

**Don't miss this opportunity to learn from the experts in both pain science and movement science!** Given the vision of APTA related to the movement system and the explosion of information related to pain science, what could be more cutting edge?

Please join us in **Baltimore, Maryland**, for the 6th Annual Orthopaedic Section Meeting, April 27 - 28, 2018. Physical Therapists and Physical Therapist Assistants will have an opportunity to learn from and engage with experts in the field of pain science and movement science. In addition, participants will be able to spend time with the leadership of the Orthopaedic Section.

We have made a slight change to the format of our 2018 meeting, as we will now be kicking off our meeting on Friday morning, April 27th. Our "welcome reception" will now take place on Friday night, in hopes that all registrants will be able to attend.

The focus of this 2-day conference will be the integration of the most current knowledge of **pain science** with movement science applied to the **low back, hip, knee, and shoulder**. Each day begins with a general session attended by all participants, followed by smaller breakout sessions led by the speakers. These sessions are intended to allow case-based, advanced application, and **hands-on** experiences related to the topics presented. New this year is a panel discussion at the end of both days to discuss, debate, and integrate the content delivered at the course

### Program Objectives

**At the end of this meeting, the PT and PTA will be able to:**

1. Understand the current science of pain and apply key concepts to the management of musculoskeletal pain problems.
2. Discuss and understand the application of movement science to the management of pain problems in the low back, hip, knee, and shoulder regions.
3. Become familiar with tools used to characterize pain and movement.
4. Practice clinical decision making and integration of pain and movement science during small breakout sessions.

### Educational Credit:

The Orthopaedic Section is applying for approval of this course for 14 continuing education hours with State Licensure Boards.

### PT and PTA Registration Fees:

	Early-bird (on or before 3/22/18)	Advance (on or before 4/19/18)	On-site (begins 4/20/18)
PT Orthopaedic Section Member	595	645	765
*PT Section Mbr <b>GROUP Discount</b>	*545	N/A	N/A
PT APTA Member	645	695	800
PT Non-APTA Member	845	895	1000
PTA Orthopaedic Section Member	360	410	530
PTA APTA Member	410	460	565
PTA Non-APTA Member	460	510	615

**\*Group Discount:** A minimum of 3 registrations from the same facility submitted together will constitute a group registration and will be allowed a \$50.00 per-person discount, making the early-bird rate per registrant \$545.00. This will only be offered to PT attendees who are Orthopaedic Section members (\*as noted above), and will not be offered past the early-bird registration deadline of 3/22/2018. Registrations for groups can ONLY be arranged via USPS, or by phone: 800-444-3982 x 2030.

**Cancellation Policy:** If notification of cancellation is received in writing prior to the course, the registration fee will be refunded less a 20% administrative fee. Absolutely no refunds will be given after 4/26/2018.

### Hotel Information

The 2018 Annual Orthopaedic Section Meeting will be held at the beautiful Renaissance Baltimore Harborplace Hotel in Baltimore, Maryland. With an unbeatable waterfront location in the bustling Inner Harbor, modern hotel rooms and suites, and intuitive, accommodating service, the Renaissance Baltimore Harborplace Hotel provides a luxury experience beyond compare in the heart of downtown Baltimore.

We are pleased to have secured a discounted rate of \$179.00 single/double for our Annual Orthopaedic Section Meeting attendees. Please visit the following link to access our room block directly:  
<https://aws.passkey.com/e/49228101>

Or, if you prefer to reserve your room via the phone: Reservations Toll Free: 877-212-5752; Reservations Local Phone: 800-468-3571.

Be sure to book your guestroom reservation **ON OR BEFORE: March 30, 2018** in order to have access to this discounted rate.



### Additional questions?

Call toll-free: 800-444-3982 x2030 or visit our web site: [www.orthopt.org](http://www.orthopt.org)

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



# 2018 Annual Orthopaedic Section Meeting

## Baltimore, Maryland

Renaissance Baltimore Harborplace Hotel

*Plan to Attend*



**ORTHOPAEDIC SECTION**  
LEADERS. INNOVATORS. CHANGEMAKERS.

**April 27-28, 2018**





## Program Information

**Friday, April 27, 2018**

**Daily Schedule: 8:00 AM – 5:30 PM**

### General Session:

**8:00 AM – 10:30 AM**

**Structuring Non-Pharmacological Pain Management Delivered by Physical Therapists**

**Speakers:** Steven Z. George, PT, PhD, FAPTA; Kathleen Sluka, PT, PhD, FAPTA; Stephen T. Wegener, PhD, ABPP

**Description:** This general session consists of perspectives from three prominent speakers in the area pain research that will ultimately culminate into clinical practice strategies for structuring non-pharmacological pain management delivered by physical therapists. Recent clinical practice guidelines recommend non-pharmacological interventions as ‘front line’ treatment options for acute and chronic pain conditions – which provides a unique opportunity for the physical therapy profession. This general session will be divided into three components, with each speaker providing their take on structuring non-pharmacological pain management. The first lecture focuses on concepts related to clinical identification of pain mechanisms (i.e., peripheral sensitization, central sensitization, and neuropathic). The second lecture focuses on risk stratification for psychologically informed practice (PiP) and improving outcome prediction for musculoskeletal pain. The third lecture will focus on implications for enhancing patient engagement opportunities when delivering PiP. These lectures will conclude with an interactive panel discussion with the audience. Subsequent implementation focused breakout sessions will use case study presentations to optimize transfer of this information to enhance clinical practice and provide participants with active engagement opportunities.

### Concurrent Breakout Sessions:

Following the general session on Friday, **three** concurrent breakout sessions will be offered. The registrant will attend **all three breakout sessions** following the morning general session, based on order of preference indicated on the registration form. Note, individuals registering early will receive priority with selecting their order of attending these breakout sessions.

## Breakout Sessions

### Breakout Session 1:

**Identification of Pain Mechanisms in Patient Populations**

**Speaker:** Kathleen A. Sluka, PT, PhD, FAPTA

**Lab Assistant:** Tara Jo Manal, PT, DPT, OCS, SCS, FAAOMPT

**Description:** This breakout session will focus on identifying and assessing pain mechanisms in patients seen routinely in outpatient physical therapy practices. We will focus on dissecting the histories of patients with chronic pain to identify signs of peripheral sensitization, central sensitization and neuropathic pain using small group discussion and case studies to enhance your clinical evaluations. We will discuss available survey tools that can help to identify central sensitization and their usefulness in clinical practice. We will then discuss common physical therapy interventions and how they may be incorporated into your treatments to directly modify these pain mechanisms.

### Breakout Session 2:

**Put Psychologically Informed Practice in Action – Tips for Exercise and Activity Prescription**

**Speaker:** Steven Z. George, PT, PhD, FAPTA

**Lab Assistant:** Jason Beneciuk, DPT, PhD, MPH, FAAOMPT

**Description:** This breakout session provides an overview on risk stratification for psychologically informed practice. The session will follow an implementation model for delivering treatment for patients at high risk for prolonged disability developed from an ongoing pragmatic clinical trial.

This breakout session will focus on specific aspects of the implementation model; 1) identification of appropriateness 2) importance of patient centered communication 3) delivering behaviorally oriented exercise and activity prescription and 4) relevance of treatment monitoring. The breakout session will include a mix of short bursts of didactic information followed by directed activities that reinforce skills necessary to improving proficiency in delivering effective psychologically informed physical therapy.

### Breakout Session 3:

**Patient Engagement Skills: Improving Engagement, Improving Outcomes**

**Speaker:** Stephen T. Wegener, PhD, ABPP

**Lab Assistant:** Carolyn McManus, PT, MS, MA

**Description:** This breakout session provides an overview and practice activities that provide PTs and PTAs introduction to motivational interviewing to increase patient engagement in rehabilitation treatment and promote behavior change. The breakout session will include a mix of didactic information followed by directed activities that reinforce skills necessary to improving proficiency in incorporating motivational interviewing and patient engagement strategies into psychologically informed physical therapy.

**Saturday, April 28, 2018**

**Daily Schedule: 8:00 AM – 5:30 PM**

### General Session

**8:00 AM – 10:30 AM**

**Addressing Pain Problems Through the Use of Movement Science**

**Speakers:** Skulpan Asavasopon, PT, PhD, OCS; Marcie Harris-Hayes, PT, DPT, MSCI; Phil McClure, PT, PhD, FAPTA; Linda Van Dillen, PT, PhD, FAPTA

**Description:** This general session will bring together 4 expert clinicians and researchers who share one thing in common: the use of movement science to address pain problems. This unique program will be divided into four sections, with each presenter providing their unique perspectives regarding the use of movement science to address knee, lumbar spine, hip, or shoulder pain. The first section of this program will set the stage by using knee and low back pain mediums to explain how the movement science approach not only provides a peripheral pain modulating mechanism, but also inherent elements of cortical or sub-cortical pain modulation underpinnings (e.g. placebo vs. cognitive-behavioral model/central mechanism). The second section of the program will focus on the importance of using skill training to address impairments of movement and pain associated postural strategies, which are commonly associated with low back pain. The third section will provide insight into the importance of targeting movement system impairments to address intra-articular, pre-arthritis hip disorders. The fourth section will offer shoulder classification and treatment strategies that stem from an understanding of the relationships between shoulder pain, movement impairments, and muscle activation impairments. The session will close with an interactive panel discussion/question and answer period, leaving adequate time for stimulating dialogue.

### Concurrent Breakout Sessions:

Following the general session 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.

## Breakout Sessions

### Breakout Session 4:

**Classification that Drives Rehabilitation with Consideration of Relationships between Pain, Movement, and Muscle Activation: Practical Strategies and Techniques for Management of Common Shoulder Problems**

**Speaker:** Phil McClure, PT, PhD, FAPTA

**Lab Assistant:** Brian Eckenrode, PT, DPT, OCS

**Description:** Most rehabilitation approaches to shoulder problems are based on biomechanical models despite sparse evidence for biomechanical changes with rehabilitation. This session will explore the use of both biomechanical and other models to guide decision making regarding patient communication, exercise, and manual therapy. A combination of discussion and hands-on techniques using patient scenarios and videos will be used to apply specific examination and intervention strategies.

### Breakout Session 5:

**Intra-articular, Prearthritic Hip Disorders and the Movement System**

**Speaker:** Marcie Harris-Hayes, PT, DPT, MSCI

**Lab Assistant:** Nancy Bloom, PT, DPT, MSOT

**Description:** During this breakout session, actual patient cases will be presented to demonstrate examination items used to identify the primary movement impairment associated with each patient's pain. Participants will perform select examination procedures, including movement analysis of functional tasks and test items to identify physical impairments that contribute to the movement impairment. Finally, participants will use the examination information provided to develop intervention to target the movement impairment identified, including instruction in correcting the performance of daily activities and instruction in an exercise program to correct physical impairments associated with the movement impairment.

### Breakout Session 6:

**A Cognitive-Biomechanical Approach to Knee and Low Back Pain – How to Do It?**

**Speaker:** Skulpan Asavasopon, PT, PhD, OCS

**Lab Assistant:** Jason Tonley, PT, DPT, OCS, FAAOMPT

**Description:** This breakout session will focus on how to apply a cognitive-biomechanical physical therapy approach to patients with uncomplicated/acute and complicated/chronic knee and low back pain conditions. Participants will learn how to screen for cognitive-affective elements that have been shown to interfere with favorable outcomes in the knee and low back pain population. Participants will also learn why it is crucial to identify tissue sources, pain behaviors, and common pathomechanical patterns that will drive the overall intervention in this patient population. The session will start with a brief didactic tutorial on the fundamental elements involving the cognitive-biomechanical approach, followed by a patient video case dissection that reveals the intensive clinical reasoning process. This will then be followed by a live interactive workshop/demonstration of the evaluation process as it is applied in a patient case with knee or low back pain. The session will end with an interactive exercise lab workshop geared at demonstrating how cognitive-affective elements can be integrated within a hip and trunk-focused strengthening protocol for common knee and low back pain conditions.

### Breakout Session 7:

**Implementing Skill Training in the Treatment of People with**

**Low Back Pain: The Why and the How**

**Speaker:** Linda Van Dillen, PT, PhD, FAPTA

**Lab Assistant:** Vanessa Lanier, PT, DPT, OCS

**Description:** During this breakout session a videotape of a patient case will be presented. There will be a review of the history and physical examination as well as initial outcome status. Principles underlying the skill training will be outlined. Practical application of the training will be provided through viewing of the videotape and periodic discussion as the patient case is progressed. Participants will practice training a person to change performance of a functional activity applying the principles of skill training. A discussion of considerations and challenges to implementation of skill training with a person with LBP will occur.

## Registration Form:

### Contact/Payment Information:

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

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

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

Daytime Phone: \_\_\_\_\_ APTA #: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Registering as a group? Enter the names of all attendees here.

**Note:** All group registrations must be received at the same time and be registered via phone, FAX, or USPS. No online group registrations will be accepted.

Facility: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

**Please check:**  Orthopaedic Section Member  
 APTA Member  
 Non-APTA Member  
 Call 800-444-3982 if you wish to join the Orthopaedic Section and pay the discounted rate

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

Expiration 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 (FAX)

### Or, Register Online at:

<https://www.orthopt.org/content/s/2018-annual-orthopaedic-section-meeting>

### Breakout Session Preference:

#### Friday, April 27, 2018

(Attendees will attend all three Friday breakouts. Rank order of attendance, with 1 being your first choice and 3 being your last choice.)

\_\_\_\_\_ **Breakout Session #1:** *Identification of Pain Mechanisms in Patient Populations*

\_\_\_\_\_ **Breakout Session #2:** *Put Psychologically Informed Practice in Action – Tips for Exercise and Activity Prescription*

\_\_\_\_\_ **Breakout Session #3:** *Patient Engagement Skills: Improving Engagement, Improving Outcomes*

#### Saturday, April 28, 2018

(On Saturday, registrants will attend 3 out of 4 breakout sessions, with 1 being first choice, and 4 being last choice.)

\_\_\_\_\_ **Breakout Session #4:** *Classification that Drives Rehabilitation with Consideration of Relationships between Pain, Movement, and Muscle Activation: Practical Strategies and Techniques for Management of Common Shoulder Problems*

\_\_\_\_\_ **Breakout Session #5:** *Intra-articular, Prearthritic Hip Disorders and the Movement System*

\_\_\_\_\_ **Breakout Session #6:** *A Cognitive-Biomechanical Approach to Knee and Low Back Pain – How to Do It?*

\_\_\_\_\_ **Breakout Session #7:** *Implementing Skill Training in the Treatment of People with Low Back Pain: The Why and the How*

**If registering as a group, please attach breakout session preferences for all registrants.**