



## **COURSE DESCRIPTIONS AND INSTRUCTOR BIOS**

### **Thursday, October 6**

#### ***Seeing the Invisible Problem: Strategies to Assess and Address Mental Health Concerns in Physical Therapy Practice***

**8 – 9:50 am**

**Instructor:** Evan Nelson, PT, DPT, PhD

**2 Contact Hours**

**Competency Level:** Open to All Levels

#### **Course Description:**

Mental health conditions are very common. This course will provide evidence-based strategies to identify many of the most common mental health conditions and illnesses, including depression, anxiety, personality disorders, substance use disorders, suicide. Attendees will learn tangible strategies for patients in all types of care environments. Tangible strategies will help attendees confidently determine when mental health concerns are an active patient problem. This course will also provide recommendations for how the physical therapist or physical therapist assistant may act with beneficence yet uphold the duty to refer. Attendees will be able to easily implement the strategies and recommendations to screen for mental health conditions and make appropriate patient care decisions.

#### **Instructor Bio:**

Evan O. Nelson, PT, DPT, PhD, is a board-certified specialist in orthopaedic physical therapy. He is an assistant professor in the Doctor of Physical Therapy Program, Department of Family Medicine and Community Health at the University of Wisconsin-Madison. His practice experience spans multiple sports and orthopedic clinical settings, including a current position at UW Health where he sees patient upon referral and by direct access. In his faculty role, he teaches entry-level physical therapy students to identify mental health conditions in physical therapy practice and respond appropriately.

## ***Managing Mental Health with Exercise and Lifestyle Medicine Strategies***

**10:10 am - Noon**

**Instructor:** Lynn Steffes, PT, DPT

**2 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Mental health is one of the major health challenges of our time, evidenced by approximately 1 in 5 people suffering a mental health episode each year. "Historically, lifestyle medicine has focused on the prevention, management, and treatment of physical ailments such as heart disease and diabetes, but there is growing evidence that lifestyle-based strategies can effectively improve mental health and emotional well-being, often at levels comparable to pharmacological interventions..."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6146362/>

Lifestyle medicine is underutilized in a majority of conditions including mental & emotional health. Join us to explore the emerging role of therapy in Lifestyle Medicine for Mental Well Being. PTs and PTAs who address the overall health and well-being of their patients are the future of our profession and healthcare overall!

### **Instructor Bio:**

Lynn Steffes, PT, DPT, is President/Consultant of Steffes & Associates, a rehabilitation consulting service. She provides consulting services to rehab providers nation-wide. She has enabled countless providers to achieve optimum success in the delivery of high quality, cost-effective care to their patients/clients by offering assistance with:

- Lifestyle Medicine Programs for Practice
- Brain Health and Fitness
- Marketing and program development
- Customer Service initiatives and patient alumni programs
- Training and staff development in the referral and payer relations process
- Optimal reimbursement and documentation strategies

Dr. Steffes also has extensive clinical experience and educational background in pediatric and adult neurological treatments. She co-authored a publication: Refresh-Life Re-Energized, a manual for building a health & wellness program for aging adults. Also, she is the developer of BrainyEX, a turn key program for brain health and fitness throughout the lifespan.

## ***Femoroacetabular Impingement: The Reasoning Behind the Rehab***

**8 am - Noon**

**Instructors:** C. Nathan Vannatta, PT, DPT, SCS, and Matt Haberl, PT, DPT, OCS, FAAOMPT

**4 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

This course aims to highlight the clinical reasoning process in patient management of individuals diagnosed with femoroacetabular impingement syndrome. The course will review important aspects of pathomechanics that are theorized to contribute to the onset of symptoms, discuss differential diagnosis in the direct access setting, describe the use of symptom irritability stages to help guide treatment selection, and review various treatment modalities. A combination of lecture and interactive case scenarios will be used to bring all the concepts together and prepare participants to apply newly gained knowledge and strategies into a variety of clinical settings.

### **Instructor Bios:**

C. Nathan Vannatta, PT, DPT, SCS, is a physical therapist at Gundersen Health System where he works in the Sports Physical Therapy department. He is also the Associate Program Director and Instructional Faculty in the Gundersen Medical Foundation's Sports Physical Therapy Residency Program. In addition to his role at Gundersen, he is adjunct graduate faculty at the La Crosse Institute for Movement Science at UW-La Crosse. His clinical and research interests focus on the prevention and management of lower extremity overuse injuries.

Matt Haberl, PT, DPT, AT-Retired, CSCS-Retired, is a residency trained Orthopaedic Clinical Specialist (OCS) and Fellowship trained Orthopaedic Manual Physical Therapist through the American Academy of Orthopaedic Manual Physical Therapy (AAOMPT). He currently practices as a physical therapist and is co-owner of Dynamic Performance and Therapy in La Crosse, WI. He also is co-owner and Residency Director of Specialized Physical Therapy Education's Orthopaedic Residency program. Here he serves as lead faculty for their clinical reasoning and evidence informed practice course as well as their upper and lower extremity course content. Dr. Haberl has authored various publications regarding physical therapy management for individuals diagnosed with femoroacetabular impingement (FAI) and acetabular labral tears. His primary interests are improving the patient-practitioner alliance through sound clinical reasoning while balancing the best available evidence with the patient's preferred method of treatment for optimal patient outcomes.

## ***Using Rehabilitation to Maximize Life, Health and Outcomes in People with Cancer***

**8 am – Noon; 2 – 5 pm**

**Instructor:** Leslie Waltke, PT, DPT

**7 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

It is expected that upwards of 90% of people undergoing treatment for cancer may develop significant musculoskeletal, cardiopulmonary and functional impairments. Most of these problems including pain, fatigue, weakness can be reduced, eliminated or prevented with rehabilitation. Cancer rehabilitation has been shown to contribute to better outcomes in oncology including improved quality of life, patient longevity, and decreased risk of cancer recurrence. Rehabilitation for patients with cancer is evidence-based, reimbursable care that may also shorten inpatient stays, decrease fall risk, and decrease hospital re-admissions and ED visits. Historically, the typical rehabilitation therapist has not received much and/or recent education and training regarding cancer rehabilitation, and has not consistently treated patients with cancer. This course will teach not only basic cancer pathophysiology, but also cancer rehabilitation techniques required to effectively recognize, evaluate, predict and treat the physical dysfunctions associated with cancer treatment modalities including surgery, radiation, and chemotherapy. Participants who complete this course will be better equipped to recognize typical clinical presentations and evaluate and treat patients with cancer.

### **Instructor Bio:**

Leslie Waltke, PT, DPT, is a physical therapist with a clinical mastery in cancer rehabilitation and is a gifted and impassioned speaker, consultant and educator. She built and leads the United States' largest integrated cancer rehabilitation program, and is the CEO of the Waltke Cancer Rehabilitation Academy and The Recovery Room. Dr. Waltke lectures throughout the country and world to rehab professionals, universities, medical and oncology providers, cancer organizations as well as to cancer patients and survivors.

## ***Sleep Hygiene in Clinical Practice: Identifying the Importance and Encouraging Sustainable Change***

**2 – 5 pm**

**Instructor:** Hanni Cowley, PT, DPT, SCS

**3 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Ever wake up on the wrong side of the bed? Sleep deprived, cranky, drowsy, possibly inflamed...at some point most of us can relate to the side effects of poor sleep. Without quality sleep a person lacks the ability to repair, recover, control inflammation, and optimally perform. This course will explore the current literature related to the physiology and endocrinology of sleep hygiene, and the role sleep plays in injury recovery, healing and pain perception. The second half of the course will provide practical strategies to address sleep hygiene in clinical practice and tips to successfully implement these strategies for long term habit formation.

### **Instructor Bio:**

Hanni Cowley, PT, DPT, SCS, is an Assistant Clinical Professor in the Program of Physical Therapy at UW-La Crosse. She maintains an active clinical practice at Dynamic Performance and Therapy and is an adjunct faculty member for Specialized Physical Therapy Education. Her special interest areas include community wellness, lifestyle influence on health, and injury prevention.

## ***Bone Health and Sports Injuries: From BSI to ACLR***

**2 – 5 pm**

**Instructors:** Bryan Heiderscheid, PT, PhD, FAPTA, and Keith Knurr, DPT, SCS

**3 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

While sports participation generally has a positive effect on bone development and health, excessive training habits, demanding mechanics or traumatic injuries can have a detrimental effect on bone health. Bone stress injuries (BSI) are relatively common in distance running athletes exposed to large volumes of training. They can be challenging to manage and recurrence of BSIs are unfortunately common. Traumatic sports injuries, such as anterior cruciate ligament ruptures and subsequent reconstruction (ACLR), can have a negative effect on bone health, particularly surrounding the injury site. This session will: 1) provide an overview of the risk factors associated with BSI and describe recommendations to prevent and manage these injuries, including the role of running

form modification; and 2) describe the impact ACLR has on bone health and suggest treatment strategies that may mitigate long-term bone loss. The speakers will share recent research and cases from the Badger Athletic Performance program in collegiate athletes.

**Instructor Bios:**

Bryan Heiderscheit, PT, PhD, FAPTA, is the Frederick Gaenslen Professor in Orthopedics and Vice-Chair for Research for the Department of Orthopedics & Rehabilitation. He is the Director of the UW Health Runners' Clinic; Director of Research for Badger Athletic Performance with UW Athletics; and Co-director of the UW Neuromuscular Biomechanics Laboratory. Dr. Heiderscheit's research is aimed at understanding and enhancing the clinical management of orthopedic conditions, with particular focus on sports-related injuries. Support for his research includes the NIH, NFL, NBA and GE Healthcare. He is Editor for the *Journal of Orthopaedic and Sports Physical Therapy*.

Keith Knurr DPT, SCS, is a Clinical Investigation PhD candidate at UW-Madison. His research focuses on quantifying longitudinal changes in running mechanics following ACLR. His graduate studies have been supported by an NIH TL1 training grant from the Institute of Clinical and Translational Research. He earned a doctorate of Physical Therapy from UW-Madison in 2018, and completed a sports PT residency in 2019 at UW-Health. Keith maintains his clinical practice in the UW-Health's Sports Rehabilitation department. Keith is a member of the American Physical Therapy Association, the American Society of Biomechanics, and the American College of Sports Medicine.

## **Friday, October 7**

### ***Eating Well: The Impact of Nutrition on Health and Well-Being Across the Lifespan***

**8 – 9:50 am**

**Instructors:** Lori Thein Brody, PT, PhD, LAT, SCS, and Jill Thein-Nissenbaum, PT, MPT, ATC, DSc, SCS

**2 Contact Hours**

**Competency Level:** Open to All Levels

**Course Description:**

Management of musculoskeletal-related injuries and conditions does not take place in a vacuum. Physical, mental, environmental and psychosocial factors impact patient outcomes. In addition, thoughtful food and beverage intake is also integral to the health of our connective tissues. Muscle, tendon, ligament, articular cartilage and bone all require deliberate food choices to provide the necessary nutritional components for

health. In adolescence, dietary choices are critical for successful bone acquisition. As we age, these choices remain important, with nutrition and micronutrients continuing to serve as the building blocks for our connective tissues. Nutrition also interacts with our overall health through our gut microbiome. This course will explore how proper nutrition across the lifespan can positively impact musculoskeletal and overall health and well-being. Specifically, optimal bone acquisition during adolescence, through proper nutrition and exercise, will be discussed. Exercise examples and dietary recommendations to maintain or improve bone mass across the lifespan will be examined. Nutrition along with exercise to support connective tissue health across the lifespan will be discussed.

### **Instructor Bios:**

Lori Thein Brody, PT, PhD, LAT, SCS, is a professor at Rocky Mountain University of Health Professions and a PT/ATC in Madison, WI. Along with Carrie Hall, she co-authored *Therapeutic Exercise: Moving Toward Function*, and co-edited *Aquatic Exercise for Rehabilitation and Training* with Paula Geigle. She is the 2021 recipient of the Hall of Fame Award and the 2006 recipient of the Ron Peyton Award, both from the American Academy of Sports Physical Therapy, the 2018 Research Award from the Academy of Aquatic Physical Therapy and the 2019 recipient of the Hartgraves Award for Excellence in Teaching from Rocky Mountain University of Health Professions.

Jill Thein-Nissenbaum, PT, DSc, SCS, ATC, is an Associate Professor in the Physical Therapy Program, University of Wisconsin-Madison. Dr. Thein-Nissenbaum has served in numerous capacities since joining the DPT program faculty in 1995. In her current role, she teaches 2 5-credit courses in the musculoskeletal track and a 2-semester Sports PT elective. Dr. Thein-Nissenbaum's is in her 15<sup>th</sup> season with the Department of Athletics as the staff physical therapist for Badger Sports Medicine. She is actively involved in professional organizations, and serves as the treasurer of the American Academy of Sports Physical Therapy (AASPT).

## ***The Physical Therapist Role in Health Equity and Health Outcomes in Individuals with Disabilities***

**8 – 9:50 am**

**Instructor:** Virginia Wintersteen, MD, FAAOS

**2 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Physical therapy is a profession that works to restore and optimize function of their patients. But what happens after physical therapy has finished? Explore the impact of

physical activity opportunities beyond the clinical setting. Health Equity addresses the social, economic and community opportunities that can impact the health outcomes of patients. It is estimated that 40 to 60% of health is determined by opportunities outside clinical medical facilities. Join the discussion of how the lack of community opportunities impacts individuals with disabilities. Learn about the START Center project for Health Equity, a community collaborative effort in La Crosse in its effort to address these challenges. Physical therapists are in a pivotal position to influence patients and community programs to improve the quality of life of those with disabilities.

Discover what YOU can do to be involved in a paradigm shift in how we approach health and medical care and improve health outcomes for all. Examples of how therapeutic exercise can be integrated into community-based programs will be discussed and how adaptive recreation can assure the results of your interventions are sustained after discharge. Learn about innovative adaptive recreation equipment can be utilized in therapeutic settings.

**Instructor Bio:**

Virginia Wintersteen, MD, FAAOS, is a board certified Pediatric Orthopedic Surgeon. She has cared for pediatric and adults with traumatic, congenital, neurologic and development disabilities for 40 years. In 2016, she started the Coulee Region "Frost" Sled Hockey team as the first para sport opportunity in western Wisconsin. The experience opened her eyes to the impact of health outcomes on people with disabilities due to the lack of physical activity. The experience inspired the formation of the Sports, Therapeutic and Adaptive Recreation (STAR) Association whose mission is to improve the health outcomes of those with disabilities.

***Activity Dosing for Optimal Attention and School Performance***

**10:10 am - Noon**

**Instructor:** Angela Imhoff, DPT

**2 Contact Hours**

**Competency Level:** Open to All Levels

**Course Description:**

The course will provide a review of current literature regarding dosing exercise and activity for optimal school performance. Physical therapy and adaptive physical exercise often occur during the school day, and students need to return to the classroom ready to learn. PTs and PTAs need to know the optimal dosing of activity for school performance. Additionally, PTs and PTAs can assist teachers and aides in maximizing student attention throughout the day via specific activities. Diagnoses/conditions that



we will discuss include autism, down's syndrome, developmental coordination disorder and other conditions associated with decreased classroom attention.

**Instructor Bio:**

Angela Imhoff, DPT, received her DPT from the Mayo School of Health Science in Rochester, MN. She is an outpatient therapist at the Mayo Clinic Health System in Onalaska, WI. Additionally, she is a lecturer for the UWL DPT program which she teaches the lab and lecture portions of the Pediatric Class. She enjoys spending time with her 4 kids, teaching dance and Pilates when not in the clinic or the classroom.

***The Role of Nutrition and Exercise in Bone Health: Optimization of Bone Health for Orthopedic Surgery***

**10:10 am - Noon**

**Instructor:** Kristyn Hare, MMS, CCD, PA-C

**2 Contact Hours**

**Competency Level:** Open to All Levels

**Course Description:**

In the United States, an estimated 10 million people age 50 years and older have osteoporosis. Over 43 million more people have low bone mass, putting them at increased risk for osteoporosis. This course will provide an introduction to osteoporosis including interpreting bone density, nutrition for bone health, and the importance of weight bearing activity. We will discuss the importance of bone health assessment after adult fracture as well as the prevalence of low bone mass in adults who are considering joint replacement. We will also explore approaches to prevent bone loss after joint replacement surgery.

**Instructor Bio:**

Kristyn Hare, MMS, CCD, PA-C, is a certified physician assistant and clinical densitometrist with special interest in bone health and treatment of osteoporosis. She has 15+ years of experience as a PA in Orthopedics including previous roles in pain management, interventional pain, and non-operative spine care. She has played a leading role in establishing the University of Wisconsin Orthopedics Bone Health Program including establishing the Fracture Liaison Services (FLS) and Bone Health Optimization (BHO) service lines. Ms. Hare earned her undergraduate degree in Biochemistry from the University of Wisconsin. She completed her Master of Medical Science degree at Midwestern University.

## ***Integration of Evidence Informed Practice and Clinical Practice Guidelines into Physical Therapy Clinical Decision Making***

**8 am - Noon**

**Instructor:** Paul Reuteman, PT, DPT, MHS, OCS

**4 Contact Hours**

**Competency Level:** Intermediate

### **Course Description:**

Various approaches such as pain education, manual therapy techniques and motor control have been researched and found to be effective in managing neuromusculoskeletal pain. The challenge for most clinicians is understanding how to prioritize and integrate these approaches to optimize clinical outcomes. This course will propose a clinical reasoning model that provides a framework for clinicians as they determine what are optimal interventions for their patients. This model will highlight the need to consider many variables when developing an integrated, patient-centered plan of care. Some of these variables include pain mechanisms, irritability and chronicity of symptoms and personal contextual factors such as beliefs and emotions about the patient's condition. A case example will be discussed to show how this model is applied.

### **Instructor Bio:**

Paul Reuteman PT, DPT, MHS, OCS, is a board-certified Orthopedic Clinical Specialist from the ABPTS and is Clinical Professor in the Program of Physical Therapy at the University of Wisconsin – La Crosse. His primary teaching responsibilities include musculoskeletal examination and intervention principles, clinical decision making and clinical radiology. He maintains an active clinical practice at a private practice affiliated with Riverside Corporate Wellness in La Crosse. Dr. Reuteman is also the co-founder of Specialized Physical Therapy Education and is the Program Director and Instructor of their Orthopedic Residency Program. He also serves as faculty of Gundersen Healthcare Sports Physical Therapy Residency Program in Onalaska, WI. Dr. Reuteman is a recipient of the College of Health Sciences Professional Achievement Award from Marquette University and is a two-time recipient of the Sports Medicine Teacher of the Year by the Gundersen Medical Foundation.

## ***Direct to Employer Contracting - PPSIG sponsored course***

**8 am - Noon**

**Instructors:** Jennifer Jeschke, PT, DPT, CMPT, MFDc, and Bryan Cummings,

**4 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

During this 4-hour session Bryan and Jennifer will discuss direct to employer contracting services as a viable non-insurance-based option specifically geared toward private practice owners. Direct to employer contracting will cover Injury prevention, early intervention, and OSHA first Aid, Post Offer Pre-employment testing, Job descriptions, workers compensation and return to work management, both on-site and near site opportunities. The speakers will review the software and training that they use in their practices, marketing, and contract writing.

### **Instructor Bios:**

Jennifer Jeschke PT, DPT, CMPT, MFDc, founded Optimal Physical Therapy in 2005 in Lake Mills, WI. She is currently serving on the board of directors for the APTA Wisconsin Private Practice Special Interest Group. She received her Clinical Doctorate in Physical Therapy from Northwestern University Feinberg School of Medicine 2003. Areas of special interest and expertise include orthopedic and sports medicine, Injured Worker rehabilitation, and injury prevention, Direct to Employer Contracting, Trigger Point Dry Needling and Myofascial Decompression Techniques, and is a Certified Golf Performance Specialist through Nike and the Gray Institute. She is certified through the Occupro system for Injured worker management, FCE, Work Conditioning, Post Offer Pre-Employment testing, and Injury Prevention. Her primary role as a PT and private practice owner is developing direct to employer contracting both onsite and in her Lake Mills practice location, and managing workers compensation and workplace injuries, reducing claims and recordables, and helping employees and employers achieve their goals.

Bryan Cummings, PT, DPT, OCS, is a physical therapist and co-owner of New Life Physical Therapy. He is board certified in Orthopedic Physical Therapy through the American Board of Physical Therapy Specialties, and is a Fellow of Applied Functional Science (FAFS) through the Gray Institute. Additionally, Bryan is the President of New Life For Work and serves on the board of directors for the APTA Wisconsin Private Practice Special Interest Group.

## ***Across the Lifespan: Health and Wellness in People with Diabetes***

**2 – 5 pm**

**Instructors:** Sue Wenker, PT, PhD, GCS-Emeritus, Tracy Schroepfer, PhD, MSW, MA, Denise Walbrandt Pigarelli, PharmD, R.PhI, BC-ADM, and Aleksandra Torkelson, SPT

**3 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Physical therapists and physical therapist assistants are well positioned to collaboratively manage people living with diabetes. PTs/PTAs are able to provide general guidance regarding nutrition, medications, positive support systems, and managing other negative sequelae of diabetes. An increased focus on primary and tertiary prevention can lead to decreased need for secondary prevention. This three-hour presentation will use evidence-informed content to lead the learner in application of interventions to improve and co-manage the general health of a person living with diabetes. By the end of the session, learners will be able to return to their own work settings and discuss collaborative strategies at the individual and organizational levels regarding support of self-management for people living with diabetes.

### **Instructor Bios:**

Susan Wenker, PT, PhD, GCS-Emeritus, is the Director of UW-Madison DPT program and an Assistant Professor (CHS) in the Department of Family Medicine and Community Health. She earned her BS at UW-La Crosse and her Masters and PhD degrees at UW-Madison through the School of Education. She is actively involved in the APTA Geriatrics and teaches in the University of Wisconsin-Madison DPT program. Additionally, she teaches the Credentialed Clinical Instructor Course and serves on multiple campus committees for interprofessional teaching, leadership, and programming.

Tracy Schroepfer, PhD, MSW, MA, is a professor at the University of Wisconsin-Madison School of Social Work. She is a recipient of the Hartford Geriatric Social Work Faculty Scholar Award, and serves on several national boards including the Association for Gerontology Education in Social Work and the NQF Geriatric and Palliative Care Standing Committee. Dr. Schroepfer's research focuses on 1) improving the care provided to elders who are seriously or terminally ill by determining the best strategies for meeting their psychosocial, cultural and spiritual needs; and 2) health care disparities experienced by medically underserved communities. Her research is informed by her former practice as a hospice social worker and community work.

Denise Walbrandt Pigarelli, PharmD, R.Ph., BC-ADM, earned her BS and PharmD degrees from UW-Madison and then completed a specialty residency in ambulatory care at the Madison VA in 1994. She practiced as a clinical pharmacist at the Phoenix VA before

joining the UW-Madison School of Pharmacy faculty in 1996. Denise currently practices as a mid-level provider at the Madison VA in Diabetes Clinic. Her clinical research interests include clinical and quality of life outcomes of drug therapy and pharmaceutical care; her academic research interests include outcomes related to instructional design and assessment.

Aleksandra Torkelson, SPT, is a third year Doctor of Physical Therapy Student at the University of Wisconsin-Madison and holds a Bachelor of Science degree in Exercise Science with a double minor in psychology and nutrition from the University of Connecticut. As a longtime member of the diabetes community, Aleksandra is deeply passionate about exercise endocrinology and the enhancement of diabetes care as it intertwines with the profession of physical therapy. You can connect with Aleksandra via email at [atorkelson@wisc.edu](mailto:atorkelson@wisc.edu).

### ***Clinic-Based Taping Practice: From New Grad to Seasoned Clinician*** **2 – 5 pm**

**Instructor:** Jack Knudson-Stuhr, PTA

**3 Contact Hours**

**Competency Level:** Open to All Levels

#### **Course Description:**

Participants in this course will learn a multitude of taping techniques to perform on patients with a range of musculoskeletal and neuromuscular injuries. This clinical hands-on demonstration will emphasize the clinical rationale for taping rehabilitation strategies and demonstrate a variety of taping treatments for the foot, ankle, knee, shoulder, and back. The main purpose of this session is to provide attendees with clinical considerations and practical implementation strategies that they can take back to their patients immediately.

#### **Instructor Bio:**

Jack Knudson-Stuhr, PTA, has worked at Gundersen Health System in the Sports Medicine Physical Therapy department for fifteen years. He is a graduate of Western Technical College in La Crosse, WI. His primary practice has been orthopedic, and neuromuscular injury rehabilitation. He has received an Advanced Proficiencies in Musculoskeletal Physical Therapy through the APTA.

## ***Sociohistorical and Psychological Factors Contributing to Diseases of Despair***

**2 – 5 pm**

**Instructor:** Kelly Ashbeck, DPT, OCS

**4 Contact Hours – This course fulfills the state of Wisconsin 4 hours ethics/jurisprudence CE requirement – Attendees will be required to complete a pre-course assignment constituting 1 hour of time.**

**Competency Level:** Open to All Levels

### **Course Description:**

In 2017, the opioid crisis went from just that, a crisis, to being declared an epidemic. One major reason for this change in terminology was due to sky-rocketing drug overdose deaths. Drug overdose deaths rose steadily from 1999 to 2017 in 3 separate waves related to the opioid crisis. With a short plateau from 2017-2019, drug overdose deaths rose again by 30% in 2020 and increased another 15% in 2021. Overdose deaths can happen to anybody, which is true. But that is not a full truth as certain groups within our society tend to be overrepresented in overdose death statistics. Both history and sociology can give us context to this problem. Understanding “despair” can give deeper meaning for why so many people are not just dying of overdoses but also of alcoholism and suicide, which are all linked as the “diseases of despair.” Likely because of differing social organization amongst social groups, many that suffer from health disparities are not highly represented in the statistics of diseases of despair. But likely their despair manifests itself differently. We will also get a better sociohistorical understanding of health disparities to broaden the ethical discussion and make this presentation relevant to all attendees.

### **Instructor Bio:**

Kelly Ashbeck, DPT, OCS, has 14 years of physical therapy experience with a special interest in persistent pain. Dr. Ashbeck received his BS in Sociology in 2005 and his DPT in 2008, both from the University of Wisconsin-La Crosse. He completed an orthopaedic residency from SPTA in 2013 and became a board certified orthopedic specialist in 2014. Before becoming a physical therapist, Dr. Ashbeck had a strong interest in understanding social stratification and hopes that this professional interest makes him uniquely qualified to speak on health disparities. Dr. Ashbeck resides in Neenah, WI with his wife and two daughters.

## ***Hot Topics in Private Practice PT - PPSIG sponsored course***

**2 – 5 pm**

**Instructors:** Brenda Heinecke, PT, DPT, CSCS, and David Nissenbaum, MPT, MA, LAT, OCS, TPI-3, CIDN, PES

**3 Contact Hours**

**Competency Level:** Open to All Levels

### **Course Description:**

Pelvic floor dysfunction is a global health problem that affects millions of women, with 9.7% to 49.7% prevalence in United States women based on age. Currently, most research studies focus on strengthening protocols but there is limited research on manual, down training techniques for nonrelaxing pelvic floor, which contribute to pelvic floor dysfunctions. Unfortunately, nonrelaxing pelvic floor disorder is not widely identified within the healthcare community. This has implications in the pelvic health, orthopedic and sports realm of healthcare, particularly physical therapy. Several case studies of athletes with hip and/or groin injuries have shown complete resolution once the pelvic floor is addressed with myofascial treatment. It is important for all clinicians to be able to identify the signs and symptoms of pelvic floor dysfunction, recognize nonrelaxing pelvic floor disorder and be able to recommend treatment appropriately in order to provide better evidence-based, patient-centered care. It also provides physical therapists a unique opportunity to collaborate within the healthcare team and be able to make the correct referral. This session provides an overview of the anatomy and function of the pelvic floor, current pelvic floor issues that present orthopedically, and differential diagnosis and treatments based on the most current evidence.

Extraorporeal Shockwave Therapy (ESWT) describes the use of acoustic pulses to treat acute and chronic pain conditions of the musculoskeletal system. In this course we will discuss what ESWT is, the science behind why it is used and how it works, advantages of using ESWT. The pezo-electric principle will be discussed as well

### **Instructor Bios:**

Brenda Heinecke, PT, DPT, CSCS, is the owner and founder of Revitalize Physical Therapy, a private practice in Milwaukee, Wisconsin with a clinical focus on female pelvic health through the different stages of a woman's life. She earned her BS in Cell Physiology from University of Wisconsin - Whitewater and her Doctorate in Physical Therapy from Northwestern University. Over the years, Dr. Brenda has presented numerous research presentations at regional and national conferences. In addition to her interest in research, Dr. Brenda is also passionate about mentoring and educating other physical therapists. In her free time, she enjoys racing motocross, hiking,

snowmobiling, boating and spending time outside with her husband, three kids, and black lab.

David Nissenbaum, MPT, MA, LAT, OCS, TPI-3, CIDN, PES, received his Bachelor's Degree in Kinesiology with an emphasis in Athletic Training from the University of Wisconsin-Madison in 1994. He obtained his Masters in Sports Administration from the University of Northern Colorado in 1995. He then returned to Madison to obtain a Masters in Physical Therapy from the University of Wisconsin-Madison in 1999. David is board certified in Orthopedics by the APTA. David was director of outpatient orthopedic and sports medicine clinic before opening PRO Physical Therapy in 2016.