

# Orthopedic Manual Physical Therapy Professional Development Program

## Cohort Six Now Open for Registration! 6 Weekend Course • Approximately 90 CEUs

Over an 18 month time frame

First Course to be held September 14-15, 2019 in Mequon, WI

Instructors: **Phil Schaible**, PT, DPT, **Joe Kucksdorf**, PT, DPT, and **Bob Brady**, PT, MPT

The Northeast District of the WPTA is pleased to present the sixth cohort Orthopedic Manual Physical Therapy Professional Development Program. The program is sponsored by the WPTA Northeast District. The program goal is to provide a quality and affordable continuing education program where content builds from one course to the next implementing complementary educational principles. It is designed to advance the skill set of physical therapists working in the outpatient orthopedic setting at a discount to those who are active WPTA members. The total cost of the course is \$1,200, with \$600 due prior to the start of the 1<sup>st</sup> and 4<sup>th</sup> courses. Course dates will be determined four to six months in advance. Participants who miss one course are able to attend future courses at no additional cost.

### Registration is limited to 30 participants so register now!

*This program is open to all current WPTA member Physical Therapists. The program is designed for those who with five years or less of clinical experience or those who are new to or wanting to improve their competency in treating the outpatient orthopedic population. However, multiple physical therapists with more than five years experience in outpatient orthopedics, have participated in the program and found it to be of great value. Those interested who have more experience are encouraged to contact the program coordinator before registering to ensure the program meets the needs of all participants.*

## REGISTRATION FORM - Cohort Five (September 14-15, 2019)

Fax completed form to 608/221-9697 or Mail to WPTA, 3510 E. Washington Ave. Madison, WI 53704

WPTA Member \$1200 (**\$600 due with registration**)    Non-member \$2400 (**\$600 due with registration**)

Name/Credentials: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ APTA #: \_\_\_\_\_

Email: \_\_\_\_\_

*Once the WPTA receives and processes your payment an email receipt and confirmation email will be sent.*

### -PAYMENT METHOD-

Check (payable to WPTA District Acct - NED)     VISA     MasterCard     Discover

Cardholder's Name (print) \_\_\_\_\_

Card Number: \_\_\_\_\_ 3-Digit Code: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Billing Zip Code: \_\_\_\_\_ Amount to be charged \$ \_\_\_\_\_

Signature: \_\_\_\_\_

## Questions?

Contact program coordinator **Joe Kucksdorf**

[Joseph.kuck@yahoo.com](mailto:Joseph.kuck@yahoo.com) | 920/207-0824

# PROGRAM SUMMARY

In today's modern healthcare world physical therapists continue to see pressures where limited reimbursement and cost containment is the norm. Those realities require physical therapists to be as skilled as possible; effective and efficient in managing the care of their patients. Further, those same pressures often limit professional development opportunities for many. Rapidly developing and improving a clinician's skill set has never been more important. This program is designed to assure quality professional development is available.

This program is intended for the outpatient orthopedic physical therapist. The focus is on learning and becoming proficient with evidence based examination and treatment techniques to effectively manage a variety of neuro-musculoskeletal conditions. Core principles of the program include clinical reasoning, mastery of psychomotor manual therapy hand skills (both thrust and non-thrust), integration of complementary exercise, incorporation of physiologically informed practice and therapeutic neuroscience education principles as part of a well-rounded bio-psychosocial model of practice. This is done via providing selected evidence-based readings, hands-on lab, live lectures, case studies, discussion as well as providing mentoring opportunities. Further, the program teaches and promotes principles of professionalism, life long learning and the value of professional association membership and engagement. The program is led by skilled and experienced clinicians currently practicing in the orthopedic manual physical therapy setting.

## GOAL

The program goal is to provide a quality and affordable continuing education program where content builds from one course to the next implementing complementary educational principles. It is designed to advance the skill set of physical therapists working in the outpatient orthopedic setting at a discount to those who are active WPTA members.

## VISION

Provide increased value to WPTA membership by offering a comprehensive, evidence based continuing education program at an affordable cost well below comparative programs. This program will develop clinical reasoning and evidence-based examination and treatment skill set which will directly translate into improved patient care and outcomes. Further, the program will increase active involvement within the WPTA and establish a community of mentors to help support and foster the development of all involved.

The program consists of three components. A review of current best evidence as it relates to management of orthopedic conditions. Six weekend courses over a two-year time frame including lecture and extensive lab to learn and refine an advanced manual therapy skill set. Finally, each participant will have the opportunity to be partnered with experienced WPTA members practicing Orthopedic Manual Physical Therapy.

## WHO SHOULD APPLY?

This program is open to all current WPTA member physical therapists. The program is designed for those who with five years or less of clinical experience or those who are new to or wanting to improve their competency in treating the outpatient orthopedic population. However, multiple physical therapists with more than five years experience in outpatient orthopedics, have participated in the program and found it to be of great value. Those interested who have more experience are encouraged to contact the program coordinator to ensure the program meets the needs of all participants.

# COURSEWORK

## **Introduction Course: Clinical Assessment and Reasoning; Manual Therapy Concepts; Developing a Personal Mission Statement**

This course will include a review of evidence based practice including overview of its three primary components. This will include effective and efficient search strategies, review and integration into practice. It will also include a clinical reasoning component; focused on the development and implementation of advanced clinical reasoning in the patient-response model. The course will also begin to introduce principles of psychologically informed practice. It will complete an overview of the components of an effective examination starting with the importance of health history and differential diagnosis, components of a valuable subjective, specific objective, assessment and creation of a practical plan of care. Establishing an effective professional development plan will be emphasized and each participant will be supported in creating a professional mission statement with specific supporting goals and action plans established.

## **Lumbar and Pelvic Course, Cervical and Thoracic Course Upper Extremity Course, Lower Extremity Course**

These four courses will include selected readings of current best evidence as it relates to the treatment and management of neuro-musculoskeletal disorders prior to the weekend course. The weekend course will include presentations on assessment and treatment of neuro-musculoskeletal disorders in the respective region of the body with a focus on effective thrust and non-thrust manual therapy and exercise techniques. Extensive lab time will be incorporated to review and practice manual therapy techniques with feedback from course instructors. Review of clinical reasoning principles will occur including sharing of case studies. Finally, psychologically informed practice and cognitive behavioral therapy practice principles will be expanded upon and clinical pearls provided to assist in the overall management of patient's.

## **Final Course**

This course will include selected readings of current best evidence as it relates to the treatment and management of orthopedic disorders. The course will include presentations, discussion and lab, following a similar format of previous courses. The course will focus on review and refinement of previous course's manual therapy techniques as well as the addition of new techniques for the entire body. Expanded material related to clinical reasoning and managing more difficult patient presentations including chronic musculo-skeletal pain will be a focus. It will include further expansion of psychologically informed practice and cognitive behavioral therapy with principles in pain neuroscience education.

# FACULTY

**Phil Schaible, PT, DPT, OCS, FAAOMPT**, graduated from the University of Osteopathic Medicine with his MPT in 1995, and completed his DPT from Regis University in 2006. He completed his Fellowship in Orthopedic Manual Physical Therapy from Regis University in 2007 through the American Academy of Orthopedic Manual Physical Therapy. His teaching experience includes three years as adjunct faculty at Concordia University of Wisconsin teaching an evidenced-based orthopedic manual therapy course to third year students. Currently he serves as adjunct faculty for Evidence in Motion, teaching manual therapy skills within evidence based framework and clinically mentors Fellows in training for Evidence in Motion and supervises the Residency and Fellowship Program in partnership with Evidence in Motion at Bellin Health Sports Medicine. He has worked as Team Leader for Bellin Health Sports Medicine in Green Bay for over 14 years and specializes in acute and chronic spinal care. He is a member of the APTA, WPTA and is a Fellow of the American Academy of Orthopedic Manual Physical Therapists.

**Bob Brady, MPT, OCS, FAAOMPT**, obtained his MS degree in Physical Therapy from Mayo School of Health Related Sciences in 1995. He obtained his Orthopedic Specialist Certification through the APTA in 1999. He completed the Orthopedic Manual Therapy Fellowship Program through Evidence in Motion in 2013. Bob has been an instructor for both online and weekend continuing education spine and extremity coursework through Evidence in Motion at the Fellowship level. He currently works in Green Bay private practice and specializes in the integration of evidence-based care for orthopedic conditions. He is a member of the APTA, WPTA, and Fellow of the American Academy of Orthopedic Manual Physical Therapists.

**Joe Kucksdorf, DPT, OCS, FAAOMPT**, graduated from UW-Green Bay in 2007 with a BS in Human Biology and completed his DPT in 2010 at Concordia University Wisconsin. He completed a year long Orthopedic Manual Physical Therapy Internship at Bellin Health in Green Bay. He continues to work for Bellin as an PT and Team Facilitator in the outpatient setting treating a wide variety of orthopedic conditions including working as a spine specialist. Joe completed Evidence in Motion's Orthopedic Manual Therapy Fellowship Program in July of 2016 and is a Fellow of the American Academy of Orthopedic Manual Physical Therapists. He has served on the WPTA North East District board for the last five years and is the current Chair of the District.

## TESTIMONIALS

*"I loved the energy, passion and humor displayed throughout the course. Not only did it allow my attention span to exceed an hour, but also made it worth my time and memorable. The highly skilled and knowledgeable instructors touched on a plethora of important concepts that are applicable to my practice. The challenge for me will be to routinely integrate them into my practice while improving my systematic examination/evaluation. This course provided me with the fundamental tools to do so! Thank you all for your time and dedication to this course and the growth of our profession!"*

*"This course has really improved my skills as a therapist, and I have become a resource for others in my clinic; which is a pretty great thing after only two years of clinical experience."*

*"Overall this course series continues to far exceed my expectations. I have so much respect and gratitude for the knowledge and skills of the instructors, combined with their humility in taking the time to teach us! Thank you!"*

### **Cancellation Policy:**

Program participants may cancel participation at any time. A \$400 fee is refundable if participant cancels prior to August 1, 2019. If participant cancels following the first course, they will forfeit their initial \$600 payment, but will not be required to pay the second \$600 payment. If participant cancels after fourth, they will forfeit their total \$1200 payment. If a participant is not able to attend one of the weekend seminars, no refund will be given. The participant will be allowed and encouraged to attend a future offering of the same course, at no additional charge. If severe weather necessitates a course cancellation, the course will be rescheduled at a time convenient to the majority of participants. The Wisconsin Physical Therapy Association will not reimburse for any travel expenses incurred.