



# 2017 OPTA Annual Conference

SATURDAY, MARCH 11, 2017

## KNOWLEDGE

stay current on professional issues  
and techniques

## CONFERENCE LOCATION

MONARCH HOTEL & CONFERENCE CENTER — CLACKAMAS, OREGON

## CAMARADERIE

network and nurture lasting  
relationships



## ENHANCE

your profession and community



# OPTA

OREGON PHYSICAL THERAPY ASSOCIATION

# Oregon Physical Therapy Association 2017 Annual Conference

## Conference Schedule\*

### SATURDAY, MARCH 11, 2017

8:00 – 8:30 AM

#### Registration, Continental Breakfast, Exhibits & Poster Presentation

8:30 – 9:30 AM

OPENING KEYNOTE – 1 CE Hour

#### Opening Keynote with APTA CEO

*Presented by Justin D. Moore, PT, DPT*

Prior to being named CEO of APTA, Moore was APTA's executive vice president of public affairs. Before that, he served in several government affairs positions, including work as the association's lead lobbyist on Capitol Hill.

Moore, a licensed physical therapist, received his doctor of physical therapy degree (DPT) from Simmons College in Boston, Massachusetts, his master of physical therapy degree from University of Iowa, and his bachelor of science degree in dietetics from Iowa State University.

Moore has been honored for his contributions to physical therapy and public policy by receiving the R. Charles Harker Policymaker Award from APTA's Health Policy and Administration Section and the Distinguished Service Award from APTA's Academy of Pediatric Physical Therapy. In 2014, he received the Helen LaBaron Hilton Award from Iowa State University's College of Human Sciences.

In addition to his work with APTA, Moore also serves on the Executive Advisory Board of the Center of Health Services Training and Research (CoHSTAR), a collaboration to advance health services research in physical therapy; and as a senior associate editor to Physical Therapy, the scientific journal of APTA. He also served on the Northern Virginia Health Policy Forum Board of Directors in 2013 and 2014 and recently completed a 3-year term on Iowa State University's College of Human Sciences Board of Advisors.

9:30 – 9:45 AM

#### Break

9:45 – 10:45 AM

BREAKOUT SESSIONS A (Please Choose One) – 1 CE Hour

#### A1. Shaping Clinical Learning: Beginning at the End

*Presented by Jeremy Hilliard, PT, DPT*

The clinical learning experience is a crucial component of a physical therapy student's development. At Pacific University, clinical education comprises nearly 40% of a student's time in the program. The better the learning environment can be shaped, the better the outcomes and rewards for both the learner and instructor. Frustration and difficulty tend to exist where there is ambiguity, miscommunication, or a misunderstanding of the learning and performance expectations of the school, instructor, and/or learner.

Because there is such wide variability in practice setting, patient population, practice patterns, academic curricular structures, and student level, a standardized or prescriptive structure for the learning experience is impractical. Instead, guidelines and considerations for structuring an individual learning experience are more reasonable and better received, providing shape to the learning experience yet affording site-specific modifications to be made as necessary. This lecture aims to provide a framework within which clinical instructors and center coordinators of clinical education can structure clinical learning experiences for students to optimize the learning experience and reduce frustrations due to miscommunication or unknown expectations.

#### A2. Return to Sport Guidelines for High School and College Aged Athletes Following ACL Reconstruction: A Systematic Review

*Presented by Ziad Dahdul, PT, DPT, OCS*

Optimal return-to-sport guidelines following ACL reconstruction have been debated for years. As we continue to develop reliable criterion for assessing an athlete's readiness for sport performance, clinicians are challenged with the task of determining the ideal window for an athlete to get back into their sport. While the literature continues to progress towards developing prevention programs, we have yet to see consensus regarding the safest and most effective return to sport time frame. During this session, we will discuss whether athletes would benefit from waiting > 12 months prior to return, retear rates and their incidence as it relates to date of return, and how the athlete's age factors into when they should return to their respective sport. Also, we will consider the evidence in regards to screening tools and how they correlate to return to sport success.

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### A3. IV STEP Review: Knowledge Translation Part 1: Prevention & Prediction

*Presented by Erin Bompiani, PT,DPT,PCS; Shannon Browning, PT, MSPT, NCS; Michele Catena, PT, DPT; and Kate Stribling, PT, DPT*

The STEP conferences are collaborative meetings between the Academies of Neurologic and Pediatric Physical Therapy whose mission is to “foster, guide, and effect neurologic physical therapy practice over the next decade.” IV STEP was the 50th anniversary of the 1st STEP meeting and took place on July 14th - 19th 2016. The primary theme of this conference was the four “P’s”: Prevention, Prediction, Plasticity, and Participation and how they can guide physical therapy practice standards. The presenters will summarize and synthesize the information presented at this conference from a lifespan perspective and promote collaboration between both pediatric and adult neurologic physical therapists.

Objectives: This presentation will:

- Review the background and purpose of the STEP conferences and their relevance to physical therapy practice
- Describe the main theme of IV STEP: The four “P’s”: Prevention, Prediction, Plasticity, and Participation
- Discuss trends in the evidence presented at the conference and understand Implications for current and future physical therapy practice
- Apply the four P’s to cross-specialty case examples

10:45 – 11:15 AM

### Break

11:15 AM – 12:15 PM

**BREAKOUT SESSIONS B (Please Choose One) – 1 CE Hour**

### B1. Medical Home: Experiences Integrating a Collaborative MD/PT Primary Care Model

*Presented by Tyler Cuddesford, PT, PhD; Jeff Houck, PT, PhD; Dan Kang, DPT; and Sara Rahkola, MD*

This presentation will focus on a novel MD/PT primary care model developed as a partnership between George Fox University and Primary Medical Group Newberg. The goal of the model is 1) provide 1st contact direct patient management for musculoskeletal problems of the MD/ NP, and 2) assist MD/NP make decisions relative to services and diagnosis for musculoskeletal, neurologic, and cardiopulmonary problems. The PT service focuses on using clinical prediction rules and guideline based care to expand the reach of physical therapy services to all primary care patients. Current evidence supporting the efficacy of MD/PT models as well as 6 month data from our current experience will be presented.

### B2. IV STEP Review: Knowledge Translation Part 2: Plasticity & Participation

*Presented by Erin Bompiani, PT,DPT,PCS; Shannon Browning, PT, MSPT, NCS; Michele Catena, PT, DPT; and Kate Stribling, PT, DPT*

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# Oregon Physical Therapy Association 2017 Annual Conference

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### **B3. Pain Care Doesn't Have to Be Torture! How explaining pain to your patient can change the conversation and promote alliance and self-efficacy**

*Presented by Nora Stern, PT, MSPT*

Ever felt like your patient was just too complex and you feel like you're running in circles? Are there patients you really don't look forward to seeing on your schedule?

Treating complex pain can be confusing and overwhelming, but the new model for understanding pain actually makes the process much clearer and rewarding. As APTA promotes the Choose PT First campaign as a national response to the opioid crisis, it is critical that all therapists update our understanding of pain, and our comfort in talking about pain in simple and accurate terms. This can fundamentally change the conversations that you have with your patients, and decrease the struggles.

This session will review pain from a biopsychosocial perspective, giving an overview of pain neurophysiology and presenting evidence for pain education as a treatment intervention. We will then review a case study, briefly consider the case from a purely orthopedic perspective, and then identify aspects of central sensitization in the patient presentation and consider treatment options. We will work with language to describe pain to a patient which changes the conversation about pain and promotes self-efficacy and give an overview of future skill-building opportunities.

Key tools to be discussed: Patient Activation Measure and STarT Back Screening Tool

Key skills identified: Shared Decision-Making and Trauma-Informed Care; Relaxation training (mindfulness/meditation/physiological quieting); Motivational Interviewing; Pacing and graded exposure; and Graded Motor Imagery and kinesthetic awareness

Session objectives:

- Understand biopsychosocial model for pain and treatment planning based on this model
- Identify central sensitization in a case study including fear avoidance behavior, catastrophizing, and sensory cortical changes
- Identify skills useful in treating complex pain
- Learn key phrasing to change conversation about pain
- Understand resources for further pain education and motivational interviewing

12:15 – 1:30 PM

### **Lunch, Business Meeting, Awards & Networking in Monarch Hall**

1:30 – 2:30 PM

**BREAKOUT SESSIONS C (Please Choose One) – 1 CE Hour**

### **C1. Clinical Mentorship in Physical Therapy: Applying Adult Learning Theory, Mindfulness, and Mentorship Principles to Advance Clinical Practice**

*Presented by Jessica Smith-Blockley PT, DPT, OCS, COMT, FAAOMPT*

This presentation will explore adult learning theory with implications for mentorship strategies and applications for use in physical therapy practice. The clinical mentorship model is one that is gaining popularity, especially with the growth of residency and fellowship programs offered. We will compare and contrast concepts of clinical teaching versus clinical mentorship, present mentorship strategies and techniques, and propose models of how these concepts may be implemented in practice to facilitate continued learning and growth at all levels of practice, but particularly for those newer practitioners entering the work force. Examples will be given of how this process is utilized for the new graduate, resident, and fellowship level clinicians in outpatient orthopedics, but concepts can be easily applied across practice settings.

### **C2. Cervicothoracic MVA: Tips and Progressions for Best Outcomes**

*Presented by Karen Walz, PT, DPT*

Have you recently seen a MVA patient in your outpatient PT practice that was struggling to improve? Have you wondered if your selection of examination techniques are giving you accurate information or the best options of where to start with an acute MVA patient? Are you familiar with recent evidence suggesting best methods to re-educate neuromuscular function? Why is consideration of a remote occurrence of a MVA trauma important in your current care for a neck pain patient? A large number of outpatient physical therapy patients present to our clinics with a history of a recent or remote trauma, including motorvehicle accidents (MVA). Research is exploding currently with regards to the best methods to evaluate and treat these cases along with their typically numerous complexities. In order to provide our patients with the optimal outcomes, join us as we explore some best practices in evaluation and treatment of cervicothoracic disorders. We'll touch on regional interdependence influences, selected evaluation and treatment practices and recently proposed research based clinical prediction rules.

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## C3. Pediatric Clinical Research: How to Get Involved

*Presented by Felicity Case, PT, DPT, PCS and Bethany Sloane, PT, DPT*

Session attendees will learn how to:

1. Apply the APTA's Research Agenda to the pediatric setting at all levels of experience.
2. Implement characteristics of clinical research into their daily practice.
3. Investigate research opportunities within the pediatric setting and develop a research question.
4. Determine what type of research is feasible in the pediatric setting.
5. Understand the responsible conduct of research including the Institution Review Board process and informed consent.
6. Identify what pediatric research is being conducted in the community and collaborate with other therapists for mentoring opportunities.

2:30 – 3:00 PM

## Break & Door Prizes in Exhibit Area

3:00 – 4:00 PM

GENERAL SESSION – 1 CE HOUR

## Millennials – Working as One, Working with One, and Working for One

*Presented by James Buenaventura, PT, DPT, CGFI; Keaton Ray PT, DPT, ATC, CSCS; Leigh Reece, PT, DPT ; and Sukhee So, PT, DPT*

According to the Pew Research Center, millennials will constitute roughly 50% of the USA workforce in 2020 and roughly 75% of the global workforce by 2030. And so, a better understanding is required from all individuals who will engage with millennials in any capacity, but more specifically in the workplace, as either as a colleague, co-worker, patient, or boss!

A recent Gallup poll identified and discussed key characteristics to millennials – Unattached, Connected, Unconstrained, and Idealistic. So what do all those mean and how do those characteristics define millennials? The best way to understand these characteristics is to hear it from individuals in that generation themselves! This presentation will utilize a panel format to present the perspectives from 4 different millennials. They will provide their personal anecdotes, answers to predeveloped discussion questions, and answers to questions from the audience to stimulate thought provoking discussions on millennials. Each panelist brings with him/her a unique workplace perspective given their current job setting and position in the job hierarchy.

This novel approach will allow a deep dive into millennials and it is the hope that members of the audience will gain insight into their own existing interactions with millennials – ultimately improving or refining upon them. Moreover, if time permits, the panelists will also discuss their future career and leadership aspirations as they relate to the future of the PT profession, APTA, and OPTA.

4:00 – 4:15 PM

## Break

4:15 – 5:15 PM

BREAKOUT SESSIONS D (Please Choose One) – 1 CE Hour

## D1. Ehlers-Danlos Syndrome and the Hypermobile Patient: Understanding and Treating Musculoskeletal, Systemic, and Biopsychosocial Effects

*Presented by Heather Purdin, PT, MSPT, CMPT*

Ehlers-Danlos Syndrome awareness and acceptance in the medical field is starting to grow, however is still very limited. I will be presenting a relevant, prevalent, and yet poorly understood condition that, as a result, is often poorly treated in the medical community both in general, and in physical therapy.

5% of Women and 1% of men are estimated to have EDS, a genetic disorder of the collagen that leads to breakdown in the joints and organ systems. Physical therapy is cited as one of the most important interventions in the treatment of EDS; however research to date has proven PT may help or harm the patient. Resources instruct patients to choose a PT that understands EDS.

Physical therapists will often be in a position to discover these patients and assist with a diagnosis due to propensities for musculoskeletal pain and injuries. Diagnosis relies on accurate ROM measurements at 9 areas in the body, making PTs the natural provider for accurate diagnosis. It is important for healthcare providers and PTs to understand the complexity of the condition; that it can result in fatigue, brain fog, POTS/dysautonomia, joint pain, injury, GI conditions, malnutrition, dental issues, musculoskeletal conditions, respiratory problems, chronic pain, joint subluxation, as well as take a psycho-emotional toll on patients.

This presentation will cover effective medical and physical therapy treatment interventions, patient resources, and systemic problems/red flags that need to be monitored. It will use information from all three pillars of evidence-based practice for recommendations on diagnosis, prognosis, treatment interventions, and lifestyle modifications.

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### D2. Innovative and Traditional Clinical Tests May Identify Athletes at Risk for a Time-Loss Injury

*Presented by Natalie Ellis, BS, SPT (2017); Jordon Reyes, BS, SPT (2017); and Victor Wilson, BS, SPT (2017)*

Injuries are inherent in sports. Hundreds of thousands of athletes compete in collegiate sports annually; thus many student-athletes may experience an injury that impacts athletic performance, their team, and possibly their academic performance. A recent trend in sports medicine research is to assess the ability of functional performance tests (FPTs) to discriminate injury risk in athletic populations. Identifying athletes at risk for a sport related injury may help physical therapists (PTs) intervene with an injury prevention program. The purpose of this presentation will be to report current (and forthcoming) evidence related to athletic screening and subsequent injury risk. This one hour presentation will: 1) review associations between FPTs and injury risk, 2) illustrate clinical (low-tech) tests and innovative (high-tech) techniques to measure aspects of athletic readiness; 3) demonstrate how functional testing can identify athletes who require continued treatment/intervention; and 4) demonstrate how PTs can implement low-tech and/or 2D options in the clinic to assess athletic readiness in their patients or clients.

### D3. Congenital Muscular Torticollis: Pediatric PT CPG Update

*Presented by Ryan Jacobson, PT, DPT, PCS*

Congenital Muscular Torticollis (CMT) has a published CPG (2013) that will undergo update in 2017-18. This presentation will be an update for clinicians—the current literature informing the CPG, review of new research that will inform CPG update, and clinical implications.

Sandra Kaplan, PT, PhD (Rutgers), Kati Knudsen, PT, PCS (Providence), and Ryan Jacobson (George Fox, Providence) are currently conducting a research study on CMT to explore the relationship between: 1) age of the infant at referral to PT, 2) their “severity grade”, and 3) amount/ duration of PT service required to successful discharge. The “severity grading scale” for CMT was proposed in the 2013 CPG, and our research intent is to understand/hone the scale and determine its potential impact on referral patterns (by pediatricians), PT episode of care best practices, and clinical prognosis. Current recommendations will be discussed in a manner meant to improve clinical effectiveness for attendees in their work with infants.

5:15 PM

## CONFERENCE CONCLUDES

5:30 – 7:30 PM

### SPECIAL PT NIGHT OUT / OPT PAC RECEPTION AT DAVE & BUSTER'S

Whether you are young or young at heart, you are invited to a special reception at Dave & Buster's - Happy Valley (11860 SE 82nd Avenue, Suite 4020, Happy Valley, OR 97086) hosted by OPTA's Membership Committee and the OPT PAC. The event will have hors d'oeuvres and a cash bar. Proceeds from this event will benefit the OPT PAC.

## THANK YOU TO OUR SPONSORS (As of 12/1/16)

### THANKS TO OUR OPTA GOLD PACKAGE SPONSORS



### THANKS TO OUR OPTA SILVER PACKAGE SPONSORS



# GENERAL CONFERENCE INFORMATION

## Conference Location

Monarch Hotel & Conference Center  
12566 SE 93rd Ave  
Clackamas, OR 97015  
503.652.1515

## Conference Lodging

To make reservations, call the Monarch Hotel & Conference Center directly at 503.652.1515. Rates vary based on availability plus state and local taxes. Check-in time is 3:00 pm. Check-out time is Noon. Please check with the Monarch Hotel & Conference Center for their cancellation and early check in policies.

## Registration Information

Your Conference registration includes: Education sessions, electronic handout materials, exhibits, continental breakfast, lunch, breaks, and an early bird discount option.

Space is limited. 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.

## Three easy ways to register:

Online through our website at [www.opta.org](http://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 March 3, 2017 will receive a full refund minus a \$50 administrative fee. Cancellations received after March 3, 2017 will receive a 50% refund of their total fees. No shows and same-day cancellations will not receive a refund.

## Speaker Handout Information

In an effort to minimize paper waste, session handouts (as provided by the speakers) will be available online at [www.opta.org](http://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, March 11, 2017. 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, March 11 from 8:00 am – 4:15 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 2:30 pm break.

## Questions?

Contact OPTA at 503.262.9247 or tollfree at 877.452.4919 or at [info@opta.org](mailto:info@opta.org)

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# 2017 OPTA Annual Conference Registration Form

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

Mr.  Ms.  Mrs.  Dr.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Designations: \_\_\_\_\_

Badge First Name (if different): \_\_\_\_\_

Company/Work Facility: \_\_\_\_\_

APTA Membership Number: \_\_\_\_\_ Oregon License Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

## 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: \_\_\_\_\_

**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 February 17. Registration includes the courses, continental breakfast, lunch, and breaks.

<b>CONFERENCE REGISTRATION MEMBERS</b>	<b>Registration Fee</b>	
	Early <sup>†</sup>	Regular
<input type="checkbox"/> PT Member	\$199	\$239
<input type="checkbox"/> PTA Member	\$149	\$189
<input type="checkbox"/> Student Member	\$89	\$109

<b>CONFERENCE REGISTRATION NONMEMBERS</b>	<b>Registration Fee</b>	
	Early <sup>†</sup>	Regular
<input type="checkbox"/> PT	\$269	\$309
<input type="checkbox"/> PTA	\$199	\$239
<input type="checkbox"/> Student	\$129	\$169
<input type="checkbox"/> Other Healthcare Professional	\$269	\$309

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

<sup>†</sup>Early registration rates end after February 17.

### 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 the conference.

### Saturday, March 11

- A1. Shaping Clinical Learning: Beginning at the End
- A2. Return to Sport Guidelines for High School and College Aged Athletes Following ACL Reconstruction: A Systematic Review
- A3. IV STEP Review: Knowledge Translation Part 1: Prevention & Prediction
  
- B1. Medical Home: Experiences Integrating a Collaborative MD/PT Primary Care Model
- B2. IV STEP Review: Knowledge Translation Part 2: Plasticity & Participation
- B3. Pain Care Doesn't Have to Be Torture! How explaining pain to your patient can change the conversation and promote alliance and self-efficacy
  
- C1. Clinical Mentorship in Physical Therapy: Applying Adult Learning Theory, Mindfulness, and Mentorship Principles to Advance Clinical Practice
- C2. Cervicothoracic MVA: Tips and Progressions for Best Outcomes
- C3. Pediatric Clinical Research: How to Get Involved
  
- D1. Ehlers-Danlos Syndrome and the Hypermobility Patient: Understanding and Treating Musculoskeletal, Systemic, and Biopsychosocial Effects
- D2. Innovative and Traditional Clinical Tests May Identify Athletes at Risk for a Time-Loss Injury
- D3. Congenital Muscular Torticollis: Pediatric PT CPG Update

## Step 3 – Payment

- Check made payable to OPTA or  Visa  MasterCard  AMEX  Discover
- 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: \_\_\_\_\_

**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](http://www.opta.org).**

Email Address to Send Credit Card Receipt to: \_\_\_\_\_

