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NPTA

Fall Conference
October 10-11, 2008
Lincoln, NE

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American Physical Therapy Association
The Science of Healing. The Art of Caring.™



October 10-11, 2008 Nebraska Physical Therapy Association Fall Conference Presents

“Physical Therapy Regulation in the State of Nebraska”

Kent Dunovan, PT & Natalie Harms, PT, DPT, GCS – October 10, 2008

“Contracture Management Evidence and Serial Casting for Children and Adults”

Laura Corbridge, PT, NCS & Wayne Stuberg, PT, PhD, PCS – October 10, 2008

(Limited Enrollment)

“Examination and Treatment of Orthopedic and Sports Related Knee Injuries: With a Special Focus on the Patellofemoral Joint. An Evidence-Based Course”

Robert C. Manske, PT, DPT, MEd, SCS, ATC, CSCS – October 10 & 11, 2008

**Holiday Inn-Downtown, 141 North 9th Street, Lincoln, NE 68508
402/475-4011 or 1-800-465-4329**

PHYSICAL THERAPY REGULATION IN THE STATE OF NEBRASKA

Speakers: Kent Dunovan, PT & Natalie Harms, PT, DPT, GCS

Friday, October 10, 2008

5:00-6:30 Registration
6:30-8:00 Course

Course Description: This course will update attendees on the changes to the Nebraska Physical Therapy Practice Act, including a description of the processes involved in the revision of this document. Attendees will also be informed of the proposed regulatory changes and their impact on the practice of physical therapy in the state of Nebraska. Time will be allowed for discussion so the audience can fully understand the effect the new practice act and regulations will have on their daily practice.

Course Objectives:

- Understand the steps and processes involved in the recent changes to the Nebraska Physical Therapy Practice Act and associated regulations.
- Be introduced to key changes in the practice act and regulations.
- Understand the impact of the changes in the state practice act and regulations on the day to day practice of physical therapy in the state of Nebraska.

Speaker Information: Kent Dunovan, PT is a Manager in the Rehabilitation Dept. at Regional West Medical Center in Scottsbluff, NE. He is currently serving as Vice-Chairperson of the Nebraska State Board of Physical Therapy. He has been integrally involved in the development of the new practice act

and its associated regulations. Kent has been an active member of the Nebraska Physical Therapy Association (NPTA) since 1982 and has held many positions within the organization including Secretary, Chapter Delegate, Legislative Chair, and Reimbursement Chair.

Speaker Information: Natalie Harms, PT, DPT, GCS is a Physical Therapist and Board Certified Geriatric Specialist with over 25 years experience in staff and healthcare management and as a management consultant to rehabilitation administration in acute care, outpatient rehab facilities and private practice. Natalie is currently part of the management team at Creighton University Medical Center in Omaha, NE and serves as an Assistant Professor in the School of Pharmacy and Health Professions at Creighton University. She has served in leadership positions with the American Physical Therapy Association, Nebraska Physical Therapy Association, University of Nebraska Board of Regents, and currently serves on the Nebraska Department of Health and Human Services Board of Physical Therapy.

CEU Information: This course consists of 1.5 contact hours. There is NO registration fee. Please register in order to receive a CEU certificate.

NPTA/Creighton University School of Pharmacy and Health Professions PT Alumni Co-Sponsored Party will follow in the Exhibitors' Hall.

COURSE

1

CONTRACTURE MANAGEMENT EVIDENCE AND SERIAL CASTING FOR CHILDREN AND ADULTS

Speakers: Laura Corbridge, PT, NCS & Wayne Stuberg, PT, PhD, PCS
(Limited Enrollment)

Friday, October 10, 2008

9:45 – 10:15 Registration
10:15 – 12:15 Lecture:
• Pathology and Biomechanics of Contractures in Children with Neuromotor Disabilities
• Development & Natural Progression of Contractures in Children
• Contracture Management Options & Evidence: Manual Stretching, Splints & Serial Casting
12:15-1:00 Lunch (Box lunches provided)
1:00 – 2:00 Lecture Con't:
• Serial Casting: Indications, Guidelines & Demonstration of Application
2:00 – 3:00 Demonstration / Lab:
• Serial Casting Demonstration (Course Instructors)
• Serial Cast Application (Workshop Participants on Lab Partner)
3:00-3:15 Break
3:15-4:45 Lab Continued
4:45-5:15 Questions / Answers / Workshop Evaluation

Course Description: Serial casting is a conservative intervention used to manage contractures in the pediatric and adult neurologic population. The efficacy of serial casting has been well established in the medical research literature.

This course will provide the participant with the theoretical framework for using serial casting and a solid understanding of the pathophysiology of contracture formation and progression in both children and adults. The participant will have the opportunity to work with casting materials by applying and removing a lower leg serial cast on a workshop participant.

Course Objectives: Upon completion of the workshop the participant will be able to:

1. Understand the pathophysiology of contracture development in children and adults with neurologic disabilities.

2. Discuss the natural progression of contractures in children with disabilities.
3. Identify and discuss contracture management indications and options in the pediatric and adult neurologic population.
4. State the guidelines for the application of serial casts.
5. Demonstrate the ability to properly apply and remove a serial cast on a lab partner.

Dress: Please wear comfortable clothing that allows exposure of the lower extremity during the lab portion of the course.

Speaker Information: *Laura Corbridge, PT* is a 1999 graduate of MCP Hahnemann in Philadelphia, PA. She has been at Madonna Rehabilitation Hospital for 9 years specializing in neurorehabilitation and specifically traumatic brain injury (TBI) for the past 6 years. She is responsible for the care of persons with brain injuries, persons with burn injuries and pediatric cases. She also is involved in specialized management of spasticity issues including serial casting. Laura has been a Clinical Instructor since 2002 for both PT and PTA students and a guest lecturer at several different PT and PTA programs. She is also actively involved in clinical research in the Institute for Rehabilitation Science and Engineering at Madonna Rehabilitation Hospital.

Speaker Information: *Wayne Stuberg, PT, PhD, PCS* is Professor and Director of the Dept. of Physical Therapy and the Motion Analysis Laboratory at the Munroe-Meyer Institute for Genetics and Rehabilitation, University of Nebraska Medical Center, in Omaha, NE. He has practiced as a therapist in pediatrics for the past 30 years and has presented at numerous state, national and international conferences. His research interest is in the areas of motion analysis and outcomes of physical therapy treatment including the treatment of contractures.

CEU Information: This course consists of 6 contact hours

EXAMINATION AND TREATMENT OF ORTHOPEDIC AND SPORTS RELATED KNEE INJURIES:

With a Special Focus on the Patellofemoral Joint. An Evidence-Based Course
 Speaker: Robert C. Manske, PT, DPT, Med, SCS, ATC, CSCS

Friday, October 10, 2008

- 7:00-8:00 Registration & Continental Breakfast
 8:00-9:00 Introduction/Overview and Anatomical Review
 9:00-10:00 Medial Collateral Ligament (MCL) Injury and Rehabilitation
 *History and mechanism of injury of MCL injury
 *Classification of MCL injuries
 *Conservative treatment and outcomes following MCL injury
 Collateral Ligament Special Tests (LAB)
 10:00-10:15 Break
 10:15-12:15 Anterior Cruciate Ligament (ACL) Structure and Function
 ACL Reconstruction Rehabilitation
 *Discuss pros and cons for various ACL graft options
 *Post surgical rehabilitation for the ACL patient
 12:15-1:00 Lunch (Boxed lunches)
 1:00-2:00 Anterior Cruciate Ligament Reconstruction (Continued)
 ACL and PCL Special Testing (LAB)
 2:00-3:00 Meniscus Repair vs., Meniscectomy
 3:00-3:15 Break
 3:15-5:15 Continue Meniscus Repair vs. Meniscectomy Rehabilitation
 *History and mechanism of injury for meniscus tears
 *Conservative and post surgical treatment following repair
 Meniscus Special Testing (LAB)

Saturday, October 11, 2008

- 7:00-8:00 Continental Breakfast
 8:00-10:00 Articular Cartilage Injuries and Rehabilitation
 *History and mechanism of injury for articular cartilage
 *Discuss various articular cartilage repair procedures
 *Conservative and surgical treatment of articular cartilage
 surgical procedures
 10:00-11:00 Break with Exhibitors
 11:00-12:00 Patellofemoral (PF) Joint and Rehabilitation
 *Categorization of PF disorders
 12:00-2:00 NPTA Business Meeting/Luncheon
 2:00-3:30 Continue Patellofemoral
 *Evaluation techniques
 *Selective exercise for PFP
 *Selective recruitment of the VMO
 3:30-3:45 Break
 3:45-5:15 Manual Therapy Techniques for the Knee (LAB)
 *Specific joint mobilization methods for PF and tibiofemoral
 joints
 Putting it all together (Davies Knee Special Testing Algorithm)
 (LAB)

Course Description: This exciting two day course is designed to provide clinical application to anatomy, examination, evaluation and treatment techniques for patients with knee pathology. A variety of pathologies, evaluation methods including special tests, and treatment strategies will be discussed.

Course Objectives: At completion of this program, the participants will be able to:

- Explain the medical interventions utilized in the management of pathological conditions of the knee commonly seen by physical therapists.
- Justify and relate the latest special testing procedures of specific pathologies of the knee.
- Design and justify appropriate rehabilitation programs for different knee pathologies.
- Recognize and evaluate common knee injuries.

- Describe pathological conditions of the knee frequently encountered by PT's.
- Discuss therapeutic exercise and compare and contrast techniques for various knee pathologies.
- Implement and utilize functional outcome measurement tools for the knee.
- Use a clinical decision – making process to establish a differential diagnosis, synthesized from data obtained by the PT examination.
- Develop evidence based rehabilitation programs for specific pathologies that are based on current scientific literature.
- Organize symptoms into clusters, syndromes or categories in order to be placed in appropriate treatment regimes.
- Perform appropriate manual therapy techniques for the knee.
- Review various functional tests described in scientific literature used to determine your patient's functional return to activities.
- Comprehend functional anatomy of the knee.
- Integrate current exercise technology into the rehabilitation process for knee injuries.
- Integrate functional testing and its progression into the rehabilitation process for knee injuries.

Dress: Please wear comfortable clothing that allows exposure of the lower extremity during the lab portion of the course.

Speaker Information: Robert C. Manske PT, DPT, MPT, Med, SCS, ATC, CSCS, is an Asst. Professor in the Doctoral Physical Therapy Program at Wichita State University in Wichita, KS. Rob graduated from WSU in 1991 with a Bachelor of Arts in Physical Education, a Master of Physical Therapy degree in 1994, and further earned a Master of Education degree in Physical Education in 2000. He completed the Gundersen Lutheran Sports Physical Therapy Residency in 1997-98 with George Davies. Most recently he received his DPT from Massachusetts General Institute of Health Professions in 2006. Rob has been an APTA Board Certified Sports Physical Therapist since 2002. He is also a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association, and a certified Athletic Trainer (ATC) through the National Athletic Trainers Association. Rob has been nominated and received numerous awards for excellence in teaching at the local, state and national level – most recently receiving the APTA Sports Section Excellence in Education Award in 2007.

Rob has published multiple articles, chapters, and home study courses related to orthopedic and sports rehabilitation. Rob edited the text, "Post-Surgical Sports Orthopedic Rehabilitation: Knee and Shoulder" that describes the post surgical rehabilitation of multiple knee and shoulder surgeries. Rob is working presently with colleague Mike Reiman on a text entitled "Functional Testing for Assessment in Athletics, Exercise and Occupation", with Dr. Brent Brotzman editing the 3rd edition of "Clinical Orthopedic Rehabilitation", and with David Magee, James Zachazewski, and William Quillen on "Issues in Sports Therapy". Rob is a manuscript reviewer for The Journal of Orthopedic and Sports Physical Therapy, Sports Health, and The American Journal of Sports Medicine (AJSM), and in the years 2005-2007 has been named a Principle Reviewer for AJSM. Rob has lectured at the state and national level during meetings for APTA, NATA and the NSCA, and currently instructs for North American Seminars, Inc approximately 10 times per year on knee and shoulder rehabilitation. In addition to his full time faculty appointment, Rob works at a Via Christi Sports and Orthopaedic Rehabilitation facility, spending approximately 15 hours per week treating a variety of knee and shoulder conditions. He also serves as a Teaching Associate at the University of Kansas Medical Center, Department of Community Medicine for the Via Christi Family Practice Sports Medicine Residency Program.

CEU Information: This course consists of 14 contact hours.

NEBRASKA PHYSICAL THERAPY ASSOCIATION FALL CONFERENCE 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 free Friday evening course (Registration is necessary to receive a CEU certificate.)
- I would like to register for the Friday 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: _____

Registrations: Advanced registration is to be postmarked no later than September 26, 2008. 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 days of the course for which you are registered (as indicated on the course schedules). 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-Downtown in Lincoln for \$89/night for 1 or 2 people plus tax. To take advantage of the special rate, please book your reservation by September 18, 2008. The phone number is 402/475-4011 or 1-800-465-4329.

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 September 26, 2008, 60% from September 27 through October 9, 2008. No refund after October 9, 2008. 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: Madonna Klein, PT
Dawn Venema, PT, PhD

COURSE 1 (Corbridge/Stuberg)		
	On/Before 9/26/08	After 9/26/08
Registration Fees		
APTA Members		
<input type="checkbox"/> Physical Therapist	\$225	\$250
<input type="checkbox"/> PT Assistant	\$195	\$220
<input type="checkbox"/> PT or PTA Student	\$135	\$160
Non-APTA Members		
<input type="checkbox"/> Physical Therapist	\$264	\$289
<input type="checkbox"/> PT Assistant	\$234	\$259
<input type="checkbox"/> PT or PTA Student	\$156	\$181
<input type="checkbox"/> Other	\$264	\$289

COURSE 2 (Manske)		
	On/Before 9/26/08	After 9/26/08
Registration Fees		
APTA Members		
<input type="checkbox"/> Physical Therapist	\$525	\$550
<input type="checkbox"/> PT Assistant	\$455	\$480
<input type="checkbox"/> PT or PTA Student	\$200	\$225
Non-APTA Members		
<input type="checkbox"/> Physical Therapist	\$616	\$641
<input type="checkbox"/> PT Assistant	\$546	\$571
<input type="checkbox"/> PT or PTA Student	\$250	\$275
<input type="checkbox"/> Other	\$616	\$641

More Important Schedule Information

Friday, October 10, 2008

12:15-1:00 Geriatric Roundtable Discussion led by Grace Knott, PT, GCS

5:30-6:15 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 11, 2008

10:00-10:30 PTA SIG Meeting

12:00-2:00 NPTA Business Meeting/Luncheon