

TEXAS PHYSICAL
THERAPY ASSOCIATION



2020 Virtual Annual Conference

October 30-31

COURSE PROGRAM



Enjoy a mix of live and recorded education sessions, business meetings and events. Full conference registrants can access nearly 50 hours of CCUs allowing attendees the flexibility to manage work and family needs.

REGISTRATION FEES

	PT/PTA Members (Deadline October 22)	PT/PTA/Other Non-Members (Deadline October 22)	STUDENTS (Deadline October 22) NO CCUS ISSUED FOR STUDENT REGISTRATION
Full Conference Registration	\$100	\$175	\$75

Single Course Registration	PT/PTA Members (Deadline October 22)	Regular Rate (Deadline October 22)
Individual 2-Hour Course	\$20	\$40
Individual 3-Hour Course	\$30	\$60
Individual 4-Hour Course	\$40	\$80

*To receive the member registration rate, you must login to your TPTA account. Username is your APTA number. If you are a TPTA member do not create a new login. If you are unable to login to your member account, email lmaxwell@tpta.org for assistance.

**In order to receive credit, you must register for conference. CCUs are not issued for student registrations.

ARE YOU TOO ECCENTRIC? CURRENT CONCEPTS OF TENDINOPATHIES OF THE LOWER EXTREMITY 4 CCUs

This course will focus on the current concepts of tendinopathies of the lower extremity. The content will include the pathophysiology and staging of tendinopathy as well as methods of assessment, progressive intervention, and maintenance.

Jacob Garza, DPT, PT

Jacob is a Clinical Lecturer in the Department of Physical Therapy at Texas State University Round Rock. He is a member of the orthopedic team, teaching in the Musculoskeletal and Anatomy Series. Dr. Garza received his Bachelor of Science degree in 2007 from the University of Mary-Hardin Baylor. He completed his Doctor of Physical Therapy from Texas State University in 2011. He attended the Manual Therapy Institute and became a fellow of the American Academy of Orthopedic Manual Physical Therapists in 2016. He is also a board certified orthopaedic specialist with interest in the treatment of orthopaedic injuries with a focus on movement impairments.

Leeda Rasoulion, DPT, PT

Dr. Rasoulion is a clinical lecturer in the Department of Physical Therapy at Texas State University Round Rock. She is a member of the orthopedic team, teaching in the musculoskeletal series and consulting in the Texas State Physical Therapy Clinic. Dr. Rasoulion received her Bachelor of Science in Kinesiology from the University of Texas in 2009 and completed her doctorate in physical therapy in 2014 from Texas State University. Leeda received her fellowship in orthopedics and manual therapy in 2017 and has practiced in outpatient orthopedics for the last six years.

Angela J. Rich, PT, ScD

Dr. Angela Rich is a Clinical Associate Professor in the Department of Physical Therapy at Texas State University Round Rock. She is a member of the orthopedic team, teaching in the Musculoskeletal Series and the Director of the Texas State Physical Therapy Clinic. Dr. Rich received her Bachelor of Science degrees in athletic training in 1984 from Southern Illinois University and physical therapy from Texas State in 1994. She completed her Doctor of Science degree in Physical Therapy from Texas Tech Health Sciences Center in 2011. Angela is certified in manual therapy, board-certified in orthopaedics by the American Board of Physical Therapy Specialties and a board-certified athletic trainer. Her interests are in the treatment of orthopaedic and sports injuries and conditions with a focus on movement impairments. Dr. Rich is a three-time recipient of the Texas State Faculty Excellence Teaching Award and has been honored twice for Faculty Excellence in Service at the department and college levels.

ASSESSING AND TREATING ATYPICAL BPPV 3 CCUs

This evidence-based course will educate clinicians on the practical management of typical and atypical benign paroxysmal positional vertigo (BPPV). The course will include instruction in relevant anatomy and physiology, pathophysiology, examination techniques, canalith repositioning maneuvers, and management guidelines. The course will also review differential diagnosis between peripheral vs central etiology. The material will be presented in a lecture format with video demonstrations and case studies. The course has a practical application to a variety of practice settings (outpatient, acute care, inpatient rehabilitation).

Kendal Reddell, PT, DPT, NCS, CBIS, CCVR

Kendal Reddell has a Doctorate in Physical Therapy and is an American Physical Therapy Association Board Certified Clinical Neurologic Specialist. She also holds a certificate of competency in the evaluation and treatment of vestibular disorders from Emory University and 360 Neurohealth. Kendal is a Parkinson's Wellness Recovery (PWR!) and a Certified Brain Injury Specialist (CBIS). Dr. Reddell is a proud graduate of Tarleton State University. She received her Doctorate in Physical Therapy from the University of Texas Southwestern Medical School in 2010. She is currently a Senior Physical Therapist at St. David's Rehabilitation Hospital specializing in acquired brain injury and vestibular rehab in the inpatient setting, as well as the Director of Clinical Education at 360 Balance and Dizziness specializing in vestibular dysfunction in the outpatient setting

BUILDING THE FOUNDATION FOR MOVEMENT 3 CCUs

Build the Foundation for human movement through an introduction to Foundation Training. This talk introduces the concept of developing the integrative movement patterns essential for sport, movement, and spinal health. I will teach you how to prepare yourself for movement and help eliminate the imbalances caused by our modern habits of living. The body weight exercises you will learn will impact your pelvic and spine position, static and dynamic posture, and strengthen your posterior chain of muscles, from your shoulder blades, lumbers spine, glutes, and hamstrings. This approach is ideal for any type of patient or athlete.

Dr. Robert V. Duvall, Jr., DPT, MPT, ATC, LAT

Dr. Bobby is a professional medical practitioner and athletic trainer who specializes in 3-D biomechanics, strength and conditioning, manual therapy, rehabilitation, and therapeutic exercises as they relate to all sports. Over the past 25 years, he has helped non-athletes and athletes, professional and amateur, reach their peak performance through physical conditioning and rehabilitation. He was the VP of Health & Wellness for Discovery Land Company (www.discoverylandco.com), a world-class land developer in the high-end residential market. While with Discovery he founded and directed the Discovery Performance Center (DPC), a premier golf-specific performance center, for all their members and guests. His expertise is focused on the comprehensive evaluation of the biomechanical relationships of the human body and developing training and rehabilitative programs for athletes of all skill levels. Dr Bobby has a unique approach to the development of junior athletes that follows the Long-Term Athlete Development (LTAD) framework. He specializes in developing custom foot orthotics for various types of athletes: Olympic, professional, collegiate, and amateur. He believes in developing the athlete as a whole person, with emphasis on nutrition, strength and conditioning, mental acuity, and recovery principles. Dr Bobby continues to develop as a medical professional through continuing education. He is an active learner and continues to strive for excellence. Dr Bobby is a senior member of the Medical & Health Advisory Board for the Titliest Performance Institute (TPI) located in Oceanside, California. He has treated and evaluated numerous PGA and LPGA Tour players including; Anthony Kim, Mark O'Meara, Scott McCarron, Tommy Armour III, Ben Crane, Fred Couples, Padraig Harrington, Brad Faxon, Matt Kuchar, Michael Allen, Jason Bohn, Jane Park (LPGA), and Gaby Lopez (LPGA). Prior to his arrival to Discovery Land Company, he co-founded and served as the Director of Fitness for ClubGolf Performance Center, the nation's premier state of the art Golf Specific Training Center located in Gaithersburg, Maryland. In addition, he founded and owned two physical therapy and sports performance practices in Virginia and Maryland. He has been featured on The Golf Fitness Academy as seen on the Golf Channel and I am an invited speaker for the Annual World Golf Fitness Summit presented by TPI. He is ranked as one of the Top 50 Golf Fitness Professionals (2017-2019) according to Golf Digest.

CARDIOPULMONARY PT IN A GLOBAL PANDEMIC: EXAMINATION AND INTERVENTIONS 3 CCUs

Each day the medical community continues to learn about the impact of COVID-19. Once thought to primarily affect the respiratory system, newer evidence points to the impact of COVID-19 on multiple systems, primarily the cardiovascular and pulmonary system. As survivors begin to return to their daily activities, they are noting lasting effects of this disease. Physical therapists can provide beneficial interventions to help restore function. This course is designed to provide the practitioner with a review of cardiopulmonary examination and intervention techniques to better equip clinicians to meet the needs of current patient populations. Using an evidence-based approach, the presenters will provide an overview of the current data on the effects of COVID-19 on the cardiovascular and pulmonary system, a summary of current practices, and discuss implications for the physical therapy. Panelists will lead the discussion on exercise principles as it applies to interventions specific to COVID recovery, including physical therapy interventions specific for cardiopulmonary dysfunction to improve movement and function.

Leslie Ayres, PT, DPT Board Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy

Dr. Ayres is a board-certified clinical specialist by American Board of Physical Therapy Specialties (ABPTS) in Cardiovascular and Pulmonary physical therapy. She has 11 years of clinical experience practicing at Texas Health Resources Fort Worth where she developed her passion for cardiac and pulmonary care in the acute setting. She is a graduate of Brigham and Women's Cardiovascular and Pulmonary residency program located in Boston, MA. Dr. Ayres is an Assistant Professor at the University of North Texas Health Science Center School of Physical Therapy teaching in her specialty area of cardiovascular and pulmonary PT. She enjoys sharing her combined passions for acute and cardiovascular physical therapy in the academic and clinical settings.

Myles Quiben, PT, PhD, DPT, MS Board Certified Clinical Specialist in Neurologic Physical Therapy Board Certified Clinical Specialist in Geriatric Physical Therapy

Dr. Quiben is a dual board-certified clinical specialist by the American Board of Physical Therapy Specialties (ABPTS) in Neurologic and Geriatric Physical Therapy (NCS, GCS). She completed a Fellowship in Geriatric Research at the UT Health Science Center in San Antonio, obtaining an MS in Clinical. She completed two leadership fellowships: APTA Education Leadership Institute (ELI) and the Texas Tom Waugh Leadership Program. She is Professor and Chair of the Department of Physical Therapy at the University of North Texas Health Science Center, with teaching areas in cardiopulmonary, geriatric, neurologic, and clinical medicine. Her clinical experience has spanned varied settings from acute care, rehabilitation, and cardiac rehab. She serves on the Board of the Academy of Geriatric Physical Therapy (APTA Geriatrics), Texas Geriatric Society, and the National Interprofessional Education Consortium (NIPEC) as Chair. She is an APTA Credentialed Clinical Instructor Trainer. Prior service includes American Board of Physical Therapy Specialties (ABPTS), and Federation of State Board of Physical Therapy. She has presented nationally and internationally on aging, neurologic and geriatric differential diagnosis, exercise, balance and falls, and health and prevention.

CLINICAL APPLICATION OF BLOOD FLOW RESTRICTION: THE HOW, WHEN, WHERE, WHY, AND WHO 2 CCUs

Blood Flow Restriction (BFR) therapy is a relatively new strengthening modality that has shaped the physical therapy literature over the past 5-10 years. When utilized in a clinical setting, BFR has shown tremendous promise for optimizing rehabilitation from an acute and long-term perspective. Muscle atrophy mitigation, neuromuscular education, and functional strengthening are all made possible with much lighter loads than previously considered necessary. Furthermore, recent research has revealed notable improvements in tissue quality (such as bone mineral density) as well. In the sports world, "load management" is a term that seems to fit very strongly with the data backing BFR. However, there is still a lot that we do not know. At this time, it seems safe to utilize BFR in a controlled manner - but HOW do we do so safely? WHEN is the inclusion of BFR clinically meaningful? WHERE should we apply BFR - is there a proximal benefit as well? WHY would we choose (or not) BFR over other methods of strengthening? And finally, WHO would benefit the most from using BFR? This course attempts to answer these questions and provides a clinically useful primer for BFR and patient care.

Corbin Hedt, PT, DPT, SCS, CSCS

Corbin is a physical therapist currently practicing in Houston, TX with Houston Methodist. Corbin obtained his Doctorate in Physical Therapy (DPT) from Texas Woman's University. Soon thereafter, Corbin obtained residency-training from Houston Methodist Orthopedics and Sports Medicine Sports Physical Therapy Residency program. He currently serves as residency faculty and mentor to current residents as well as leading research efforts as the Physical Therapy Research Director for the department. Corbin has extensive experience in sports rehabilitation and takes special interest in return to sport paradigms, sports-specific treatment strategies, and the youth population. In addition to his clinical work, Corbin is the Co-Owner/Founder of 5 Tool Sport, LLC - a continuing education company geared towards sports rehabilitation professionals. Corbin has had the opportunity to work alongside athletes at all levels and with prestigious organizations such as the Houston Astros, Houston Texans, Houston Dynamo/Dash, Rice University, Houston Rodeo, Houston Ballet/Orchestra, as well as the Houston Fireballs Power Soccer club. Active in research and evidence-based education, Corbin has authored/co-authored several publications within the realm of sports rehabilitation. He has given presentations at the national and international levels.

COMORBIDITIES AND THE BRAIN: IT ALL TRICKLES UPHILL 2 CCUs

Comorbidities are on the rise and transcend all physical therapy practice areas. The brain is sensitive to vascular and metabolic changes from common comorbidities such as diabetes, COPD, hypertension, and obesity with unique and identifiable impairments. Practitioners throughout the continuum of care need to increase their awareness of pathological brain dysfunction directly related to comorbidities. Physical therapists, through direct patient access, may be the first to notice impaired cognition, focus, memory, balance, coordination, and movement quality due to a patient's comorbidities. Using a variety of case studies, the presenters will detail how to quickly differentiate acute exacerbations and chronic presentations of brain dysfunctions in settings ranging from acute care to private practice. Simple interview strategies will be discussed to detect compromised brain function within the context of a patient's comorbidities. The speakers will review quick, evidence-based screening tools for revealing impaired neurologic function related to the 10 most common comorbidities. Attendees will be able identify at-risk populations and to use multiple methods for effective teaching to help patients, family members, and coworkers identify red-flags/serious problems in a variety of settings.

Kimberly Ann Lemmons, PT, DPT, NCS

Kimberly Lemmons PT, DPT, NCS is a Board-Certified Clinical Specialist of Neurology with experience throughout the continuum of patient recovery. Her passion for neurology began 15 years ago with the creation of a hospital-based out-patient spinal cord injury treatment program. Currently, her clinical focus is post-stroke recovery in acute care with promotion of evidence-based practices in intensive care and neuro-telemetry units. As a specialist, Dr. Lemmons has been a representative of therapy services to several interdisciplinary stroke councils at Primary and Comprehensive Stroke Centers. She enjoys leading inclusive educational opportunities for nursing staff and leadership. She is active member of the APTA and is a credentialed clinical instructor for physical therapy students. Dr. Lemmons also lectures regularly at the University of North Texas Health Science Center on a variety of neurologic topics. Dr. Lemmons is currently involved in research for post-stroke recovery in acute care. She graduated with her Masters of Physical Therapy from California State University, Northridge and her Doctorate of Physical Therapy from University of Tennessee, Chattanooga.

Bethany Spain, PT, DPT

Bethany Spain, PT, DPT has a dual practice area in the acute care and out-patient setting of a Level 2 trauma hospital with a primary focus of neurologic rehabilitation. She is a representative of therapy services on the Compassionate Caregiver Committee and routinely gives presentations in multi-disciplinary forums across the entire hospital system. She has a peer-reviewed publication on exoskeleton gait training with patients in the traumatic brain injury population. In Dr. Spain's is also is the founder and president of Dallas-Fort Worth's only pro bono therapy clinic, Well Community Therapy, Inc. The clinic offers pro bono physical therapy, occupational therapy, and speech therapy to the uninsured and underinsured. It is her passion to use physical therapy to improve the lives within the community, from acute care to her pro bono outreach setting. Dr. Spain graduated from Mississippi College with a BS in Kinesiology and received her Doctorate of Physical Therapy from University of Texas Medical Branch.

COVID-19 AGENTS OF CHANGE: A PT APPROACH 2 CCUs

Background knowledge, understanding of implications for treatments, and designation of quality care are essential in providing patient-centered and relevant physical therapy to the victims of the novel COVID-19 coronavirus. This course will provide participants with the fundamentals to become agents of change as PTs establish standards to providing evidence-based, quality care across the continuum of care of these patients.

Kelsey Novosad, PT, DPT

Kelsey Novosad, PT, DPT received her DPT in 2017 from University of Texas at El Paso. She has spent her career in Dallas at Baylor University Medical Center (BUMC) in acute care since March 2018, in the areas of stroke/neurology, trauma, cardiopulmonary, cardiothoracic surgery, and COVID-19. She helped develop the policies and standards of care for the COVID-19 Team at BUMC and is a leading member of the team in the ICU and step-down units.

CURRENT AND FUTURE TRENDS IN WEARABLE ROBOTICS FOR REHABILITATION 2 CCUs

This online offering will describe the evolution of robotics in industry and their use in rehabilitation. The speaker will describe the major components that comprise a wearable robotic orthotic device. A description of common challenges encounter when evaluating and training prospective candidates to use these devices will be shared with the audience. The speaker will provide functional performance of these wearable robots in patients living with Spinal Cord Injuries (SCI); their advantages and impact on skeletal structures, on micturition and bowel management.

Robert Sandoval PT, PhD

Dr. Sandoval has been practicing as a licensed Physical Therapist since 1990. He graduated with a BSc in Physiotherapy in 1990. He moved to Texas and completed his graduate studies at Texas Woman's University in Houston, TX. In 1998 he completed a Masters in Science (MS) degree in Physical Therapy with a focus on Neurology, and in 2013 obtained his Doctor of Philosophy in Physical Therapy (PhD) with a focus on management of neuropathic pain. Dr. Sandoval has served as faculty in entry-level Physical Therapy and residency programs. His areas of expertise are immuno-compromised individuals, pain management, post-surgical management, multiple trauma, and Neurology. He has presented at local, regional, national, and international conferences on the aforementioned clinical areas of practice. His research interests include to investigate the relationships between pain, sleep and function. He is certified as an advance trainer for ReWalk Robotics and has used Indego wearable robotics in persons living with Spinal Cord Injury.

DIZZINESS AND SUFFERING: WHAT CAN WE LEARN FROM THE PAIN NEUROSCIENCE WORLD? 2 CCUs

Few physical therapists are both willing and confident enough to manage individuals with chronic dizziness. However, if chronic dizziness is viewed as a complex neurologic problem -- similar to persistent pain -- can we utilize a similar treatment approach? This course aims to provide a novel approach to managing chronic dizziness for any clinician, ranging from the therapist who has never treated a dizzy patient to the therapist who is skilled in working with vestibular and concussion populations. We will review behaviors including catastrophizing, fear avoidance, and symptom magnification that are common in individuals with persistent pain and discuss parallels to the world of chronic dizziness. Once we recognize dizziness as a product of the central nervous system, we can begin to treat chronic dizziness at the source and dramatically improve outcomes for this patient population.

Mason McDonald, PT, DPT, NCS

Dr. Mason McDonald, PT, DPT is a board-certified neurologic clinical specialist who treats veterans and active duty service members at James A. Haley Veterans Hospital in Tampa, Florida. His patients range from World War II and Vietnam veterans to highly trained special forces soldiers seeking treatment for vestibular dysfunction, concussions, and various orthopedic injuries. Dr. McDonald was born and raised in Texas. He received his B.S. in Exercise Science at Lamar University and graduated with his DPT from the University of Texas Health at San Antonio in 2017. He completed a one-year neurologic residency followed by another year of training to undergo a fellowship to further specialize in vestibular and concussion rehabilitation. Dr. McDonald developed a passion working with these populations and continues to do so today. Dr. McDonald has had the opportunity to present nationally on behalf of the APTA Federal Section and also received his competency in vestibular rehabilitation through Duke University. In his spare time, Dr. McDonald enjoys outdoor pursuits including fishing, camping, running, biking, and hiking. He is also a musician who began playing guitar fifteen years ago.

FALL BACK INTO SPORTS: SPORT-RELATED CONCUSSIONS AND THE INTEGRATION OF VESTIBULAR PHYSICAL THERAPY 2 CCUs

As the treatment paradigm of sport-related concussion has shifted, physical therapists must have a thorough understanding of their role as members of a multidisciplinary team. One of the challenges currently facing clinicians is identification of points of entry and integration of physical therapy services within concussion programs. This session will highlight clinical profiles to help identify treatment trajectories for sport-related concussion. Evidence of an efficient screening tool to identify athletes who may benefit from vestibular physical therapy will be presented. Clinical pearls of vestibular dysfunction following sport-related concussion will be discussed. Recommendations related to vestibular physical therapy screening, evaluation, differential diagnosis, and intervention specific to sport-related concussion will also be shared. The session will conclude with a round table discussion with the presenters.

Kayla Covert, PT, DPT, NCS

Kayla Covert, PT, DPT, NCS is a vestibular physical therapist for the Baylor Scott & White Sports Concussion Program at The Star in Frisco, TX. She graduated from Saint Francis University in 2012 with her doctorate in physical therapy before completing a neurologic physical therapy residency program with UPMC/Centers for Rehab Services in Pittsburgh, PA. Kayla now works within a multidisciplinary sports concussion program with a focus on clinical innovation and research on the active rehabilitation for concussions.

Sheri Fedor PT, DPT, NCS

Dr. Sheri Fedor joined Inova in 2017 and she serves as director of the Inova Vestibular Concussion Physical Therapy Program. Prior to coming to Inova, Dr. Fedor completed a neurological physical therapy residency at the University of Pittsburgh Medical Center in 2012. She completed the vestibular competency course at Emory University in 2014 and now specializes in vestibular physical therapy. Dr. Fedor has been published in educational books, peer reviewed journal articles, and has presented at national conferences on concussion. Dr. Fedor is also serving as adjunct faculty for the Doctor of Physical Therapy program and Transitional Doctor of Physical Therapy at Shenandoah University.

FUNCTIONAL MAINTENANCE PROGRAMS 1.5 CCUs

The purpose of this CEU is to offer both a rationale for therapy's role in maintaining function and developing/implementing a system for designing functional maintenance programs for the elderly population. This course will review the therapist on federal/state/practice act rules/regulations that provide a social and an economic rationale for the importance of maintaining the function of the geriatric patient. Lastly, this course will review a process for identifying individuals appropriate for functional maintenance programming and the documentation elements for evaluation, treatment planning, and functional maintenance program design, education and follow-up

Jon Anderson, PT

Jon Anderson, PT is a clinical practitioner with emphasis in geriatric rehabilitation. He is an expert in Dementia Care and is certified as a DCCE by the Dementia Capable Care Foundation, including a founder and continuing contributor to the Abilities Care Approach, a nationwide trademarked Dementia care program for LTC communities. Jon serves as Vice President for Ensign Therapy, a Therapy organization of 250 LTC communities with 30k employees across the United States. In his role, he has managed multi-facility programs, and helped build in-house rehab programs from start up. He has extensive knowledge of clinical practice standards, state & federal regulations, and documentation requirements for third-party payers. Jon has written and presented numerous training programs in the field of Physical Therapy and rehabilitation programming. Additionally, Jon serves as an active member of AHCA, THCA, APTA, TPTA, and the CMA.

HIGH INTENSITY INTERVAL TRAINING INCLUDING BOXING FOR PERSONS WITH PARKINSON'S DISEASE : WHAT'S THE POWER OF THE PUNCH? 3 CCUs

This course will provide a lively review and discussion about motor and non-motor symptoms specific to those suffering from Parkinson's Disease (PD) and the possible benefits of high intensity interval training (HIIT) exercise training for this special patient population. In addition, course activities will include a review of recent evidence-based practice guidelines used to define exercise dosage related to persons with PD. Lastly, this course will include lecture and small group discussions about possible treatment strategies to incorporate HIIT training into clinical practice. Although this course will be taught all online, instructors will use various modes of technology to allow full participant engagement and interactions along with several handouts to augment the learning experience.

Dr. Denise Gobert, PT, MEd, PhD, NCS, CEEAA

Dr. Gobert teaches in the Doctor of Physical Therapy program at Texas State University and has coordinated the research track in her program for over 13 years. She received her clinical degree in physical therapy at the University of Texas Health Science Center in San Antonio, TX and has been a practicing clinician for over 20 years. She also completed her Masters in Exercise Science and PhD in Kinesiology at the University of Texas at Austin. She also practices as a board-certified specialist in neurological physical therapy and is well-known as a clinical researcher with several national /international presentations, published manuscripts and book chapters. Several internal and external grants totaling over \$200,000.00 currently help support of her research agenda which address rehabilitation strategies for persons recovering from acquired brain injury stroke and Parkinson's disease.

Dr. Debra McDowell, PT, PhD

Dr. Debra McDowell earned a Bachelor of Science in Physical Therapy, a Master of Science in Health Professions, and a PhD in Physical Therapy with an emphasis on teaching and research. She has over 30 years of clinical experience. Dr. McDowell coordinates and teaches in several courses with the Texas State University Doctor of Physical Therapy program that includes the following: pathology, pharmacology, therapeutic interventions, advanced therapeutic interventions, and current issues. She co-teaches in the pediatrics neurology and cardiopulmonary courses and mentors student capstone study projects each year. Emphasis with her research includes fall prevention for older adults with gait and balance dysfunction, pelvic health dysfunction, and the use of vital signs with physical therapist practice.

HOOKED ON HEALTH LITERACY 2 CCUs

While evidence-based practice is often applied to our clinical care, we can easily overlook the evidence regarding patient education and healthcare system navigation. This course will help you to become “hooked on health literacy” and to frame your practice to ensure patient success and satisfaction in the increasingly value and outcome driven marketplace.

Caitlin C. Walker, PT, DPT

Caitlin C. Walker was born and raised in the Rio Grande Valley. She relocated to central Texas while attending Texas State University, where she completed a Bachelor of Arts in History and a Doctor of Physical Therapy. As a physical therapist, she has practiced in both the inpatient and outpatient setting and is certified in dry needling, in the LSVT-BIG treatment method for patients with Parkinson's, and as a clinical instructor. In addition to her experience as a physical therapist, she is also a dance and fitness instructor. Dr. Walker is currently the education coordinator for a rural healthcare system. She leads and develops orientation and onboarding, leadership and staff development, and community and patient education and outreach. She also owns and operates a rehabilitation and wellness company.

IMPLEMENTATION OF CLINICAL PRACTICE GUIDELINES FOLLOWING CONCUSSION 3 CCUs

The purpose of this course is to discuss the practical application of the published clinical prediction guidelines (CPG) for concussion. The CPG discusses best practice and current trends in concussion assessment and treatment following a concussive event. However, further education is need regarding specific assessment tools that can be used to collect subjective and objective data. Due to the intentionally vague nature of the flow charts presented in the CPG this course will provide some concrete evaluative tools based current research to date.

Demetrius R. Collins, PT, DPT, LAT, ScD

Dr. Collins is a faculty member in the resident Doctor of Physical Therapy program at the University of St. Augustine for Health Sciences in Austin. He completed a Doctor of Physical Therapy from Hardin-Simmons University in 2007 and Doctor of Science in Orthopedic Physical Therapy from Texas Tech University Health Sciences Center in 2018. His doctoral dissertation was an educational course regarding evaluation and treatment of sports-related concussion in the high school population. He is passionate about remaining current with research regarding concussion management and takes every opportunity to ensure concussion practitioners have the most recent peer-reviewed data available to them. He has presented several continuing education courses regarding concussion management to athletic trainers, school nurses, and physicians. Additionally, he has guest lectured for the University of Texas and Abilene Christian University athletic training education programs.

KEEPING YOUR COOL DURING A PANDEMIC: ADAPTING SCHOOL-BASED PHYSICAL THERAPY PRACTICE WHILE PROVIDING LEGALLY DEFENSIBLE SERVICES 504 AND SPECIAL EDUCATION LAW: IMPLICATIONS FOR THE PROVISION OF PHYSICAL THERAPY IN THE SCHOOL THE PROVISION OF PHYSICAL THERAPY IN THE SCHOOL SYSTEM DURING A PANDEMIC 2 CCUs

In the ever-changing environment of School-Based Physical Therapy practice, it is essential that the practicing therapist keep in mind the basic tenets, intention and implementation of Federal standards for Special Education Law and 504 services to students. Most relevant now is the provision of services during a pandemic with the advent of COVID-19. Therapists will need to learn how to adapt, create and change our professional lens about how Related Services (including PT) are provided in schools. Therapists are challenged to create virtual options for service implementation and modify how equipment/materials are provided to ensure student's IEP objectives are thoroughly addressed in virtual and campus-based instructional models. Evidence supporting the use of coaching and collaboration strategies and application of virtual education options for students will be emphasized. Considerations for PT evaluations in the virtual environment and collaboration with community resources/vendors will be presented.

Leah Alba, PT, DPT

Leah Alba, PT, DPT received her B.S. in physical therapy in 1989 from Southwestern University, Cebu City, Philippines. She completed her transitional doctorate in physical therapy at the University of Texas Medical Branch, Galveston, Texas in 2013. Leah has worked as a physical therapist in multiple venues, but has been part of Harris County Department of Education since 2000 where she initially worked in Early Childhood Intervention and then moved to School-Based. She has recently been promoted to Manager within School-Based Therapy Services and will manage PTs, PTAs, OTs, OTA, and music therapists in the Cy Fair Independent School District. She currently serves on the TOTA School Focus Group Advisory Board and is a Tom Waugh Leadership Development Program Fellow.

Denise Alford, OTR, MS,

Denise Alford, OTR, MS holds a B.S. in Occupational Therapy from the University of Missouri, Columbia and a Master's degree in Occupational Therapy from Eastern Kentucky University. She has 20 years of experience providing occupational therapy services in the public schools and is currently working for Harris County Department of Education (HCDE) in Cypress-Fairbanks Independent School District. In November 2018 she presented at the TOTA conference on the topic of the importance of collaboration when providing occupational therapy in the public schools.

Janine Calmes, PT, MS

Janine has over 40 years of experience as a physical therapist in multiple settings including acute care, rehabilitation, out-patient, home health, long-term acute care, skilled nursing and now, school practice for Harris County Department of Education (HCDE). In the past, she worked in a gait and clinical motion analysis laboratory where she participated in many research projects and presented at local and national conferences. She has co-authored research articles, abstracts, and posters. Along with her current school district service delivery assignment, Janine works behind the scenes supporting the web design and content of TxSpot, the website of the School-Based Therapy Services division of HCDE. She also serves as the physical therapy Coordinator of Clinical Education, coordinating school-based field work experiences for physical therapy and physical therapist assistant students.

Carie Crabb, PT, MS

Carie is a physical therapist with over 30 years of experience in school-based practice and early intervention. She currently holds the position of Senior Director, School-Based Therapy Services Division, Harris County Department of Education (HCDE). The HCDE Therapy Services Division works in partnership with district and program clients in the greater Houston area to provide occupational therapy, physical therapy, and music therapy services to 7,000 children from 3 to 22 years of age who need these services. Therapy Services also provides management consulting services, including program evaluation and professional development, to Texas school districts and programs providing therapy services. Carie is responsible for administration the of the School-Based Therapy Services division, including contract management, division budget management, personnel management, and practice management. Carie currently serves on the Texas Occupational Therapy Association School Focus Advisory Board and on Texas Continuing Improvement Steering Committee.

MULTIMORBIDITY, DISABILITY, AND FRAILITY: IMPLICATIONS FOR PHYSICAL THERAPY ^{2 CCUs}

Multimorbidity, the co-occurrence of multiple chronic conditions in the same individual, is a major source of healthcare burden in the aging population. Multimorbidity is particularly important for the physical therapist providing care for older adult. Using an evidence-based framework, an expert interdisciplinary panel comprised of an epidemiologist/sociologist and physical therapist will discuss the concept of multimorbidity, highlighting its distinguishing characteristics, interrelatedness with disability and frailty, and its implications for health care and physical therapy practice. Major attention will be given to key aspects of multimorbidity, including risks, consequences, and patterns of multimorbidity and its association with geriatric syndromes. Assessment and physical therapy management in the clinical setting, and challenges of working with older adults with multimorbid conditions will be a key focus. As geriatric practitioners of choice in a burdened health care system, it is critical that physical therapists use sound exercise principles to maximize function. Practical information will be provided on the application of exercise principles to aptly challenge the older individuals' abilities and effect needed physiological change to improve function. Current evidence on exercise-based interventions for older adults with multimorbidity will be presented with a focus on prevention and movement.

Helen P. Hazuda, PhD, FABMR

Dr. Hazuda is an epidemiologist/sociologist and a Professor in the Department of Medicine at the University of Texas Health Science Center at San Antonio, with 20 years of experience conducting population-based research on disablement and aging with older Mexican Americans and European Americans in San Antonio and South Texas. As part of her NIA-funded San Antonio Longitudinal Study of Aging (SALSA), she has developed a detailed disablement process model (DPM) designed to assess pathways linking specific chronic health conditions – diabetes, cardiovascular disease, and arthritis – to disability via impairments and functional limitations and to serve as a tool for identifying optimal targets for intervention to prevent, slow, or reverse progression toward disability. Over the past eight years, she and Dr. Espinoza have also collaborated to incorporate frailty research in the SALSA study. Dr. Hazuda's research has been funded by state, private, and federal agencies including the NIH and NIA. She was appointed to the NIA Board of Scientific Counselors in February 2016.

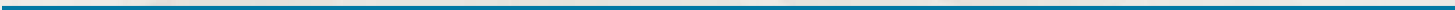
Myla "Myles" Quiben, PT, PhD, DPT, MS

Dr. Quiben is a dual board-certified clinical specialist by the American Board of Physical Therapy Specialties (ABPTS) in Neurologic and Geriatric Physical Therapy (NCS, GCS). She completed a Fellowship in Geriatric Research at the UT Health Science Center in San Antonio, obtaining an MS in Clinical. She completed two leadership fellowships: APTA Education Leadership Institute (ELI) and the Texas Tom Waugh Leadership Program. She is Professor and Chair of the Department of Physical Therapy at the University of North Texas Health Science Center, with teaching areas in cardiopulmonary, geriatric, neurologic, and clinical medicine. Her clinical experience has spanned varied settings from acute care, rehabilitation, and cardiac rehab. She serves on the Board of the Academy of Geriatric Physical Therapy (APTA Geriatrics), Texas Geriatric Society, and the National Interprofessional Education Consortium (NIPEC) as Chair. She is an APTA Credentialed Clinical Instructor Trainer. Prior service includes American Board of Physical Therapy Specialties (ABPTS), and Federation of State Board of Physical Therapy. She has presented nationally and internationally on aging, neurologic and geriatric differential diagnosis, exercise, balance and falls, and health and prevention.

COURSE DESCRIPTIONS and SPEAKER BIOS

Listed Alphabetically

PAYMENT PANEL 2 CCUs



PELVIC FLOOR REHAB TREATMENT AND STRATEGIES 3 CCUs

In this course we will look at the muscles and muscle groups that are involved in general pelvic floor function and how they can affect pelvic floor dysfunction. We will discuss what treatment interventions can help to alleviate the symptoms associated with the muscles that function in the pelvic floor. I will answer questions about certain traditional and newer interventional approaches to treatment. You will gain some strategies for effective patient scheduling, treatment and reimbursement.

Donna J. Carver, PT

Donna received a Bachelor of Science in Biology from Baylor University, a Bachelor of Science in Health Sciences from the University of Central Arkansas and a Master of Science in Physical Therapy from the University of Central Arkansas. For more than 23 years, Donna has specialized in pelvic floor rehabilitation for both women and men, expanding this expertise in her early clinical practice and ultimately opening her own private practice in 2015. During the course of her clinical skill development, she took advantage of multiple opportunities to develop as a competent professional and educator, by providing staff in-services, accepting responsibility as clinical education instructor, accepting invitations to be a guest lecturer for local PT and PTA schools, through service as the NTD Government Affairs Chairman, serving as an Item Writer for AAWM and FSBPT, by creating professional educational and training programs and offering continuing education courses in pelvic therapy like this on for colleagues through TPTA. Donna has been recognized for her contributions with awards as Outstanding Clinical Educator, the Exceptional Education in Teaching and the Ruby Decker Award, as well as the Best Mom Award from her 4 children.

THE BARB MELZER LECTURE- A TIME TO GIVE: PRO BONO PUBLICO AND THE POWER OF VOLUNTEERING**Beverly Cumberland Newman, PT, PhD**

Beverly practices as a Pro Bono Physical Therapist at a Free and Charitable Clinic in Houston and makes annual visits to Guatemala to offer Physical Therapy to the underserved with a team of the Faith in Practice Medical Mission. Beverly is the secretary of the TPTA Tom Waugh Leadership Development Program and is the Co-chair for the APTA HPA Pro Bono catalyst group. Beverly has a Bachelor's of Science in Physical Therapy, a Master's in Healthcare Human Resources, and a Ph.D. in Adult, Professional, and Community Education. Beverly has been a practicing Physical Therapist for 45 years, 30 years in clinical practice, and 15 years in academics.

WHEN A HIP HURTS TO HOP: DIAGNOSIS AND TREATMENT OF GLUTEUS MEDIUS TENDINOPATHY 2 CCUs

Lateral hip pain is a common malady within the adult population that affects both high level athletes and the aging individual. In previous decades, all lateral hip pain was assumed to be greater trochanteric bursitis marked by significant tenderness to palpation along the greater trochanter and typically treated in the orthopedist's clinic with a corticosteroid injection. Recent imaging findings and growing clinical knowledge suggests that gluteus medium tendinopathy is a common source of lateral hip pain that is often misdiagnosed and subsequently mismanaged. In this course, we aim to outline recent developments in our diagnosis and management of gluteus medium tendinopathy. We will discuss prevalence rates, typical presentation, differential diagnosis, and effective management of a pathology that typically only arrives in clinic after many months or even years of pain.

Emily Gardner, PT, DPT, SCS

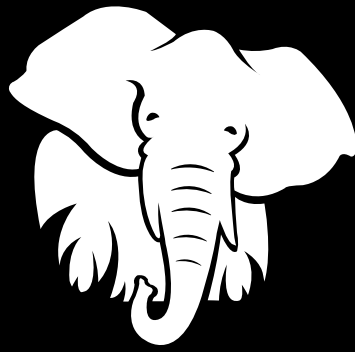
Emily is a board-certified sports physical therapist with Memorial Hermann IRONMAN Sports Medicine Institute in Houston, Texas where she leads the physical therapy side of the collaborative Hip Preservation Program between Memorial Hermann and UT Orthopedics. Emily received her undergraduate degree from Wake Forest University in 2008 and then obtained her Doctorate of Physical Therapy from UT Southwestern in Dallas in 2011. She began her practice in pediatric sports medicine at Cook Children's Hospital in Fort Worth, Texas and then joined the Memorial Hermann IRONMAN Sports Medicine Institute in December 2014. She has since honed her clinical interests and expertise to focus on post-operative care of the hip and knee, conservative management of the painful young hip, return-to-sport progressions, and care for the skeletally immature athlete. Aside from her clinic responsibilities, Emily is a faculty member of the Memorial Hermann Sports and Orthopedic residency programs mentoring and lecturing on hip pathology, leadership, and pediatrics. She serves as the site coordinator of clinical education, and on-site expert on hip pathology and pediatric diagnoses.

**WHERE THE BIOPSYCHOSOCIAL AND COGNITIVE BEHAVIORAL MODELS MEET:
UNDERSTANDING SELF-EFFICACY** 2.5 CCUs

This course will highlight the underlying principles and meaning of the biopsychosocial and cognitive behavioral models transpiring through the healthcare system. The course brings a tangible understanding of psychosocial factors and behavioral aspects of rehabilitation by highlighting self-efficacy. The concepts and principles of empathy & compassion, determination & grit, readiness to change, motivational interviewing, mindfulness, therapeutic alliance, and resilience are discussed as supportive dialogue for the development and growth of self-efficacy. A comprehensive discussion of self-efficacy unites the context of the biopsychosocial and cognitive-behavioral models, which helps the clinician promote resilience through patient education and interventions. The seminal and foundational theories of human behavior in coordination with latest neuroscience and behavioral research provide the undercurrent for sustainable behavioral changes. The course discusses risk factors that compromise outcomes, specifically catastrophizing, anxiety, fear, and depression.

Antonio (Tony) Varela, PT, DPT, PhD, MTC, FAAOMPT

Tony Varela has worked in outpatient orthopaedic rehabilitation for over 20 years. He has experienced the spectrum of patient / client populations. The foundation for his experience was paved through residency and fellowship training that was grounded in evidence based biomechanical approaches. His patient experience includes those enduring chronic pain, surviving cancer, surviving war, struggling post-partum patients, aspiring high school athletes, professional athletes, striving geriatric populations, and despondent workers compensation cases. His passion for mind-body interventions was learned through his patients. Completely evaluating and treating thorough biomechanical approach was not enough for successful outcomes. He learned that mind-body connections overlapped clients previously served. The mind-body connection allowed for a meaningful recovery by capitalizing and enhancing resilience and self-efficacy. Dr. Varela has spent his career humbled by his patients and learning from them ways to help others. He strives to treat patients with a holistic approach that stays true to evidence based functional approaches. He graduated with a Bachelor of Science in Physical Therapy from the University of North Florida, a Master of Health Science & a Doctor of Physical Therapy from the University of St. Augustine for Health Sciences, and a PhD in Human and Medical Behaviors from Capella University. He was on the continuing education faculty for both the University of St. Augustine and NOVA Southeastern University for more than 10 years. He also completed the residency and fellowship training in manual therapy at the University of St. Augustine. His dissertation explored and discovered the significance of pain self-efficacy. He has participated in chronic pain programs and chronic pain project development. The emphasis of his training and education is on the lumbopelvic hip complex, regional integration of the extremities, clinical reasoning, chronic pain and pain neuroscience, mindfulness and cognitive behavioral interventions for those struggling with chronic disease and pain.



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