

Course 1

“Examination and Treatment of Musculoskeletal Dysfunction in the Obstetric Client”

Speaker: Jill Boissonnault, PT, PhD

(Unlimited enrollment for lecture from 8:00-3:00 on Friday. Limited enrollment of 30 attendees for lab beginning at 3:15 p.m. Friday)

Friday, April 9, 2010

7:00-8:00 Continental Breakfast & Registration
8:00-10:00 Introduction/Maternal Physiology and Anatomy
10:00-10:15 Break
10:15-12:00 Positioning for Labor and Delivery/Birthing Film
12:00-1:00 Boxed Lunch Break
1:00-3:00 Body Mechanics for the Childbearing Year/
Treatment Principles for the OB Client
3:00-3:15 Break
3:15-5:30 Examination of the OB Client

Saturday, April 10, 2010

7:00-8:00 Continental Breakfast
8:00-10:00 Examination (Continued)
10:00-11:00 Break with Exhibitors
11:00-12:00 Treatment for the OB Client
12:00-2:00 NPTA Business Meeting/Luncheon
2:00-3:30 Treatment for the OB Client (Continued)
3:30-3:45 Break
3:45-5:15 Treatment for the OB Client (Continued)

Course Description: This course will prepare you to work with the obstetric population through an introduction to maternal physiology and anatomy, by providing considerations for positioning for labor and delivery for women with pre-existing spinal dysfunction, and through discussion of body mechanics for the childbearing year. The course will focus on modification in evaluation and treatment procedures for the pregnant client. We will review the biomechanics of the lumbar spine and pelvis prior to evaluation and treatment laboratory sessions designed to enhance your manual therapy skills. Osteopathic mechanics and muscle energy techniques will be highlighted. Client self-management strategies will be included.

Course Objectives: Following your active participation in this course, you will be able to:

- Review the normal musculoskeletal and physiologic changes of pregnancy
- Provide background information on the obstetric population and birthing process
- Promote an understanding of the possible pathomechanics of the musculoskeletal system as related to pregnancy
- Review a PT musculoskeletal examination schema with modifications for the obstetric client
- Practice treatment interventions for musculoskeletal dysfunction in the pregnant and postpartum client

Speaker Information: Dr. Boissonnault received her B.S. in Physical Therapy from the Univ. of Illinois in 1976, her Masters in Orthopedic Physical Therapy from Northwestern Univ. in 1986, and her PhD from the Univ. of Wisconsin, Madison, in Curriculum and Instruction with a minor in Women's Studies in 2003. She has served as Treasurer, Vice President, and Education Director of the Section on Women's Health of the APTA. Jill has been awarded the Elizabeth Noble Award, (the Section on Women's Health's service award), the WI PT Assn Mentor of the Year Award, and the APTA's Lucy Blair Service Award. She is immediate past President and Founder of the

International Organization of Physical Therapists in Women's Health, a sub-group of the World Confederation of Physical Therapy. She has authored numerous professional articles and textbook chapters in the area of women's health PT. She is an Asst. Professor at the Univ. of Wisconsin, Madison Physical Therapy Program. Dr. Boissonnault practices in the area of women's health PT, and teaches CE seminars on musculoskeletal management of the OB client.

Course Registration: Enrollment for the lecture portion of the course is unlimited on Friday, April 9th from 8a.m. - 3p.m. for PT's and PTA's. The remainder of the course is a lab course limited to 30 PT's starting at 3:15 p.m. Friday. PT Students in their second or third year of study will be allowed to enroll if spots remain after March 25th. Students interested in placing their names on a wait list for this purpose should call the NPTA at (402) 491-3660. They will be contacted after March 25 to inform them of their status. If this course is already filled, students will have the option of enrolling for one of the other courses at the early registration price.

Dress for Lab: Please wear comfortable, loose fitting clothing for lab in order to expose the back from sacrum to thorax as needed.

CEU Information: Friday, April 9th, 8a.m.-3p.m. consists of 5.75 contact hours. The entire course (lecture and lab course) is 14 contact hours and is limited to 30 attendees.

Course 2

“Getting the Right People on Your Physical Therapy Bus: Effective Marketing and Professional Staff Recruitment”

Speaker: James Glinn, Sr., PT

Friday, April 9, 2010

3:00-4:00 Registration
4:00-6:00 Physical Therapy Practice Cultures and Keys to Practice Success
6:00-6:15 Break
6:15-8:15 Leadership Qualities: Four Keys to Practice Satisfaction

Saturday, April 10, 2010

7:00-8:00 Continental Breakfast
8:00-10:00 Basic and Advanced Continuous Integrated Marketing
10:00-11:00 Break with Exhibitors
11:00-12:00 Embracing a Spectrum of Movement: Cash Based PT and Non-PT Programming
12:00-2:00 NPTA Business Meeting/Luncheon
2:00-2:45 Embracing a Spectrum of Movement (Cont'd)
2:45-3:30 Marketing and Professional Staff Recruitment: Specific Approaches
3:30-3:45 Break
3:45-5:45 Marketing and Professional Staff Recruitment: Specific Approaches (Cont'd)
Best Practices: Round Table Discussions
Conclusion

Course Description: This course begins by examining the unique characteristics of the profession of physical therapy and describes the “physical therapy house” built on a foundation of both human and inanimate systems. An overview is presented on the leadership and relationship-building skill sets necessary to maintain and/or grow a strong “Pedestal Physical Therapy

Practice" that has high value to staff, patients, referral sources, and the community, along with the components of Continuous Integrated Marketing. Embracing a spectrum of movement that includes cash-based programming is also discussed. The course also ties effective marketing and professional staff recruitment together, and outlines specific approaches and programs in order to reach optimum success and short and long-term practice goals. Depending on group dynamics, and needs identified during the first day, round table discussions may be included.

Course Objectives: Following your active participation in this course, you will be able to:

- Understand the unique characteristics that differentiate physical therapy from other healthcare professions, and how such characteristics may be used to build a "Pedestal Physical Therapy Practice"
- Gain a firm understanding of the "Three Pillars of Practice Success": Ability, Access and Atmosphere and how these "pillars" support your practice culture
- Grasp the concept of balance in improving leadership skills, most notably the balance between ego and empathy
- Develop and implement a Continuous Integrated Marketing Plan that relates to the vision, culture and demographics of your practice
- Embrace scalable cash-based programs that also serve as marketing venues
- Effectively recruit, mentor, and retain professional staff through growing beyond yourself

Speaker Information: **James E. Glinn Sr. PT** is a graduate of the University of Southern California Physical Therapy Program. During his long career, he has practiced and consulted in acute hospital, extended care, rural healthcare, home health care, and in private practice settings. Jim is past president of the California practices known as Glinn and Giordano Physical Therapy and Bacci and Glinn Physical Therapy, and currently is president and co-founder of FutureRehab LLC, a practice consultancy firm. The 2009 recipient of the Private Practice Section APTA's Service Award, he has published and spoken extensively pertaining to marketing and practice positioning. He and his wife Jan are authors of the book *"Transitions: How to Position Your Physical therapy Practice and Create your Succession Plan"*. He continues physical therapy practice at Central Valley Physical Therapy in Bakersfield, CA.

CEU Information: This course is 10.50 hours in length. Attendees should be reminded of the Nebraska Dept. of Health and Human Services Rules and Regulations for Physical Therapy on Acceptable Continuing Education for Continuing Competency. Acceptable Continuing Education includes "Management courses which relate to the theory or clinical application of theory pertaining to the practice of physical therapy. A licensee or certificate holder may complete a maximum of four hours of continuing education utilizing management courses each 24 month renewal period" (172 NAC 137-022.02). Thus, attendees will be able to claim only 4 of the 10.5 hours of content for the licensure renewal.

Course 3

Multiple Sclerosis: Managing the Elusive Symptoms of a Complex Disease

Speakers: Cinda Hugos, PT, MS and
Lois Copperman, PhD, OTR

Saturday, April 10, 2010

7:00-8:00	Registration and Continental Breakfast
8:00-10:00	-Introduction and case study -MS diagnostic categories, disease courses, & drug treatments: Implications for rehabilitation intervention -The MS Guidelines for MS and internet resources -Common evaluations utilized in MS
10:00-11:00	Break with Exhibitors
11:00-12:00	-Spasticity Management in MS -Fatigue: Take Control: managing a complex MS symptom
12:00-2:00	NPTA Business Meeting/Luncheon
2:00-3:30	-Gait and mobility issues for people with MS: spasticity, weakness and fatigue -Employment issues and modifications
3:30-3:45	Break
3:45-5:15	-Exercise recommendations throughout the disease course -Case study -Questions

Course Description and Objectives: Multiple Sclerosis (MS) is one of the most common neurological diseases affecting young adults. Pharmaceutical treatments, widely used in the United States, are decreasing the number and severity of relapses for many people with MS. As the disease becomes more stable for longer periods of time, the importance of effective OT and PT treatment is increasingly recognized. Keeping people employed longer and optimizing their function at their current levels of ability are cost-effective priorities. With a more stable disease course, therapy services and the modifications resulting from therapy can be successfully utilized for longer periods of time.

This workshop is presented in an engaging, interactive and multimedia format. Sections include the MS Society's nationally distributed DVD series on fatigue management created by the speakers as well as gait analysis videos and internet resources.

The workshop is designed to provide comprehensive, practical information on MS including recognized assessments and step-by-step information for efficient rehabilitation for MS symptoms of weakness, imbalance, sensory loss, cognition, spasticity and fatigue. Treatment interventions will include exercise, employment, mobility equipment, gait, and energy effectiveness strategies. It is appropriate for all levels of therapy expertise. Excellent handouts enable therapists to take the information back to their clinics in a usable form.

Course Objectives: Following your active participation in this course, you will be able to:

- Know disease nomenclature and courses of MS
- Know three recognized evaluation tools for common MS symptoms
- Know interventions to manage spasticity, fatigue and weakness throughout the disease course
- Know three pieces of gait/mobility equipment commonly prescribed for people with MS

- Be familiar with the National Multiple Sclerosis Society sponsored video series to help people with MS manage fatigue.

Speaker Information: **Cinda Hugos, MS, PT** is an expert multiple sclerosis (MS) physical therapist who represented the APTA on the MS Council for Clinical Practice Guidelines where she served on the panels authoring the guidelines on MS fatigue management. At Oregon Health & Science University (OHSU) in Portland, Oregon, Ms. Hugos is a contributing expert to the MS Center of Oregon and the VA-MS Center of Excellence West. A leader in educating professionals on rehabilitation for people with MS, she has written and spoken widely on related subjects. Ms. Hugos has received numerous awards for her work, including Oregon PT of the Year Award. She is the recipient of numerous grants from the Paralyzed Veterans America's (PVA) Spinal Cord Education Foundation and was featured in the National MS Society's (NMSS) international teleconference: Focus on Rehabilitation. The NMSS video series on fatigue management that she created with Lois Copperman, "Fatigue: Take Control," has been distributed nationwide to help people manage this frustrating symptom. Ms. Hugos recently completed a successful pilot study on the Fatigue: Take Control program. A poster presenting the results won the Patient and Family Education Award for Best Poster at the 2009 Consortium of MS Centers meeting. She is presently planning a multi-center study on the program.

Lois Copperman, PhD, OTR/L has treated hundreds of people with MS as a member of the MS Center of Oregon at OHSU. A nationally recognized authority on treating MS fatigue, she served on the panel that authored "Fatigue and MS," the first MS management guideline. Dr. Copperman was the American Occupational Therapy Association's (AOTA) representative on the MS Council for Clinical Practice Guidelines and a recipient of several PVA grants. She received the Oregon Governor's Award for Excellence. A prominent professional educator, she has addressed numerous state therapy associations as well as the AOTA and the APTA. She was featured in the NMSS's international teleconference: Focus on Rehabilitation, helped create the NMSS's therapy education series, and co-created the NMSS's video series on the management of fatigue with Cinda Hugos. Dr. Copperman is currently working on a new video on spasticity management in MS.

CEU Information: This course consists of 6 contact hours.

Conference Registration Form

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Email: _____ APTA ID#: _____

Work Affiliation _____

Day Phone #: _____

If you would like to donate to the Nebraska Foundation for PT, **please add the donation amount to your registration fee.**
 \$10 ___ \$15 ___ \$20 ___ \$25 ___ \$ _____

If you would like to donate to the Nebraska PT Political Action Committee (PAC), **please write a separate check payable to the PT PAC for the amount of your donation.**
 \$10 ___ \$15 ___ \$20 ___ \$25 ___ \$ _____

IMPORTANT – Please check all appropriate boxes:

- I would like to register for the Saturday morning roundtable discussion. There is no charge to participate.
- I am not registering for the educational course, but would like to purchase a lunch for the NPTA business-meeting luncheon for \$15.00.
- I will require a special diet. Please specify:

Course 1

**(Boissonnault)
Registration Fees**

	<u>On/Before 3/25/10</u>	<u>After 3/25/10</u>
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APTA Members

- | | | |
|---|-------|-------|
| <input type="checkbox"/> Physical Therapist (lecture only) | \$160 | \$185 |
| <input type="checkbox"/> PT Assistant (lecture only) | \$130 | \$155 |
| <input type="checkbox"/> Physical Therapist (entire course) | \$485 | \$510 |
| <input type="checkbox"/> PT Student (entire course) | \$275 | \$300 |

Non-APTA Members

- | | | |
|---|-------|-------|
| <input type="checkbox"/> Physical Therapist (lecture only) | \$195 | \$220 |
| <input type="checkbox"/> PT Assistant (lecture only) | \$170 | \$185 |
| <input type="checkbox"/> Physical Therapist (entire course) | \$575 | \$600 |
| <input type="checkbox"/> PT Student (entire course) | \$325 | \$350 |

**Course 2 (Glinn)
Registration Fees**

	<u>On/Before 3/25/10</u>	<u>After 3/25/10</u>
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APTA Members

- | | | |
|---|-------|-------|
| <input type="checkbox"/> Physical Therapist | \$290 | \$315 |
| <input type="checkbox"/> PT Assistant | \$240 | \$265 |
| <input type="checkbox"/> PT or PTA Student | \$135 | \$160 |

Non-APTA Members

- | | | |
|---|-------|-------|
| <input type="checkbox"/> Physical Therapist | \$360 | \$385 |
| <input type="checkbox"/> PT Assistant | \$305 | \$330 |
| <input type="checkbox"/> PT or PTA Student | \$170 | \$195 |
| <input type="checkbox"/> Other | \$360 | \$385 |

	<u>On/Before 3/25/10</u>	<u>After 3/25/10</u>
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**Course 3 (Hugos/Copperman)
Registration Fees**

- | | | |
|---|-------|-------|
| <input type="checkbox"/> Physical Therapist | \$165 | \$190 |
| <input type="checkbox"/> PT Assistant | \$135 | \$160 |
| <input type="checkbox"/> PT or PTA Student | \$75 | \$100 |

Non-APTA Members

- | | | |
|---|-------|-------|
| <input type="checkbox"/> Physical Therapist | \$205 | \$230 |
| <input type="checkbox"/> PT Assistant | \$175 | \$200 |
| <input type="checkbox"/> PT or PTA Student | \$95 | \$120 |
| <input type="checkbox"/> Other | \$205 | \$230 |

Registrations: Advanced registration is to be postmarked no later than March 25, 2010. Registration includes Friday night Exhibitors' Reception (NPTA/UNMC PT Alumni Chapter co-sponsored party), course materials, and continental breakfast, break refreshments, and lunch on the date of your course. A boxed lunch is included with Course 1 on Friday. There will be no special discounts. Registration may be made by mail (check or credit card), or by phone to NPTA, 402/491-3660 (credit card only). Make checks payable to NPTA and send mail-in registrations to NPTA, PO Box 540427, Omaha, NE 68154-0427. There will be no written confirmation sent prior to the course; please call the registration number with any questions.

Credit Card Information: Discover MasterCard VISA
 Card #: _____
 Expiration Date: _____
 Signature: _____

Hotel Information: A block of rooms has been reserved at the Holiday Inn in Grand Island for \$70/night plus tax. To take advantage of the special rate, please book your reservation by March 26 and indicate you are with the NPTA. The phone number for reservations is 1-800-548-5542.

CEU's: Application for continuing education credit (CEU's) has been made with the NPTA Continuing Education Committee. **Certificates of attendance will be available for all participants to be picked up in person at the conclusion of each course.**

Refunds and Cancellations: 100% through March 25, 2010, 60% from March 25, 2010 through April 8, 2010. No refund after April 8, 2010. NPTA reserves the right to cancel this conference in case of insufficient registration or any situation beyond its control. If NPTA cancels this course for reasons beyond its control, NPTA will refund registration fees, less \$25 for administrative costs.

Program Sponsor: NPTA Education Committee
Program Hosts: Lisa Butler, PT, DPT, GCS
 Dawn Venema, PT, PhD

More Important Schedule Information

Friday, April 9, 2010

- 1:00-4:00 NPTA Executive Committee Meeting
6:00-8:00 Nebraska Foundation for PT Board Meeting
8:15-10:00 Join Us for the NPTA/UNMC PT Alumni Chapter Party! Located in the Exhibitors' Hall –
Everyone Welcome!
(Brief UNMC PT Alumni Chapter meeting to be held at the start of the party. All UNMC PT Alumni and Students welcome to attend the meeting – previous membership in the Alumni Chapter not required.)

Saturday, April 10, 2010

- 7:00-8:00 Private Practice Roundtable Discussion led by Troy Roehrs, PT, MA, ATC, CSCS
10:00-11:00 Break with Exhibitors
10:30-11:00 PTA SIG Meeting
12:00-2:00 NPTA Business Meeting/Luncheon

NPTA

Spring Conference

April 9-10, 2010

Grand Island, NE

Register Now!

April 9-10, 2010
Nebraska Physical Therapy Association
Spring Conference Presents

“Examination and Treatment of Musculoskeletal Dysfunction in the Obstetric Client”

Jill Boissonnault, PT, PhD

Enrollment for lecture course is unlimited on Friday, April 9th until 3:00 p.m. for PT's and PTA's. The remainder of the course is a lab course limited to 30 PT's (PT Students on a wait list basis) starting at 3:15 p.m.

“Getting the Right People on Your Physical Therapy Bus: Effective Marketing and Professional Staff Recruitment”

James Glinn, Sr., PT

April 9 & 10, 2010

“Multiple Sclerosis: Managing the Elusive Symptoms of a Complex Disease”

Cinda Hugos, PT, MS and Lois Copperman, PhD, OTR

April 10, 2010

Midtown Holiday Inn, 2503 S. Locust, Grand Island, NE 68801
308/384-1330 or 1-800-548-5542