

We are excited to present our first annual meeting for the master clinician! Plan to attend this hands-on advanced continuing education event and be a part of an exceptional meeting, as well as have opportunities to socialize and network with your colleagues. This 2-day meeting will provide the physical therapist attendee an opportunity to attend general session lectures and hands-on breakout sessions related to physical therapist examination and treatment of the lumbosacral spine and lower extremity. Attendees will have the ability to choose between multiple small-group breakout sessions during both days of this conference.

### Program Objectives

1. Meet, discuss, and learn with the experts in lumbosacral and lower quarter musculoskeletal function and rehabilitation.
2. Experience advanced hands-on clinical skill acquisition in small learning lab groups.

### At the conclusion of this conference, attendees will be able to:

1. recognize and implement strategies and interventions for effective, standardized evidence-based treatment of the lumbar spine and lower extremity conditions using the treatment based classification system and the ICF model;
2. understand, recognize and implement a more standardized, quality-improvement based approach for the treatment of low back pain;
3. incorporate interviewing, counseling and patient education strategies to address the cognitive behavioral disorders commonly seen with LBP;
4. identify and incorporate appropriate thrust manipulation techniques and use of motor control training exercises for patients with LBP;
5. understand and perform treatment for the lumbar spine using the movement systems impairment approach;
6. recognize, assess and understand the psychosocial factors, compensation strategies and published guidelines that can influence rehab outcomes in LE conditions;
7. perform and interpret special tests, exam findings and guidelines for the hip and OA of the LE in order to implement an optimal treatment plan to include manual therapy and motor performance; and
8. clinically differentiate plantar and posterior heel pain and perform evidence-based interventions.

### Educational Credit:

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

### Registration Fees:

	Early-bird (prior to 3/8/13)	Advance (prior to 4/1/13)	On-site (begins 4/2/13)
PT Orthopaedic Section Member:	\$495	\$545	\$665
PT APTA Member:	\$545	\$595	\$700
PT Non-APTA Member:	\$745	\$795	\$900

### Hotel/Housing Information

The Orthopaedic Section Annual Meeting will be held at the beautiful Marriott Orlando World Center in Orlando, Florida. The Orlando World Center Marriott towers above more than 200 prime Central Florida acres - lush, green and beautifully landscaped, with devotion to native tropical plant life. In this magnificent location, close to all of the area's major attractions, is an Orlando, Florida resort that offers everything guests could possibly want.

We are pleased to have secured a guestroom rate of \$129.00 single/double. Be sure to book your guestroom NOW! Reservations can be made via our direct housing link:  
<https://resweb.passkey.com/go/ORS2013>, or by calling:  
 Reservations Toll Free: 1-888-789-3090  
 Reservations Local Phone: 1-506-474-2009

### Annual Meeting Faculty:

**Terese L. Chmielewski, PT, PhD, SCS**  
 Associate Professor  
 Department of Physical Therapy  
 Gainesville, FL

**Anthony Delitto, PT, PhD, FAPTA**  
 Professor and Chair  
 Department of Physical Therapy  
 Associate Dean for Research  
 School of Health and Rehabilitation Sciences  
 Pittsburgh, PA

### Keelan R. Enseki, MS, PT, OCS, SCS, ATC, CSCS

Physical Therapy Orthopaedic Residency Program Director, Centers for Rehab Services/UPMC Center for Sports Medicine  
 Adjunct Instructor - University of Pittsburgh School of Health and Rehabilitation Sciences Department of Physical Therapy Department of Sports Medicine and Nutrition  
 Pittsburgh, PA

### G. Kelley Fitzgerald, PT, PhD, FAPTA

Professor, Department of Physical Therapy, University of Pittsburgh  
 Director, Physical Therapy Clinical and Translational Research Center, University of Pittsburgh  
 Pittsburgh, PA

### Julie Fritz, PT, PhD, ATC

Professor, Department of Physical Therapy, University of Utah  
 Clinical Outcomes Research Scientist, Intermountain Healthcare  
 Salt Lake City, UT

### Joe Godges, DPT, MA, OCS

Associate Professor  
 University of Southern California  
 Los Angeles, CA

### Marcie Harris-Hayes, PT, DPT, MSCI, OCS

Assistant Professor, Physical Therapy and Orthopedic Surgery  
 Washington University School of Medicine  
 St. Louis, MO

### Bryan Heiderscheit, PT, PhD

Associate Professor  
 Director, UW Runners Clinic  
 Director, Sports Performance Research, UW Athletics  
 University of Wisconsin  
 Madison, WI

### James J. Irrgang, PT, PhD, ATC, FAPTA

Associate Professor and Director of Clinical Research  
 Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine  
 Physical Therapist  
 UPMC Center for Sports Medicine, Centers for Rehab Services  
 Pittsburgh, PA

### Justin Moore, PT, DPT

Vice President, APTA Public Policy, Practice, and Professional Affairs  
 Alexandria, VA

### Deborah A. Nawoczenski, PT, PhD

Professor, Department of Physical Therapy and Center for Foot and Ankle Research, Ithaca College - Rochester Center  
 Adjunct Professor, Department of Orthopaedics at the University of Rochester Medical Center  
 Rochester, NY

### William H. O'Grady, PT, DPT, MTC, COMT, OCS, FAAOMPT, DAAPM

Adjunct Assistant Professor UNLV, School of Physical Therapy  
 Clinical Fellowship Faculty, Examiner, and Advisory Faculty NAIOMT, Guest Instructor ISPI  
 Las Vegas, NV

### Lynn Snyder-Mackler, PT, ScD, ATC, SCS, FAPTA

Alumni Distinguished Professor  
 Department of Physical Therapy  
 Faculty Athletics Representative  
 University of Delaware  
 Newark, DE

### Deydre S Teyhen, PT, PhD, OCS

Frederick, MD

### Linda van Dillen, PT, PhD

Associate Professor, Program in Physical Therapy and Department of Orthopaedic Surgery  
 Associate Director of Musculoskeletal Research, Program in Physical Therapy  
 Washington University School of Medicine  
 St. Louis, MO

### Organizing Committee

#### Nancy J Bloom, PT, DPT, MSOT

Assistant Professor of Physical Therapy  
 Assistant Professor of Orthopaedic Surgery  
 Washington University School of Medicine  
 Saint Louis, MO

#### Gerard P. Brennan, PT, PhD

Director of Clinical Quality and Outcomes Research  
 Intermountain Healthcare  
 Salt Lake City, UT

#### James J. Irrgang, PT, PhD, ATC, FAPTA

Associate Professor and Director of Clinical Research  
 Department of Orthopaedic Surgery, University of Pittsburgh School of Medicine  
 Physical Therapist  
 UPMC Center for Sports Medicine, Centers for Rehab Services  
 Pittsburgh, PA

#### Beth Moody Jones, PT, DPT, OCS

Assistant Professor, University of New Mexico  
 Albuquerque, NM

#### Jacob N. Thorp, PT, DHS, MTC

Clinical Assistant Professor, East Carolina University  
 Greenville, NC

#### Tess Vaughn, PT, COMT, DPT, OCS

Private Practice, Medical Rehab Systems  
 Athens, GA

# 1st Annual Orthopaedic Section Meeting

*Dedicated to  
 Advanced Orthopaedic Practice  
 for Physical Therapists*

*Orlando • May 2-4, 2013*

Orthopaedic Section, APTA, Inc.  
 2920 East Avenue South, Suite 200  
 La Crosse, WI 54601



## Program Information

### THURSDAY, MAY 2, 2013

Opening Reception & Keynote Presentation: 6:00 PM – 9:00 PM

**The Paradox of Autonomy: Demonstrating Value in a Post Health Care Reform World**

**Presenter:** Justin Moore, PT, DPT, Vice President, APTA Public Policy, Practice, and Professional Affairs Dept.

#### Description:

In the decades following health care reform and its implementation, health care providers will need to demonstrate their value to their patients and the health care system. After decades of establishing an independent practitioner and profession, physical therapists should consider if this is congruent with the environment in which we practice.

In a reformed health care system, physical therapists must integrate to show their value to addressing the triple aim of health care, innovate to improve access and affordability of care, and invest in contributing data, conducting health services research, and collaborating with traditional and not so traditional partners. The paradox of autonomy is that independence is a recipe for isolation. The new framework in health care demands accountability, standardization, and differentiation. Interdependent practice based in data and evidence will enable autonomous physical therapists to maximize their role and responsibility to the health care system in a post health care reform world.

### FRIDAY, MAY 3, 2013

Daily Schedule: 8:00 AM – 5:00 PM



General Session 8:00 AM – 10:00 AM:

**Implementing Evidence-based Standards in Low Back Pain Care**

**Presenters:** Anthony Delitto, PT, PhD, FAPTA; Julie Fritz, PT, PhD, ATC; James Irrgang, PT, PhD, ATC, FAPTA

**Description:** The session will begin with a “report card” on how low back pain care is managed in our health system, including up-to-date review of costs and utilization of physical therapy. Any attempt to better optimize care will require agreed upon standardization of care and an implementation plan that includes sound measurement and surveillance. In this session, we will provide a general overview of the requirements of a quality-improvement based approach to low back pain care by first defining variation in care and illustrating warranted and unwarranted variation. We will provide a general overview of attempts at standardization that include classification-based approaches and the evidence for and against such approaches. Finally, we will discuss the measurement challenges that accompany implementation approaches, including those related to process of care, outcomes, and associated databases (eg, claims).

#### Concurrent Breakout Sessions:

**\*\* On Friday, four concurrent breakout sessions will be offered. 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: Education and Counseling Strategies for Patients with Low Back Pain and Related Anxiety, Depression, or Generalized Pain**

**Presenter:** Joseph Godges, DPT, PT, MS, OCS

**Description:** This session will enable therapists to improve their effectiveness with providing treatment for patients who have mental impairments that coexist with the physical impairments associated with low back pain. The focus of instruction will be to assist therapists with integrating basic principles of psychotherapy into physical therapy. Patient education and counseling strategies discussed during this session will equip therapists with fundamental skills to address 1) cognitive tendencies, such as anxiety or fear, 2) affective tendencies, such as depression, and 3) generalized pain, such as maladaptive central nervous system sensitivity.

**Session 2: Thrust Manipulation Skills for the Lumbar and Lumbosacral Spine**

**Presenter:** William O'Grady, PT, DPT, OCS, FAAOMPT

**\*\*\* This breakout session is for physical therapists with evidence in prior instruction in HVLA techniques.**

**Description:** This break out session will be primarily devoted to developing and improving the psychomotor skills necessary to perform safe and effective thrust manipulations to the lumbo-sacral spine. It will briefly discuss the basic ground rules for performing thrust manipulations using component techniques as well as the indications and evidence supporting manipulation. The lab session will be devoted to honing your skills with a short series of drills to help develop speed, stance, positioning, and proper use of core stabilizers of the therapist's spine during manipulation. Finally, some problem solving for accomplishing effective lumbar manipulation for different clinician and patient body sizes and conditions will be demonstrated.

**Session 3: Lumbopelvic Motor Control: Moving Evidence into Action**

**Presenter:** Deydre S. Teyhen, PT, PhD, OCS

**Description:** Although interventions designed to improve motor control such as lumbar stabilization training (core stability, Pilates, yoga, cross-fit, etc) receive considerable attention and “hype” in the popular media, understanding the foundational skills and motor control tasks are required for successful patient outcomes. This lab-based course will help translate the current evidence to facilitate clinical decision-making with practical applications for the implementation of motor control and therapeutic exercises for the initial phases of treatment. This course will focus on the clinical application of current best evidence to optimize the function of the deep trunk muscles to improve patient-oriented outcomes and costs of care.

**Session 4: Assessment and Treatment of Movement System Impairments in People with Low Back Pain**

**Presenter:** Linda Van Dillen, PT, PhD

**Description:** The Kinesiopathologic Model (KPM) is a conceptual model that describes the processes contributing to the development and persistence of musculoskeletal pain conditions. The Movement System Impairment (MSI) assessment and related treatment for LBP is based on the KPM principles. This session will provide a brief overview of this conceptual model that serves as the basis for MSI assessment and treatment. There will be demonstration, practice, and discussion of key tests used for assessment as well as guidelines for classification. Strategies used to treat the most common LBP subgroup will also be demonstrated and practiced. Emphasis will be placed on incorporating classification-directed strategies into functional activities as a treatment.

### SATURDAY, MAY 4, 2013

Daily Schedule: 8:00 AM – 5:00 PM

General Session: 8:00 AM – 10:00 AM

**Factors Influencing Rehabilitation Outcomes in Lower Extremity Conditions**

**Presenters:** Terese Chmielewski, PT, PhD, SCS; Marcie Harris Hayes, PT, DPT, MSCI, OCS; Bryan Heiderscheid, PT, PhD

**Description:** Better understanding of the physical, biomechanical, and psychosocial factors associated with rehabilitation outcomes is needed to optimize evaluation and treatment strategies for lower extremity conditions. In this session, we will first present the current evidence reporting risk factors for conditions such as femoroacetabular impingement and osteoarthritis. Published treatment guidelines for these conditions will also be discussed, highlighting the need to better clarify the role of physical therapy in management of these conditions. Next, scientifically supported strategies will be described to identify movement compensations that may occur during gait and similar activities using biomechanical lab instrumentation and feasible alternatives for the common clinic environment. Finally, the influence of psychosocial factors on the lower extremity rehabilitation outcomes will be discussed, with specific focus on the knee.

#### Concurrent Breakout Sessions:

**\*\* On Saturday, four concurrent breakout sessions will be offered. 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: Hip Techniques**

**Presenter:** Keelan Enseki, PT, SCS, OCS

**Description:** This session is intended to allow practical application of the concepts described in the general sessions presented at the annual meeting. Emphasis will be placed upon utilizing techniques and tests to classify individuals with pain of the hip region into treatment categories. Additionally, treatment techniques will be discussed and applied in this session. A particular focus will be placed on non-arthritis hip pain. Current outcome measures for this population will also be discussed.

**Session 6: Evaluation and Treatment Considerations for Lower Extremity Osteoarthritis**

**Presenter:** G. Kelley Fitzgerald, PT, PhD, FAPTA

**Description:** Recent evidence-based guidelines have recommended a number of physical therapy interventions for the treatment of people with lower extremity osteoarthritis (OA). While many of the interventions appear to be straight forward on the surface, their general effects on pain and function have had only fair to moderate results. This session will be an interactive discussion on considerations for selecting and implementing various physical therapy intervention approaches that might improve the probability of successful physical therapy treatment outcome for people with lower extremity OA.

**Session 7: Plantar and Posterior Foot Pain: Focus on Plantar Fasciitis and Achilles Tendinopathy**

**Presenter:** Deb Nawoczinski, PT

**Description:** Plantar fasciitis and Achilles tendinopathy are two of the most common conditions of the plantar and posterior foot for which patients seek foot and ankle care. This session will incorporate best evidence for clinical interventions related to plantar fasciitis and ‘tendinopathy,’ with emphasis on Achilles tendinopathy.

**Session 8: Evidence-based Evaluation and Treatment of Anterior Cruciate Ligament Injury in Active Individuals**

**Presenter:** Lynn Snyder-Mackler, PT, ScD, SCS, FAPTA

**Description:** The evidence strongly suggests successful outcomes for active individuals with anterior cruciate ligament injury or reconstruction can be consistently achieved with the rehabilitation that includes early weight bearing, using a combination of weight-bearing and nonweight-bearing exercise focused on quadriceps and lower extremity strength, and meeting specific objective requirements for return to activity. Emerging evidence on rehabilitative interventions and advancements in concomitant surgeries, including those addressing chondral and meniscal injuries, continues to grow and greatly affect the rehabilitative care of patients with anterior cruciate ligament injury and reconstruction. This program will interactively challenge common assumptions and practices that persist in the face of the evidence.

## Additional Questions?

Call toll free: 800-444-3982

or visit our Web site at:

[www.orthopt.org](http://www.orthopt.org)

## Registration Form

**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.

**Friday, May 3, 2013**

- Session 1 - Education and Counseling Strategies for Patients with Low Back Pain and Related Anxiety, Depression, or Generalized Pain
- Session 2 - Thrust Manipulation Skills for the Lumbar and Lumbosacral Spine
- Session 3 - Lumbopelvic Motor Control: Moving Evidence into Action
- Session 4: Assessment and Treatment of Movement System Impairments in People with Low Back Pain

**Saturday, May 4, 2013**

- Session 5: Hip Techniques
- Session 6: Evaluation and Treatment Considerations for Lower Extremity Osteoarthritis
- Session 7: Plantar and Posterior Foot Pain: Focus on Plantar Fasciitis and Achilles Tendinopathy
- Session 8: Evidence-based Evaluation and Treatment of Anterior Cruciate Ligament Injury in Active Individuals

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Mailing Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_

Billing Address for Credit Card (if applicable) \_\_\_\_\_

Daytime Phone \_\_\_\_\_ APTA # \_\_\_\_\_ E-mail Address \_\_\_\_\_

Please check:  Orthopaedic Section Member  I wish to join the Orthopaedic Section and take advantage of the membership rate (\$50).  
 APTA Member  
 Non-APTA Member

Fax registration and Visa, MasterCard, American Express, or Discover number to: (608) 788-3965

Visa / MC / AmEx / Discover (circle one) # \_\_\_\_\_

Expiration date \_\_\_\_\_

Print name of cardholder \_\_\_\_\_

Signature of cardholder \_\_\_\_\_

Or, register online at:  
[https://www.orthopt.org/content/c/orthopaedic\\_section\\_1st\\_annual\\_meeting](https://www.orthopt.org/content/c/orthopaedic_section_1st_annual_meeting)  
Orthopaedic Section, APTA, Inc., 2920 East Ave. South, Suite 200, La Crosse, WI 54601