

COURSE

1

**"CANCER REHABILITATION:
PRINCIPLES AND PRACTICE"**

Speaker: Charles McGarvey, PT, MS, DPT, FAPTA

Friday, October 1, 2010

7:00-8:00	Registration and Continental Breakfast
8:00-10:00	Epidemiology, Diagnosis, Staging, and Treatment
10:00-10:15	Break
10:15-12:15	Hematology and Blood Chemistry Values
12:15-1:00	Boxed Lunch Provided
1:00-3:00	Oncologic Medical Emergencies
3:00-3:15	Break
3:15-5:15	Musculoskeletal Impairments, Pain and Lymphedema Associated with Primary Cancer Treatment

Saturday, October 2, 2010

7:00-8:00	Continental Breakfast
8:00-10:00	Screening and Exam, Quality of Life and Functional Assessment of Cancer patients
10:00-11:00	Break with Exhibitors
11:00-12:00	Bone Metastasis in Breast Cancer (case report)
12:00-2:00	NPTA Business Meeting/Luncheon
2:00-3:30	Lung Metastasis in Sarcoma (case report)
3:30-3:45	Break
3:45-5:15	Early Intervention and Treatment Breast CA (Research)

Course Description: This course is designed for physical therapy professionals and students working with patients in various provider settings. The course will review terminology, epidemiology, diagnosis, staging, medical intervention, associated impairments, current practice, and research in cancer rehabilitation.

Course Objectives: By the end of the session, participants will be able to:

- Define terminology associated with cancer
- List statistics related to cancer incidence, mortality, and morbidity
- Identify basic metastatic process
- List primary antineoplastic strategies and their sequelae
- Identify general principles of cancer rehabilitation
- Describe the purpose of the physical therapy diagnosis
- Name the most common risk factors for cancer
- Identify systems most often affected by cancer metastasis
- Describe the corresponding clinical manifestations of each system affected by cancer metastasis
- List clinical signs and symptoms corresponding medical emergencies associated with cancer

Speaker Information: *Dr. McGarvey* was commissioned as an officer with the United States Public Health Service (USPHS) in 1977, following graduation from the physical therapy program at West Virginia University. He served in the USPHS until 2007. He earned a Masters of Science in Community Health Education from Old Dominion Univ. in 1981, and received his DPT from Massachusetts General Hospital Institute of Health Professions in 2006. Over the past 30 years he has served in a variety of clinical and research positions with the Bureau of Medical Services in Norfolk, VA, the Indian Health Service in Whiteriver, AZ, and at the Warren G. Magnuson and Mark Hatfield Clinical Centers, National Institutes of Health (NIH) in Bethesda, MD. He was selected Chief, Physical Therapy at NIH in 1987. Clinically, he worked almost exclusively with patients with cancer for 20 years. He has lectured nationally and internationally on the assessment and treatment of patients with cancer.

He published the text *"Physical Therapy for the Cancer Patient"* and authored or co-authored over 22 articles and chapters on the subject of cancer rehabilitation. During 1991-1992 he was selected by the Agency for Health Care Policy and Research to serve as the only PT on an expert panel to develop national guidelines for the assessment and treatment of cancer pain. He served as President of the Oncology Section of the APTA, and received the Jeri F. Walton PT Service Award for his contributions to the section. In 2005, he was inducted as a Catherine Worthingham Fellow of the APTA.

Dr. McGarvey has recently established a consulting business in areas of clinical practice, administration, education, and research related to cancer rehabilitation to providers, hospitals and industry.

CEU Information: This course consists of 14 contact hours

COURSE

2

**"CLINICAL BIOMECHANICS AND
REHABILITATION
OF THE FOOT AND ANKLE"**

(LIMITED ENROLLMENT OF 32 PEOPLE)

Speaker: Ed Mulligan, PT, DPT, OCS, SCS, ATC

Friday, October 1, 2010

7:00-8:00	Registration and Continental Breakfast
8:00-10:00	Functional Anatomy and Biomechanical/Pathomechanical Considerations
10:00-10:15	Break
10:15-11:45	Clinical Examination
11:45-12:15	Functional Evaluation
12:15-1:00	Boxed Lunch Provided
1:00-3:00	Clinical Examination Lab
3:00-3:15	Break
3:15-4:00	Subtalar Neutral Casting Lab
4:00-5:00	Orthotic Therapy
5:00-5:15	Taping Demonstration

Saturday, October 2, 2010

7:00-8:00	Continental Breakfast
8:00-10:00	Common Foot/Ankle Pathologies
10:00-11:00	Break with Exhibitors
11:00-12:00	Therapeutic Interventions Lab: Manual Therapy
12:00-2:00	NPTA Business Meeting/Luncheon
2:00-3:30	Therapeutic Interventions Lab: Manual Therapy (continued)
3:30-3:45	Break
3:45-5:00	Therapeutic Interventions Lab: Stability, Strengthening, and Proprioception
5:00-5:15	Question/Answer; Course Wrap-Up and Review

Course Description: This two-day seminar is designed to bridge the gap between scientific research and clinical practice. The concepts and principles presented will emphasize current and innovative approaches to the biomechanical evaluation and treatment of the lower quarter with an emphasis on foot and ankle pathology. Teaching methods will include lecture, demonstration, and lab practice. The focus of the seminar is on immediate clinical application of evidence-based examination and intervention practice techniques. The course content is not intended for use by participants outside the scope of their license or regulation. Instructional Level: Intermediate.

CONTINUED

COURSE

2

CONTINUED
**"CLINICAL BIOMECHANICS AND
 REHABILITATION OF THE FOOT AND ANKLE"**

Course Objectives: Following completion of the program the participant will be able to:

- Integrate the functional anatomy of the lower leg, ankle, and foot into the examination and management of foot and ankle injuries
- Explain basic lower quarter biomechanical principles as they relate to foot and ankle function
- Perform a lower quarter screening examination with an emphasis on identifying foot and ankle pathology
- Perform subtalar joint neutral casting technique
- Explain the theories, principles, and practice of orthotic prescription
- Recognize the common signs and symptoms of common orthopedic conditions of the lower leg, ankle and foot
- Explain the rationale and perform general mobilization and therapeutic exercise techniques for the correction of foot and ankle movement dysfunctions

Speaker Information: *Dr. Mulligan* has been involved in orthopedic-sports physical therapy, athletic training, and clinical education for the past 28 years. His undergraduate degree in athletic training is from the University of Nebraska-Lincoln and he received his physical therapy training at the University of Texas Medical Branch-Galveston. He completed the post-professional master's degree program at Texas Woman's University-Dallas in 1995 and his clinical doctorate at Regis University in 2008. He was recognized as a clinical specialist in sports physical therapy by the APTA in 1988, as an orthopedic specialist in 2009, and is the acting Chair for the Sports Physical Therapy Council of the American Board of Physical Therapy Specialists. He is currently an Assistant Professor and the Orthopedic Residency Director in the Department of Physical Therapy at UT Southwestern Medical Center's School of Health Professions in Dallas, TX. His chapter on rehabilitation of the foot and ankle for the 4th Edition of *Physical Rehabilitation of the Injured Athlete* by Harrelson G, Wilk K, and Andrews J is currently in review for publication next year.

Course Registration: Registration will be capped at 32 attendees. The NPTA will give priority registration to licensed PTs. Students who are at least in their second year of study will be allowed to enroll if spots remain after Sept. 16, 2010. Students interested in placing their names on a wait list for this purpose should call the NPTA. They will be contacted after Sept. 16th to inform them of their status. If the course is already filled, students will have the option of enrolling in another course at the early registration price.

Course Attire: Please wear shorts for the lab portions of the course.

CEU Information: This course consists of 14 contact hours.

COURSE

3

**"ORTHOPEDIC EXAMINATION AND
 INTERVENTIONS
 FOR THE YOUNG ATHLETE"**

Speaker: Jeff G. Konin, PhD, ATC, PT, FACSM, FNATA

Friday, October 1, 2010

4:00-5:00	Registration
5:00-6:30	Introduction & Epidemiology of Youth Sports Injuries Concussion Assessment & Management
6:30-6:45	Break
6:45-8:15	Shoulder & Elbow Injury Prevention Programs & Rehabilitation

Saturday, October 2, 2010

7:00-8:00	Continental Breakfast
8:00-10:00	The Adolescent Knee: Contemporary Management of Patellofemoral Pain
10:00-11:00	Break with Exhibitors
11:00-12:00	The Adolescent Knee: ACL Injury Prevention Programs
12:00-2:00	NPTA Business Meeting/Luncheon
2:00-3:30	Sports Psychology, Sportsmanship
3:30-3:45	Break
3:45-5:15	Foundations of Performance Enhancement Programs Establishing Youth Sport Revenue Generating Programs

Course Description: This course will provide attendees with current information related to youth sports injuries. Despite increased awareness of injury prevention techniques and research involving sports safety, more and more children are sustaining both traumatic and overuse sports-induced injuries. Trends of injury patterns and the theories behind why such epidemiology exists will be discussed. Information on how to translate pre-participation physical examinations into performance enhancement programs that benefit youth athletes and physical therapy interventions will be explained. Additional topics will include assessment, rehabilitation, and injury prevention programs for ACL injuries in adolescence as well as common shoulder and elbow sports-related injuries. Participants will also be exposed to the role that sports psychology plays in the overall participation and return to play from an injury for a young athlete. Examples of how to develop revenue generating programs will be introduced for the practicing clinician, private practice owner, and community-based outreach services program. The information shared during this presentation will be able to be put to practical use immediately.

Course Objectives: Following the completion of this course, participants will learn:

- Current trends and injury rates for youth participating in organized sports
- The role of physical therapy in performance enhancement programs
- The implementation of injury prevention programs for the knee and shoulder
- The psychological effects of sport and injury in the adolescent population
- Advantages and disadvantages of developing community-based revenue producing programs

Speaker Information: *Dr. Konin* is an Associate Professor & Vice Chair of Sports Medicine in the Dept. of Orthopaedics & Sports Medicine, College of Medicine, where he also serves as the Executive Director for the Sports Medicine & Athletic Related Trauma (SMART) Institute, a component of USF Health.

Dr. Konin's research focuses on preventing, assessing and managing injuries sustained by children playing sports. He has written several textbooks and book chapters on sports medicine related topics, and has been an invited speaker topics throughout the United States and internationally in Italy, Norway, Romania, Australia, and New Zealand. He has also presented at the APTA'S Combined Sections Meetings and APTA State component meetings in Florida, Oregon, Arkansas, Tennessee, Virginia, and New York.

Dr. Konin has worked in high school, college, professional and private practice settings, and in 1996 was a member of the track & field medical staff for the Atlanta Committee for Olympic Games. He is currently also the athletic trainer for Team USA Quad Rugby and serves as a sports medicine education consultant for Major League Soccer.

CEU Information: This course consists of 9 contact hours.

CONFERENCE REGISTRATION FORM - FALL 2010

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 an educational course, but would like to purchase a lunch for the NPTA business-meeting luncheon for \$17.00.
- I will require a special diet. Please specify: _____

Registrations: Advanced registration is to be postmarked no later than Sept. 16, 2010. Registration includes Friday night Exhibitors' Reception (NPTA/Creighton University School of Pharmacy and Health Professions PT Alumni Co-Sponsored party), course materials, and continental breakfast, break refreshments, and lunch on the date of your course. A boxed lunch is included with Courses 1 & 2 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 Cornhusker in Lincoln for \$104/night plus tax. To take advantage of the special rate, please book your reservation by **September 10, 2010** and indicate that you are with the NPTA. The phone number for reservations is 1-866-706-7706.

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 September 16, 2010, 60% from September 17, 2010 through September 30, 2010. No refund after September 30, 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, Michelle Claycomb, PT, and Dawn Venema, PT, PhD

COURSE 1 (McGarvey)		
	On/Before 9/16/10	After 9/16/10
Registration Fees		
APTA Members		
<input type="checkbox"/> Physical Therapist	\$400	\$425
<input type="checkbox"/> PT Assistant	\$330	\$355
<input type="checkbox"/> PT or PTA Student	\$190	\$215
Non-APTA Members		
<input type="checkbox"/> Physical Therapist	\$490	\$515
<input type="checkbox"/> PT Assistant	\$420	\$445
<input type="checkbox"/> PT or PTA Student	\$240	\$265
<input type="checkbox"/> Other	\$490	\$515
COURSE 2 (Mulligan)		
	On/Before 9/16/10	After 9/16/10
Registration Fees		
APTA Members		
<input type="checkbox"/> Physical Therapist	\$540	\$565
<input type="checkbox"/> PT Student	\$330	\$355
Non-APTA Members		
<input type="checkbox"/> Physical Therapist	\$630	\$655
<input type="checkbox"/> PT Student	\$380	\$405
COURSE 3 (Konin)		
	On/Before 9/16/10	After 9/16/10
Registration Fees		
APTA Members		
<input type="checkbox"/> Physical Therapist	\$250	\$275
<input type="checkbox"/> PT Assistant	\$205	\$230
<input type="checkbox"/> PT or PTA Student	\$115	\$140
Non-APTA Members		
<input type="checkbox"/> Physical Therapist	\$305	\$330
<input type="checkbox"/> PT Assistant	\$260	\$285
<input type="checkbox"/> PT or PTA Student	\$145	\$170
<input type="checkbox"/> Other	\$305	\$330

More Important Schedule Information

Friday, October 1, 2010

- 2:00-5:00 NPTA Executive Committee Meeting
- 6:00-8:00 Nebraska Foundation for PT Board Meeting
- 6:00 Nebraska Student Special Interest Group (NSSIG) Meeting
- 8:00-10:00 **Join us for the NPTA/Creighton University School of Pharmacy and Health Professions PT Alumni Co-Sponsored Party located in the Exhibitors' Hall – Everyone Welcome!**

Saturday, October 2, 2010

- 7:00-8:00 Geriatric Roundtable Discussion led by Grace Knott, PT, GCS
- 10:00-11:00 Break with Exhibitors
- 10:30-11:00 PTA SIG Meeting
- 12:00-2:00 NPTA Business Meeting/Luncheon



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NPTA

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October 1 & 2, 2010 Nebraska Physical Therapy Association Fall Conference Presents

“Cancer Rehabilitation: Principles and Practice”

Charles McGarvey, PT, MS, DPT, FAPTA

“Clinical Biomechanics and Rehabilitation of the Foot and Ankle”

(Enrollment limited to 32 people)

Ed Mulligan, PT, DPT, OCS, SCS, ATC

“Orthopedic Examination and Interventions for the Young Athlete”

Jeff G. Konin, PhD, ATC, PT, FACSM, FNATA

**The Cornhusker (a Marriott Hotel), 333 S. 13th Street, Lincoln, NE 68508
402/474-7474 or 1-866/706-7706**