

## 2010 CPTA ANNUAL CONFERENCE CALL FOR ABSTRACTS

### Instructions:

The **heading** of the abstract should include:

1. Title: all CAPS and bolded.
2. Authors: listed last name first followed by initials (the presenting author should be underlined).
3. The institution in which the research was conducted should follow the authors.
4. A blank line should separate the heading from the body of the abstract.

The **body** of the abstract should contain the following headings. Each should be in all CAPS and bolded.

### Research Projects:

1. Purpose
2. Subjects
3. Methods and Materials
4. Analyses
5. Results
6. Conclusions

### Non-Research Projects:

Include headings as appropriate from the Research Projects list. At a minimum, include purpose and conclusions.

### See example below:

**THE EFFECTS OF PATELLAR BRACING ON CLINICAL CHANGES AND GAIT CHARACTERISTICS IN SUBJECTS WITH PATELLOFEMORAL PAIN.** Powers, CM; Dept of Biokinesiology and Physical Therapy, University of Southern California, Los Angeles, CA, USA.

**PURPOSE:** Patellofemoral bracing is commonly used as part of the conservative management of patellofemoral pain (PFP). The effectiveness of patellar bracing however, has not been clearly established in this population. The purpose of this study was to document clinical changes and differences in functional gait parameters in subjects with PFP, with and without the application of the Bauerfeind Genutrain P3 patellofemoral brace. **SUBJECTS:** Twelve individuals with a diagnosis of PFP participated in this study. **METHODS AND MATERIALS:** Prior to gait analysis, subjects underwent maximal isometric torque testing of the knee extensors (Lido Isokinetic Dynamometer) with and without the Bauerfeind brace. The level of pain during the maximal isometric torque tests was assessed using the Visual analog Pain Scale. Following torque testing, comprehensive gait analysis consisting of motion analysis (VICON), stride analysis (Stride Analyzer), and EMG assessment of vasti muscle activity (indwelling wire electrodes) was performed during level walking, stairs and ramps. All gait trials were performed with and without the Bauerfeind Genutrain P3 brace. The order of braced and unbraced trials was randomized for each subject. **ANALYSES:** Differences in pain levels and isometric knee extension torque were assessed between braced and unbraced trials using paired t-tests. Differences in gait parameters between the braced and unbraced trials were assessed across the various conditions using a two-way analysis of knee extension torque or pain levels following application of the Bauerfeind brace. In addition, there were no significant differences in velocity, cadence or stride length between braced and unbraced trials across all conditions. A small, but significant increase in loading response knee flexion (3 degrees on the average) was noted throughout stance with larger values being evident during the braced trials. EMG activity of the vasti (onset, cessation and mean intensity) was unaffected by bracing. **CONCLUSIONS:** The results of this study did not demonstrate any immediate clinical improvements following application of the Bauerfeind Genutrain P3 patellofemoral brace. Further research is necessary to determine the long term effectiveness of patellar bracing, and to establish clinical criteria for the use of the various braces commonly used in treating patellofemoral disorders.

**Submission Deadline:  
May 15, 2010**

**POSTER & PODIUM PRESENTATION  
ABSTRACT SUBMISSION FORM  
2010 CPTA ANNUAL CONFERENCE  
Oakland, CA · October 1-2, 2010**

**Name & Address of the (ONE) author who will be responsible for presenting the abstract:**

Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Day Phone: \_\_\_\_\_

Please check the appropriate boxes:  Member  Non-member  PT  PTA  Student

Please note: If selected, some presentations may be invited to be presented as podiums. Posters will be on display from Friday, October 1 at 11:00 a.m. through Saturday, October 2 at 2:00 p.m. Podium Presentations will be scheduled for Saturday, October 2 from 10:30 a.m. until 12:00 p.m. Please indicate your preference:

Poster  Podium  No preference

**INSTRUCTIONS:**

- 1) In the space below, type your abstract using single space, 10 point, Time Roman font. Maximum length 350 words. **Do not send a .pdf file.**
- 2) In addition to the submission of one abstract and the abstract form, please provide the following:
  - a) Your current curriculum vitae (CV)
  - b) A summary of no more than 50 words for publication in the event your presentation is accepted

**Please submit your application, CV, and summary via email to [rpierson@ccapta.org](mailto:rpierson@ccapta.org) no later than May 15, 2010.**  
You will be notified by August 1, 2010 if your abstract is accepted for presentation. Podium presentations will receive one day complimentary registration.