



## COURSE DESCRIPTIONS AND INSTRUCTOR BIOS

### Thursday, April 25

#### **Advances in Treatment and Evaluations with Knee Injuries**

8 am – Noon; 2 – 5 pm

**Instructor:** George J. Davies, DPT, MED, PT, SCS, ATC, LAT, PES, CSCS, CSMS, FAPTA

**7 Contact Hours**

**Competency Level:** Open to All Levels

#### **Course Description:**

This course provides the participants with advances in examination, evaluation, diagnosis, prognosis, treatment strategies, and criteria for return to activity and outcomes research for patients with selected knee conditions. The clinical hands-on demonstration will emphasize an algorithm-based clinical examination for efficient time management in the clinic. The scientific and clinical rationale (evidence-based practice) for rehabilitation strategies and progressions will be discussed. Participants can expect to learn innovative and creative treatment interventions with various knee conditions. Case studies will be presented to facilitate effective treatment planning. Suggested treatment protocols and outcome measures will be emphasized throughout the course. CD videos of examination and treatment techniques will be presented and discussed throughout the course. This is an interactive course that will provide didactic activities to encourage participants to integrate this information into the development of customized programs to enhance the quality care of their patients. There will be components of active participation by attendees to “sample” treatment interventions to facilitate criteria for return to activity.

#### **Instructor Bios:**

George J. Davies, DPT, MED, PT, ATC, LAT, FAPTA, is an internationally known speaker who has presented hundreds of conferences throughout the world on sports physical therapy, athletic training, shoulder, knee, open and closed kinetic chain topics, orthopaedics, rehabilitation and Isokinetics. George is a clinician, educator, speaker, researcher, author, editor, inventor, and consultant. He has been involved in the clinical practice of sports physical therapy/athletic training, since he was a student athletic trainer, for over 53 years.

George was the original co-founder and co-editor of [The Journal of Orthopaedic and Sports Physical Therapy](#) in 1979 for approximately 10 years. George was also one of the founders and original Associate Editors for [Sports Health: A Multidisciplinary Approach](#). This is an official publication of the AOSSM, AMSSM, SPTS-APTA and the NATA and made its debut in January, 2009. He served as the [President of the Sports Physical Therapy Section – APTA](#) from 1992-1998. He was the 1999 recipient

of the [Peyton Award](#) to acknowledge and honor an outstanding member of the SPTS. It is the highest award offered by the Sports Physical Therapy Section for contributions to the sports physical therapy profession. George was the 1994 recipient of the American Physical Therapy Association's prestigious [Baethke-Carlin Award for Excellence in Academic Teaching](#). George was selected as a [Fellow-American Physical Therapy Association](#) (FAPTA), 2005. George also received the [Hall of Fame Award](#) - Sports Physical Therapy Section - APTA, 2006. George won the [NATA President's Challenge Award](#) for Outstanding Contributions to Sports Medicine, June, 2007. He was also the recipient of the [NATA Most Distinguished Athletic Trainer Award](#), San Antonio, TX, June, 2009. George was selected for the Distinguished Alumni Award from Columbia University, NY, May, 2012. He also earned the Armstrong Atlantic State University, [Outstanding Alumnus Award](#) for Outstanding Contributions to Profession, Savannah, GA, April, 2012. He was the recipient of the [Lifetime Education Achievement Award](#) by the SPTS in January, 2013. George was also honored as the first non-Orthopaedic Surgeon to be elected into the [AOSSM – Hall of Fame](#), That is the highest honor offered by AOSSM, July, 2013.

He has authored textbooks, many book chapters, published hundreds of articles and numerous poster and platform presentations at many professional meetings: APTA, SPTS, AOSSM, NATA, ACSM, NSCA, ASSET, etc. He continues to serve as a Consultant and Clinical Mentor of the first publicly credentialed (by the APTA) [Sports Physical Residency Program](#) in the U.S. at Gundersen Health Systems Sports Medicine (GHS-SM) and is a consultant and continues clinical practice of sports physical therapy at GHS-SM. George worked at the 1980 Olympics, 2002 Salt Lake [Olympics](#) in the sports medicine polyclinic in the Olympic Village as well as several venue sites as the field of play athletic trainer. He has also worked as a volunteer trainer at the [USOTC](#), Lake Placid, N.Y., 2003. The United States Olympic Committees (USOC) Sports Medicine Division and Sports Medicine Advisory Committee selected him for a member of the USA Medical Staff for the 2005 Summer [World University Games](#) in Izmir, Turkey, August, 2005. The United States Olympic committees (USOC) Sports Medicine Division and Sports Medicine Advisory Committee selected him as a member of the USA Medical Staff for the 2008 [Olympic/Paralympic Games](#) in Beijing, China. He was invited by the IOC to present educational workshops at the Olympic Village at the [2012 Olympics](#), London, England. He has extensively sports medicine experiences working at high school games, university games, and as a consultant, athletic trainer and physical therapist with the NFL New Orleans Saints (when they trained in LaCrosse, WI. for the summer training camps) for 12 years.

## **ICU and Acute Care in Adults and Pediatrics**

**8 am – Noon; 2 – 5 pm**

**Instructors: Joe Collins, DPT, Nicole Gotta, DPT, Allison Hodgson, DPT, Katie Hoesly, DPT, and Sangeeta Patankar, DPT**

**7 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

There is a common misconception that acute care physical therapy is limited to walking patients in the hallway. With the evolution of medicine and the American health care system, the acuity of inpatient patient populations has increased exponentially requiring acute care physical therapists to have a specific set of skills and knowledge to react and adapt quickly in a dynamic environment. In this course we will discuss the role of physical therapy in the acute care setting. We will address the nuances specific to acute care from the neonatal period to geriatrics including managing lines, tubes,

and drains; early mobilization in the ICU settings, commonly utilized outcome measures for inpatient populations, clinical decision making, and discharge planning. Patient populations to be discussed include but are not limited to burn, cardiovascular, general medicine, hematology and oncology, neurosurgical, orthopedics, pulmonary, trauma, infancy, and geriatrics.

**Instructor Bios:**

Joe Collins, DPT, is a physical therapist at the American Family Children's Hospital in Madison, WI. He graduated in 2013 from UW-Madison DPT program. He is a board certified pediatric clinical specialist through the APTA. He has been practicing in pediatric acute care and inpatient rehab for 5 years.

Nicole Gotta, DPT, is an advanced physical therapist at the American Family Children's Hospital in Madison, WI. She graduated in 2009 from UW-La Crosse DPT program. She is a board certified pediatric clinical specialist through the APTA. She has been practicing in pediatric acute care and inpatient rehab for 7 years.

Allison Hodgson, DPT, is a physical therapist at UW Hospital in Madison, WI. She graduated in 2014 from UW-Madison DPT program. She has been practicing in acute care for 5 years specializing in orthopedics and general medicine populations.

Katie Hoesly, DPT, is an advanced physical therapist at UW Hospital in Madison, WI. She graduated in 2013 from UW-La Crosse DPT program. She has been practicing in acute care for 5 years specializing in neurosurgical, neurological, and stroke populations.

Sangeeta Patankar, DPT, is an advanced physical therapist at the American Family Children's Hospital in Madison, WI. She graduated in 1996 from Mumbai University with a Masters in physical therapy and received her transitional DPT in 2011 from Des Moines University. She is a board certified pediatric clinical specialist through the APTA. She has been practicing in pediatric acute care and inpatient rehab for 21 years.

## **The Role of Activity Based Therapy and Fitness in Lifelong Neurologic Recovery**

**8 am – Noon**

**Instructor: Melanie Brennan, PT, DPT**

**4 Contact Hours**

**Competency Level:** Open to All Levels

**Course Description:**

This course will explore the history, evidence base, and current applications for activity-based therapy in achievement of long term functional recovery, improved fitness and overall optimization of health and happiness in both acute and chronic neurologic disorders. Dr. Brennan will present case examples to explore real world application of theories into current practice across multiple settings. An example of a functioning outpatient interdisciplinary practice model will be reviewed, including business design, a creative wellness model of care, and stories of both struggles and success. Dr. Brennan will share her approach to team collaboration and the important role of the physical therapist as case manager in this multidisciplinary neurologic outpatient setting. Overall, the attendee will gain knowledge in treatment options, financial considerations, team design, and client success.

**Instructor Bio:**

Melanie Brennan, PT, DPT is Founder and CEO at ExercisAbilities, Inc in Rochester, MN. ExercisAbilities is a multidisciplinary rehabilitation and wellness center which provides recovery opportunities for individuals of all ages from pediatric to adult with neurologic related disorders. Melanie is a graduate of the Doctor of Physical Therapy program at The College of St. Scholastica in Duluth, MN. Her 20+ years of experience includes 3 years working in the Fairview Southdale Hospital Acute Stroke Program and 11 years as a spinal cord injury team member at Mayo Clinic Rochester Acute Rehabilitation Unit. In her current role as a clinic administrator, Dr. Brennan strives to inspire her staff of therapists and exercise specialists to create a long-term road map to recovery and wellness for each client to support their life long journey toward optimal health.

**A Rehab Approach to Dysautonomia/POTS****8 am – Noon****Instructors: Anne Harley, PT and Chris Potter, PT****4 Contact Hours****Competency Level:** Open to All Levels**Course Description:**

This course provides the participants with examination, evaluation, diagnosis of POTS and treatment with a multidisciplinary team to help manage this disorder, and common concerns. This multidisciplinary team approach will include not only Physical Therapy, but also Occupational Therapy, Neurology, Gastroenterology, Electrophysiology, Psychology, Speech Therapy. The clinical based demonstration will emphasize an algorithm-based clinical examination for efficient time management in the clinic. The scientific and recent research-based rehabilitation strategies and progressions will be discussed. We will review equipment and tools needed to assist with the rehabilitative treatment of this condition. Participants will leave this lecture with an improved understanding of this diagnosis. Even if they do not anticipate treating POTS directly it is very likely they will treat patients for another condition who happen to have POTS. This course will allow clinicians to feel more confident in these situations. They will have a better knowledge of how to provide POTS patients the best possible resources for success.

**Instructor Bios:**

Anne Harley, PT, received her degree in Physical Therapy from the University of Michigan. She has gone on to specialize in the areas of Neurological and Orthopedic rehabilitation. Anne has a special interest in Dysautonomia, Vestibular conditions, Stroke recovery, balance disorders, and fall prevention. Currently, Anne is a Physical Therapist at the Aurora Medical Center in Grafton, Wisconsin which is one of two Centers for Autonomic Dysfunction in the state. She is part of a multidisciplinary team treating patients with this diagnosis from all over the Midwest. Away from the clinic Anne enjoys traveling, history, hiking, and spending time with family.

Chris Potter, PT, has a BS in Biology from Hope College in Holland, MI and a DPT from Rosalind Franklin University in North Chicago, Illinois. He is LSVT BIG certified for Parkinson's disease and has a special interest in dysautonomia and vestibular rehabilitation. Currently, Chris is a Physical Therapist at

the Aurora Medical Center in Grafton, Wisconsin which is one of two Centers for Autonomic Dysfunction in the state. He is part of a multidisciplinary team treating patients with this diagnosis from all over the Midwest. Chris is a husband, father of two children, and enjoys skiing, camping, mountain biking, paddle boarding and running.

## **Hot Topics/Professional Issues**

**2 – 5 pm**

**Instructors: Lynn Steffes, PT, DPT, Brett Roberts, PT, DPT, Sarah Stineman, DPT, Connie Kittleson, PT, DPT**

**3 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Do you have questions about Medicare, Medicaid, MIPS or any other topics related to payment? Wondering what legislative battles are being fought to move the PT profession forward, or if there are changes to the Wisconsin PT Practice Act that could affect your license? Interested in learning more about what's happening on the national level at APTA? All your questions can be answered by attending this course. The popular Hot Topics/Professional Issues Forum usually held over Thursday's lunch has been moved to an actual conference course to allow for more time for questions and comments from conference attendees. Sign up for this course to stay in the loop with what's happening in the profession!

Lynn Steffes – Payment Chair

Brett Roberts – Legislative Action Committee Chair

Sarah Stineman – Federal Affairs Committee Chair

Connie Kittleson – WPTA President

## **A Deep Dive into Ethical Considerations in PT/PTA Clinical Education**

**2 – 5 pm**

***Course fulfills 4 hour ethics and jurisprudence requirement for Wisconsin licensure***

**Instructors: Jeanne Duncan, PT, DPT, Jane L Stroede, PTA, CCI, and Susan Wenker, PT, PhD**

**4 Contact Hours** (3 Contact Hours - in person/1 Contact Hour - pre-course readings and quiz)

**Competency Level:** Open to All Levels

### **Course Description:**

This **all new** four-hour blended course will provide an overview of professional documents as well as Wisconsin statutes as they pertain to physical therapy. Participants will complete pre-course readings to address two assigned cases and a pre-quiz (1 hour will be on your own time). Learners will actively engage in the face-to-face session with opportunities to reflect on, share-out, and discuss your own ethical questions surrounding clinical education (3 hours). Topics include FERPA, assessment using the Clinical Performance Instrument, conflicts of interest, and addressing potential signs of abuse. Each participant will receive two cases to read and questions to answer prior to attending the course. **Early registration is encouraged in order to provide time to complete the pre-course work.**

**Instructor Bios:**

Jeanne Duncan, PT, DPT, received her BSPT from the University of Wisconsin-Madison and her transitional DPT from the College of St. Scholastica. Dr. Duncan is the Director of Clinical Education in the UW-Madison DPT program and currently assists in teaching the Cardiopulmonary content in the curriculum. She additionally teaches the Credentialed Clinical Instructor Course through the APTA.

Jane L Stroede, PTA, CCI, graduate of WTC-La Crosse and Certified Clinical Instructor, APTA, for 20+ years. Founder and ACCE/Neurological Rehabilitation Instructor of the Madison College, PTA Program, 2010-2019. Additionally, Jane was an initial PTA member of the Wisconsin Physical Therapy Examining Board 2004-2014, Past WPTEB Chair, Vice Chair and Treasurer, APTA Legacy Member, FSBPT Board contributor and recipient of the WPTA PTA Award of Excellence, 2013.

Susan Wenker, PT, PhD, received her BS at University of Wisconsin-La Crosse and her Masters and PhD degrees at the University of Wisconsin-Madison through the School of Education. She is actively involved in the Academy of Geriatrics with a scholarly focus on aging adults and physical therapy students' knowledge and attitudes about people with dementia and related diseases. Additionally, she teaches the Credentialed Clinical Instructor Course and serves on multiple campus committees for teaching, leadership, and interprofessional programming.

## **Friday, April 26**

### **Applying Clinical Reasoning in the Management of Shoulder Complex Pain**

**8 am – Noon; 2 – 5 pm**

**Instructor: Paul Reuteman PT, DPT, MHS, OCS, ATC**

**7 Contact Hours**

**Competency Level:** Open to All Levels

**Course Description:**

Applying clinical reasoning skills in practice leads to a greater understanding of the patient condition, development of early diagnostic hypothesis and application of appropriate, well-tolerated examination and intervention strategies. Patients with a primary report of shoulder complex pain provide clinicians with several challenges in attempting to identify the nature of the patient's symptoms and determine an appropriate course of treatment. This hands-on course will integrate current evidence in the application of the physical therapy clinical examination and provide a clinical reasoning model that will allow clinicians to make informed decisions on best interventions for the client. Several cases will be presented as examples to represent the different subgroups of shoulder complex pain. These cases are intended to improve the understanding of how a clinical reasoning model may be applied. Laboratory sessions will be included to develop the clinician's skills when performing specific clinical assessments, manual therapy techniques, and prescription of appropriate therapeutic exercise. Also, there will be discussion regarding patient education tools that may be used to facilitate symptom management and enhance treatment outcomes.

**Instructor Bio:**

Paul Reuteman PT, DPT, MHS, ATC is a Clinical Professor in the Program of Physical Therapy at the University of Wisconsin – La Crosse. His primary teaching responsibilities include musculoskeletal

examination and intervention principles, clinical-decision making and clinical radiology. He maintains an active clinical practice at a private practice affiliated with Riverside Corporate Wellness in La Crosse. His credentials include being a board-certified Orthopedic Clinical Specialist from the ABPTS, is credentialed through the McKenzie Institute and is a board-certified Athletic Trainer from the NATA. Dr. Reuteman recently received the College of Health Sciences Professional Achievement Award from Marquette University and was named the Sports Medicine Teacher of the Year by the Gundersen Medical Foundation. Dr. Reuteman is the co-founder of Specialized Physical Therapy Education and is the Program Director and Instructor of their Orthopedic Residency Program. He also serves as faculty of Gundersen Healthcare Sports Physical Therapy Residency Program in Onalaska, WI.

## **Running Injury Mechanics: What Really Matters**

**8 am – Noon; 2 – 5 pm**

**Instructor: Bryan Heiderscheit, PT, PhD**

**7 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Successful treatment of running injuries has remained somewhat elusive to orthopedic and sports medicine clinicians. Through a greater understanding of the associated mechanics, advances in prevention and rehabilitation strategies can be made that will reduce the incidence rate of these common injuries. This advanced 1-day course will provide a thorough review of the most recent scientific findings related to the analysis and treatment of running injuries. Discussion will focus on the current literature pertaining to running mechanics and injury, and the clinical decision making needed to achieve superior outcomes. The use of video analysis as part of the running gait examination will be emphasized, and novel strategies to modify running mechanics will be presented as part of a comprehensive approach to treatment. Multiple case studies will be integrated to illustrate concepts and promote idea application. The overall objective is to provide each participant with an understanding of the current knowledge pertaining to the management of running-related injuries, with techniques that can be immediately applied in clinical practice.

### **Instructor Bio:**

Bryan Heiderscheit, PT, PhD, is a Professor in the Departments of Orthopedics & Rehabilitation, Biomedical Engineering and Doctor of Physical Therapy program at the University of Wisconsin-Madison. He is the Director of the Runners' Clinic through the UW Sports Medicine Center; Director of Research for Badger Athletic Performance with UW Athletics; and Co-director of the UW Neuromuscular Biomechanics Laboratory. Dr. Heiderscheit's research is aimed at understanding and enhancing the clinical management of orthopedic conditions, with particular focus on running-related injuries. He is Editor for the Journal of Orthopaedic and Sports Physical Therapy and serves on the Executive Committee of the American Academy of Sports Physical Therapy.

## **Power Play: Eliminating the Confusion Between Owner and Employee**

**8 am – Noon; 2 – 5 pm**

***Course sponsored by WPTA's Private Practice Special Interest Group***

**Instructor: Jamey Schrier, PT, DPT**

**7 Contact Hours**

**Competency Level:** Open to All Levels, Open to non-PT staff of PT clinics

**Course Description:**

In many PT practices there is an "us-versus-them" relationship between the owner and the rest of the staff. This divide makes it nearly impossible to create a positive culture and over time kills growth. Our program helps align the vision and values of the owner with that of the employee. We provide training on effective communication, time management, and organization. This leads to a better connection between owner and employee, reducing confusion and allowing people to work together to achieve better results.

**Instructor Bio:**

Jamey Schrier, PT, DPT, has been a physical therapist for 23 years and a private practice owner for 17 of them. He is the founder of Practice Freedom U, business training for physical therapists, and is the author of The Practice Freedom Method. After growing and then selling his multi-location PT business for a price often reserved for businesses quadruple his size, he began coaching other PT's on his practice building methodology and has helped them successfully grow and scale their practices. Jamey believes in order to be happy and successful; you need to have aligned your thoughts, actions and your passion.

**Clinical Application of Personalized Blood Flow Restriction Rehabilitation**

**8 am - Noon**

**Instructor: Kyle Kimbrell, PT, MPT**

**4 Contact Hours**

**Competency Level:** Open to All Levels

**Course Description:**

ACSM guidelines require moderate to heavy loads to create adaptive strength and hypertrophy changes, unfortunately pain or post-operative restrictions limit the ability to apply these loads. This leads to rapid muscle and strength loss that require prolonged rehabilitation to restore function. With ever shrinking patient visits and reimbursements in the current medical model, novel techniques are being investigated for clinicians to intervene in the acute and sub-acute stages of rehabilitation beyond pain management and restoration of ROM. This session will cover current best evidence in the application of blood flow restriction exercise in a clinical setting. Topically a literature foundation will be laid to introduce the technique and discuss mechanisms of action, safe application, appropriate use of the technique in a variety of patient populations, current status of the literature and future directions.

**Instructor Bio:**

Kyle Kimbrell, PT, MPT, is a graduate of the physical therapy program at Hardin-Simmons University. He's been in his current position at George Erb Physical Therapy in Camarillo, CA, an outpatient / private practice clinic for 15 years. In addition to his clinic duties, Kyle manages a "Recruit Injury Management and Prevention Program" for the Ventura County Sheriff's Department. This program is credited with saving the department hundreds of thousands of dollars since its inception. For four years he's been utilizing BFR in a clinical setting, and for the last 3 years has been teaching the certification course for Owens Recovery Science.

# **Facing Health: The Role of PT in Prevention, Health Promotion and Population Health**

**2 – 5 pm**

**Instructor: Mike Eisenhart, PT**

**3 Contact Hours**

**Competency Level:** Open to All Levels

## **Course Description:**

Healthcare is failing the American public. We pay more, get less and continue to watch diseases, disparities and despair engulf our families, cripple our communities, bankrupt our friends and crush our spirit. Whether you measure it in disability adjusted life years, life expectancy from birth or the subjective well-being of patients, providers or the public at large, there is reason to be unsatisfied. By default, we, as physical therapists, assistants and students are part of the current problem; but it doesn't have to be this way. We can do better. We must. Join consulting physical therapist, APTA leader and self-proclaimed mad-scientist Mike Eisenhart as he describes a 20 year journey in the trenches of Prevention, Health Promotion and Population Health and stories of lives-changed along the way. We can choose to keep doing what we've always done or we can step up to the challenge of thinking bigger, going further and doing more....and becoming part of the solution.

## **Instructor Bio:**

Mike Eisenhart, PT, is the senior partner of Pro-Activity Associates, a health-facing practice based in NJ with partners and affiliates in several states. Mike has spent most of his career working directly with employers to implement prevention systems that lower the impact of injury, illness and disease. He has been recognized by the APTA as one of the top innovators in his field and 2018 was awarded the Societal Impact Award for his efforts and work. Mike is the former chapter president of NJ, and a current member of the APTA Nominating Committee but he is perhaps most well known as a passionate speaker and subject matter expert in the areas of prevention, well being and performance.