

CONFERENCE SCHEDULE

THURSDAY, OCTOBER 1

8:00 a.m. - 4:30 p.m.

Looking Over the Shoulder of a Clinician presented by the California Orthopaedic Manual Physical Therapy SIG

Speaker(s): Rob Landel, PT, DPT, OCS, CSCS; Lisa Meyer, PT, DPT, OCS, FAFS; Yousef Ghandour, PT, MOMT, FAAOMPT; Yvonne Body PT, Dip MDT

Course Description: Do you ever find yourself in a clinical situation asking yourself the following questions?

- How do I manage the patient who does not fit any clinical prediction rule, and there's little or no evidence to guide my examination?
- The research findings are not conclusive as to how to best treat my patient; what do I do now?
- How can I avoid managing patients in a haphazard way?
- As a clinician, am I approaching patient care with sound clinical reasoning skills?

The triad of evidence-based practice includes using the best available evidence, drawing on clinical expertise, and incorporating patient values. The faculty of this clinical seminar will integrate all three components of EBP into a series of case study presentations. Each clinician will present a case study of a patient with either a spinal or extremity disorder that will emphasize sound clinical judgments based upon "best evidence" and "clinical data" collected from the patient.

Presenters will share their clinical reasoning thought process in prioritizing: the examination process, the clinical diagnosis, choice of interventions, the development of a prognosis and assessment of the treatment outcome. Ample time will be allotted at the conclusion of the case presentations for questions/group discussion of the case with each presenter. In addition, presenters may demonstrate specific treatment interventions that significantly influenced the treatment outcomes.

Instruction level is intermediate. Open to all.

Move Forward.[™]
Physical Therapy Brings Motion to Life

FRIDAY, OCTOBER 2

8:00 a.m. - 5:00 p.m.

Clinical Trials in Stroke Rehabilitation: from Implementation to Implication

Speaker(s): Steve Wolf, PT, PhD, FAPTA, FAHA and Carolee Winstein, PT, PhD, FAPTA



Course Description:

This workshop is focused on clinical trials research in stroke rehabilitation from inception, to implementation, to implications. A developmental model

is used for building evidence in clinical practice to describe the stages of clinical trial research from pre-clinical to phase I, II, and III. We draw from our own experience with the first clinical research network in physical therapy funded by the Foundation for Physical Therapy, PTclinResNet and three recent phase III randomized controlled trials in stroke rehabilitation (EXCITE, LEAPS, and ICARE) to distinguish between effectiveness and efficacy; to outline the unique features of clinical trials of non-pharmacologic behavioral interventions; to detail the benefits of clinical-academic partnerships; to enable translational research; and to provide knowledge, research and training experience for students and future clinical trials in physical therapy. The long and short lens approach to this topic is brought to life with multiple examples of unique trial designs, a discussion of the development and implementation of complex interventions, and emergent areas that leverage promising technologies including virtual reality and robotics in stroke rehabilitation.

Instruction level is intermediate. Open to all.

Evaluation and Treatment of Children With Dyspraxia

Speaker: Barbara Connolly, PT, DPT, EdD, FAPTA

Course Description: The course is designed to familiarize physical therapists and physical therapist assistants with the evaluation and treatment of children with praxis dysfunctions (developmental coordination disorder/ developmental dyspraxia). New concepts of motor control and motor development will be discussed in relationship to other neurophysiologic treatments. Evaluation and treatment techniques using an integrated approach will be presented.

Instruction level is intermediate. Open to PTs and PTAs.

CONFERENCE SCHEDULE

FRIDAY, OCTOBER 2

8:00 a.m. - 5:00 p.m.

Musculoskeletal Issues in the Active Woman Across the Lifespan

Speaker: Jill Thein-Nissenbaum, MPT, SCS, ATC



Course Description: This course will inform the participant of the musculoskeletal issues unique to women across the entire lifespan. Topics unique to the adolescent and young adult, such as the female athlete triad, will be presented. In addition, the pathophysiology and evidence-based examination and treatment of

conditions that affect women, such as Patellofemoral pain, and shoulder and lumbar instability, will be presented. Musculoskeletal injuries often treated in the middle aged woman, such as core weakness and overuse injuries will also be discussed with the consideration of co-morbidities of osteoporosis and osteoarthritis. Effective treatment strategies for these conditions will be emphasized in relation to both conservative and surgical approaches to care.

Instruction level is intermediate. Open to all.

Classification of Patients With Neck Pain: The Next Frontier

Speaker: John Childs, PT, PhD, MBA



Course Description: Patients with neck pain comprise approximately 25 percent of all patients receiving outpatient physical therapy. Patients with neck pain represent a variety of sub-groups, each of which may benefit from a specific intervention matched to the patient's signs and symptoms. The majority of clinical trials investigating the prognosis

or management strategies for patients with neck pain fail to account for the heterogeneity of this condition, making it difficult to identify effective treatments for individual patients. Classification provides a means of breaking down a larger entity into more homogeneous sub-groups of patients. Classification is most helpful to physical therapists when it is based on signs and symptoms identified during the examination, the results of which can be used to guide determination of a patient's prognosis and selection of the most appropriate intervention strategy. The purpose of this workshop is to describe current evidence for sub-grouping

patients with neck pain and its implication for decision-making in clinical practice.

Instruction level is intermediate. Open to all.

Kids: Fit for Life Clinical Guidelines and Current Research for a Lifespan Fitness Approach to All Children

Speaker(s): Jayne Snyder, PT, DPT and JoAnne Owens-Nauslar, EdD, FASHA



Course Description: This course is designed to provide physical therapists with the latest research and recommendations pertaining to fitness

and sports participation throughout various pediatric age groups. Ideas and programs will be reviewed to enhance both the clinicians and researchers' approach to a lifespan fitness approach for all children.

This session will focus on the physical therapist's leadership role in forming partnerships with policy makers and stake holders within the community, to provide more time for physical activity and health instruction for school age children as promoted through Physical Activity Guidelines. You will learn marketing and branding ideas for the PT while networking with physical educators, school administrators, and community advocates. Action plans, checklists, case studies, assessment information and going from paper to practice will be the focus of this "change event," with a focus on "marketing your practice."

Instruction level is basic. Open to all.



CONFERENCE SCHEDULE

FRIDAY and SATURDAY

8:00 a.m. - 5:00 p.m.

Essentials of Strength Training and Conditioning Symposium

Speaker: Rafael Escamilla, PT, PhD, CSCS, FACSM



Course Description: Certified Strength and Conditioning Specialists (CSCS) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. The purpose of this presentation is to provide a two day CSCS workshop summarizing the information needed to pass the scientific and applied portions of the CSCS exam. The participant is encouraged to begin their study months in advance of the taking this two day CSCS symposium. At the completion of this two day CSCS workshop the participant will be ready to take the scientific and applied portions of the CSCS exam, which will be offered subsequent to the completion of this workshop.

Instruction level is intermediate. Open to 50 people on a first-come, first-served basis.

SOCIAL/NETWORKING OPPORTUNITIES

FRIDAY, OCTOBER 2

11:30 a.m - 1:00 p.m.

Lunch in the Exhibit Hall

Join your colleagues for box lunches in the exhibit hall.

FRIDAY, OCTOBER 2

5:30 - 6:30 p.m.

Alumni Receptions

Alumni, faculty and current students are invited to celebrate the success of your PT or PTA programs. This is a great opportunity to renew old acquaintances, congratulate recent graduates and meet future members of the physical therapy profession!

Getting Connected

Get the most out of your experience at the CPTA Annual Conference as well as your APTA membership by **Getting Connected**. This informal reception is hosted by the CPTA Membership and Communication Committee. Conference attendees (especially first timers) are encouraged to network with CPTA leaders at roundtable discussions to learn more about Direct Access, how CPTA and APTA work, the benefits of membership or how you can get involved at the local, state and national level. Join us for this fun and informative reception.

We want to maximize your awareness of what CPTA and APTA can do for you by **Getting Connected**. The first 50 attendees will receive a free drink at the event.



6:30 - 9:30 p.m.

Opening Reception

After a full day of learning and walking the Exhibit Hall, unwind with colleagues, CPTA leadership, conference speakers, and our exhibitors for a casual reception.

SATURDAY, OCTOBER 3

8:00 - 9:30 a.m.

Presidential Address

Join your colleagues and CPTA President, Dr. Cheryl Resnik, for continental breakfast as she shares her passion, insight and inspiration for physical therapy. This is a great way to get your day started.

CONFERENCE SCHEDULE

SATURDAY, OCTOBER 3

10:30 a.m. - 12:00 p.m.

Going Beyond Diagnosis®: The Value of Vertically Integrated Coverage Policy & Education

Speaker: Harry Feliciano, MD, MPH

Course Description: Communication is a critical task that promotes continuous quality improvement. The identification, documentation, and reporting of functional status is among the most important roles of a health record. While most would agree that functional status plays an important part in determining the type, frequency, and duration of rehabilitation services provided to eligible Medicare beneficiaries, there exist many methods for capturing and communicating this critical information.

Palmetto GBA has developed a consistent method for communicating eligibility and coverage requirements to Medicare providers throughout the healthcare continuum. The method is called Going Beyond Diagnosis® and uses the concepts embodied by the International Classification of Functioning Disability and Health (ICF). The ICF is a taxonomy that permits a level of communication that promotes beneficiary-centered care plans. Going Beyond Diagnosis® recognizes that the documentation of reasonable and necessary rehabilitation services entails more than the mere application of the appropriate ICD-9-CM code to the claim or the completion of generic forms.

Instruction level is basic. Open to all.

Psychotherapy in Physical Therapy: What to do When They Have Mental Impairments Too

Speaker: Joseph Godges, PT, DPT

Course Description: This course will discuss how to integrate basic principles of psychotherapy into physical therapy clinical practice. This presentation will enable participants to improve their effectiveness with physical therapy management of patients who have mental impairment co-existing with their physical impairments.

Instruction level is intermediate. Open to all.

Skeletal Muscle Design: Implications for the Shoulder, Lumbar Spine and Knee

Speaker: Samuel R Ward, PT, PhD

Course Description: Skeletal muscle architecture and physiology dictate muscle performance and plasticity. This

seminar will focus on the basic principles of skeletal muscle design and will provide specific examples related to the shoulder, lumbar spine, and knee. The first portion of the session will provide participants with an understanding of normal musculoskeletal organization and function. The second portion focuses on common muscle pathologies associated with shoulder, spine, and knee dysfunction.

Instruction level is intermediate. Open to all.

Getting a Job Takes More Than E-mailing Your Resume and Waiting for the Offers to Roll In

Course Description: Are you ready to start job hunting? Or perhaps you need a little encouragement and guidance to get the ball rolling. Plan to attend a 45 minute overview of common resume pitfalls, rookie mistakes, and the dos and don'ts of writing a good resume. Then participate in a round of speed interviewing. Spend a few minutes with experienced professionals who will conduct a brief interview, review your resume and give you candid feedback. Bring your resume, an open mind and a good attitude. We will put you through the paces and help you prepare you for your next job interview!

Instruction level is basic. Open to all.

Podium Presentations

Five research projects will be presented. Each will be ten minutes with a small amount of time for questions and answers. Open to all.

Video Games for Rehabilitation

(session repeated from 1:45 - 3:45 p.m.)

Speaker: Sheryl Flynn, PT, PhD

Course Description: The purpose of this course is to provide the attendee with an overview of the use of video game technology in rehabilitation. Theories supporting its use will be discussed that maybe help influence the purchase of an appropriate device. A brief discussion of many off-the-shelf devices will provide clinicians with a broader view of many types of technology currently available, in addition to the Nintendo Wii. When using video games for rehabilitation, clinicians must always remain mindful of the characteristics that make video games a good choice for rehabilitation. Lastly, the attendee will be given a quick overview of the many areas currently under investigation by researchers intending to contribute to the growing body of scientific evidence leading to evidence-based practice.

Instruction level is intermediate. Open to all.

CONFERENCE SCHEDULE

SATURDAY, OCTOBER 3

12:00 - 1:00 p.m.

Awards Luncheon (Pasadena Convention Center Ballrooms E and D)

1:45 - 3:45 p.m.

Practice Issues Forum

Speaker(s): James Syms, PT, DPTSc, SCS; Carla Griffith, PT, DPT; Robert Williams, PT, MA; Rick Katz, PT, MA

Course Description: Quality Practice and Government issues are presented by the Referral for Profit, Quality Practice, and Government Affairs committees. Each committee is responsible for monitoring legislative and regulatory activities that affect the practice of physical therapy on a state and national level.

Instruction level is basic. Open to all.

California Ethics and Law Forum

Speaker(s): Rita Arriaga, PT; Cathy Babiak, PT

Course Description: This session will educate the participants on how to proceed when encountering suspected unethical or illegal conduct. This interactive session is designed to meet California's new requirements for continuing education relative to ethics and law.

Instruction level is basic. Open to all.

Tai Chi Chuan in Neuromuscular Reeducation

Speaker(s): Mary Jue, MSPT and Christopher Pappas, PT

Course Description: Tai Chi Chuan is an ancient art and movement system that is designed to promote health in mind and body. Scientific research, as well as the principles of neuroplasticity, give support for the positive effects of Tai Chi in many areas, including balance, psychological wellbeing, cardiovascular status, functional status, and immunity. This presentation will provide an introduction to the fundamental principles of Tai Chi and their relationship with neuromuscular reeducation and physical therapy. The use of Tai Chi principles and exercise as a therapeutic intervention for neurological and orthopaedic patients will be demonstrated.

Instruction level is intermediate. Open to all.

Multidisciplinary Treatment of Chronic Pain in Outpatient Settings

Speaker(s): Yogi Matharu, PT, DPT, OCS; Faye Weinstein, PhD; Ali Nemat, MD

Course Description: The physical therapist, psychologist, and physician team will present a model of comprehensive pain management used at the University of Southern California Pain Center. They will present the complexity involved in managing multiple dimensions of chronic pain, will describe specific strategies for treating chronic pain, will demonstrate the advantages of a multidisciplinary approach using case examples, and will describe strategies for developing a team of professionals in your own community.

Instruction level is intermediate. Open to all.

Move Into Life

Speaker: Anat Baniel

Course Description: Anat will introduce the conditions required for the brain to form new connections which she has termed "The Nine Essentials for Lifelong Vitality". These Essentials enable individuals to overcome physical, mental and emotional limitations, transforming their lives to be free from pain and full of creativity and vitality. Through a combination of lecture, experiential movement exercises, hand-on techniques and Q & A, she will present some of the fundamental ideas behind the Anat Baniel Method, which she has evolved over thirty years, incorporating the knowledge she gained by studying and collaborating with Dr. Moshe Feldenkrais and her own experience in transforming the lives of thousands of children and adults. Endorsed by contemporary neuroscientists, she will address the scientific basis of her work and how it provides practical application of the principles of brain plasticity to provide the therapists with hugely effective tools to transform and empower the lives of their clients.

Instruction level is advanced. Open to all.

SATURDAY, OCTOBER 3

8:00 - 11:00 p.m.

CAL-PT-PAC Dinner

Sheraton Pasadena Hotel (Piazza Ballroom)

POST-CONFERENCE COURSES

SUNDAY, OCTOBER 4 8:00 - Noon

Thriving in Private Practice During a Recession

Speaker(s): Chuck Felder, PT, SCS, MBA; Helene Fearon, PT; Paul Gaspar, PT, DPT, OCS; Jim Glinn, Jr., PT, DPT, OCS; Joe Godges, PT, DPT, MA, OCS; David Straight, PT, OCS; John Waite, PT, DPT, OCS

Course Description: The current economy, declining reimbursement, healthcare regulation, and increasing costs of doing business are placing tremendous stress on many physical therapists in private practice. This half-day course, sponsored by the California Private Practice Special Interest Group (CPPSIG), will include a panel of nationally-recognized experts in private practice management and consulting. An overview of business/financial planning, marketing, improving efficiency/compliance with coding and billing, and consideration of various practice models will be presented in order to improve practice stability and quality of life for physical therapists in private practice. The speakers will present key strategies and planning methods, as well as tools to measure outcomes, which could be used upon returning to work the following week.

Instruction level is basic to intermediate. Open to all.

Basic Life Saving for Healthcare Providers

Speaker: Joe Krikorian, NREMT-P

Course Description: The Basic Life Saving for Healthcare Providers course teaches the skills of CPR for victims of all ages (including ventilation with a barrier-device, a bag-mask device), use of an AED on adults and children, and relief of FBAO in responsive and nonresponsive victims. A test will be provided at the end of the class. Written and skills evaluation are required for course completion.

Instruction level is basic. Open to all.

SUNDAY, OCTOBER 4 8:00 a.m. - 5:00 p.m.

Move Into Life

Speaker: Anat Baniel

Course Description: Anat will introduce the conditions required for the brain to form new connections which she has termed “The Nine Essentials for Lifelong Vitality”. These Essentials enable individuals to overcome physical, mental and emotional limitations transforming their lives to be free from pain and full of creativity and vitality. Through a combination of lecture, experiential movement exercises, hand-on techniques and Q&A, she will present some of the fundamental ideas behind Anat Baniel Method, which she has evolved over thirty years, incorporating the knowledge she gained by studying and collaborating with Dr Moshe Feldenkrais and her own experience in transforming the lives of thousands of children and adults. Endorsed by contemporary neuroscientists, she will address the scientific basis of her work and how it provides practical application of the principles of brain plasticity to provide the therapists with hugely effective tools to transform and empower the lives of their clients.

Instruction level is advanced. Open to all.

When Work Gets on Your Nerves

Speaker: Peter Edgelow, PT, DPT

This presentation provides an updated clinical model related to the management of neurovascular entrapment syndromes with a focus on thoracic outlet syndrome. The clinical model challenges current thinking regarding the pathogenesis of repetitive strain injuries and provides new information on the assessment of potential risk factors for these injuries. The presentation highlights a clinical reasoning framework for utilizing a patient-centered treatment approach. Refinements to patient examination, suggested pathophysiology, treatment techniques, and prevention strategies for neurovascular entrapment syndromes of the upper extremities and their manifestation as repetitive strain injuries are also discussed. The purpose of this instructional course is to develop a neuromechanical foundation to evaluate and treat patients with problems of neck and upper extremity chronic pain and cumulative trauma disorders.

Instruction level is intermediate.) Open to all.



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