COURSE 1

EVIDENCE-BASED EXAMINATION, FUNCTIONAL TESTING AND INTERVENTION OF THE HIP JOINT

Speaker: Michael Reiman PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS

March 10 - 11, 2012

Saturday, March 10, 2012

7:00-8:00	Registration/Continental Breakfast
8:00-10:00	Diagnostic terminology, systematic exam of hip joint (ruling out lumbar spine and pelvis)
10:00-11:00	Break with Exhibitors
11:00-12:00	Continue evidence-based examination
12:00-2:00	NPTA Business Meeting/Luncheon
2:00-3:30	Functional testing of appropriate hip related pathology
3:30-3:45	Break
3:45-5:15	Evidence-based manual therapy intervention relevant

Sunday, March 11, 2012

7:00-8:00	Continental Breakfast
8:00-10:00	Evidence-based exercise intervention utilizing EMG data
10:00-10:15	Break
10:15-12:15	Integration of systematic examination, functional testing and intervention

Course Description: Examination and treatment of the hip joint as a primary source of dysfunction has received a significant increase in attention with the evolution of improved diagnostic imaging, surgical techniques and increased investigation into rehabilitation procedures. The intent of this course is to describe the many facets of hip joint examination, intervention and determination of readiness to return to sport/occupation. The diagnostic accuracy of the various special tests will be described, as will relevant functional testing. An evidence-based, algorithmic, user-friendly examination procedure will be described. Evidence-based intervention strategies, including manual therapy and exercise intervention will be detailed. The presenter will describe some of his own research/publication in these areas. The intent of this course is to provide the attendee with diagnostic and intervention skills readily applicable the next day in the clinic.

Course Objectives: Upon completion of this course, participants will be able to:

- Understand the major intra and extra-articular pathologies of the hip joint
- Understand the best evidence examination for the major intra and extra-articular pathologies of the hip joint
- Be able to discuss appropriate functional testing methods appropriate for clients with hip joint pathology
- Be able to discuss current evidence support for various exercises as they relate to hip pathology.
- Recognize proper implementation of various hip manual therapy (mobilization, etc.) techniques

Speaker Information: ***Michael P. Reiman, PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS*** is an assistant professor of physical therapy at Duke University Medical Center. As a clinician Dr. Reiman has over 20 years of experience in assessing, rehabilitating, and training athletes, clients, and patients at various levels of ability. He received his doctoral degree in physical therapy from MGH Institute of Health Professions. In addition to his certifications as an athletic trainer and strength and conditioning specialist, Dr. Reiman is a manual therapy fellow through the American Academy of Orthopaedic and Manual Physical Therapists (having completed a 2 ½ year fellowship program), is a USA Weightlifting level 1 coach and a USA Track and Field level 1 coach. Dr. Reiman has co-written the only textbook on functional testing, *Functional Testing in Human Performance,* written eight book chapters on orthopedic examination/intervention and training for strength, power, and endurance. He has also written multiple articles in such journals as the *American Journal of Sports Medicine, Journal of Orthopedic and Sports Physical Therapy,* and *Journal of Sport Rehabilitation,* as well as having served as special guest editor for a special issue on the hip joint in the *Journal of Sport Rehabilitation*. Dr. Reiman currently serves on the editorial board for the *Journal of Sport Rehabilitation* and is a reviewer for multiple orthopedic and sports related journals. Dr. Reiman presents on various levels of assessment and treatment methods at national, regional, and local conferences and actively participates in research regarding various testing methods for orthopedic examination/intervention and human performance. His current research and presentation interests focus on performance enhancement, low back/hip pain, and trunk endurance in athletes and individuals in occupational environments. He continues to practice clinically on various sports and orthopedic-related injuries. He is a member of the American Physical Therapy Association, National Athletic Trainers' Association, National Strength and Conditioning Association, USA Weightlifting Association, and USA Track and Field Association.

CEU Information: This course consists of 10 contact hours.

NEBRASKA PHYSICAL THERAPY ASSOCIATION

COURSE **2**

INFANTS BORN PRETERM: IDENTIFYING AND ADDRESSING THEIR SPECIAL NEEDS IN EARLY INFANCY TO SUPPORT DEVELOPMENT

Speaker: Jan McElroy PT, PhD, PCS, C/NDT (Lab Course)

March 10 - 11, 2012

Saturday, March 10, 2012

7:00-8:00	Registration/Continental Breakfast
8:00-10:00	Differences and how application of theoretical models changes our approach to the infants and their families
10:00-11:00	Break with Exhibitors
11:00-12:00	Lab: Early handling and home interventions
12:00-2:00	NPTA Business Meeting/Luncheon
2:00-3:30	Identifying differences in motor development
3:30-3:45	Break
3:45-5:15	Lab: Handling and home interventions to address motor differences

Sunday, March 11, 2012

7:00-8:00	Continental Breakfast
8:00-10:00	Impact of systems on motor development and adjusting interventions and home environment to meet their special needs
10:00-10:15	Break
10:15-12:15	Assessment tools, Wrap-up, and Adjourn

Course Description: Have you ever felt "at a loss" when treating a one month old…or an infant whose chronological age hasn't yet reached term? Are you questioning why infants born preterm seem to catch up on developmental milestones yet are showing up in elementary school with coordination issues? Do we need to adjust how we are assessing and treating infants born preterm?

In this course, you will learn how to assess and treat movement dysfunction in infants born preterm from NICU discharge to 6 months of age. You will learn how to identify problems in movement patterns on which to build treatment interventions and effectively address the challenges unique to the population of infants born preterm. You will learn handling and intervention techniques to be used during functional activities in your sessions as well as in home programs. You will learn to prioritize and adapt baby treatment techniques to accommodate for the special energy, respiratory, visual, and medical needs of infants born preterm.

In this course, the instructor will use lecture, video, lab, and problem-solving formats. During the lab components, you will learn to treat by working with other course participants and with dolls.

Items to Bring to the Course: You should bring a 20" Raggedy Ann type doll, a beach towel or yoga mat, and wear clothing that is comfortable and easy to move in.

Course Objectives: Upon completion of this course, participants will be able to:

- Compare and contrast developmental movement components in infants born full term and preterm from birth thru 6 months of age.
- Identify insufficient and atypical movement components seen in infancy that will interfere with the development of functional activities and development of coordination as the child reaches school age.
- Identify strengths and weaknesses of assessment tools commonly used for very young infants.
- Use age appropriate treatment strategies regarding trunk function, handling, treatment sequencing, child motivation, and repetition to enhance your repertoire of treatment techniques and home program activities for infants born preterm.
- Apply knowledge gained about respiratory, visual, medical, and physical challenges to effectively enhance your baby treatment techniques to better meet the needs of the infant born preterm and their families.

Speaker Information: ***Jan McElroy PT, PhD, PCS, C/NDT*** graduated with a BS from the School of Physical Therapy at the University of Missouri in 1972 and an advanced MS in PT from Rocky Mountain University of Health Professions in 2002. Her PhD is in Pediatric Science from Rocky Mountain University of Health Profession, 2011. Her research interests address lower extremity movement patterns in infants born full term and preterm, baby treatment, environmental contributions to plagiocephaly, and the effects of treadmill training. Dr. McElroy draws from 35 years of pediatric experience with the 0-3 year population in a wide range of settings including NICU, acute care, Early Intervention, as well as outpatient, and inpatient rehabilitation. She currently owns a private pediatric PT clinic in Columbia, Missouri. Her teaching experience includes clinical, classroom, and continuing education settings. She is currently adjunct faculty at the University of Missouri School of Physical Therapy and is primary physical therapy faculty on the TIPS for KIDS, Maternal/Child Health grant. Her national continuing education short courses focus on baby treatment, treatment of infants born preterm, serial casting and temporary foot supports, and early gait development. Dr. McElroy is currently a NDTA pediatric PT instructor candidate assisting in Neuro-Developmental Treatment 8 week pediatric and 3 week advanced baby courses.

CEU Information: This course consists of 10 contact hours.

NEBRASKA PHYSICAL THERAPY ASSOCIATION

CONFERENCE REGISTRATION FORM - SPRING 2012

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 Sunday 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 $18.00.

☐ I will require a special diet. Please specify: _____

_____

COURSE 1 (REIMAN)

Registration Fees	On/Before 2/24/12	After 2/24/12
APTA Members		
☐ Physical Therapist	$275	$300
☐ PT Assistant	$225	$250
☐ PT or PTA Student	$125	$150
Non-APTA Members		
☐ Physical Therapist	$340	$365
☐ PT Assistant	$290	$315
☐ PT or PTA Student	$160	$185
☐ Other	$340	$365

COURSE 2 (McELROY)

Registration Fees	On/Before 2/24/12	After 2/24/12
APTA Members		
☐ Physical Therapist	$375	$400
☐ PT Assistant	$325	$350
☐ PT or PTA Student	$225	$250
Non-APTA Members		
☐ Physical Therapist	$440	$465
☐ PT Assistant	$390	$415
☐ PT or PTA Student	$260	$285
☐ Other	$440	$465

Registrations: Advanced registration is to be postmarked no later than February 24, 2012. Registration includes Friday night Exhibitors' Reception (NPTA/UNMC PT Alumni Chapter co-sponsored party), course materials, and continental breakfast, break refreshments, and lunch at the NPTA Business Meeting/Luncheon. 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 Kearney for $80.95/night plus tax. To take advantage of the special rate, please book your reservation by Feb. 9, 2012 and indicate you are with the NPTA. The phone number is 308/237-5971 or 1-888-HOLIDAY (465-4329).

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 February 24, 2012, 60% from February 25, 2012 through March 9, 2012. No refund after March 9, 2012. 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, MSPT, CCS

More Important Schedule Information

Friday, March 9, 2012

2:00-5:00 NPTA Executive Committee Meeting
6:00-8:00 Nebraska Foundation for PT Board Meeting
7:00-9:00 Join Us for the NPTA/UNMC PT Alumni Chapter Party located in the Exhibitors' Hall –

Everyone Welcome!

Saturday, March 10, 2012

10:00-10:30 PTA SIG Meeting
12:00-2:00 NPTA Business Meeting/Luncheon

Sunday, March 11, 2012

7:00-8:00 Pediatric Roundtable Discussion

NPTA
PO Box 540427
Omaha, NE 68154-0427

NPTA

Spring Conference
March 10 & 11, 2012
Kearney, NE

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March 10 & 11, 2012
Nebraska Physical Therapy Association
Spring Conference Presents
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"Evidence-Based Examination, Functional Testing and Intervention of the Hip Joint"
Michael Reiman PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS
March 10 & 11, 2012
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"Infants Born Preterm: Identifying and Addressing Their Special Needs In Early Infancy to Support Development"
Jan McElroy PT, PhD, PCS, C/NDT
March 10 & 11, 2012
(Lab Course)
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Holiday Inn, 110 Second Ave., Kearney, NE 68848
308/237-5971 or 1-888-HOLIDAY (465-4329)