



Course Descriptions and Speaker Bios

Thursday, October 10

Exploring the Legal and Moral Aspects of Patient Centered Care

Fulfills Wisconsin 4-hour ethics and jurisprudence requirement

8 am – Noon

Instructor: Laurie B. Kontney, PT, DPT, MS

4 Contact Hours

Competency Level: Open to All Levels

Course Description:

Exploring the Legal and Moral Aspects of Patient Centered Care is a course that will address the importance of teaching and mentoring patient centered care as a legal and ethical imperative. The course will explore various models of clinical reasoning and problem solving with strategies for making these thought processes transparent to teach and mentor this critical skill for patient centered care while incorporating the importance of interprofessional practice as key to optimizing patient outcomes. Informed consent/refusal will be emphasized as a means for narrative reasoning to better engage the patient in the decision making process. We will also examine the impact of health literacy, risk and overall challenges to meeting the standards of informed consent/refusal and providing optimal care. Finally, we will discuss strategies for securing and documenting informed consent/refusal, especially in relation to protecting self and your practice. Small and large group discussion along with case-based discussion will allow participants to apply content learned.

Instructor Bio:

Laurie Kontney, PT, DPT, MS, is a DCE and Clinical Professor at Marquette University. She obtained her BS degree in Physical Therapy from UW – Madison, her MS degree from Rosalind Franklin University and her transitional DPT from Simmons College. Laurie is a former member and chair of the PTEB for Wisconsin. She is active in the APTA/WPTA and teaches legal and ethical practice and clinical reasoning in Marquette's curriculum. As part of her doctoral training she took additional courses in medical ethics and is an invited member of the Dreamcatchers; an interdisciplinary think tank for ethics in rehabilitation.

A Joint Effort: Managing Hip and Knee Osteoarthritis

8 am – Noon

Instructor: Jessica Johnson, PT, OCS, and Katie Miller, MD

4 Contact Hours

Competency Level: Open to All Levels

Course Description:

We're breaking the "rules" for managing knee and hip OA and can't wait to share our results. Some of our industry standards are holding us back and may even be harmful to patients. Come join us for an active conversation, evidenced-based strategies, and some lab practice to better manage hip and knee OA. Adequate exercise, patient education and nutrition strategies are the best way to manage hip and knee OA. On paper, the results are real and compelling, but the daily struggle is real too! Telling our patients to exercise and eat right is not enough. This course will take you through the evidence-based strategies for managing chronic joint pain and OA. From injections and stem cells to arthroscopy and nerve blocks, we'll give you the current science. You'll leave this course with a better understanding of chondrocyte activity and how these amazing cells work to promote healthy joints. We'll dispel some of the myths about physical activity, weight management, and teach you specific strategies for pain science regarding osteoarthritis. Managing inflammation should be the primary goal of OA disease management and we're going to teach you how to do this. We'll walk you through the strategies to make your clinical results match the research data for conservative care. Join us for a joint effort in managing hip and knee osteoarthritis.

Instructor Bio:

Jessica Johnson, PT, OCS, is a physical therapist practicing orthopedic and spine PT at UW Health at the American Center. She is credentialed by the American Physical Therapy Association (APTA) as a clinical instructor and is an orthopedic clinical specialist (OCS). Jessica co-founded the UW Health specialty clinic for multidisciplinary management of knee and hip osteoarthritis with Kathryn Miller, MD and Wendy Hahn, RD. She is passionate about wellness and mindfulness and integrates these practices into every patient encounter.

Katie Miller, MD, is the general internist and sports medicine physician at UW Health where she is the medical director of OA management clinic. She is a member of the Osteoarthritis Research International Society International (OARSI) and a member of the Joint Effort Initiative to study and implement OA management programs globally.

Gender Differences Across the Lifespan: Implications for the PT/PTA

8 am – Noon; 2 – 5 pm

Instructors: Liz Chumanov, DPT, PhD, Jenny Kempf, MPT, CSCS, Mandy Potter, PT, DPT, and Lindsey Stanek, PT, DPT

7 Contact Hours

Competency Level: Open to All Levels

Course Description:

This talk will discuss if there are sex specific differences in the types of injuries sustained during common sports. We will then discuss the epidemiology of sex specific injury rates and identify risk factors for sex specific injuries. Management of these gender specific injuries will be provided to

determine if a one-size-fits all treatment approach for males and females is appropriate and patient centered care.

This course will also assist the clinician with the management of issues that female running athletes may encounter from pre-pubescence through adulthood. The speakers will discuss problems unique to each age group. In addition, this course will provide information on current research unique to these populations in regards to evaluation of running-gait analysis, and special treatment considerations.

This course will begin looking at children from birth to pre-pubescent where we will explore current terminology as it relates to gender and sex, male and female brain related differences and gender specific medical conditions/diagnosis. We will explore how biology, social contexts, and personal and cultural experiences may influence sex and gender related differences as they relate to growth motor development, physical fitness, health and wellbeing. We will also briefly touch on how gender identity develops and how we can respectfully relate to children and families as it relates to the Gender Affirmative Care Model.

Additionally, the final segment of this course will address the geriatric component, with emphasis on osteoporosis management.

Instructor Bios:

Liz Chumanov, DPT, PhD, received her PhD in mechanical engineering from the University of Wisconsin specializing in lower extremity biomechanics; and then went on to complete her DPT at UW-Madison. Liz is the coordinator for the Sports Movement Room and the director of the Active Moms Clinic at UW Health in Madison. Clinically she specializes in working with pregnant and postpartum runners and is a certified dry needler. Liz also works to improve clinical workflows through the development of custom interfaces to assess forces during jumping, hopping and running and manages a clinical database on return to sport testing following injury/surgery.

Jenny Kempf, MPT, CSCS practices physical therapy at UW Health Sports Rehabilitation and specializes in treating patients who have lower extremity injuries due to running or cycling. Jenny works in the Runners Clinic and the UW Sports Medicine Cycling Clinic. She recently started a multi-disciplinary Women's Sports Medicine Clinic geared towards female athletes of all ages. Jenny is a member of the American Physical Therapy Association and is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. She is licensed by the State of Wisconsin.

Mandy Potter, PT, DPT, practices physical therapy at the UW Health - Middleton Rehabilitation Clinic in Middleton, WI and specializes in orthopedic physical therapy, predominantly treating geriatric patients. She has advanced training in osteoporosis management. Mandy holds a DPT degree from Duke University and is licensed by the State of Wisconsin.

Lindsey Stanek, PT, DPT, is a physical therapist working at the Waisman Center for The University of Wisconsin-Madison. She serves as the physical therapist in the Multi-Disciplinary Newborn Follow-Up and Down Syndrome Clinics. She also serves as the Physical Therapy Training Coordinator for the Leadership Education in Neurodevelopmental and Related Disabilities (LEND) Program. She graduated in 2015 from the UW-Madison DPT program and went on to complete a Pediatric Residency at Cincinnati Children's Hospital Medical Center. She is a board certified pediatric clinical specialist through the APTA. Other special areas of interest are related to improving the growth and

access to adaptive sports and community involvement for children with physical, developmental, visual, and intellectual disabilities.

Is it Central or Peripheral? Acute Vestibular Disorders, Diagnosis and Treatment

8 am – Noon; 2 – 5 pm

Instructor: Mary Kerrigan, DPT, NCS, CWS

7 Contact Hours

Competency Level: Open to All Levels

Course Description:

This one day course will review central and peripheral vestibular anatomy, present neurologic and vestibular assessment tests and pathology patterns, that will give the participant evidence based skills to differentially diagnose the most common central and peripheral vestibular deficits. Participants will be able to practice ocular motor tests and review their neurologic exam components. Ocular motor video clip examples and multiple case studies will be used to reinforce learning of central vs. peripheral nystagmus and physical impairments. Specific treatment strategies for each pathology and outcome expectations will also be presented, to assist the clinician in successful treatment of this high complexity patient population.

Instructor Bio:

Mary Kerrigan DPT, NCS, CWS, earned her undergraduate degree from UW-Madison and DPT from Massachusetts General Hospital Institute of Health Professions. She is ABPTS certified in Neurologic PT since 1997 and a board certified wound specialist since 2005. She is basic specialty certified in Vestibular Rehabilitation by Emory and the APTA in 2001, advanced certification in 2003 and 2011. She also is a clinical professor in the DPT program at UW-La Crosse in the areas of Vestibular Rehabilitation and Wound Assessment and Treatment. She is a full time practicing PT at Gundersen Health System for 38 years, specializing in Neurologic and Vestibular PT. She received the Clinical Faculty Excellence Award from UW-La Crosse in 2000, and the Clinical Excellence Award from the Wisconsin Physical Therapy Association in 1999. Her current research is in the prevalence of BPPV following mTBI in the young adult population.

Allowing Patient-Reported Outcome Measures to Show Your Value Without Working Harder

2 – 5 pm

Instructors: Joe Greene, MS, LAT, Evan O. Nelson, PT, DPT, and Mary Sesto, PT, PhD

3 Contact Hours

Competency Level: Open to All Levels

Course Description:

Physical therapy provides a critical service to society; enhancing function and preventing disability through individualized, patient-centered care. The value of PT can be measured using patient-reported outcome measures, however, many providers lack the time to administer such measures during a patient encounter. Thoughtfully designing a systematic process to consistently collect patient-reported outcome measures outside the clinical encounter can reduce provider burden while simultaneously capturing data demonstrating the value of PT care. Implementing a successful process

requires system-level thinking and stakeholder engagement. This course will provide actionable knowledge to help you think at the system level and engage the key stakeholders in your organization. Discussion will include the merits of multiple patient-reported outcomes measures and attendees will be able to determine which measure is best suited for a specific patient population. Attendees will know which patient-reported outcome measures are best for their outpatient practice and have the confidence to implement a work process that decreases burden and maximizes value.

Instructor Bios:

Joe Greene, MS, LAT, is currently the Program Manager of Outreach and Development for University of Wisconsin Hospital Department of Orthopedics and Rehabilitation. He has worked for the UW Hospital since 1991 and has worked in a supervisory and administrative capacity since 1997. Mr. Greene now coordinates business development and philanthropic development activities for the UW Hospital Department of Orthopedics and Rehabilitation and University of Wisconsin Department of Orthopedics and Rehabilitation. He represents the needs of all orthopedic subspecialties in this role and is involved with project management for many service healthcare delivery projects specific to orthopedics.

Evan O. Nelson, PT, DPT, is a board-certified specialist in orthopaedic physical therapy. He is an assistant professor in the UW-Madison Doctor of Physical Therapy Program, Department of Family Medicine and Community Health, faculty member of the UW Health & UnityPoint Health-Meriter Orthopedic Residency, and PhD candidate in the Clinical Investigation program at UW-Madison. His practice experience spans multiple sports and orthopedic clinical settings including a current position at UW Health. Trained in translational clinical research, his research evaluates the utility of patient-reported outcome measures for running-related injuries.

Mary Sesto, PT, PhD, is an associate professor in the Doctor of Physical Therapy Program and the Department of Medicine at UW-Madison. She holds affiliate appointments in the Departments of Biomedical Engineering and Industrial and Systems Engineering and the University of Wisconsin Carbone Cancer Center. She is core faculty in the Wisconsin Institute for Health System Engineering. Dr. Sesto received a BS in Physical Therapy, and a MS and PhD in Industrial Engineering from the University of Wisconsin. Her research interests include evaluation and design of work systems, technologies, and associated workflows to support clinical care activities.

Pain Management: Clinical Decision Making, A Team Based Approach

2 – 5 pm

Instructors: Tiffany M Houdek, PT, MPT, Michelle Poliak-Tunis, MD, and Janice Singles, Psy.D.

3 Contact Hours

Competency Level: Open to All Levels

Course Description:

Pain management is a hot topic in healthcare made worse by the opioid crisis. UW Health Pain Management Clinic offers multi-disciplinary care for these complex patients. Speakers will review clinical cases with real world patient management and how to use team based care.

Instructor Bios:

Tiffany M Houdek, PT, MPT is a board certified clinical specialist in orthopedics. She received her Masters of Physical Therapy from UW-Madison in 2004. She has specialty training working with patients who suffer from persistent painful conditions, including headache. She has worked with patient with persistent painful conditions for the past 14 years. She works with the multi-disciplinary team at UW Health Pain Management Clinic.

Michelle Poliak-Tunis, MD, is an accomplished, fellowship trained interventional pain physician. She believes in a patient focused, multi disciplinary approach utilizing the latest technologies and evidence based treatments. Dr. Poliak-Tunis currently serves as Assistant Professor in the Department of Orthopedics & Rehabilitation at UW-Madison. She also serves as Assistant Program Director of UW's ACGME accredited pain fellowship program. Dr. Poliak-Tunis is double board certified, serving as a Diplomate of the American Board of Physical Medicine & Rehabilitation and the subspecialty of Pain Medicine. She is also a member of the American Society of Interventional Pain Physicians (ASIPP) and the American Medical Association. Dr. Poliak-Tunis is highly experienced in the treatment of non-operative spinal disorders, management of chronic pain and sports injuries.

Dr. Poliak-Tunis earned her medical degree from the University of Texas Medical Branch in Galveston, Texas. After graduation, she completed her medical internship at The Washington Hospital Center in Washington, D.C. followed by a residency in Physical Medicine and Rehabilitation at The Johns Hopkins University Medical Center in Baltimore, Maryland. She was elected by the faculty and her co-residents to serve as Chief Resident in 2012-2013. Dr. Poliak Tunis then completed an ACGME accredited fellowship in Pain Medicine at the UCLA / West Los Angeles Veterans Administration program. She received her undergraduate degree from Brandeis University and prior to enrolling in medical school, completed a one year preceptorship at the National Institutes of Health.

Janice Singles, Psy.D., has treated chronic pain patients for over 30 years across a variety of settings. Her work has included individual and innovative group treatments, as well as shared medical appointments. She is currently leading the mindfulness study groups for a 3-site study comparing mindfulness vs. cognitive behavioral interventions for individuals with chronic low back pain and on opioids. She is a national presenter to Veterans Administration providers for a two-day "Pain and Suffering" course on understanding the complex problem of pain, the Whole Health model and other ways for providers to address pain issues in veterans. She is currently a Distinguished Psychologist at School of Medicine and Public Health at UW-Madison and works at UW Health.

Friday, October 11

Recurrent Lower Back Pain: Treating the Frequent Flyer

8 am – Noon

Instructors: Nikki Bradley, PT, MPT, OCS, Cert MDT, Dan Russo, PT, CIMT, Scott Tauferner PT, ATC, and Matt VanderKooi, PT, MS, OCS, COMT, FAAOMPT

4 Contact Hours

Competency Level: Open to All Levels

Course Description:

Recurrent lower back pain is a common problem among patients seen in outpatient orthopedic clinics. Speakers will present patient cases with a multi-modal approach to care including manual therapy techniques taught. Speakers come from a variety of health care settings and training backgrounds to provide a wide lens of treatment strategies for these complex patient cases.

Instructor Bios:

Nikki Bradley, PT, MPT, OCS, Cert MDT, is a graduate of Saint Louis University, where she earned her Master's degree in Physical Therapy. She worked for several years as a traveling physical therapist which afforded her the opportunity to work alongside clinicians trained in Mechanical Diagnosis & Therapy (MDT, or "McKenzie") in several different locations across the country. Witnessing the success of this system first-hand inspired her to undergo MDT training which included didactic course work, mentorship and certification examination. She received her MDT certification in 2013 and continues to use mechanical principles as the foundation for treating both spine and extremities.

Her clinical expertise includes treatment of orthopedic and spine conditions as well as pelvic floor dysfunction. She is a Board-Certified Clinical Specialist in Orthopaedics and is certified to perform Astym for the treatment of soft tissue dysfunction. She also works as a lab instructor teaching Astym continuing education courses. Nikki currently works as a Level III physical therapist for UnityPoint Health-Meriter in Madison.

Dan Russo, PT, CIMT, has a clinical practice specializing in spine orthopedics and chronic pain. Dan served as manager for the Physical & Occupational Therapy Department at Group Health Cooperative of South Central Wisconsin (GHC-SCW) from 2014-2019. Prior to that, he was instrumental in developing an innovative urgent care PT program at GHC-SCW. He has lectured on this program both in Wisconsin as well as nationally at CSM. Dan graduated from UW-Madison in 2008 with a MS in Physical Therapy. He is also a Certified Integrated Manual Therapist.

Scott Tauferner PT, ATC, is an Advanced Clinician Physical Therapist at UW Hospital and Clinics. A spine physical therapy specialist, his clinical interest and experience includes direct access patient care, spinal manipulation, and interdisciplinary care collaboration. He earned his Master of Physical Therapy degree from the University of Wisconsin-Madison and Bachelors of Science in Athletic Training from the University of Wisconsin-Stevens Point.

Matt VanderKooi, PT, MS, OCS, COMT, FAAOMPT, is founder and CEO of NewLife Physical Therapy and NewLife For Work with practices in Portage, Baraboo, and Westfield WI and 7 onsite employer

based locations. Matt earned his Master of Science degree in Physical Therapy from Grand Valley State University (Grand Rapids MI) in 1996 and his Bachelor of Arts in psychology from Calvin College (Grand Rapids, MI) in 1993. He is board certified as an orthopedic clinical specialist. He is certified as an orthopedic manipulative therapist through the North American Institute of Orthopedic Manual Therapists (2001). He is a fellow of the American Academy of Orthopedic Manual Physical Therapists (2009) and is a Fellow of Applied Functional Science through the Gray Institute (2007). He is also Certified in Advanced Dry Needling through Kinetacore (2013). Matt's current practice includes providing Musculoskeletal (MSK) Population Management and MSK primary care at Cardinal Glass in Portage WI. He is founder of NewLife Physical Therapy in central WI and Co-founder of SolveGlobal MSD Solutions.

Elevating Physical Therapy Outcomes for People Living with Dementia

8 am – Noon

Instructors: Jonathon Weiss, PT, DPT, GCS, and Susan Wenker, PT, PhD

4 Contact Hours

Competency Level: Open to All Levels

Course Description:

People living with dementia experience age related changes in function just as people who are not living with dementia. However, connecting, communicating, and collaborating with people living with dementia is the key to improving patient outcomes. Physical therapists and physical therapist assistants have the tools to complete patient related outcome measures and functional outcome measure, yet PTs and PTAs need to integrate and employ empathy and effective communication skills with people living with dementia. This four-hour course will engage the audience in reviewing standard practice in physical therapy while integrating these standards into care of the aging adult with dementia.

Instructor Bios:

Jonathon Weiss, PT, DPT, GCS, has been practicing with Bellin Health in Green Bay, WI since 1997 initially in the areas of orthopedics and sports medicine. He has since found his passion working with older adults after switching to the home health environment in 2012. Since then he has achieved his board certified specialist in geriatric physical therapy, authored an online course for Evidence in Motion, and serves as the Program Coordinator for the DSc in Physical Therapy Program at Bellin College.

Susan Wenker, PT, PhD, is an Assistant Professor (CHS) in the Department of Family Medicine and Community Health, Doctor of Physical Therapy Program at the University of Wisconsin-Madison. She earned her BS at UW-La Crosse and her Masters and PhD degrees at UW-Madison through the School of Education. She is actively involved in the Academy of Geriatrics with a scholarly focus on aging adults and PT students' attitudes and beliefs about dementia. Additionally, she teaches the Credentialed Clinical Instructor Course and serves on multiple campus committees for teaching, leadership, and interprofessional programming.

Updates on Return to Sport Following Pediatric ACL Injury and Following Hip Arthroscopy

8 am - Noon

Instructors: Pamela Lang, MD, Marc Sherry, PT, LAT, CSCS, PES, Andrea M. Spiker, MD, and Joe Tupta, PT, OCS

4 Contact Hours

Competency Level: Open to All Levels

Course Description:

This course is designed as a clinical correlation between an orthopedic surgeon and the physical therapist. There will be two sections: pediatric ACL reconstruction and hip arthroscopy.

Pediatric ACL reconstruction: Kids are not small adults, and pediatric ACL reconstructions are not small adult ACL reconstructions. ACL reconstruction in kids is a different surgical procedure than that of adults, and there are multiple procedures primarily based on the skeletal age of the patient. This requires the post-surgical rehab process to be specific to the procedure, as well as the unique needs of pediatric patients. This course will provide you the key precautions and principles for success rehabilitation planning and execution.

Hip Arthroscopy: This course will also highlight key principles of post-operative rehabilitation following hip arthroscopy. It will include assessment to determine impairments and ideas for exercise progression with attention toward adherence to post-surgical precautions. Clinical pearls to facilitate recovery at an appropriate rate will be discussed. The course culminates in a description of clinical testing and decision making to help determine readiness for return to both recreational and competitive sports.

Instructor Bio:

Pamela Lang, MD, is an orthopedic surgeon at the University of Wisconsin, specializing in pediatric orthopedics and orthopedics sports medicine. She received her Bachelor's degree in Kinesiology-Exercise Science from the University of Wisconsin where she also completed the Athletic Training Education Program before going on to medical school at the University of Illinois. Dr. Lang went on to complete her Orthopedic Surgery residency at the University of North Carolina. She is fellowship trained in both pediatric orthopedic surgery (Orthopaedic Institute for Children/UCLA) and orthopedic sports medicine (Boston Children's Hospital).

Andrea M. Spiker, MD, Assistant Professor, is dual fellowship trained in orthopedic sports medicine and hip preservation. She graduated from Georgetown University School of Medicine in Washington, D.C., and completed orthopedic surgery residency at Johns Hopkins University in Baltimore, MD. She then completed two fellowships at the Hospital for Special Surgery in New York, NY – the first in Sports Medicine and Shoulder Surgery and the second in Hip Preservation. She is the team physician for the UW Badger Women's Basketball team and the Men's and Women's Soccer teams.

Marc Sherry, PT, LAT, CSCS, PES, is a physical therapist and athletic trainer. His clinical practice specializes in pediatric ACL injuries, hamstring strain injuries, and youth sports injuries. In addition to direct patient care, Marc manages the Sports Rehabilitation Department at the University of Wisconsin Sports Medicine Center. He was instrumental in designing and operationalizing a 28,000 square foot sports rehab and performance facility for University of Wisconsin Hospitals and Clinics. He graduated from the UW-La Crosse Physical Therapy program in 1994 and received his DPT from

Massachusetts General Hospital Institute of Health Professions in 2009. He is also a Licensed Athletic Trainer, Certified Strength and Conditioning Specialist and a Performance Enhancement Specialist. Marc is the Vice Chair of the American Physical Therapy Association's Sport Section "Youth Athlete" Special Interest group. Marc is involved in clinical research and published numerous articles related to hamstring strain injuries. His research is primarily focused on hamstring injuries and rehabilitation. His publication entitled "A comparison of two rehabilitation programs in the treatment of acute hamstring strains" won the 2004 JOSPT (Journal of Orthopedic and Sports Physical Therapy) excellence in research award and has been cited over 377 times.

Joe Tupta, PT, OCS, practices physical therapy at UW Health and specializes in treatment of patients with orthopedic conditions and sports-related injuries. He has worked on establishing post operative protocols following hip arthroscopy procedures, and on developing the battery of tests currently being used to help determine patient readiness for return to sport at UW-Health. Joe is a member of the APTA and the WPTA, holds a Bachelor of Science degree in Physical Therapy from UW-Madison, and is board certified in orthopedics by the APTA.

The PT Practice Gold Mine

8 am – Noon; 2 – 5 pm

Course sponsored by WPTA's Private Practice Special Interest Group

Instructor: Biagio Mazza, PT, DPT, MPT, OCS, SCS, COMT, CSCS, NSCA-CPT

7 Contact Hours

Competency Level: Intermediate

Course Description:

Do any of the following describe you? Frustrated about having to "sell" to referral sources? Tired of POPTs taking over, while offering sub-par care? Annoyed that patients or referral sources don't see the difference in PT practices? Anxious when you come face to face with a potential "buyer"? Irritated that you didn't go to school for THIS?

This full day course gives you a communication framework to create ethical influence over everyone you chose to do business with. You'll learn gate keeper Jujitsu to avoid cold calling and build a network of diverse referrals, even when a "gate keeper" is in your way. Validated negotiation skills will assist in the creation of a "win/win" perception, while you get exactly what you want, and proven marketing tactics will allow you to stop focusing your attention on physician referrals.

Course work will cover an introduction to sales and negotiation for the PT, a rock solid 7 step sales system, prospecting and turning gate keepers into allies, negotiation basics, advanced negotiation strategy, marketing tools and rock-solid choices.

Instructor Bio:

Biagio Mazza, PT, DPT, MPT, OCS, SCS, COMT, CSCS, NSCA-CPT, graduated as valedictorian of his undergraduate class at Rockhurst University in 1999, and completed his MPT through Rockhurst in 2001. He practiced for 4 years prior to opening a private practice in 2005. Biagio is Board Certified by the APTA in both Orthopedics (OCS) and Sports (SCS). He is certified by the International Academy of Orthopedic Medicine as an Orthopedic Manual Therapist (COMT). He holds certifications from the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist

(CSCS) and a Certified Personal Trainer (CPT). Biagio's Doctorate work (DPT) was completed in 2010 through the Evidence in Motion Institute of Health. He is also certified as a Level 1 and 2 instructor through both Training for Warriors and MovNat.

Biagio has a special interest in Sales, Negotiation, and Marketing strategies for the Physical Therapist and has studied and taught in those areas extensively. In 2018, he created the brand of 'PT Gold Mine' (*theptgoldmine.com*) for continuing education on these topics.

Biagio started Elite Sports Medicine and Physical Therapy in 2005 as a sole practitioner. Elite has grown to one of the largest, single facility private practices in the country and has been nominated multiple times as one of the top private practices in the United States. Elite is a 2016 recipient of the 25 Under 25 award for small businesses and is the subject of 2 peer reviewed journal articles on practice innovation. Biagio is member of the APTA, KPTA, MPTA, and is a member and strong advocate for the Private Practice Section of the APTA. He was elected to the MPTA as the Northwest District Delegate in 2017. In addition to his work as a private practitioner, Biagio is an instructor for both Physician and Physical Therapy continuing education courses, a Forensic Physical Therapy Consultant, a contributing expert and lecturer for many local and national organizations, and has acted as a consultant for The Kansas City Royals and SI Bone as a differential diagnosis expert. He has worked with professional athletes in baseball, football, soccer, golf, mixed martial arts, and jujitsu.

Student Course: Motivational Interviewing

2 – 5 pm

Instructor: Jim Cumming, PT, MPT, OCS

3 Contact Hours

Competency Level: Open to All Levels; Geared towards students

Course Description:

This course will introduce and workshop concepts/techniques used in motivational interviewing (MI) for use in working with patients where a defined change in behavior may augment their potential in rehabilitation. The course will emphasize the spirit and underlying assumptions for MI, define and how to listen for change and sustain talk, and workshop specific conversational techniques which increases the amount of change talk from clients. Techniques include open ended questioning, reflective listening, and elicit - provide - elicit patient education. The course is directed at emerging professionals, but anyone who is interested in getting an introduction of MI is welcome to attend.

Instructor Bio:

Jim Cumming, PT, MPT, OCS, is a physical therapist at UW Health in Madison, WI. He works with patients with orthopedic and vestibular conditions in three different clinics for UW Health, including an urgent access clinic. He was trained in motivational interviewing through a competency-based course series with UW-Madison Continuing Studies. He uses motivational interviewing principles and techniques with his patients on a daily basis and has taught motivational interviewing specifically for the PT/PTA for the UW-Madison PT Program as well as in continuing education courses for PTs/PTAs. He considers motivational interviewing to be one of the most influential concepts/techniques learned in his 14-year career.

Rehabilitation for the Tactical Athlete

2 – 5 pm

Instructors: Brian Bradley, PT, MPT, OCS, ATC, CertMDT, Mike Van Veghel, LAT, and Robert Verhelst

3 Contact Hours

Competency Level: Open to All Levels

Course Description:

Men and women of police, fire and military undergo high levels of unique forces and therefore are athletes of their own with a need to be fit for duty. As such they require unique treatment to fully prepare them for return to duty activities. This course is intended to present the unique scenarios affecting outcomes of tactical athletes and considerations for incorporating the unique stresses needed for full return to duty of these men and women who protect our communities. The presentation has three parts including: epidemiology and injury rates, rehab considerations for tactical athletes, and firefighter led personal descriptions of experience and hands on practical activities.

Instructor Bios:

Brian Bradley, PT, MPT, OCS, ATC, CertMDT, graduated with a Masters of Physical Therapy from Saint Louis University and has over 15 years of experience in multiple settings but with an emphasis on outpatient orthopedics and sports rehab. He has previous certifications in orthopedics, athletic training, mechanical diagnosis and therapy (MDT), strength and conditioning and Olympic lifting. He currently serves as an advanced physical therapist at UW Health Sports Rehab and leads the Cycling, Strength and Power, and Tactical Athlete specialty clinics.

Mike Van Veghel, LAT, practices as an athletic trainer in Sports Rehabilitation at UW Health at The American Center. Mike also provides outreach athletic training services and is an instructor for Madison College. Mike specializes in treating athletes, with an emphasis on the effect of movement mechanics on injury and return to sport. Mike has a special interest in the prevention and treatment of baseball injuries. He is a licensed athletic trainer in the state of Wisconsin and is a certified athletic trainer through the National Athletic Trainer's Association. Mike is a member and past president of the Wisconsin Athletic Trainers' Association and a member of the Great Lakes and National Athletic Trainers Associations. Mike also serves as secretary for the Dane County Sports Medicine Council.

Robert Verhelst has been a firefighter for the City of Madison for 19 years. He is an endurance athlete, participating in the Ironman triathlon event while wearing full firefighter gear. He is a Peer Fitness Trainer for City of Madison Fire Department and a Guinness World Record holder for the most Ironman 70.3 triathlons in one year (while wearing 50 lbs. of firefighter gear).

Advances in Pain Medicine: Implications for the Physical Therapist

2 – 5 pm

Instructor: Alaa Abd-Elsayed, MD

3 Contact Hours

Competency Level: Open to All Levels

Course Description:

This course will focus on procedures for the treatment of chronic pain with implications for the physical therapist. Patient screening with recommendations for referral, medical screening after procedures, and best practice in pain management will be covered.

Instructor Bio:

Alaa Abd-Elseyed, MD, joined the faculty of the Anesthesiology Department at the University of Wisconsin in 2014 to provide Chronic Pain Medicine Services as part of the Interventional Pain Program. He received his medical training at Assiut University Medical School in Egypt, completed a master's degree in Public Health, research fellowship at Cleveland Clinic, and residency in anesthesiology and pain management fellowship at University of Cincinnati. As part of the Interventional Pain Program, Dr. Abd-Elseyed evaluates patients at the Pain Clinic, and when an interventional pain treatment is appropriate, performs procedures at the Madison Surgery Center. He is a member of the American Society of Interventional Pain Physicians (ASIPP) and the American Society of Regional Anesthesia and Pain Medicine (ASRA). He was named among the Leading Physicians of the World and America's Best Physicians in 2016.