The Triangle of Treatment: Integrating Movement System Impairments, Manual Therapy and the Biopsychosocial Approach in the Treatment of the Upper Quarter

"Dedicated to Advanced Orthopaedic Practice for Physical Therapists"

St. Louis, Missouri

Hyatt Regency St. Louis at the Arch

May 15–17, 2014
Program Information—Continued

large scale. I will also discuss contemporary measurement methods such as IRT/CAT and explain how they can help the profession incorporate measurement into clinical practice to identify and solve system issues.

Friday, May 16, 2014
Daily Schedule: 8:00 AM – 5:00 PM

General Session:
8:00 AM – 10:00 AM
The Movement System Impairment, Manual Therapy and Biopsychosocial Approach to Neck Pain: Are Similarities and Differences Complementary or Competitive?
Speakers: James Elliott, PT, PhD; Shirley Sahrmann, PT, PhD, FAPTA; Patricia M. Zorn, PT, MAppSci (MT), FAAOMPT; and (pre-recorded presentation) Gwendolen Jull, Dip Phy, Grad Dip Manip Ther, M Phy, PhD, FACP
Description: This session will describe the concepts of each system, the similarities, differences and how the approaches can be integrated. The session will specifically address the variations in examination, diagnosis, and treatment. The issue of terminology that contributes to perceptions of differences will also be discussed. There will be a panel discussion for participants to ask questions of the speakers. In a pre-recorded interview, Dr. Jull will describe the basic concepts and contributions of manual therapy to the development of physical therapy practice. She will also describe the inclusion of neuromuscular control particularly in the patient with cervicogenic headache and neck pain in her research. The importance of a multimodal approach to treatment will also be discussed.

Concurrent Breakout Sessions:
** On Friday, four concurrent breakout sessions will be offered. Each breakout session will contain both a hands-on lab component and lecture. The registrant will attend three out of four breakout sessions following the morning general session, based on order of preference indicated on the registration form. Note: space is limited, and therefore the attendee’s breakout session assignments will be given on a first-come, first-serve basis.

Session 1: Towards a Neuro-eye-ological Understanding of Traumatic Neck Disorders
Speakers: Patients with chronic traumatic head/neck injury frequently present with a myriad of physical and psychological complaints that some would believe is primarily due to psychosomatic pathology. Despite such an opinion, our work, and that of others, is helping to contextualize the condition into distinct biological and psychosocial factors. The literature suggests these symptoms are associated with a number of measurable impairments in cervical sensorimotor, vestibular, and oculomotor functioning. Furthermore, emerging evidence suggests that traumatic onset neck pain poses different challenges from non-traumatic neck pain. Finally, exploring and developing interdisciplinary collaborations provides opportunities to set a new standard for delivery of care. The instructors will present key subjective and objective examination indicators leading to an understanding of key impairments in the sensorimotor and oculomotor systems. In lab, participants will practice performance of oculomotor examination and position and test and formulate differential diagnoses based on case histories and digital oculography recordings. The participants will engage in an interactive wrap-up session to allow for discussion, questions, and answers.

Session 2: Neck Pain: The Examination and Treatment of Neck Pain using an Integration of the Movement System Impairment Approach and Manual Therapy

Session 3: Mind Matters: Integrating Neural Mechanisms into Pain Management
Speaker: Kathleen Sluka, PT, PhD, FAPTA
Description: This breakout session will describe the current science underlying pain transmission as it relates to musculoskeletal pain conditions, and physical therapy management of these conditions. This will include current concepts in 1) peripheral and central sensitization; 2) pathways, neurotransmitters, and receptors in pain transmission; and 3) mechanisms of activity-induced pain and analgesia. We will also discuss risk factors for the transition from acute to chronic pain, and risk factors for poor prognosis in chronic pain management emphasizing the literature related to neck pain. Based on the understanding of mechanisms and risk factors, we will discuss and perform assessment techniques that will allow the therapist to utilize the science of pain to follow a mechanism-based approach to pain management.

Session 4: Integrating Movement System Impairments and Manual Therapy in Assessment and Treatment of the Cervical Spine
Speakers: Kenneth A. Olson, PT, DHSc, OCS, FAAOMPT; Michael Wong, PT, DPT, OCS, FAAPMO
Description: This breakout session will provide a clinical decision-making framework to classify patients with neck pain into subgroups to manage common cervical spine conditions using an impairment-based approach. Heavy emphasis on the combination of the movement system impairments and manual therapy approach as an optimal treatment option for common cervical spine disorders will be discussed. Evidence for the integration of movement and postural optimization with manual therapy will be presented in the context of the International Classification of Functioning and Health (ICF) as described in the Orthopaedic Section Neck Pain Guidelines. The rationale and implementation of a mixed movement and manual approach will be provided with a hands-on lab session.

Saturday, May 17, 2014
Daily Schedule: 8:00 AM – 5:00 PM

General Session:
8:00 AM – 10:00 AM
Using Movement System Diagnoses Versus Pathoanatomic Diagnoses in Everyday Clinical Decision Making
Speakers: Marshall LeMoine, PT, DPT, OCS; Paula Ludewig, PT, PhD
Description: Diagnostic labels are intended to direct treatment and guide best practice, inform prognosis, and provide homogenous patient groups with which to test effectiveness and efficacy of interventions. Diagnostic labels also facilitate communication between practitioners and influence reimbursement. This talk will explore advantages and limitations of traditional pathoanatomic labels as compared to movement system diagnostic labels based on a pathokinesiologic model, with a focus on the shoulder. Clinical pattern recognition of movement analysis and faults, as well as coordination and mobility deficits will be discussed in the broader context of screening for referral, diagnostic labeling, and clinical decision making.
Concurrent Breakout Sessions:

** On Saturday, four concurrent breakout sessions will be offered. Each breakout session will contain both a hands-on lab component and lecture. The registrant will attend three out of four breakout sessions following the morning general session, based on order of preference indicated on the registration form. Note: space is limited, and therefore the attendee’s breakout session assignments will be given on a first-come, first-serve basis.

**Session 5: Triangles of Treatment for Masticatory Muscle Pain**
Speaker: Steve Kraus, PT, OCS, MTC, CTT
Description: The masticatory system is important to an individual’s general health and quality of life. Impairment of the masticatory system may result from masticatory muscle pain. What will be covered is the evaluation of the muscles of mastication contributing to pain and limited mandible movement, an overview of treatment for masticatory muscle pain to include intraoral massage, and the impact of biopsychosocial variables on treatment outcome.

**Session 6: Examination and Treatment of Movement System Impairments of Selected Conditions of the Hand and Elbow**
Speaker: Cheryl Caldwell, PT, DPT, CHT
Description: This course will present key concepts and principles of examining movement as they relate to selected pain syndromes of the hand and elbow such as tennis elbow and osteoarthritis of the thumb. The presentation will incorporate concepts and case examples related to the movement system impairment theory, manual therapy, and the biopsychosocial approach. The course is intended to challenge the clinician to think in a new way about routine tests used in the examination of movement of the elbow and hand. Lecture and lab practice will focus on 1) practicing selected examination items, 2) identifying a movement system diagnosis and the contributing factors (alignment, muscle length, stiffness, and strength), 3) developing a precise and individualized therapeutic exercise program that include correction of alignment and movement patterns associated with functional and fitness activities.

**Session 7: Integration of Biomechanics and Movement Classifications in Shoulder Rehabilitation**
Speakers: Paula Ludewig, PT, PhD; Shirley Sahrman, PT, PhD, FAPTA
Description: Recent advances in 3-dimensional motion analysis and biomechanical modeling have provided greater insights into normal shoulder function, and how movement alterations may contribute to development of shoulder pain and pathology. This session will address how biomechanical knowledge can be integrated into movement impairment assessment for the shoulder, including subgrouping of patients who would traditionally be treated based on the broad diagnostic classification of shoulder impingement or rotator cuff disease. The breakout session will include both presentation and lab practice.

**Session 8: Integrating Movement System Impairments and Manual Therapy in Assessment and Treatment of Shoulder Dysfunction**
Speakers: Marshall LeMoine, PT, DPT, OCS; Michael Wong, PT, DPT, OCS, FAAPOMPT
Description: This breakout session will provide a clinical decision-making framework to classify patients with shoulder pain into subgroups to manage common shoulder conditions using an impairment-based approach. High emphasis on the combination of the movement system impairments and manual therapy approach as an optimal treatment option for common shoulder disorders will be discussed. Evidence for the integration of movement and postural optimization with manual therapy will be presented in the context of the International Classification of Functioning and Health (ICF) as described in the Orthopaedic Section Shoulder Pain Guidelines. The rationale and implementation of a mixed movement and manual approach will be provided with a hands-on lab session.

Registration Form:

Contact/Payment Information:
Name: ____________________________
Credentials: ________________________
Mailing Address: _____________________

City: __________________ State: ______ Zip: ______
Billing Address for Credit Card (if applicable): __________________________

Daytime Phone: _____________________
APTA #: __________________________
E-mail: ____________________________

Amount Paid: ________________________

Please check: □ Orthopaedic Section Member
□ APTA Member
□ Non-APTA Member
□ I wish to join the Orthopaedic Section and take advantage of the membership rate ($50.00)

Expiry Date: ____________
Print name of cardholder: __________________________
Signature of cardholder: __________________________

Mail or Fax Registration and Billing Information to:
2920 East Ave South, #200, La Crosse WI 54601  •  608-788-3965
Or, Register Online at:
https://www.orthopt.org/content/c/orthopaedic_section_2014_annual_meeting

Breakout Session Preference:
Rank on a scale your preference of daily breakout sessions (1 being first choice; 4 being last choice). Attendees will attend 3 out of 4 breakout sessions each day.

Thursday, May 15, 2014
Please register me for the complimentary session, Lacking Resources to Implement the Didactic Portion of an Orthopaedic Residency Program? The Section’s “Curriculum in a Can” Can Be the Answer You Are Looking For?
**This session will be offered to the first 50 attendees who would like to attend.

Friday, May 16, 2014
- Session 1 - Towards a Neuro-epidemiological Understanding of Traumatic Neck Disorders
- Session 2 - Neck Pain: The Examination and Treatment of Neck Pain using an Integration of the Movement System Impairment Approaches and Manual Therapy
- Session 3 - Mind Matters: Integrating Neural Mechanisms into Pain Management
- Session 4 - Integrating Movement System Impairments and Manual Therapy in Assessment and Treatment of the Cervical Spine

Saturday, May 17, 2014 (1 being first choice; 4 being last choice)
- Session 5 - Triangles of Treatment for Masticatory Muscle Pain
- Session 6 - Examination and Treatment of Movement System Impairments of Selected Conditions of the Hand and Elbow
- Session 7 - Integration of Biomechanics and Movement Classifications in Shoulder Rehabilitation
- Session 8 - Integrating Movement System Impairments and Manual Therapy in Assessment and Treatment of Shoulder Dysfunction
The Triangle of Treatment: Integrating Movement System Impairments, Manual Therapy and the Biopsychosocial Approach in the Treatment of the Upper Quarter

The first Annual Orthopaedic Section Meeting in Orlando was a resounding success and we are excited to present our second Annual Orthopaedic Section Meeting in St. Louis. This is a unique 2-day meeting focusing on the latest clinical strategies in the clinical management of the upper quarter. The format will include lecture and laboratory experiences with outstanding speakers who are experts in their fields and leaders in clinical research. The breakout lab sessions are small in size to allow for hands-on instruction and feedback from the presenters and lab assistants. The general sessions will consist of a panel of speakers who will discuss how to integrate physical therapy treatments to achieve the best outcomes for patients with Upper Quarter dysfunctions. Attendees will have the ability to choose among multiple breakout sessions during both days of the conference. We hope to see you at the Arch!

Program Objectives
1. Meet, discuss and learn how to integrate the approaches of the Movement System Impairment, Manual Therapy and Biopsychosocial variables for the treatment of the Upper Quarter.
2. Experience advanced, hands-on clinical skill acquisition in small breakout sessions.

At the conclusion, attendees will be able to:
1. Understand and recognize the similarities and differences between the three treatment approaches and begin to implement the integration of the three approaches in the treatment of neck pain.
2. Understand the importance of the multimodal approach to treatment and the recognition of diagnostic labels and perceived differences in terminology between the approaches.
3. Contextualize traumatic neck disorders into distinct biological and psychosocial factors to explore and develop interdisciplinary collaboration for the delivery of care.
4. Understand and implement key examination indicators in both the movement system and the manual therapy approach for the treatment of neck pain. Recognize and assess the influence of the shoulder on cervical spine motion.
5. Describe the current science underlying the pain transmission as it relates to musculoskeletal pain conditions and assess risk factors associated with the transition from acute to chronic pain.
6. Provide a clinical decision-making framework to classify patients with neck pain and shoulder pain into subgroups and perform varied treatment techniques using an impairment-based approach.
7. Identify, understand and perform examination and treatment techniques for myofascial muscle pain and recognize the impact of biopsychosocial variables on treatment outcome.
8. Present key concepts and principles on examining movement of selected hand and elbow pain syndromes and challenge the clinician’s thought process during routine clinical special tests.
9. Advance our clinical skills, treatment and understanding of the influence of movement alterations in the development of shoulder pain and pathology.

Educational Credit:
The Orthopaedic Section is applying for approval of this course for 13 continuing education hours with State Licensure Boards.

Registration Fees:

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<th>Early-bird (prior to 3/14/14)</th>
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Hotel Information
The Orthopaedic Section Annual Meeting will be held at the beautiful Hyatt Regency St. Louis at the Arch in St. Louis, Missouri. We are pleased to have secured a guestroom rate of $119.00 single/double. Be sure to book your guestroom NOW! Reservations can be made via our direct housing link: https://resweb.passkey.com/go/OrthopaedicSection2014 or by calling: Reservations Toll Free: 1-888-421-1442

Additional questions?
Call toll-free: 800-444-3982 x2030 or visit our web site: www.orthopt.org

Annual Meeting Faculty
Cheryl Caldwell, PT, DPT, CHT; Joseph Donnelly, PT, DHS, OCS; James Elliott, PT, PhD; Janet Helminski, PT, PhD; Alan Jette, PT, PhD, FAPTA; Gwendolen Jull, Dip Phy, Grad Dip Manip Ther, M Phyx, PhD, FACCP; Aimee Klein, PT, DPT, DSc, OCS; Steve Kraus, PT, OCS, MTC, CCTT; Marshall LeMoine, PT, DPT, OCS; Paula Ludewig, PT, PhD; Kenneth A. Olson, PT, DHCSc, OCS, FAAOMPT; Shirley Sahrmann, PT, PhD, FAPTA; Kathleen Sluka, PT, PhD, FAPTA; Michael Wong, PT, DPT, OCS, FAAOMPT; Patricia M. Zorn, PT, MAppSci (MT), FAAOMPT

Program Information

Thursday, May 15, 2014

*BONUS SESSION
Lacking Resources to Implement the Didactic Portion of an Orthopaedic Residency Program? The Section’s “Curriculum in a Can” Can Be the Answer You are Looking For!

Speakers: Joseph M Donnelly, PT, DHS, OCS; Aimee Klein, PT, DPT, DSc, OCS

Description: In this interactive workshop, the speakers will present the Residency in Orthopaedic Physical Therapy curriculum designed by the Orthopaedic Section, APTA. The focus of this workshop will be on developing and/or enhancing your residency curriculum based on the evaluative criteria set by the ABPRTFE and the Description of Specialty Practice by the ABPTS. These independent study courses and their corresponding supplements will be discussed with examples of how to implement this curricular material into the didactic portion of your residency program. **This session will be offered to the first 50 attendees who would like to attend.

Keynote Presentation & Opening Reception
6:00 PM – 9:00 PM
‘System Skills’ to Succeed in a Changing Health Care Environment
Speaker: Alan Jette, PT, PhD, FAPTA

Description: In my lecture I will introduce the concept of system skills and explain why I believe these skill sets are critical to the PT professions’ ability to thrive in our changing healthcare environment. Drawing upon the writings of Atul Gawande, I will describe the importance of becoming intrinsically interested in data, using data to devise solutions to identified system problems, and developing strategies to implement solutions on a