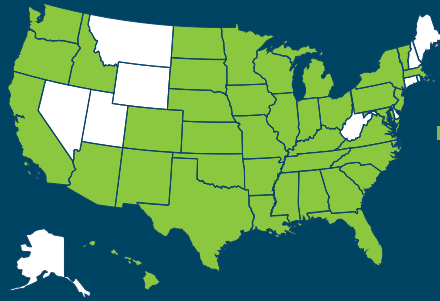
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## Cancellation and Refund Policies

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

### Conference Refund and Cancellation Policy

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

- Conference registration canceled on-line 90 days prior to the conference is refundable but subject to a \$50 administrative fee.
- Registrants canceling within 0 – 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.