



OPTA

OREGON PHYSICAL THERAPY ASSOCIATION

**2014
ANNUAL CONFERENCE**



**April 26-27, 2014
Sheraton Portland Airport Hotel
Portland, OR**



OREGON PHYSICAL THERAPY ASSOCIATION

2014 Annual Conference

April 26-27, 2014 • Sheraton Portland Airport Hotel • Portland, OR

Conference Schedule & Course Descriptions

SATURDAY, APRIL 26

8:00 – 8:30 AM

▶ Registration, Continental Breakfast & Exhibits

8:30 – 10:00 AM

General Session – 1.5 CE Hours

▶ ICD-10: Are You Ready?

| BY CHRIS MURPHY, PT, REHAB COMPLIANCE GROUP

In October 2014, all providers will be required to make the leap from ICD-9 to ICD-10 for billing purposes. With thousands more diagnoses available to choose from and nearly 60 percent of the diagnoses describing the orthopedic and functional limitations that we are likely to evaluate, physical therapists will be challenged to choose a code that most accurately describes the conditions we are treating. Join us for a discussion around the background for ICD-10 and assess your readiness to manage the transition.

10:00 – 10:30 AM

▶ Break & Exhibits

10:30 AM – NOON

Breakout Sessions A (Please Choose One) - 1.5 CE Hours

A1 Bike Fitting and Treatment of Cyclists in Physical Therapy

| BY RUSSELL CREE, PT, DPT, UPPER ECHELON FITNESS AND REHABILITATION

This presentation is an introduction to cycling and how to incorporate injured cyclists into your practice. It will begin with the fundamentals of the sport and the culture - understanding the different types of cycling from recreational riders and commuters, to competitive cyclists and triathletes - progressing to the language of the sport, the equipment, and the training. We will cover cycling equipment and the tools needed to work on bikes and perform valid assessments. There are many different schools for learning bike fitting and we will cover the pros and cons of each one. We will then cover the bike fitting process from the perspective of the physical therapist. We will cover common injuries and common causes of those injuries. Finally, how to integrate this into your practice: marketing to cyclists, setting up an assessment area, and billing for your time.

A2 Pediatric Physical Therapy Practice in a Transdisciplinary Preschool Setting

| BY SHAWN ISRAEL, PT, DPT, EXPERIMENTAL EDUCATION UNIT, UNIVERSITY OF WASHINGTON

This presentation will discuss the transdisciplinary model within a preschool setting and the benefits and challenges of practicing physical therapy within the context of this model. Comparison to other early intervention and school models will be explained, including interdisciplinary and primary care provider models. Evidence-based practice on the topics of physical therapy within a natural environment, the International Classification of Function, Disability and Health (ICF) activity and participation-based interventions, and transdisciplinary models will be incorporated. The model used at the Experimental Education Unit will be described as an example of the transdisciplinary model within a preschool setting; implications for children and next steps in the field of school-based pediatric physical therapy will also be discussed.

A3 Integrating Physical Therapy and Dentistry for Optimal Patient Care and Outcome for the Patient with Temporomandibular Dysfunction (TMD)

| BY BILL ESSER, MS, PT, CCTT, INSTRUCTOR FOR EMPIRIDENCE AND MYOPAIN SEMINARS

The role of physical therapy in the care of a patient with Temporomandibular Dysfunction (TMD) is under recognized and little understood by both the physical therapy and dental professions. This overview presents an integrated care model for TMD patients fostering a collaborative approach between physical therapy and dentistry. In this model of care physical therapists in Southern Oregon work as an integral part of care for acute closed locked patients, chronic TMD patients, and in treatment of head and neck dysfunction as it relates to TMD. This care model also provides the opportunity to develop a strong niche market and diverse practice while expanding the role of physical therapy in the care of patients with TMD.

NOON – 1:30 PM

▶ Lunch, Business Meeting & Networking in Exhibit Area

1:30 – 3:00 PM

Breakout Sessions B (Please Choose One) – 1.5 CE Hours

B1 Functional Testing for Return to Sports

| BY EMILY OHLIN, PT, SCS, SPORTSCARE PHYSICAL THERAPY @ CORNELL

This presentation will include discussion about functional testing for return to sport. We will discuss the overhead athlete and the functional testing that can be done before returning them to play. The presentation will include statistical analysis for each functional test, the purpose and the procedure. We will also discuss which test is appropriate and at what time these tests should be performed. The presentation will also cover functional tests for upper and lower extremities, trunk functional testing and case study examples.

B2 Physical Therapy in the Schools: Individuals with Disabilities Education Act (IDEA) - Ages 3 to 21

| BY STEPHANIE ROGERS, PT, MS, PCS, VANCOUVER PUBLIC SCHOOLS

This presentation will cover physical therapy service practice in schools by following the various aspects of the Individuals with Disabilities Education Act (Part B), for children ages 3 to 21. Highlighted in the presentation will be the various expectations and transitions in services at certain ages in accordance to IDEA; the eligibility for physical therapy services under IDEA; the development of an Individual Educational Program (IEP); physical therapy interventions as a related service provider, as consultation, and as a contributor to Response to Intervention (Rti) efforts; and the unique struggles and challenges that come with physical therapy practice in school settings.

B3 Breast Cancer Rehabilitation for the Ortho PT

| BY BARBARA E. NICHOLSON-SAMBUCETO, PT, MSPT, CLT-LANA, PROVIDENCE HEALTH AND SERVICES

This presentation is an overview on breast cancer rehabilitation for the orthopedic physical therapist. Participants will learn the latest therapeutic intervention for the patient with breast cancer, from diagnosis to recovery. Topics will include oncologic principles, diagnosis, treatment and surgical interventions. Therapists will gain a greater understanding of chemotherapy, radiation, and the side effects of these treatments. This course will discuss red flags of cancer recurrence, patient education, exercise programs, lymphedema risk-reduction strategies, and when to refer to breast cancer and lymphedema rehabilitation specialists. Additionally, upon completing this course, participants will be able to understand the upper extremity impairments associated with breast cancer and the prolonged side effects of chemotherapy, radiation and hormonal therapies.

3:00 – 3:30 PM

▶ Break & Door Prizes in Exhibit Area

3:30 – 5:00 PM

Breakout Sessions C (Please Choose One) – 1.5 CE Hours

C1 CrossFit & the PT: Improving Awareness of CrossFit Concepts and Its Application

| BY JOSHUA ZAVERNIK PT, DPT, FMS, OCS, FAAOMPT, THERAPYDIA PORTLAND

The purpose of this session is to present a more clear understanding of the history of CrossFit, the core tenants of its application, define common terminology used by the CrossFit community and help improve the clinicians understanding of the movements and musculoskeletal problems seen in CrossFit. The concepts presented in the session will focus on improving the clinician's ability to communicate with local athletes and coaches so that we can collectively help improve our patients and support them in their health and wellness goals.

C2 Clinical Application of Pain Neuroscience

BY MARY HLADY, PT, DPT, OCS, PROVIDENCE HEALTH AND SERVICES; AND SARAH GROSS, PT, DPT, KAISER PERMANENTE

Approximately 30 percent of the US population has persistent pain and this number is growing annually. In addition, this patient population seeks the greatest number of services yet feels the least cared for. Referrals with the diagnosis of fibromyalgia, complex regional pain syndrome, and chronic pain can make any therapist's heart sink as we all know traditional physical therapy does not lead to the outcomes we expect. Physical therapists can possess the knowledge and skills to assess and treat this challenging patient population, have a significant impact on their quality of life, and avoid over-treatment or creation of a co-dependent relationship. There is a growing body of evidence to support persistent pain treatment strategies that make an objective functional and satisfying difference for these patients, while being mindful of utilization. The objective of this presentation is to present pain science in a clinically applicable format using case studies, panel discussion, and didactic teaching.

C3 SNF Subacute Rehab and Healthcare Reform

BY CAROL M. RAMSEY, MS, PT, PINNACLE HEALTHCARE INC.

Providing skilled rehabilitation in a SNF environment often makes us feel like we have targets on our backs with health care reform seeking to redefine our services, and the underlying bias against nursing homes in our culture and our generation just adds to the stress. What is our role in patient advocacy to return to their home? How can we impact SNF-to-hospital readmissions? How do direct ER and home admits change how we must evaluate our patients? Knowing what is coming just around the corner is one way to re-establish some sanity to our daily work environment. Understanding incentives, motivations, and the overall goals of healthcare reform initiatives can help us choose the right path as we continue to seek the right balance for our patients and ourselves in the new systems and structures that are developing.

5:00 – 6:30 PM

▶ Special OPTA Pub Night & PT PAC Reception

You are invited to support political action for PT and celebrate Oregon's award-winning Pub Night project! Last summer you won an APTA Innovative Chapter award for Oregon PT Pub Night; this spring your help is needed to move physical therapy forward in Oregon. Proceeds from this event will benefit the PT PAC. The event will take place at the Laurelwood Public House & Brewery located at 5115 NE Sandy Blvd. Portland, OR 97213.

SUNDAY, APRIL 27

7:30 – 8:00 AM

▶ Registration & Continental Breakfast

8:00 – 9:30 AM

General Session – 1.5 CE Hours

▶ Incorporating Medicare Documentation Standards into Your Use of an Electronic Medical Record

BY JOHN WALLACE PT, MS, BMS PRACTICE SOLUTIONS

Clinicians cannot assume their EMR software will force them to be fully compliant with Medicare documentation requirements of skilled care. This session focuses on the requirements to justify medical necessity under the Medicare program. It will include how to document the new maintenance provisions from the Jimmo vs. Sebelius decision as well as the new rules about the use of Advance Beneficiary Notification.

9:30 – 9:45 AM

▶ Break

9:45 – 11:15 AM

Breakout Sessions D (Please Choose One) – 1.5 CE Hours

D1 Agility: A Neuromechanical Approach

BY RYAN C. BAUGUS, ATC, SPT, GEORGE FOX UNIVERSITY DPT STUDENT

Neuroplasticity and motor learning research has vaulted us into an age of understanding regarding the neural mechanisms that underlie expert performance. The concepts that we apply to agility training are extremely transferable to other areas of rehabilitation and motor learning. How can we exploit our nervous system's ability to modify itself and obtain maximal performance? How can we promote retention and task transfer with our patients? How can we be sure that the training we are doing is actually beneficial? These are commonly asked questions that are often neglected; however, we now have the research and ability to answer these very pertinent queries.

D2 Neurodynamic Treatment for Nerve-Related Neck and Arm Pain: Benefits, Harms, and Patient Selection

| BY ROBERT J. NEE, PT, PHD, MAPPSC, PACIFIC UNIVERSITY, SCHOOL OF PHYSICAL THERAPY

Guidelines recommend neurodynamic treatment for patients with nerve-related neck and arm pain. However, there is minimal clinical trial evidence on the benefits and harms of this intervention for these patients. Furthermore, it is unclear whether certain characteristics can predict patients' likely response to neurodynamic treatment. This presentation will describe the results of a recently published randomized controlled trial that compared neurodynamic treatment to advice to remain active in patients with nontraumatic nerve-related neck and unilateral arm pain. A preliminary prediction model that may help identify patients who are and are not likely to improve immediately after neurodynamic treatment will also be presented.

D3 Full-Day In-Home Infant Movement Monitoring: What Can We Measure and How Might it Be Useful in Clinical Practice?

| BY BETH A. SMITH, PT, DPT, PHD, UNIVERSITY OF SOUTHERN CALIFORNIA

The overall goal of this session is to use full-day monitoring with small movement sensors to determine quantity, type and quality of infants' movements and differentiate typical, delayed and impaired developmental trajectories. Very early identification of impaired infant neuromotor control is necessary for initiating and targeting early therapeutic intervention to promote optimal development. Full-day assessment is desirable due to high inherent variability in infant performance and temperament. This presentation will discuss data that have been collected from infants with typical development and infants at risk for developmental delay, and will invite audience participation to discuss what type of data can be collected and how it might be useful in clinical practice.

11:15 – 11:30 AM

▶ Break

11:30 AM – 1:00 PM

Breakout Sessions E (Please Choose One) – 1.5 CE Hours

E1 Understanding Running Mechanics: What Do We Really Need to Change?

| BY BEN BAARSPUL, PT, DPT, ATC, BLACK DIAMOND PHYSICAL THERAPY

This presentation will provide an overview of current running concepts, therapeutic approaches and research. We will explore barefoot, Chi and Pose methods while looking at the traditional rationale for shoe recommendations and what does each shoe really do mechanically. We will also look at foot strike patterns, hip and trunk stabilization, and neuromuscular patterning. We will discuss the clinical application of findings/conclusions of research in the field. Are there common risk factors for identifying runners prone to injury? Is there a 'correct' running form? Who's to blame? Improper training, poor running mechanics, or underlying movement faults? And finally we will address the question: where do we go from here?

E2 Interdisciplinary Approach to Assistive Technology

| BY MOLLY BRESLIN, PT, SHRINERS HOSPITALS FOR CHILDREN;
HERB HOSTLER, B.S. IN PHYSICAL THERAPY, LOMA LINDA;
DENEÉ KROEGER, MOTR/L, SHRINERS HOSPITALS FOR CHILDREN; AND
EMILY S. QUINN, MS CCC-SLP, SHRINERS HOSPITALS FOR CHILDREN

This presentation will provide current updates in our experience using assistive technology with children with physical disabilities to help them interact with their peers in communication, computer access for academics and preschool skills, and mobility. Many studies have proven that we need to overcome these deficits early so children with severe motor impairments can leave the starting block sprinting beside their classmates. Our challenge is meeting these needs with the current explosion of everyday technology. This presentation will show our collaborative approach to stay current.

E3 Thinking Outside the Box: Bringing Pelvic PT into the Community

| BY MANDI JO MURTAUGH, DPT, ELEMENT WELLNESS & SPORTS REHABILITATION

We often have patients tell us that they didn't know there was a solution to the particular problem they are experiencing, especially in the pelvic floor realm. Can we change that narrative? As physical therapy continues to become an entry point into the healthcare system, we have the opportunity and responsibility to educate patients about the breadth of what physical therapy can offer. Urinary incontinence is still a treatment area that is widely under recognized by the general public. This session is geared toward all physical therapists as they screen for urinary symptoms in the clinic, focusing on how to have a conversation that is uncomfortable for neither the patient nor physical therapist. It is also for pelvic floor therapists, looking at ways that we can bring the conversation into the community in creative ways to reach individuals outside the clinic and early on.

1:00 PM

▶ Conference Concludes

General Conference Information

CONFERENCE LOCATION

Sheraton Portland Airport Hotel
8235 NE Airport Way
Portland, OR 97220
800.808.9497 or 503.281.2500

CONFERENCE LODGING

A block of rooms have been reserved at a special rate at the Sheraton Portland Airport Hotel. To make reservations, call the Sheraton directly at 800.808.9497 or 503.281.2500 and ask for the Oregon Physical Therapy Association room block. Room reservations must be made by 5 pm on April 2, 2014 to insure availability and the group rate.

The group room rate is \$117 plus state and local taxes (currently 14.5%) per room, per night, single or double occupancy. Check-in time is 3:00 pm. Check-out time is Noon. Please check with the Sheraton for their cancellation and early check out policies.

REGISTRATION INFORMATION

Your Conference registration includes: Both days of education sessions, electronic handout materials, exhibits, Saturday and Sunday's continental breakfasts, Saturday's lunch, breaks, and the early bird discount option.

Space is limited and early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis.

Confirmation letters will be mailed to registrations received prior to April 11, 2014.

There are three easy ways to register:

Register via the Internet through our website at www.opta.org. Payment can be made with credit card.

Fax your completed registration form with credit card payment to: 503.253.9172

Mail your completed registration form with check or credit card payment to: OPTA, 147 SE 102nd Ave., Portland, OR 97216

CANCELLATION POLICY

Cancellations received on or before April 11, 2014 will receive a full refund minus a \$50 administrative fee. Cancellations received after April 11, 2014 will receive a 50% refund of their total fees. No-shows and same-day cancellations will not receive a refund.

All photos courtesy of Travel Portland



SPEAKER HANDOUT INFORMATION

OPTA is aware that every piece of printed paper has an impact on our meeting's carbon footprint. In an effort to minimize paper waste, session handouts (as provided by the speakers) will be available online at www.opta.org approximately one week prior to the conference. Registered attendees will be emailed information on how to access them.

CONTINUING EDUCATION CREDITS

OPTA CE courses and hours may be accepted by the Oregon Physical Therapy Licensing Board. A course completion certificate will be issued to registrants upon completion of the course. Oregon licensed therapists and assistants should consult Division 35 of the licensing board's administrative rules for CE requirements and note that there is no pre-certification of continuing education by the Oregon Physical Therapy Licensing Board.

OPTA BUSINESS MEETING

The OPTA business meeting will be held during the lunch on Saturday, April 26. Individuals who wish only to attend the business meeting (and not have lunch) can do so by signing in at the business meeting door and sitting in the reserved area. If you wish to attend only the business meeting and lunch, please register in advance.

EXHIBITS

The exhibit area will be open Saturday, April 26 from 8:00 am to 3:30 pm. Please take advantage of the opportunity to visit with vendors during the exhibit hours and learn more about the products and services they offer. Door prize drawings will take place during the 3:00 pm break.

OPTA SPONSORS

Thanks to our OPTA Gold Package Sponsors

- PT Northwest
- PT on Call
- Therapeutic Associates, Inc.
- Therapists Unlimited

QUESTIONS?

Contact OPTA at 503.262.9247 or tollfree at 877.452.4919 or at info@opta.org



OPTA

OREGON PHYSICAL THERAPY ASSOCIATION

147 SE 102nd Avenue • Portland, OR 97216

info@opta.org • www.opta.org

Fax: 503.253.9172 • Phone: 503.262.9247 • Toll Free: 877.452.4919



147 SE 102nd Ave.
Portland, OR 97216

PRSR STD
US POSTAGE
PAID
PERMIT #3664
PORTLAND, OR



2014 ANNUAL CONFERENCE



April 26-27, 2014
Sheraton Portland Airport Hotel
Portland, OR



2014 OPTA Annual Conference Registration Form

Please provide the following information to register: *(For additional registrants, please photocopy this form.)*

Name (please include designations): _____

Company/Work Facility: _____

APTA Membership Number: _____ Oregon License Number: _____

Address: _____ Home Work

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Is the above information a database change? yes no

Liability Waiver: By registering for this conference, you waive all liability to OPTA for any injury that may occur during this conference.

Registration Information

To completely register for the OPTA Conference it is necessary to also fill out all of the steps below to process your registration.

Step 1 – Select Your Registration Category

Early Bird discounted rates end after March 21. Registration includes the courses and meals shown in the brochure. Please consult the Conference brochure for more information.

CONFERENCE REGISTRATION MEMBERS	Registration Fee	
	<i>Early[†]</i>	<i>Regular</i>
<input type="checkbox"/> PT Member	\$295	\$345
<input type="checkbox"/> PTA Member	\$195	\$245
<input type="checkbox"/> Student Member	\$80	\$100
<input type="checkbox"/> Service Member**	\$245	\$295

CONFERENCE REGISTRATION NONMEMBERS	Registration Fee	
	<i>Early[†]</i>	<i>Regular</i>
<input type="checkbox"/> PT	\$395	\$445
<input type="checkbox"/> PTA	\$245	\$295
<input type="checkbox"/> Student	\$100	\$150
<input type="checkbox"/> Other Healthcare Professional	\$395	\$445

*Member category eligibility includes any APTA member whether in Oregon or any other state.

**Members who currently serve on either an OPTA committee or the board receive this discounted rate.

[†]Early registration rates end after March 21.

Saturday Lunch and Business Meeting Only Registration

Please register here if you wish to attend **only** the lunch on Saturday and none of the educational sessions.

\$35 per Person

Name(s): _____

TOTAL AMOUNT DUE \$ _____

Step 2 – Select Your Breakout Sessions

Please check your breakout session choices for each day of the conference.

Saturday, April 26

- A1. Bike Fitting and Treatment of Cyclists in Physical Therapy
- A2. Pediatric Physical Therapy Practice in a Transdisciplinary Preschool Setting
- A3. Integrating Physical Therapy and Dentistry for Optimal Patient Care and Outcome for the Patient with Temporomandibular Dysfunction
- B1. Functional Testing for Return to Sports
- B2. Physical Therapy in the Schools: Individuals with Disabilities Education Act (IDEA) - Ages 3 to 21
- B3. Breast Cancer Rehabilitation for the Ortho PT
- C1. CrossFit & the PT: Improving Awareness of CrossFit Concepts and Its Application
- C2. Clinical Application of Pain Neuroscience
- C3. SNF Subacute Rehab and Healthcare Reform

Sunday, April 27

- D1. Agility: A Neuromechanical Approach
- D2. Neurodynamic Treatment for Nerve-Related Neck and Arm Pain: Benefits, Harms, and Patient Selection
- D3. Full-Day In-Home Infant Movement Monitoring: What Can We Measure and How Might it Be Useful in Clinical Practice?
- E1. Understanding Running Mechanics: What Do We Really Need to Change?
- E2. Interdisciplinary Approach to Assistive Technology
- E3. Thinking Outside the Box: Bringing Pelvic PT into the Community

Special Needs:

If you have any special requirements (i.e., vegetarian diet, food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: _____

Step 3 – Payment

- Check made payable to OPTA or Visa MasterCard AMEX

If paying by credit card, please complete the following:

Card Number: _____ Expiration Date: _____ Amount Authorized: _____

Cardholder's Name: _____ Cardholder's Signature: _____

Credit Card Billing Address: _____ City: _____ State: _____ Zip: _____

Due to credit card security policies we cannot accept registrations over the phone or via email. Please mail or fax in your completed registration form with payment or register online at www.opta.org.

