



**FORWARD THINKING**  
**FALL CONFERENCE**  
October 14-15, 2021 | **Glacier Canyon Lodge** | Wisconsin Dells

## **COURSE DESCRIPTIONS AND INSTRUCTOR BIOS**

### **Thursday and Friday, October 14-15**

#### ***Understanding Our Patients through the Lens of Motivation***

**8 am – Noon; 2 – 5 pm on Thursday/8 am – Noon on Friday**

**Instructor:** Jim Cumming, MPT, OCS

**11 Contact Hours**

**Competency Level:** Open to All Levels

#### **Course Description:**

This course will explore the concept of further understanding our patients through the lens of motivation. We introduce participants to the communication tool of Motivational Interviewing. Through a mixture of lecture and workshop, course participants will learn the fundamentals of motivational interviewing including learning to ask effective questions, enhancing listening skills as well as deepening your understanding of your patients' perspective.

#### **Instructor Bio:**

James Cumming, MPT, OCS, is a physical therapist at the Yahara Clinic at UW Health in Madison, WI. He treats a wide variety of patients including those with orthopedic and vestibular complaints, and has a special interest in psychologically informed care, including motivational interviewing. He has been using motivational interviewing in his practice and teaching this communication style for almost 10 years.

# Thursday, October 14

## ***Physical Therapy in the Emergency Department***

**8 am – Noon**

**Instructors:** Sarah Nechvatal, PT, DPT and Kyle Knauff, PT, DPT

**4 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Physical therapy in emergency settings is an emerging area of PT practice. The presenters will cover the most common chief complaints in the emergency setting, the financial benefits of having PT available in the emergency department/urgent care settings, different emergency PT models and the importance of Early Access to PT in our community. They will also provide tips on how to start and sustain a PT consultation service in the emergency department for those who are interested in starting a program in their health system.

### **Instructor Bios:**

Sarah Nechvatal PT, DPT, has been practicing in the acute care setting at St. Mary's Hospital and University of Wisconsin Hospital in Madison since 2007. She established the PT consultation service in the Emergency Department at St. Mary's Hospital in 2010. Her goal is to make early access to PT available internationally.

Kyle Knauff, PT, DPT, is a 2006 graduate of Marquette University. He became an Orthopedic Certified Specialist in 2012. He is the co-director of UnityPoint Health Meriter's Emergency Department PT program. In 2019, he presented "Low Back Pain in the ED" at the first international Emergency Department Physical Therapy Conference.

## ***Evidence Based Practice and Exercise/Mobility Considerations for Individuals with Parkinson's Disease***

**8 am – Noon; 2 – 5 pm**

**Instructor:** Katie Soja, PT, DPT, NCS

**7 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

To present evidence-based practice for evaluation, assessment, and treatment of individuals with Parkinson's Disease across the continuum of their care and disease progression. Outline includes various topics such as anatomy/physiology, pharmacology, outcome measures, and exercise interventions, etc. It will provide lab sessions intended to practice and enhance clinicians' skills by performing clinical tests and therapeutic exercise related to the care of individuals with Parkinson's Disease. The target for this course is entry level clinicians' who have some experience in treating individuals with PD that want to expand their knowledge base.

**Instructor Bio:**

Katie Soja, PT, DPT, NCS, is a physical therapist, who graduated from UW-Milwaukee in 2013 with a Bachelors' degree in Human Movement Sciences, and then a Doctorate degree in Physical Therapy in 2016. Katie began working at Froedtert Hospital in outpatient, acute, and inpatient neurological rehab settings. She transitioned to a Froedtert outpatient clinic where she treats a variety of neurological conditions including PD, stroke, MS, TBI, etc. Katie has been LSVT BIG certified since 2017 and obtained her Neurological Specialty Certification in 2020. She believes in a team approach with caring for patients and closely works with Occupational and Speech Therapy to deliver care.

***Advanced Topics in Rehabilitation of the Overhead Athlete*****8 am – Noon; 2 – 5 pm****Instructor:** Mark Lydecker, MPT, OCS, ATC**7 Contact Hours****Competency Level:** Intermediate**Course Description:**

This course will investigate current evidence and best practice in the rehabilitation and management of the overhead athlete. Topics will cover the full rehabilitation paradigm from injury management to non-operative and post-operative rehabilitation to performance enhancement in this unique population.

**Instructor Bio:**

Mark Lydecker, MPT, OCS, ATC, is a 2002 graduate of Marquette University. He has been employed at the Froedtert and the Medical College of Wisconsin Sports Medicine Center for almost 20 years, specializing in the injury management of the overhead athlete of all ages and levels. Mark has presented on the topic at local, state, and national conferences, and been an active participant in clinical research.

***Understanding Rehab Exercise Implications of Abnormal Laboratory Values*****2 – 5 pm****Instructor:** Connie Kittleson, PT, DPT**3 Contact Hours****Competency Level:** Open to All Levels**Course Description:**

This course will provide an overview of various laboratory tests and associated values. Emphasis will be placed on the role of these values in evaluation, patient management, and clinical decision making in the context of rehabilitation exercise. We will also identify non-laboratory clinical information that should be monitored in the presence of abnormal laboratory values. Special attention will be paid to values associated with certain disease states including CHF, COPD, CRI, DVT, PE and AMI. Modifications/implications for practice will be discussed with emphasis placed on individuality for the patient and clinical setting. ***Note: Registrants will be provided course material in advance so that course time can be used to examine the clinical decision-making process with various case scenarios.***

**Instructor Bio:**

Connie Kittleson, PT, DPT, graduated with a Bachelor of Science degree in Zoology from the University of Wisconsin-Madison, a Master's degree in Physical Therapy from Marquette University and a Doctorate in Physical Therapy from Concordia University Wisconsin. She has practiced in acute and critical care for 25 years and has lectured on acute and critical care topics for physical therapy programs throughout the state. Together with Sandy Baatz, PT, she wrote the Chapter on Laboratory Values for the most current edition of Dr. Boissonnault's text Primary Care for the Physical Therapist.

## **Friday, October 15**

### ***Stress in Health Professionals: Burnout Syndrome or Ethical Distress?***

**8 am – Noon**

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

**Instructor:** Gwyn Straker, PT, MS, CEEAA

**4 Contact Hours**

**Competency Level:** Open to All Levels

**Course Description:**

The profession of physical therapy is 100 years strong despite many challenges. What about our future? What are the current challenges that we face? How do challenges facing a profession lead to burnout? Is there an ethical element to professional burnout? What tools will we need as individuals to create and sustain professional resilience to ensure our profession thrives rather than just surviving? These questions will be posed to session participants This session will provide contemporary views on professional burnout and resilience through presentation, case studies, small and large group discussion sessions.

**Instructor Bio:**

Gwyneth Straker, PT, MS, CEEAA, professor emeritus, retired from the University of Wisconsin-La Crosse where she taught for 31 years. Gwyn has presented at the state and national level regarding clinical education, ethical practice, and professional behaviors. Ms. Straker has served as Chair of the WPTA Ethics Committee and chaired the Ethics Advisory Committee for the University of Wisconsin-La Crosse. She has also provided expert consultation for Wisconsin's Department of Regulation and Licensing regarding ethical practice of physical therapists. Her current interests rest in improving the health and wellness in community dwellers through exercise, improving balance, and preventing falls.

## ***Current Trends in Today's World for Physical Therapy Business: Legal and ethical considerations for audits, compliance, and supervision***

8 am - Noon

**Course sponsored by APTA Wisconsin's Private Practice Special Interest Group**

**Instructors:** Laurie Kontney, DPT, MS, Amy Snyder, PT, DPT, and Lynn Steffes, PT, DPT

**4 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Exploring the Legal and Moral Aspects of Supervision in Private Practice will address the importance of understanding the legal requirements (floor) for supervising Physical Therapist Assistants (PTAs), physical therapy students (PT/PTA), and unlicensed personnel, as well as, considering the moral aspects (ceiling) when striving for best practice while balancing financial considerations. While striving for best practice (ceiling) should be the goal of each PT and PTA, there are many challenges and considerations that must be considered to practice and keep the doors open. The one non-negotiable factor that must be adhered to are legal practice requirements (the floor) which includes informed consent/refusal for services provided by PTAs, students and unlicensed personnel. Legal practice considerations include the state practice act, as well as additional state and federal guidelines. Additionally, many insurances have supervision requirements on top of the legal supervision requirements. The moral aspects of supervision include consideration of what is best for the patient to provide patient centered care. How do you balance all these variables, maintain legal practice, and keep your doors open to serve your community? ***A PPSIG business meeting will also take place for the last hour of the course.***

### **Instructor Bios:**

Laurie Kontney, DPT, MS, is a DCE and Clinical Professor at Marquette University. She obtained her BS degree in Physical Therapy from UW – Madison, her MS degree from Rosalind Franklin University and her transitional DPT from Simmons College. Laurie is a former member and chair of the PTEB for Wisconsin. Laurie teaches legal and ethical practice and clinical reasoning in Marquette's curriculum, and has been an invited speaker throughout Wisconsin on legal and ethical dimensions of clinical practice. As part of her doctoral training, Laurie took additional courses in medical ethics and is an invited member of the Dreamcatchers; an interdisciplinary think tank for ethics in rehabilitation.

Amy Snyder, PT, DPT, is the owner of PT Plus Management, a private practice in SE Wisconsin. She was one of the founding members of the WPTA Private Practice SIG. She has served in many professional roles both locally and nationally. She is currently the Vice President for the Private Practice Section of the APTA. Her passion for the field of physical therapy is seen through her advocacy efforts.

Lynn Steffes, PT, DPT, has over 40 years of experience as a physical therapist and over 25 years as a Healthcare Consultant, specializing in Private Practice Marketing, Compliance & Practice Management. She has served as adjunct or Guest Faculty for 6 Doctoral Physical Therapy Programs on business topics. Dr. Steffes has served on the Board of Directors for the Private Practice Section and speaks annually at every Private Practice Annual Meeting, Combined Sections Annual Meeting. Dr. Steffes serves as the American Physical Therapy Association- Wisconsin Payment Specialist. In that role she serves on the Medicare Carrier Advisory Committee for our Region, The WI Medicaid Therapy Stakeholders Committee, The Wisconsin Worker's Compensation Healthcare

Advisory Board and multiple APTA & PPS Payment Task forces. Dr Steffes is a passionate advocate for the Physical Therapy Profession and has served as a Key Contact for both PPS & the APTA. She has testified, helped in both reviewing and writing policies as they relate to PT Practice.

## ***Optimizing Exercise Prescription and Fundamental Movement Patterns***

**8 am – Noon; 2 – 5 pm**

**Instructors:** Erik Gregersen, PT, DPT, OCS, FAAOMPT, Matt Paluchniak, PT, DPT, OCS, & Brad Johnson, PT, DPT

**7 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

This course will introduce the concepts of effective exercise dosing, prescription and rationale in the orthopedic and sports setting. Topics covered will include discussion on clinical decision making for utilization of frequency, duration, and intensity/load to achieve a desired stimulus. Discussion will cover patient specific dosing using rate of perceived exertion, reps in reserve, and patient feedback. Although there will be lecture and group discussion, the course will be primarily lab based. We will cover how to assess, teach, cue and coach the squat, deadlift and overhead press. Modifications and progressions for each movement will be covered to address a large patient population. The goal will be to introduce very practical and clinically applicable topics for immediate carry over into clinical rotations and practice.

### **Instructor Bios:**

Matt Paluchniak PT, DPT, OCS, is a residency trained board certified orthopedic specialist. He also has a background in Athletic Training and played basketball for Concordia University of Wisconsin. He works full time at Froedtert Health in a orthopedic and sports medicine setting. Matt is also an owner of an out of network private practice where he primarily sees athletes/active individuals that compete in CrossFit, Olympic Lifting and other sports. Matt is also an avid "CrossFitter."

Brad Johnson PT, DPT, works full time at Froedtert Health in a orthopedic and sports medicine setting where he splits time at the NX Level training facility. He has advanced certification in olympic lifting through USAW and Performance Specialist Certification through EXOS. Brad is currently a fellow in training through Bellin College. He enjoys participating in CrossFit and Olympic Lifting as well as golfing and playing basketball.

Erik Gregersen, PT, DPT, OCS, FAAOMPT, is a fellowship trained board certified orthopedic specialist. He has also been a certified strength and conditioning specialist as well as CrossFit Level 1 trainer. Erik works at Froedtert Health in an outpatient orthopedic and sports medicine setting where he splits his time between patient care, program development and mentoring for their residency and fellowship program. He also is an owner of an out of network private practice where primarily sees athletes/active individuals that compete in CrossFit, Olympic Lifting and other sports. Erik enjoys being active and "picking heavy stuff up and setting it down."

## ***Diversity, Equity, and Inclusion: Forward or Backward Thinking?***

**2 – 5 pm**

**Instructors:** Aaron Embry, PT, DPT, PhD, MSCR, and Lisa VanHoose, PhD, MPH, PT

**3 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Diversity, equity, and inclusion are common discussions due to recent events. The assumption is that the topic is synonymous with forward thinking. However, some will argue that the topic is dividing us more than ever and taking us backward. This session will discuss the two thoughts and the impact on the physical therapy profession, particularly in Wisconsin. Collectively, we will discuss and develop strategies to unite physical therapists, physical therapist assistants, and students around common DEI goals that will protect the public and the profession.

### **Instructor Bios:**

Aaron Embry, PT, DPT, PhD, MSCR, is a PT at the Ralph H. Johnson VAMC in Charleston, South Carolina. After attending both Howard and Clemson Universities during undergraduate education, he completed four graduate degrees at the Medical University of South Carolina (Masters in Rehabilitation Science and Clinical Research, transitional DPT and PhD in Health and Rehabilitation Science). He currently serves on the APTA DEI Committee, chairs the APTA SC DEI committee, and was the President of APTA South Carolina from 2016-2020. He aims to improve individual awareness and spark systemic change in the areas of diversity, equity, & inclusion.

Lisa VanHoose, PT, PhD, MPH, is an associate professor and program director for the physical therapy department at the University of Louisiana Monroe. Dr. VanHoose has practiced oncologic physical therapy since 1996 and is a Board-Certified Clinical Specialist in Oncologic Physical Therapy. Dr. VanHoose investigates physical and psycho-social factors responsible for health disparities in diverse groups of cancer survivors. She was recently recognized as a 2021 APTA Societal Impact awardee.