Spring to Excellence
APTA Wisconsin Spring Conference
April 27-28, 2023 | Ingleside Hotel | Pewaukee

COURSE DESCRIPTIONS AND INSTRUCTOR BIOS

Thursday, April 27 and Friday, April 28

Musculoskeletal US Diagnostic Imaging (Day 1) and Guided Dry Needling (Day 2) – PPSIG Sponsored Course

Thursday and Friday: 8 am – Noon; 2 – 5 pm – *Must attend BOTH days*
Instructors: Greg Fritz, PT, DPT, RMSK, Jennifer Jeschke, PT, DPT, and Bryan Cummings, PT, DPT
14 Contact Hours
Competency Level: Intermediate; *Limited to 30 people*

Course Description:
This course will provide attendees with a hand-on experience with MSK Ultrasound. Attendees will learn how to get started with learning MSK Ultrasound, MSK Ultrasound with Dry Needling, and identify various US units within your budget. As well as, identify a long term training plan for you and your staff. Day 1 attendees will hands-on learn what diagnostic ultrasound is, the basics of sonography, and progress to learning use of various US units in this lab setting. Participants will learn to appreciate and use of MSK Point of Care Ultrasound (POCUS) within physical therapy as another tool to aid in refining our working diagnoses with our patients. Day 2 will be progression and review of day 1 scanning and diagnostic skills, and will wrap up Day 2 with learning to perform Dry Needling under MSK US guidance. Case Studies will be utilized throughout to tie this hands-on lab course together.

Instructor Bios:
Greg Fritz, PT, DPT, RMSK, has been involved in the use of musculoskeletal sonography within his practice of physical therapy for over 15 years. He was instrumental in obtaining the credentialing recognition for physical therapists to be able to perform diagnostic scans that insurances will reimburse. Dr. Fritz presently provides diagnostic imaging and injury healing interpretation to the physical therapy clinics and community medical centers within his service area. His focus is to transfer the passion for the use of MSK POCUS within physical therapy as another tool to aid in refining our working diagnoses with our patients.

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, FAFS, 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.

Thursday, April 27

Elite Endurance Athletes Across the Lifespan/Strength Training the Pediatric Athlete

8 am - Noon
Instructors: Kevin Gries, PhD, and Erin Fifrick, PT, DPT, SCS, CSCS
4 Contact Hours
Competency Level: Open to All Levels

Course Description:
A significant amount of financial and intellectual resources has been invested into breaking the 2-hour barrier in the marathon. To achieve this goal, scientists studied and optimized the athlete's physiology, nutritional plan, footwear, pacing strategy, course, etc. In October of 2019, Eluid Kipchoge broke the 2-hour barrier in a time of 1:59:40. While this case study in physiology brought international interest into the physiology of elite performances, another cohort of remarkable athletes are sub-elites who remain competitive but are not sponsored. These athletes need to train optimally for performance, while balancing the stress of a typical job. Burn out and inconsistent training are two common hurdles these athletes face in which trainers need to be cautious of. Additionally, the number of masters athletes has been increasing as a result of the exercise boom which began ~50 years ago. These athletes are defying the norms of aging to produce remarkable performances. In this course, we will discuss the physiology and training of professional athletes, athletes who are sub-elite and not sponsored, and masters athletes. We will also discuss special considerations within these group to ensure peak performance and minimizing injury and burn out.

In the second half of this course, Erin will first answer the question: is resistance training safe in children? She will go on to discuss the mechanisms contributing to strength gains in childhood. Erin will then examine methods for properly training young athletes in the areas of strength, power, hypertrophy, and endurance. She will review recommended frequency of strength training based on athlete experience and seasonal sport involvement. Erin will also cover how to organize a both a single strength training session and how to design a full-strength training program. The discussion will then provide ideas for ways to alter training variables to achieve desired outcomes. She will conclude her course with education regarding the effects of strength training and detraining.

Instructor Bios:
Kevin Gries, PhD, is an Assistant Professor in Physical Therapy at Concordia University of Wisconsin. Dr. Gries's research interests are in understanding how best we can use exercise as medicine, particularly sarcopenia and metabolic diseases. He received his Bachelor of Science in Exercise Physiology at Concordia University of Wisconsin, Masters of Science in Human Performance at UW–La Crosse, PhD in Human Bioenergetics at the Human Performance Laboratory at Ball State University, and Post-Doctoral training in the Muscle Physiology and Metabolism Lab at Mayo Clinic.

Erin Fifrick, PT, DPT, SCS, CSCS, graduated from Saint Louis University in 2014 with a DPTand completed her sports residency training at Children's Healthcare of Atlanta in 2017. She is an APTA board-certified sports clinical specialist and an NSCA certified strength and conditioning specialist. Erin has been working in the pediatric sport field since 2016 and has been with Children's Wisconsin since 2017. She has a strong passion for working with athletes to provide them with the tools they need to return to their sport and minimize risk for future injury.

Interactive Hands-On Review for the Successful Management of Cervical Dysfunction

8 am - Noon
Instructors: Lee Coleman, PT, DPT, OCS, and Sam Zehnder, PT, DPT, CSCS
4 Contact Hours
Competency Level: Open to All Levels

Course Description:
Interactive lab experience with instruction of hands-on assessments and interventions recommended for the successful management of cervical dysfunction. Course participants will have the opportunity to practice select assessment techniques to screen patients for inclusive and exclusion criteria and will be offered clinical tools to support and guide referral decisions. Participants will also practice joint mobilizations including spinal thrust manipulations (STMs) to the thoracic spine, cervical spine, scapula, and ribs with an emphasis on repetitions to enhance psychomotor development. Throughout the lab experience, participants will be engaged in discussions regarding best practice for the application of screening techniques, manual therapy, and paired mobility exercises to address cervical dysfunction for patients across the lifespan.

Instructor Bios:
Lee Coleman, PT, DPT, OCS, earned a Bachelor of Science degree in Biology from Saint Mary's University of Minnesota in 2008 and his Doctorate of Physical Therapy (DPT) from Concordia University of Wisconsin in 2011. He holds his Board Certification as an Orthopedic Specialist (OCS) and is an active member of the APTA serving as the volunteer Program Chair for the Southeast District of the Wisconsin chapter. Dr. Coleman is a full-time faculty member in the Concordia University DPT program where he teaches musculoskeletal and orthopedic manual therapy topics. As a physical therapist, he has worked in private practice for 12 years and is committed to providing quality, evidence-based patient care.

Sam Zehnder, PT, DPT, CSCS, graduated from Concordia University - Wisconsin in 2018 with his Bachelor of Science in Exercise Physiology, in 2021 for his Doctorate of Physical Therapy, and in 2022 from Concordia's Orthopedic Residency Program. He has been involved with the APTA and APTA Wisconsin since his early days as a student and currently coordinates the Student Mentorship program through the Academic Liaison Committee. He was also recently elected as an APTA Wisconsin delegate and will begin serving his first time this year. He currently works full-time in an outpatient orthopedic setting and enjoys working with individuals across the lifespan.

It's Just Parkinson's: Exercise and Intervention Techniques

8 am – Noon
Instructor: Megan Kramp, DPT, NCS
4 Contact Hours
Competency Level: Open to All Levels

Course Description:
Ever struggle with how to best provide interventions for people with Parkinson's? Are you looking for new strategies for your current caseload of patients with Parkinson's? As the number of people in the US who are living with Parkinson's continues to increase, physical therapists' role as movement specialists and experts in exercise is critical for this population. This course will review Parkinson's Disease including motor and non-motor symptoms, discuss updates on current research on exercise and interventions, and share intervention strategies and resources specific to the unique challenges faced by people with Parkinson's Disease. Participation in Parkinson's specific exercises and video case examples will promote knowledge translation to practical clinical application, so participants will leave with ideas that can be applied to their next patient with Parkinson's Disease.

Instructor Bio:
Megan Kramp, DPT, NCS, has over 10 years of experience in a variety of clinical settings including acute care, inpatient rehabilitation, and outpatient. She has a passion for working with people with neurologic conditions, especially Parkinson's Disease, and is a PWR! Moves certified therapist and an LSVT BIG certified clinician. She is co-owner of Neuro Advantage Rehabilitation in Mount Pleasant, WI, a neuro-specialty clinic, she started with an OT colleague to fill a need in the community by providing rehab and wellness services for people with neurologic conditions, including exercise classes and support group meetings for people with Parkinson's.

Ask a Resident! A Panel Discussion

2 – 5 pm
Instructors: Collin Christensen, PT, DPT, OCS, Maya Puleo, PT, DPT, and Pedro Zavala, PT, DPT
3 Contact Hours
Competency Level: Open to All Levels

Course Description:
In a panel discussion format, residents Pedro Zavala, Maya Puelo, and Collin Chistensen will answer select questions from course participants and prepared questions including: how to become a resident, addressing burnout, and creating a positive work/life balance, the application of research in clinical practice, strategies for developing effective treatment plans, the best outcome measures, fostering growth and inclusion in the profession, and more!

Instructor Bios:
Maya Puleo, PT, DPT, is an Orthopedic Physical Therapy Resident at the Milwaukee VA Medical Center in affiliation with the University of Wisconsin-Milwaukee. She holds a DPT from UW-Madison and a degree in Kinesiology with an emphasis in Strength and Conditioning from UW-Oshkosh. She has a passion for orthopedics with a special interest in treating the shoulder, swimmer, and overhead athlete.

Collin Christensen, PT, DPT, OCS, is an orthopedic physical therapist practicing in the Greater Milwaukee Area. He graduated from Carroll University in 2020 and went on to complete an orthopedic residency at Concordia University. He is a board-certified orthopedic specialist with special interests in optimizing rehab outcomes in spine, post-concussion, and post-operative sports med cases.

Pedro Zavala, PT, DPT, is a graduate from the University of Wisconsin-Madison and completed an APTA credential Sports Physical Therapy Residency at Gundersen Health Systems-Medical Foundation. His background includes working with athletes and active individuals of all ages with varying skill level and musculoskeletal pathologies. In addition to being a clinician, he collaborates with the University of Wisconsin-La Crosse Institute for Movement Sciences and other institutions in lieu of gaining a deeper understanding of orthopedic pathologies in both athletic and recreational populations. He is actively involved the American Academy of Sports Physical Therapy.

Do Simple Patients Exist? The Survey Says… Probably Not!

2 – 5 pm
Instructor: Caitlyn Anderson, PT, DPT, NCS, GCS
3 Contact Hours
Competency Level: Open to All Levels

Course Description:
The autonomous roles of physical therapists (PT) in differential diagnosis and complex patient management may seem like an advanced skill; however, with staffing challenges, an unstable

healthcare landscape, an aging population, and advances in technology, PTs are faced with highly complex patients on a daily basis no matter what their experience level is.

This 3-hour course is designed to provide students, entry-level clinicians, and experienced therapists a review of current literature and frameworks, case-based discussion and application, and standardized tools needed to examine and intervene in patients with complex neurologic compromise. The presentation will focus on commonly seen neurologic impairments and/or diagnoses across settings (intensive care unit, acute care, inpatient rehabilitation, outpatient, home health), with complex medical complexities as well as lesser known but emerging neurologic diagnoses.

Participants will engage in large group lecture, small group discussion, and problem-solving while applying content.

Instructor Bio:
Caitlyn Anderson, PT, DPT, NCS, GCS, is ABPTS-certified in neurologic and geriatric physical therapy. Her passions include medically-complex populations, acute care, interdisciplinary teamwork, and interprofessional education. She has 8+ years of experience in intensive care units, acute rehabilitation, and the emergency room, mostly occurring at NYU Langone Health. She currently serves as an Assistant Professor at UW-Milwaukee and maintains contemporary practice treating in inpatient neurologic rehabilitation. Dr. Anderson has presented at 13 state and national conferences over 7 years. Most importantly, she is a dog mom of 2 Great Danes (Maggie and Frida), loves SoulCycle and coffee, and roots for the Huskers (GBR).

Sport Psychology: The Recovery After the Recovery

2 – 5 pm
Instructor: Matt Myrvik, PhD, CMPC
3 Contact Hours
Competency Level: Open to All Levels

Course Description:
Athlete's feel relief upon discharge from treatment from their injury and return to their sport. However, athletes may not realize that there is another recovery, performance. Secondary to being removed from the sport, skills may have declined. Being competitive, athletes may struggle with diminishing skills and demonstrate maladaptive cognitions and/or behaviors that may worsen performance or result in re-injury. During the present talk, providers will learn signs/symptoms of maladaptive injury/performance recovery and brief, clinic-based strategies to address thoughts and behaviors that may impact injury recovery.

Instructor Bio:
Matthew Myrvik, PhD, CMPC, is a clinical sport psychologist at Children's Wisconsin. He completed his Doctorate in Clinical Psychology from the University of North Dakota. He is accredited in sport psychology through the Association for Applied Sport Psychology. He currently sees high school and college athletes with sport-related injuries and performance concerns.

Table for 2, Part 1: Setting the Table for Advanced Physical Therapist Clinical Reasoning in Pain Care

8 am – Noon
Instructors: Wes Kurszewski, PT, DPT, and Bradly Schaack, PT, DPT
4 Contact Hours
Competency Level: Open to All Levels

Course Description:
Part 1 will begin with an interactive exploration into the complexity of pain. This will transition into deeper exploration of modern models and tools for viewing persons in pain. Part 1 will culminate with review of Pain Mechanisms concepts as we lay groundwork for Part 2's pain case studies.

Instructor Bios:
Bradley Schaack, PT, DPT, earned his DPT in 2010 from the University of Wisconsin, La Crosse. He has practiced in an outpatient setting at the VA his entire career as a Physical Therapist. His interests include general orthopedics, teaching and persistent pain. He is a core founder and instructor in the Tomah VA Pain University program, an interdisciplinary pain treatment program that uses a biopsychosocial framework to educate patients about how to manage their pain through education and self-care strategies. He is also a core founder of Pain University Goes to Camp, a persistent pain management program which provides learning experiences in a camp style setting in northern Wisconsin. He currently practices at the VA clinic in La Crosse, Wisconsin where he sees patients in-clinic and over telehealth.

Wesley Kurszewski, PT, DPT, earned his DPT in 2005, from the University of Minnesota. He has practiced outpatient orthopedics since, with experience and expertise towards treating persistent pain. He is a core founder and primary instructor of the Tomah VA Pain University, a collaborative multidisciplinary pain treatment program, since its inception in 2015. Pain University was selected as a national VA best practice in 2016 and has spread to and influenced multiple other VA sites. He currently practices at the VA in Wisconsin Rapids, and teaches pain education at Tomah, Wisconsin Rapids, as well as virtually via VA telehealth.

Table for 2, Part 2: Pain Care Case Studies

2 – 5 pm
Instructors: Bradley Schaack, PT, DPT, Wes Kurszewski, PT, DPT, and Stacy Stolzman, PT, MPT, PhD
3 Contact Hours
Competency Level: Open to All Levels

Using tools from Part 1, Part 2 will invite small and large group activities in the context of clinical case studies in pain care. **Attending Part 1, or a working knowledge of pain mechanisms reasoning, is strongly recommended in order to attend Part 2.**

Instructor Bios:

Bradley Schaack, PT, DPT, earned his DPT in 2010 from the University of Wisconsin, La Crosse. He has practiced in an outpatient setting at the VA his entire career as a Physical Therapist. His interests include general orthopedics, teaching and persistent pain. He is a core founder and instructor in the Tomah VA Pain University program, an interdisciplinary pain treatment program that uses a biopsychosocial framework to educate patients about how to manage their pain through education and self-care strategies. He is also a core founder of Pain University Goes to Camp, a persistent pain management program which provides learning experiences in a camp style setting in northern Wisconsin. He currently practices at the VA clinic in La Crosse, Wisconsin where he sees patients in-clinic and over telehealth.

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Stacy Stolzman, PT, MPT, PhD, is an Associate Professor of PT at Concordia University Wisconsin. She is a graduate of Marquette University with her MPT (1999) and Clinical & Translational Rehabilitation Health Science PhD (2015). Her pediatric clinical experiences include birth to three, outpatient clinics, aquatic therapy, inpatient/acute rehab, and specialty clinics. She developed the exercise component of the NEW (Nutrition, Exercise, & Weight Management) Clinic, a multi-disciplinary weight management program aimed at improving weight and health status in children 2-18 years of age. She has critically assessed many barriers for the pediatric patient with obesity such as pain, deconditioning, and poor musculoskeletal alignment and explored creative and effective interventions. Her PhD and post-doctoral training increased her clinical and research skills including assessment of body composition through DXA, health status through clinical laboratory science, physical fitness through VO2max testing, and pain through pressure pain threshold testing. Her current research explores the use of aerobic exercise to decrease pain (i.e. exercise-induced hypoalgesia) and the role of physical fitness in metabolic health of children and adolescents with obesity.

Friday, April 28

DPT Residency Showcase

8 am – Noon
Instructors: Amy Bednarek, PT, DPT, MS, ATC, SCS, Collin Christensen, PT, DPT, OCS, Maya Puleo, PT, DPT, and Pedro Zavala, PT, DPT
4 Contact Hours
Competency Level: Open to All Levels

Course Descriptions:

Rehabilitation Considerations for the Overhead Athlete
Shoulder pain in the overhead athlete is common with a reported incidence of 12-38% per year. Throwing athletes are capable of accelerating their upper extremity at angular velocities exceeding 7,000 degrees per second and the shoulder of the elite swimmer must withstand an average of 2,500 strokes per day. This course is designed to be an introduction to treating a unique patient population and will cover the concepts of shoulder kinesiology, resilience rehabilitation, and back to sport criteria necessary for overhead athletes to successfully return to participation in their sport. This presentation will include an overview of current clinical practice considerations for the overhead athlete as well as a brief review of the highlights of the Bern Consensus update published in 2022.

Achilles Tendon Repair Rehab – Current Concepts and Opportunities for Improvement
This course will explore recent rehab research in Achilles tendon repair. We will explore current evidence on implications of surgical technique on rehabilitation progression, post operative quantitative testing, and concepts for data-guided exercise and activity progression back to sport.

Current Concepts of Blood Flow Restriction (BFR) Application
This course will overview the best current evidence on the topic of blood flow restriction therapy. We will cover pertinent physiological mechanisms, indications & contraindications while discussing best clinical practices through an application-based lens.

Neuroplasticity Following Injury and the Implications on the Return to Sport Continuum
The central nervous system plays an important role in the ability to process all sensory input to ensure dynamic stability and neuromuscular control. Evidence has shown that neuroplasticity changes occur secondary to the disruption of anatomical structures while altering physiological processes. Sports specifically, inherently create competitive environments that are often unpredictable and require the athlete's focus to be task-oriented. This requires the athletes to visually process numerous stimuli while simultaneously performing multi-directional movements. Therefore, the purpose of this presentation is to discuss: 1) the current understanding of the neuroplastic changes associated with musculoskeletal injuries, 2) clinical implications it poses on the return to sport continuum, and 3) discuss motor learning principles/interventions to enhance automaticity with movement control patterns that may be beneficial to address these central changes that may minimize subsequent injury in athletes.

Instructor Bios:
Maya Puleo, PT, DPT, is an Orthopedic Physical Therapy Resident at the Milwaukee VA Medical Center in affiliation with the University of Wisconsin-Milwaukee. She holds a DPT from UW-Madison and a degree in Kinesiology with an emphasis in Strength and Conditioning from UW-Oshkosh. She has a passion for orthopedics with a special interest in treating the shoulder, swimmer, and overhead athlete.

Amy Bednarek, PT, DPT, MS, ATC, SCS, is a physical therapist and athletic trainer who completed her academic education at the University of Delaware. She completed her sports residency at UW Health and is now a board-certified specialist in Sports PT. She currently works at UW Health in sports rehab as a physical therapist. Her practice sub-specialties are running biomechanics and ACL testing and return to sport.

Collin Christensen, PT, DPT, OCS, is an orthopedic physical therapist practicing in the Greater Milwaukee Area. He graduated from Carroll University in 2020 and went on to complete an orthopedic residency at Concordia University. He is a board-certified orthopedic specialist with special interests in optimizing rehab outcomes in spine, post-concussion, and post-operative sports med cases.

Pedro Zavala, PT, DPT, is a graduate from the University of Wisconsin-Madison and completed an APTA credential Sports Physical Therapy Residency at Gundersen Health Systems-Medical Foundation. His background includes working with athletes and active individuals of all ages with varying skill level and musculoskeletal pathologies. In addition to being a clinician, he collaborates with the University of Wisconsin-La Crosse Institute for Movement Sciences and other institutions in lieu of gaining a deeper understanding of orthopedic pathologies in both athletic and recreational populations. He is actively involved the American Academy of Sports Physical Therapy.

Clinical Decision Making for Low Back Pain: A Cased Based Course

8 am – Noon; 2 – 5 pm
Instructor: Jeremiah Weber, PT, DPT, OCS, and Erik Gregersen, PT, DPT, OCS, FAAOMPT
7 Contact Hours
Competency Level: Open to All Levels

Course Description:
This course will cover a comprehensive clinical decision-making model with case-based application. The structure of the course will be a combination of lecture, breakouts, group discussion, and hands on assessment as well as intervention. In the clinical decision-making model, we will discuss hypothesis generation, SINSS, comparable signs, and using test/retest. The format of this course is a unique case-based structure allowing small group discussion as well as several breakouts covering select examination techniques and interventions. The primary objective of the course is to improve clinical decision making.

Instructor Bios:
Jeremiah Weber, PT, DPT, OCS, Fellow In Training, graduated with a DPT from Concordia University Wisconsin in 2011. Following graduation, Jeremiah began practicing in outpatient orthopedics in both the private practice and hospital outpatient settings. He earned his Board Certification as an Orthopedic Specialist (OCS) in 2014. In 2018, Jeremiah began serving as adjunct faculty in Carroll University's Physical Therapy program assisting in all orthopedic courses. In May of 2022, Jeremiah started fellowship training in orthopedic and manual physical therapy through Bellin College.

Erik Gregersen, PT, DPT, OCS, FAAOMPT, earned a Bachelor of Science degree in Business Administration from UW-Stevens Point in 1995. Upon graduation, Erik served as an Army Officer for four years before working in operations management as well as several sales and marketing positions.

Erik returned to school and graduated with a DPT from Concordia University of Wisconsin in 2011. While in school he also worked part time as a CrossFit Trainer/Coach as well as becoming a Certified Level 1 CrossFit Trainer. He has remained active in CrossFit since beginning in 2007. Upon graduation Erik completed a year-long orthopedic manual therapy and sports medicine internship. He has also earned his Board Certification as an Orthopedic Specialist (OCS), is a NSCA Certified Strength and Conditioning Specialist (CSCS), and has an advanced certification in Functional Dry Needling. Additionally, Erik has earned the prestigious honor of becoming a Fellow in the American Academy of Orthopedic Manual Therapists. Erik is integrally involved in the profession striving to better himself. He is an active member of the Orthopedic Section of the American Physical Therapy Association as well as the Wisconsin Chapter where he serves as the Academic Liaison Committee Co-Chair. He also serves in numerous roles as a mentor for students and other clinicians within the APTA and Froedtert Health. Additionally, Erik teaches continuing education courses for other physical therapists and serves as Adjunct Faculty at South College.

Introduction to Principles of Practice and Coaching Models in Early Intervention Programs

2 – 5 pm
Instructor: Aryn Slack, DPT, and Becky Hoffman
3 Contact Hours
Competency Level: Open to All Levels

Course Description:
An introduction to early intervention for infants and toddlers with delays and disabilities and their families in Wisconsin's Birth to 3 Program. Presenters will explain the principles that guide how services are delivered across the state. Learn about the APTA's stance on transdisciplinary services and coaching models in pediatrics. Participants will also hear from a parent who has participated in the Birth to 3 Program as well as professionals working in the field as they reflect on key early intervention principles in practice.

Instructor Bios:
Aryn Slack, DPT, graduated from the University of Wisconsin-La Crosse and was honored to receive the Physical Therapy Program Most Outstanding Student Award in 2014. She continues to be involved with UW-L through their Alumni Board. Aryn began working in the Birth to 3 program in 2016 and truly found her home there. Personally, she enjoys swimming with her three daughters, canoeing, sledding, mushroom hunting, tapping maple trees, and basically doing anything outside (whatever the weather may be).

Becky Hoffman has spent her career working in the field of early childhood and early intervention. She developed a passion for home visiting in her first "real job" as a disability specialist in a Head Start program. After experiencing the impact of working with families to support their child's learning and development, she became a licensed early childhood special educator and worked for over 20 years as an educator/service coordinator, then as the program coordinator, for the Birth to 3 Program in Fond du Lac County. Becky has been working for the past year with the CESA 5 RESource Project as it is redesigning the professional development system for Wisconsin's Birth to 3 Program. Becky also teaches as an adjunct instructor at UW-Oshkosh in the Early and Special Education Department.

How to Form Successful Treatment Teams to Effectively Treat Patients with Musculoskeletal Pain and Substance Use Disorder

8 am – Noon; 2 – 5 pm
Instructor: Holly Johnson, PT, DPT, Cert MDT
7 Contact Hours
Competency Level: Open to All Levels

Course Description:
This course describes the newly researched team approach utilizing physical therapy with other trauma informed care health practitioners to offer patients with substance use disorder (SUD) and chronic pain better solutions and outcomes. Practitioners will learn how to combine pain neuroscience education with informed substance use disorder (SUD), trauma informed PT and medical intervention. With the right education and preparation, clinicians in the in- patient and out-patient setting can create a successful practice improving both evaluation and non-pharmacological interventions with the addition of evidenced base pain neuroscience and musculoskeletal addiction recovery care. In this introductory course, PTs, PTAs and MDs, midlevel's and behavioral health specialist will acquire the practical skills to become a powerful part of the solution to the US opioid crisis by creating a strong practice in treating SUD musculoskeletal disease (MSD) patients. In this course we also review how to use the APTA Wisconsin Pain & Addiction Toolkit for all medical and behavioral health providers and patients.

Instructor Bio:
After Holly's 32-year career in private practice in Kentucky, she has spent the past three years developing PT treatment programs that focus on substance abuse recovery utilizing PT, pain neuroscience and behavioral health services. Additionally, she teaches a PT elective course on how PTs can successfully treat patients with chronic musculoskeletal pain (MSP), central

sensitization, and substance use disorder (SUD). She currently conducts ongoing research with the University of Kentucky in this new PT niche. She served as the Kentucky Chapter Payment Policy Committee Chairmen from 2008 to 2019, and on the PPS Payment Policy Committee from 2013 -2022. She has been a frequent speaker at the PPS annual conference, and APTA CSM representing the PPS. She has recently presented lectures on successful preparation for alternative payment models including direct to employer PT services. Additionally, she provides PT consulting services through her company Johnson PT Consulting LLC.