

 **MovePA**

ANNUAL CONFERENCE

Oct. 22-24, 2021

Omni William Penn Hotel | Pittsburgh, PA

APTAPA.ORG/MOVEPA

TOP 7 REASONS TO ATTEND MOVEPA 2021

- Get inspired by our keynote address from member Kim Nixon-Cave, PT, PhD, MS, FAPTA, on why social determinants of health matters in the management of PT patients.
- Connect with more than 300 physical therapy professionals in the commonwealth.
- Earn more than half of your state licensure continuing education requirements.
- Visit with exhibitors to learn about the latest physical therapy equipment, products and services.
- Catch up on the latest PT and PTA news in the commonwealth.
- Register by Sept. 24 to save on registration.
- Enjoy complimentary lunch on Friday and Saturday, breakfast on Saturday and Sunday and giveaways in the exhibit hall.

APTA PA 2021 MOVEPA ANNUAL CONFERENCE

JOIN US THIS OCTOBER IN PITTSBURGH, PA

APTA PA 2021 Move PA Annual Conference is Oct. 22-24, 2021. Posters and platforms, oh my! Join us in Pittsburgh at the Omni William Penn Hotel. Don't you miss your colleagues and friends? Join us for a conference packed with continuing education (MANY evaluative and general hours approved by PA State Board), opportunities for legislative updates, networking (IN-PERSON) with friends and employers, our Brew and Business Membership Event, SIG special programming on Sunday, and a FREE PAC FUNdraiser on Saturday night – and much more. This year we will highlight our 100-year Anniversary as APTA!

Breakfast is FREE for those attendees, and lunch is FREE with the price of the registration ticket. Register early to secure our Early Bird rates and be assured you have your spot in our programming events with limited seats.

Our research and science exhibits continue to draw large crowds, which will again be on display in our exhibit hall and recorded in case you cannot attend them ALL! Back by popular demand, we will have Leaders on the Move and other activity-based events to keep us true to MovePA. We look forward to seeing and sharing time and talents with you!

Colleen Chancler, PT, MHS, PhD
APTA PA President

APTA PENNSYLVANIA 2021 LEADERSHIP

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Pittsburgh, PA

SCHEDULE AT A GLANCE

FRIDAY, OCT. 22

8:00 a.m.-5:00 p.m.
Registration Open

9:00 a.m.-11:00 a.m.
Poster Setup

9:30 a.m.-11:00 a.m.
Opening and Keynote

11:00 a.m.-9:00 p.m.
Exhibit Hall Open

11:00 a.m.-12:00 p.m.
**Legislative Update Luncheon
– OR –**

11:00 a.m.-12:00 p.m.
Lunch with Exhibitors

12:00 p.m.-2:00 p.m.
Educational Sessions

2:00 p.m.-2:30 p.m.
Break with Exhibitors

2:30 p.m.-4:30 p.m.
Educational Sessions

4:30 p.m.-6:00 p.m.
Research Platform Presentations

7:00 p.m.-9:00 p.m.
Opening Reception and Awards

SATURDAY, OCT. 23

7:00 a.m.-6:30 p.m.
Registration and Exhibit Hall Open

7:00 a.m.-8:00 a.m.
Breakfast with Exhibitors

8:00 a.m.-10:00 a.m.
Educational Sessions

10:00 a.m.-11:00 a.m.
Break with Exhibitors and Poster Session

11:00 a.m.-1:00 p.m.
Educational Sessions

1:00 p.m.-2:00 p.m.
Lunch with Exhibitors

2:00 p.m.-4:00 p.m.
Educational Sessions

4:15 p.m.-6:00 p.m.
Brew and Business Membership Meeting

Saturday Evening - TBD
PA PT PAC Centennial Celebration Event

SUNDAY, OCT. 24

8:00 a.m.-2:00 p.m.
Registration Open

7:00 a.m.-8:30 a.m.
Breakfast with Exhibitors

7:30 a.m.-8:30 a.m.
SIG Business Meetings

8:30 a.m.-10:30 a.m.
Educational Sessions

10:30 a.m.-10:45 a.m.
Break with Exhibitors

10:45 a.m.-12:45 p.m.
Educational Sessions

12:45 p.m.
Adjourn

CONFERENCE PLANNING/EDUCATION COMMITTEE

Thank you to all of our APTA PA member volunteers who helped to plan our terrific conference!

COMMITTEE CHAIR

Cheryl West, PT, DPT, MBA
Glen Mills, PA

COMMITTEE MEMBERS

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Schnecksville, PA

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Pittsburgh, PA

Derek Fanto, PT, DPT
Philadelphia, PA

Kristin von Nieda, PT, DPT, MEd
Philadelphia, PA

CONFERENCE SCHEDULE

THURSDAY, OCT. 21, 2021

1:30 p.m.-6:00 p.m. Board of Directors Meeting
All APTA PA members are invited to attend. Please email APTA PA Executive Director Allison McIntosh at amcintosh@aptapa.org if you plan to attend for planning purposes.

Multi-part sessions below are indicated after the title. You may choose to attend the full track of a particular presentation OR you can attend different session topics throughout the day.

FRIDAY, OCT. 22, 2021

8:00 a.m. Registration Opens

8:00 a.m.-11:00 a.m. Exhibitor Setup

9:00 a.m.-11:00 a.m. Poster Setup

9:30 a.m.-11:00 a.m. **Opening Keynote – Social Determinants Related to Healthcare** – Kim Nixon-Cave, PT, PhD, MS, FAPTA

11:00 a.m.-9:00 p.m. Exhibit Hall Opens

11:00 a.m.-12:00 p.m. Legislative Ambassador's Luncheon
Interested in staying up-to-date on the latest legislative issues affecting physical therapy in Pennsylvania? Join this luncheon for an overview of hot legislative topics. Open to all conference attendees; you must pre-register to attend. Lunch will be provided.

– OR –

11:00 a.m.-12:00 p.m. Lunch with Exhibitors
Lunch provided for all conference attendees not attending the Legislative Ambassador's Luncheon.

12:00 p.m.-2:00 p.m. **Educational Sessions**

Transform Your Clinical Practice

- **Using Research to Build Clinical Skills: The Research Path: From Start to Finish**
– Paul Rockar, Jr., PT, DPT, MS, FAPTA, President, Foundation for Physical Therapy Research
(12:00 p.m.-1:00 p.m.)
- **Using Research to Build Clinical Skills: Steps to Quickly Find Best Evidence, Interpret & Apply it to Your Patient** – Mary Ann Holbein-Jenny, PT, DPT, PhD
(1:00 p.m.-2:00 p.m.)

Adolescent Sport

- **Introduction and Concussion** – Donna Merkle, PT, MS, SCS, CSCS (12:00 p.m.-1:00 p.m.)
- **Cardiac Anomalies and Sudden Death** – Donna Merkle, PT, MS, SCS, CSCS
(1:00 p.m.-2:00 p.m.)

Clinical Outcomes: Understanding PT Policy Trends, Quality Measures, and How to Apply Outcomes Data for Patient Decision-Making and Quality/Performance Improvement
– James Irrgang, PT, PhD, FAPTA

Evidence-Based Clinical Care for Individuals with Cancer: Review of Cancer Treatment Side Effects and Rehabilitation Interventions – Nicole Stout, DPT, CLT-LANA, FAPTA

2:00 p.m.-2:30 p.m. Break with the Exhibitors

APTA PA has received pre-approved provider status from the Pennsylvania State Board of Physical Therapy. Contact hours will be awarded to participants who attend the courses. Certificates will be distributed via email after the conclusion of the conference. Course content is not intended for use outside the scope of the learner's license or regulation. Clinical continuing education should not be taken by individuals who are not licensed or otherwise regulated, except if they are involved in a specific plan of care.

CONFERENCE SCHEDULE

FRIDAY, OCT. 22, 2021 CONT.

2:30 p.m.-4:30 p.m.

Educational Sessions

Transform Your Clinical Practice: Using Research to Build Clinical Skills: Applying the Total Knee CPG in the Clinic – Alex Haddad, PT, DPT, PhD, Board Certified Clinical Orthopaedic Specialist, Jason Brandi, PT, DPT, Board Certified Clinical Orthopaedic Specialist

Trauma-Informed Healthcare – Beth Docherty, Principle - The TRUST Project

Evidence-Based Clinical Care for Individuals with Cancer: Case-Based Rehabilitation Assessment and Care Planning – Nicole Stout, DPT, CLT-LANA, FAPTA

The Wound Diagnosis: Understanding the Wound Environment and Prognosis
– Pamela Unger, PT, DPT, CWS

Adolescent Sport

• **Heat Illness** – Donna Merkle, PT, MS, SCS, CSCS (2:30 p.m.-3:30 p.m.)

• **Relative Energy Deficiency in Sport and Female Athlete Triad Conclusions**
– Donna Merkle, PT, MS, SCS, CSCS (3:30 p.m.-4:30 p.m.)

4:30 p.m.-6:00 p.m.

Research Platform Sessions #1

Research Platform Sessions #2

7:00 p.m.-9:00 p.m.

Opening Reception and Awards

8:30 p.m.-9:30 p.m.

Budget & Beer – John Tawfik, PT, DPT

Join the APTA Pennsylvania Finance Committee Chair, John Tawfik, for the 2022 Budget & Beer Event at this year's MovePA conference! This meeting is open to current APTA PA leadership and those APTA PA members who have an interest in the Finance Committee, or considering to run for treasurer of your local District or chapter. Please RSVP to attend this meeting through the conference registration form.

SATURDAY, OCT. 23, 2021

7:00 a.m.

Registration Opens

7:00 a.m.-8:00 a.m.

Continental Breakfast with the Exhibitors

8:00 a.m.-10:00 a.m.

Educational Sessions

Transform Your Clinical Practice: Using Research to Build Clinical Skills: Applying High Intensity Gait Training to Improve Walking Capacity and Performance Following Stroke and Other Neurologic Injuries – Hallie Zaleznik, PT, DPT, Board Certified Neurologic Clinical Specialist, Darcy Bonaventura, PT, DPT, Board Certified Neurologic Clinical Specialist, Ruth A. Hallas, PT, DPT, Board Certified Neurologic Clinical Specialist, Certified Stroke Rehabilitation Specialist

Intensive Therapy and Episodic Care in Pediatrics – Jen Brilmyer, PT, DPT, DHSc, Amy O'Donnell, PT, DPT, Joe Schreiber, PT, PhD, FAPTA

Clinical Outcomes: Understanding Patient-Centered Outcomes Measures and How To Select Them
– Christine McDonough, PT, PhD

Therapeutic Interventions: Have We Improved Our Wound Care Solutions?
– Pamela Unger, PT, DPT, CWS

10:00 a.m.-11:00 a.m.

Break with Exhibitors and Poster Session

Presenters will be in attendance at their respective posters during this time. Beverages provided for all conference attendees.

11:00 a.m.-1:00 p.m.

Educational Sessions

Clinical Outcomes: Implementation Issues for Use in Clinical Practice – Hallie Zeleznik, PT, DPT, NCS, Board Certified Neurologic Clinical Specialist

Intensive Strengthening Program and Power Training in Pediatrics – Amy O'Donnell, PT, DPT, Jen Brilmyer, PT, DPT, DHSc

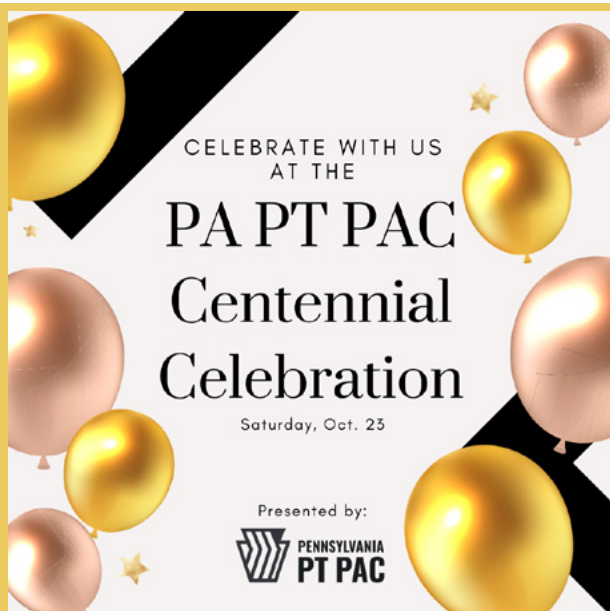
CONFERENCE SCHEDULE

SATURDAY, OCT. 23, 2021 CONT.

- 11:00 a.m.-1:00 p.m. **Improving Life Management: Hospice and Palliative Care in Physical Therapy**
– Barbara Wagner, PT, DPT, MHA
- Where does it all Fit In: Antibiotics, Nutrition, Age, and Exercise** – Pamela Unger, PT, DPT, CWS
- 1:00 p.m.-2:00 p.m. Lunch in the Exhibit Hall
- 2:00 p.m.-4:00 p.m. **Educational Sessions**
- Transform Your Clinical Practice: Using Research to Build Clinical Skills: New and Emerging Evidence: Lessons Learned From COVID-19 for Practice Changes When No Clinical Practice Guidelines, Systematic Reviews or Meta-Analyses Exist** – Hallie Zaleznik, PT, DPT, Board Certified Neurologic Clinical Specialist, Tracey Euloth, MPT, Beth A. Matcho, PT
- The Right Prescription, Right time, Right Child; A Guide for Intensive Therapy from a Therapist and Family Viewpoint** – Jen Brilmyer, PT, DPT, DHSc, Amy O'Donnell, PT, DPT
- Cultural Competence in Palliative and Hospice Care in Physical Therapy**
– Barbara Wagner, PT, DPT, MHA
- Collaboration in Practice: Wound Rounds** – Pamela Unger, PT, DPT, CWS
- 4:15 p.m.-6:00 p.m. Brew and Business Membership Meeting
Learn about what's happening with your APTA chapter. The Brew and Business Membership Event is open to APTA PA members ONLY.
- Saturday Evening - TBD PA PT PAC Centennial Celebration
Event to follow the Annual Membership Meeting.

SUNDAY, OCT. 24, 2021

- 8:00 a.m. Registration Opens
- 7:30 a.m.-8:30 a.m. SIG Business Meeting
APTA PA has seven Special Interest Groups to join: Acute Care, Geriatric, Neurology, Pediatric, Private Practice, Physical Therapist Assistant, and Student. Membership is free for all APTA PA members. This meeting is open to members of those SIGs as well as those who are interested in joining a SIG. Grab breakfast in the exhibit hall and bring it with you to the meeting!
- 7:00 a.m.-8:30 a.m. – OR –
Breakfast with the Exhibitors



ATTEND OUR PA PT PAC EVENT FOR NO ADDITIONAL COST!

Join the PA PT PAC for desserts, socializing and dancing as we celebrate APTA's 100th year. Reconnect with your colleagues during this celebration and enjoy live music, drinks, contests and more! Celebrate in style and plan to join us for a fun-filled evening that is sure to entertain while supporting the PA PT PAC fund.

This year's Centennial Celebration is included with your MovePA conference registration and will take place following the Membership Meeting on Saturday, Oct. 23.

CONFERENCE SCHEDULE

SUNDAY, OCT. 24, 2021 CONT.

8:30 a.m.-10:30 a.m.

Educational Sessions

Aging in Place for the Older Adult (Part 1) – Monique Chabot, OTD, OTR/L, CAPS, CLIPP

Sponsored by the APTA PA Geriatric SIG

Autism and Obesity: The Role of Physical Therapy in Addressing Weight Related Concerns for Children in School Settings – Johanna Javens Spangenberg, PT, DPT, Kathy Coultres, PT, MS, PCS

Sponsored by the APTA PA Pediatric SIG

Converting our Understanding of Functional Neurologic Disorders

– Jodi Krause, PT, DPT, NCS

Sponsored by the APTA PA Neurology SIG

Introduction to HawkGrips: Focus on Upper Extremity – Chris Capilli, PT, DPT, FAAOMPT, MS, CFCE

Sponsored by HawkGrips

On-site attendance for this course is limited to a capacity of 50 attendees.

Physical Therapy and Bariatrics in the Acute Care Setting (Part 1)

– Marney Lorah, PT, DPT

Sponsored by the APTA PA Acute Care SIG

10:30 a.m.-10:45 a.m.

Break

11:00 a.m.

Exhibitor Breakdown

10:45 a.m.-12:45 p.m.

Educational Sessions

Aging in Place for the Older Adult (Part 2) – Monique Chabot, OTD, OTR/L, CAPS, CLIPP

Sponsored by the APTA PA Geriatric SIG

Converting our PT Management of Functional Neurologic Disorders: A Case Series

– Jodi Krause, PT, DPT, NCS

Sponsored by the APTA PA Neurology SIG

Lymphadema Management and Treatment – Mary Wardrop, PTA, LMT

Sponsored by the APTA PA Physical Therapist Assistant SIG

Introduction to HawkGrips: Focus on Lower Extremity – Chris Capilli, PT, DPT, FAAOMPT, MS, CFCE

Sponsored by HawkGrips

On-site attendance for this course is limited to a capacity of 50 attendees.

Physical Therapy and Bariatrics in the Acute Care Setting (Part 2) – Marney Lorah, PT, DPT

Sponsored by the APTA PA Acute Care SIG

12:45 p.m.

Adjourn

12:45 p.m.-2:00 p.m.

House of Delegates Meeting

SESSION OBJECTIVES

KEYNOTE – SOCIAL DETERMINANTS RELATED TO HEALTHCARE

Kim Nixon-Cave, PT, PhD, MS, FAPTA

Friday, Oct. 22 // 9:30 a.m.-11:00 a.m.

Earn 1.5 contact hours (direct)

- Discuss clinical decision-making and clinical reasoning strategies focused on the biopsychosocial contextual factors of patients to improve their health outcomes.
- Appreciate the impact of the intersectionality of social determinants of health and physical therapist management of patients from diverse backgrounds and how to optimize the patient's health outcomes.
- Define implicit bias, stereotyping and microaggressions and the impact on the physical therapist's management of patients.
- Identify and discuss health and healthcare disparities and health inequities and how they can impact the health outcomes of patients from diverse communities.
- Utilize the International Classification of Functioning (ICF) and the Physical Therapists Patient Client Management process to discuss the influence of the patient's biopsychosocial contextual factors and the impact on physical therapist's clinical decision-making.
- Identify cultural responsiveness care and how to apply to the physical therapist's management of patients to meet their individual needs and maximize successful health outcomes.

TRANSFORM YOUR CLINICAL PRACTICE

Multiple Speakers

Friday, Oct. 22 & Saturday, Oct. 23

- Understand the need for and the role of a clinical research agenda for the professional association as well as the foundation.
- Delineate the differences between dissemination of research and the implementation of research.
- Describe the gaps that exist between research publication and the implementation of research into clinical practice.
- Understand the need for implementation science research.
- Efficiently and effectively access research evidence.
- Choose the strongest evidence from among all evidence found.
- Interpret research findings and apply to a unique patient.
- Identify and screen for key prognostic factors for patients with TKAs to help better inform an individualized patient care plan.
- Define three specific interventions that lead to improved functional outcomes during post-operative recovery from TKA.
- Design an individualized care plan that includes appropriately matched, and well-validated, functional outcome measures supporting patient-centered goals.
- Discuss the key recommendations from the 2020 CPG

addressing locomotor function in people with chronic stroke, brain, and spinal cord injury.

- Identify the roles of specificity, repetition, and intensity in promoting optimal walking outcomes for people with stroke, brain and spinal cord injury.
- Apply the concepts from the CPG and principles of experience-dependent neuroplasticity to the physical therapist evaluation and treatment of patients in the inpatient rehabilitation and outpatient settings.
- Identify sources for rapid dissemination of evidence during a global pandemic caused by a novel virus.
- Discuss the application of evidence for PT evaluation and treatment of patients with active COVID-19 or who are recovered from COVID-19 experiencing Post-Acute Sequelae of SarsCoV-2 illness (PASC) across 3 levels of care: acute, inpatient rehab and outpatient.

USING RESEARCH TO BUILD CLINICAL SKILLS: THE RESEARCH PATH: FROM START TO FINISH

Paul Rockar, Jr., PT, DPT, MS, FAPTA

Friday, Oct. 22 // 12:00 p.m.-1:00 p.m.

Earn 1 contact hour (direct)

USING RESEARCH TO BUILD CLINICAL SKILLS: STEPS TO QUICKLY FIND BEST EVIDENCE, INTERPRET & APPLY IT TO YOUR PATIENT

Mary Ann Holbein-Jenny, PT, DPT, PhD

Friday, Oct. 22 // 1:00 p.m.-2:00 p.m.

Earn 1 contact hour (direct)

USING RESEARCH TO BUILD CLINICAL SKILLS: APPLYING THE TOTAL KNEE CPG IN THE CLINIC

Alex Haddad, PT, DPT, PhD, Board Certified Clinical Orthopaedic Specialist, Jason Brandi, PT, DPT, Board Certified Clinical Orthopaedic Specialist

Friday, Oct. 22 // 2:30 p.m.-4:30 p.m.

Earn 2 contact hours (direct)

USING RESEARCH TO BUILD CLINICAL SKILLS: APPLYING HIGH INTENSITY GAIT TRAINING TO IMPROVE WALKING CAPACITY AND PERFORMANCE FOLLOWING STROKE AND OTHER NEUROLOGIC INJURIES

Hallie Zaleznik, PT, DPT, Board Certified Neurologic Clinical Specialist, Darcy Bonaventura, PT, DPT, Board Certified Neurologic Clinical Specialist, Ruth A. Hallas, PT, DPT, Board-Certified Neurologic Clinical Specialist, Certified Stroke Rehabilitation Specialist

Saturday, Oct. 23 // 8:00 a.m.-10:00 a.m.

Earn 2 contact hours (direct)

SESSION OBJECTIVES

USING RESEARCH TO BUILD CLINICAL SKILLS: NEW AND EMERGING EVIDENCE: LESSONS LEARNED FROM COVID-19 FOR PRACTICE CHANGES WHEN NO CLINICAL PRACTICE GUIDELINES, SYSTEMATIC REVIEWS OR META-ANALYSES EXIST

Hallie Zaleznik, PT, DPT, Board Certified Neurologic
Clinical Specialist, Tracey Euloth, MPT, Beth A. Matcho, PT
Saturday, Oct. 23 // 2:00 p.m.-4:00 p.m.

Earn 2 contact hours (direct)

RELATIVE ENERGY DEFICIENCY IN SPORT AND FEMALE ATHLETE TRIAD CONCLUSIONS

Friday, Oct. 22 // 3:30 p.m.-4:30 p.m.

Earn 1 contact hour (direct)

EVIDENCE-BASED CLINICAL CARE FOR INDIVIDUALS WITH CANCER

Nicole Stout, DPT, CLT-LANA, FAPTA

REVIEW OF CANCER TREATMENT SIDE EFFECTS AND REHABILITATION INTERVENTIONS

Friday, Oct. 22 // 12:00 p.m.-2:00 p.m.

Contact hours pending

CASE-BASED REHABILITATION ASSESSMENT AND CARE PLANNING

Friday, Oct. 22 // 2:30 p.m.-4:30 p.m.

Contact hours pending

CLINICAL OUTCOMES

UNDERSTANDING PT POLICY TRENDS, QUALITY MEASURES, AND HOW TO APPLY OUTCOMES DATA FOR PATIENT DECISION-MAKING AND QUALITY/ PERFORMANCE IMPROVEMENT

James Irrgang, PT, PhD, FAPTA

Friday, Oct. 22 // 12:00 p.m.-2:00 p.m.

Earn 2 contact hours (direct)

- Understand the current and future policy trends for PT outcomes measurement.
- Understand quality measures and how they are used in value-based models.
- Understand and apply clinical outcomes data for individual patient decision-making and for quality/performance improvement initiatives.

UNDERSTANDING PATIENT-CENTERED OUTCOMES MEASURES AND HOW TO SELECT THEM

Christine McDonough, PT, PhD

Saturday, Oct. 23 // 8:00 a.m.-10:00 a.m.

Earn 2 contact hours (direct)

- Understand the range of patient-centered outcome measures and how to select measures to meet specific objectives.
- Understand patient/client, PT, and Researcher perspectives on relevant clinical outcomes.

ADOLESCENT SPORT

Donna Merkle, PT, MS, SCS, CSCS

- Discuss the signs, symptoms, and examination findings that differentiate medical illness from musculoskeletal pathology.
- Describe medical “red flags” that may require emergency management.
- Apply current research in the management of youth concussions.
- Participants will recognize the components of an emergency action plan and stake holders.
- Identify at least 4 screening tools use to assess the above medical diagnosis.
- Compare and contrast the benefits of ECG prescreening during Pre participation Physical Exam.
- Describe the impact of COVID-19 on young athletes from impaired physiologic function to return to sport clearance.
- Explain 3 different cooling methods for the treatment of exertional heat illness.
- Understand at least 4 differences between the female athlete triad and RED-S.
- Identify 5 system pathologies of RED-S.
- Apply the skills to determine if the young athlete will be removed from play, monitored on sidelines, or return to sport.
- Participants will learn prevention strategies for the medical illnesses.

INTRODUCTION AND CONCUSSION

Friday, Oct. 22 // 12:00 p.m.-1:00 p.m.

Earn 1 contact hour (direct)

CARDIAC ANOMALIES AND SUDDEN DEATH

Friday, Oct. 22 // 1:00 p.m.-2:00 p.m.

Earn 1 contact hour (direct)

HEAT ILLNESS

Friday, Oct. 22 // 2:30 p.m.-3:30 p.m.

Earn 1 contact hour (direct)

SESSION OBJECTIVES

IMPLEMENTATION ISSUES FOR USE IN CLINICAL PRACTICE

Hallie Zeleznik, PT, DPT, NCS

Saturday, Oct. 23 // 11:00 a.m.-1:00 p.m.

Earn 2 contact hours (direct)

- Implementation issues for use in clinical practice (standardization and example.)

TRAUMA-INFORMED HEALTHCARE

Beth Docherty, Principle - The TRUST Project

Friday, Oct. 22 // 2:30 p.m.-4:30 p.m.

Earn 2 contact hours (1 direct, 1 general)

- Describe the impact of sexual/physical violence and trauma on patients and the importance to rehabilitation professionals.
- Apply the constructs of the Adverse Childhood Experiences study to clinical practice and characterize the physiology of traumatic memory formation.
- Understand the importance of Trauma-Informed Care and identify application of Trauma-Informed approach.
- Respond to disclosures of sexual abuse and various types of trauma and learn how to screen for a trauma history to positively impact a patient's treatment outcomes.

CONTEMPORARY WOUND CARE: EVIDENCE-BASED PRACTICE

Pamela Unger, PT, DPT, CWS

- Identify the various factors that inhibit wound healing, including medical comorbidities, environmental factors and personal behavioral challenges.
- Understand the tests and measures required to fully assess a patient's integumentary system.
- Ascertain the comprehensive management of patients with lower extremity wounds.
- Integrate the latest best-practice strategies to prevent and manage pressure injuries.
- Analyze the impact of exercise and nutrition on wound healing patients.
- Examine and identify the factors that determine the use of antibiotics.
- Cultivate an interdisciplinary approach to the prevention and treatment of chronic wounds.

THE WOUND DIAGNOSIS: UNDERSTANDING THE WOUND ENVIRONMENT AND PROGNOSIS

Friday, Oct. 22 // 2:30 p.m.-4:30 p.m.

Earn 2 contact hours (direct)

THERAPEUTIC INTERVENTIONS: HAVE WE IMPROVED OUR WOUND CARE SOLUTIONS?

Saturday, Oct. 23 // 8:00 a.m.-10:00 a.m.

Earn 2 contact hours (direct)

WHERE DOES IT ALL FIT IN: ANTIBIOTICS, NUTRITION, AGE, AND EXERCISE

Saturday, Oct. 23 // 11:00 a.m.-1:00 p.m.

Earn 2 contact hours (direct)

COLLABORATION IN PRACTICE: WOUND ROUNDS

Saturday, Oct. 23 // 2:00 p.m.-4:00 p.m.

Earn 2 contact hours (direct)

INTENSIVE THERAPY AND EPISODIC CARE IN PEDIATRICS

Jen Brilmyer, PT, DPT, DHSc // Amy O'Donnell, PT, DPT, Joe Schreiber, PT, PhD, FAPTA

Saturday, Oct. 23 // 8:00 a.m.-10:00 a.m.

Earn 2 contact hours (direct)

- Summarize the Red-Yellow-Green traffic light system and current evidence related to episodic care.
- Determine the duration and intensity of procedures used;
- Differentiate between patients with acute problems vs. patients with chronic problems and their response to treatment.
- Recognize the influence of secondary physical or psychosocial problems on the selected treatment plan.
- Recognize the influence of the setting on the development of a treatment plan.

INTENSIVE STRENGTHENING PROGRAM AND POWER TRAINING IN PEDIATRICS

Amy O'Donnell, PT, DPT // Jen Brilmyer, PT, DPT, DHSc

Saturday, Oct. 23 // 11:00 a.m.-1:00 p.m.

Earn 2 contact hours (1.5 direct, .5 general)

- Understand equipment used and session set-up for muscle preparation, PT, and OT.
- Illustrate the need for intensive training in pediatrics.
- Assess the current program format at The Children's Institute for replication and application.
- Analyze supporting documents and data to support treatment interventions.

SESSION OBJECTIVES

IMPROVING LIFE MANAGEMENT: HOSPICE AND PALLIATIVE CARE IN PHYSICAL THERAPY

Barbara Wagner, PT, DPT, MHA

Saturday, Oct. 23 // 11:00 a.m.-1:00 p.m.

Earn 2 contact hours (general)

- The concept of Hospice Care and its characteristics in Physical Therapy.
- The dynamics of the Hospice Team members and function
- Unique challenges of Hospice care.
- The concept of Palliative Care and its characteristics in Physical Therapy.
- The dynamics of the Palliative Care Team members and function.
- APTA Policy on Hospice and Palliative Care.

THE RIGHT PRESCRIPTION, RIGHT TIME, RIGHT CHILD; A GUIDE FOR INTENSIVE THERAPY FROM A THERAPIST AND FAMILY VIEWPOINT

Jen Brilmyer, PT, DPT, DHSc // Amy O'Donnell, PT, DPT

Saturday, Oct. 23 // 2:00 p.m.-4:00 p.m.

Earn 2 contact hours (1 direct, 1 general)

- Discuss and determine appropriate frequency of therapy recommendations in pediatrics.
- Summarize a decision-making tree for various pediatric populations for frequency of therapy.
- Apply decision-making trees and evaluate patient case examples in an audience workshop to create active discussion regarding frequency prescription.
- Understand the perspective of patients and families during participation in intensive therapy.
- Propose evidence-based dosing that is consistent with best practice and:
 - Is based upon the individual's physiologic and psychological status and on cognitive, social, and cultural influences;
 - Considers clinical outcomes, cost effectiveness, personnel and potential for achieving goals;
 - Considers various philosophical approaches to the therapeutic management of neuromusculoskeletal system;
 - Integrates the theoretical and/or scientific rationale for specified therapeutic procedures;
 - Meets the needs of selected children;
 - Relates indications and contraindications of therapeutic procedures to specific pediatric neuromusculoskeletal system disorders;
 - Considers realistic constraints in space, equipment, or personnel needed to implement selected treatment procedures;
 - Considers how a child's cognitive level, attitudes, and values may affect treatment response.

CULTURAL COMPETENCE IN PALLIATIVE AND HOSPICE CARE IN PHYSICAL THERAPY

Barbara Wagner, PT, DPT, MHA

Saturday, Oct. 23 // 2:00 p.m.-4:00 p.m.

Earn 2 contact hours (general)

- The importance of cultural values in best practice for Physical Therapy in Palliative and Hospice Care.
- How poor cultural affirmation leads to culturally based inequities in Palliative and Hospice Care, and disparities in outcomes.
- How to identify cultural values that are important to cultural communication and physical therapy intervention.
- How to apply best practice.

AGING IN PLACE FOR THE OLDER ADULT

Monique Chabot, OTD, OTR/L, CAPS, CLIPP

- Articulate the impact of various environments on the ability of people to age in place.
- Apply assessment information to guide recommendations to clients to support aging in place.
- Identify 2-3 interventions and supportive programming to meet the needs of a client on caseload to remain in the community.
- Assess personal current knowledge and areas of future interest to pursue for further education.

AGING IN PLACE FOR THE OLDER ADULT: PART 1

Sunday, Oct. 24 // 8:30 a.m.-10:30 a.m.

Earn 2 contact hours (1 direct, 1 general)

AGING IN PLACE FOR THE OLDER ADULT: PART 2

Sunday, Oct. 24 // 10:45 a.m.-12:45 p.m.

Earn 2 contact hours (.5 direct, 1.5 general)

SESSION OBJECTIVES

AUTISM AND OBESITY: THE ROLE OF PHYSICAL THERAPY IN ADDRESSING WEIGHT RELATED CONCERNS FOR CHILDREN IN SCHOOL SETTINGS

Johanna Javens Spangenberg, PT, DPT // Kathy Coultres, PT, MS, PCS

Sunday, Oct. 24 // 8:30 a.m.-10:30 a.m.

Earn 2 contact hours (1 direct, 1 general)

- Identify and analyze the trends and current research on childhood obesity and how it specifically relates to those children with autism.
- Demonstrate comprehension of root concepts by listing five barriers to healthy weight for children with autism.
- Acquire tangible information to address the barriers to healthy weight for children with autism.
- Leave with concrete steps to be able to apply knowledge to help evaluate and create a healthier school environment.
- Acquire information that can guide inclusion of weight related concerns in IEP writing and goal formation.
- Obtain knowledge to be confident in the role as a primary service provider and leader in addressing weight related needs of children with autism.
- Acquire knowledge to encourage participation in the collaborative effort to address weight related needs of children with obesity and autism.
- Identify potential sources for grant writing opportunities to acquire equipment that will be helpful to promote physical activity for children with autism.
- Identify ways to help address the changing needs of students with Autism amid the COVID-19 pandemic.
- Discuss strategies to help engage those students with Autism in movement activities while learning virtually or in socially distanced situations.

CONVERTING OUR UNDERSTANDING OF FUNCTIONAL NEUROLOGIC DISORDERS

Jodi Krause, PT, DPT, NCS

- Define Functional Neurologic Disorders (FND) and Functional Movement Disorders (FMD).
- Recognize common signs and symptoms of FND.
- Review the epidemiology and common comorbidities in FND.
- Explain the pathophysiology and neuro-imaging findings in FND.
- List the diagnostic criteria for FND.
- Discuss the prognosis and typical outcomes in people with FND.
- Implement education and communication strategies to reinforce the diagnosis and justify treatment.
- List the recommendations from the PT Consensus Statement for FND management.

- Prioritize the information one would gather in the history or subjective portion of a PT evaluation of patients with FND.
- Select tests/measures and perform a physical assessment for individuals with FND.
- List the general treatment principles of managing patients with FND.
- Discuss the role of neuroplasticity, motor learning principles in managing FND.
- Discuss the role of motor imagery and mindfulness practice and Cognitive Behavioral Therapy in managing FND.
- Discuss the multidisciplinary team approach to managing FND.
- List resources that aide in the management of FND.
- Apply the above objectives to presented case series.

CONVERTING OUR UNDERSTANDING OF FUNCTIONAL NEUROLOGIC DISORDERS

Sunday, Oct. 24 // 8:30 a.m.-10:30 a.m.

Earn 2 contact hours (1.25 direct, .75 general)

CONVERTING OUR PT MANAGEMENT OF FUNCTIONAL NEUROLOGIC DISORDERS: A CASE SERIES

Sunday, Oct. 24 // 10:45 a.m.-12:45 p.m.

Earn 2 contact hours (1.25 direct, .75 general)

HAWKGRIPS

Chris Capilli, PT, DPT, FAAOMPT, MS, CFCE

On-site attendance for this course is limited to a capacity of 50 attendees.

INTRODUCTION TO HAWKGRIPS: FOCUS ON UPPER EXTREMITY

Sunday, Oct. 24 // 8:30 a.m.-10:30 a.m.

Contact hours pending

This introductory upper extremity course covers the basics of Instrument Assisted Soft Tissue Mobilization (IASTM) techniques as a starting point towards professional training. In this introductory course, participants will receive hands on instruction in the proper use of HawkGrips instruments. The course will address proper instrument selection to address body contours and reach target tissues.

SESSION OBJECTIVES

INTRODUCTION TO HAWKGRIPS: FOCUS ON LOWER EXTREMITY

Sunday, Oct. 24 // 10:45 a.m.-12:45 p.m.

Contact hours pending

This introductory lower extremity course covers the basics of Instrument Assisted Soft Tissue Mobilization (IASTM) techniques as a starting point towards professional training. In this introductory course, participants will receive hands-on instruction in the proper use of HawkGrips instruments with specific demonstrations tailored to lower extremity injuries.

PHYSICAL THERAPY AND BARIATRICS IN THE ACUTE CARE SETTING

Marney Lorah, PT, DPT

- Define obesity and be able to calculate Body Mass Index (BMI.)
- Discuss the prevalence of obesity in the United States.
- Define the role of the physical therapist in bariatrics.
- Describe bariatric body shapes and why persons of size move differently.
- Discuss the principles of handling a person of size and identify ways to mobilize persons of size.
- Discuss bariatric sensitivity and its importance in the successful treatment of the person of size.
- Discuss the steps in developing a "Bariatric Alert Process."

ACUTE CARE SIG: PHYSICAL THERAPY AND BARIATRICS IN THE ACUTE CARE SETTING (PART 1)

Sunday, Oct. 24 // 8:30 a.m.-10:30 a.m.

Contact hours pending

ACUTE CARE SIG: PHYSICAL THERAPY AND BARIATRICS IN THE ACUTE CARE SETTING (PART 2)

Sunday, Oct. 24 // 10:45 a.m.-12:45 p.m.

Contact hours pending

LYMPHADEMA MANAGEMENT AND TREATMENT

Mary Wardrop, PTA, LMT

Sunday, Oct. 24 // 10:45 a.m.-12:45 p.m.

Earn 2 contact hours (general)

- Understand the anatomy and function of the Lymphatic System.
- Identify the stages and causes of lymphedema.
- Identify the components of a massage therapy evaluation for a lymphedema patient.
- Understand the treatment of lymphedema (Complete Decongestive Therapy.)
- Identify diagnosis by case studies that have lymphedema.
- Observe a patient receiving complete decongestive therapy.

JOIN AN APTA PA SPECIAL INTEREST GROUP TODAY!

APTA PA Special Interest Groups (SIGs) are state-wide volunteer organizations that bring together any member of APTA PA who share an interest in the evidence-based care as a physical therapist or physical therapist assistant.

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- Acute Care
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- Neurology
- Pediatrics
- Private Practice
- Physical Therapy Assistant (PTA)
- Student



SPEAKER BIOS

DARCY BONAVENTURA, PT, DPT, BOARD CERTIFIED NEUROLOGIC CLINICAL SPECIALIST

Darcy Bonaventura, PT, DPT, received her DPT at the University at Buffalo and completed a residency in neurologic rehabilitation at the University of Pittsburgh Medical Center (UPMC) Centers for Rehab Services in 2008. She is a Board Certified Neurological Clinical Specialist and the Assistant Director of the Outpatient Neurologic and Vestibular Program for UPMC Centers for Rehab Services. Dr. Bonaventura also serves on faculty for the UPMC Centers for Rehab Services Neurologic Residency Program.

JASON BRANDI, PT, DPT BOARD CERTIFIED CLINICAL ORTHOPAEDIC SPECIALIST

Jason Brandi PT, DPT, Board Certified Orthopaedic Clinical Specialist, received his DPT degree from Temple University in 2021 and completed their Orthopaedic Residency Program in 2014. He is a Board Certified Orthopaedic clinical specialist and staff physical therapists for Moss Rehab. He manages a general orthopaedic caseload at the East Norriton location. Jason also serves as a lab instructor for both Temple University and the University of Delaware's entry level DPT programs.

JEN BRILMYER, PT, DPT, DHSC

Jennifer "Jen" Brilmyer, PT, DPT, DHSc, is a Clinical Specialist Physical Therapist at The Children's Institute in Pittsburgh, PA. Jen is also an adjunct faculty member for the pediatric coursework at Chatham University. In addition to 9 years of outpatient experience, Jen has worked in early intervention, inpatient, and school-based pediatric settings. She has spoken at national conferences on topics related to knowledge-translation, innovative teaching techniques, and power training in pediatrics.

CHRIS CAPILLI, PT, DPT, FAAOMPT, MS, CFCE

Bio Pending

MONIQUE CHABOT, OTD, OTR/L, CAPS, CLIPP

Monique Chabot, OTD, OTR/L, SCEM, CLIPP, CAPS, is an Associate Professor of Occupational Therapy at Widener University. She serves on the Medical Advisory panel of the Living In Place Institute and continues to work clinically in the CAPABLE program with Habitat for Humanity- Philadelphia. She specializes in geriatrics, aging in place, smart technology for older adults, and home modifications.

KATHY COULTES, PT, MS, PCS

Kathleen has worked as a physical therapist since 1996, acquired her Board Specialist Certification in Pediatric Physical Therapy in 2002 (recertification 2012) and has presented on a variety of topics focusing on Obesity programming in case presentations at APTA CSM and the Pennsylvania Physical Therapy Association Annual Conference, as well as co-presenting on Obesity and Autism at APPTAC in 2019. She was awarded a U.S. Department of Education: Carol M White Physical Education Program Grant for the project "Healthy Kids/Healthy Community Program" to bring fitness and wellness programming into a local urban community school. In 2019, she received the APTA PA Award of Excellence from the Pediatric Special Interest Group. Among other publications, Kathleen authored a chapter on Obesity in Pediatric Physical Therapy.

BETH DOCHERTY, PRINCIPLE - THE TRUST PROJECT

Beth Docherty is a researcher and an educator and has worked as a chemist for several Pittsburgh companies, including PPG Industries Inc. and Duquesne University. She is currently a private consultant.

Beth is the Principal of The TRUST Project, which educates medical professionals and students about sexual abuse and trauma and their impact on health and well-being. Beth also educates the community about becoming trauma-informed. She is a member of the Physical and Behavioral Action Team of HEAL PA (trauma-informed PA).

Beth is passionate about strengthening communities and has accumulated much experience while serving on local and state boards and advisory councils, including Pittsburgh Action Against Rape (PAAR), Vision of Hope, and PA Coalition Against Rape (PCAR), The Center for Children's Justice and Crime Victims Alliance of PA. She is currently serving as President for the PA Association of Nonprofit Organization's (PANO) Board of Directors. Beth has testified in judicial policy hearings and presents and speaks nationally about sexual abuse and trauma-informed care. She has been a recipient of the Jefferson Award for her work at PAAR.

SPEAKER BIOS

TRACEY EULOTH, MPT

Tracey Euloth, MPT, is currently a Regional Director of Rehabilitation Services at the University of Pittsburgh Medical Center (UPMC) Centers for Rehab Services. She joined UPMC in 2000 and has 20 years of experience in both physical therapy clinical care and administration of rehab services in the acute care setting. Much of her current work and passion is in the management, development, and standardization of therapy care and advocating for patient mobilization across the UPMC system with direct oversight of rehab services at 5 of the UPMC hospitals. Her roots are from Nova Scotia, Canada, where she graduated from Dalhousie University with a BSc in Biology and an Advanced Major Certificate in Biology/Psychology. She graduated from Husson University, Bangor Maine in 2000 with her MPT. Tracey is currently a Health Systems Rehabilitation Research Network (LeaRRn) and is proud of her work in co-developing a systematic patient mobility program as a member of the UPMC Mobility System Leadership Committee and her success in chairing UPMC's participation by 18 hospitals in the 2019 and 2020 global mobility awareness event: #endPJparalysis/#everyBODYmoves.

ALEX HADDAD, PT, DPT, PHD

M. Alex Haddad, PT, DPT, PhD, Board Certified Clinical Orthopaedic Specialist, is an assistant professor in the Doctor of Physical Therapy program at Neumann University, where his instruction is focused on the areas of orthopedics, pathology, and clinical reasoning especially related to differential diagnosis. He is also an adjunct faculty member for the orthopedic residency program at MossRehab, teaching primarily advanced assessment and management of foot and ankle disorders. He maintains a part-time clinical practice with MossRehab, where he is focusing his clinical care towards addressing key public health issues, and as a clinical consultant for Welcome Home Wellness, a mobile, community-based, private practice in Philadelphia, PA.

RUTH A. HALLAS, PT, DPT, BOARD CERTIFIED NEUROLOGIC CLINICAL SPECIALIST, CERTIFIED STROKE REHABILITATION SPECIALIST

Ruth A. Hallas, PT, DPT, received her DPT from Duquesne University in 2012. She is a Board Certified Neurologic Clinical Specialist, and a Certified Stroke Rehabilitation Specialist. She is a Senior Physical Therapist at University of Pittsburgh Medical Center (UPMC) Montefiore Hospital in the Inpatient Rehabilitation Program.

MARY ANN HOLBEIN-JENNY, PT, DPT, PHD

Mary Ann Holbein-Jenny, PT, DPT, PhD, earned her Bachelor of Science, Master of Science, and PhD degrees from the University of Pittsburgh in Industrial Engineering with an emphasis on human movement analysis and ergonomics. She was a Postdoctoral Research Fellow at the University of Michigan's Center for Ergonomics in the Industrial and Operations Engineering Department. She earned her Doctor of Physical Therapy degree from Slippery Rock University, has been teaching in this program for 26 years, and is currently the Program Director. Her main teaching area is evidence-based practice. She mentored students for many years in submitting contributions to APTA's Hooked on Evidence database and, more recently, authoring original Tests and Measures syntheses for the Evidence-based database Practice Resources site. She also enjoys mentoring graduate and undergraduate students in international service learning. She has reviewed grants and final projects for the Canadian WorkSafeBC's Research at Work funding program since 2007, and served as a manuscript reviewer for several journals, including the Journal of Applied Biomechanics, Neuroscience Letters, Gait & Posture, and Safety and Health at Work.

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SPEAKER BIOS

JAMES IRRGANG, PT, PHD, FAPTA

Dr. Irrgang is Professor and Chair of the Department of Physical Therapy. He has secondary appointments in the Department of Orthopedic Surgery as Vice Chair for Clinical Research and in the Clinical and Translational Science Institute. He also serves as Vice President for Education and Research for the UPMC Centers for Rehab Services. His research interests include development and validation of patient-reported outcome measures as well as clinical research related to the knee and shoulder. Current active studies include a multicenter randomized clinical trial to determine the effects of graft type (patellar vs. quadriceps tendon) and lateral extra-articular tenodesis for ACL reconstruction on ACL clinical failure, return to sports and patient-reported outcomes; a multicenter randomized clinical trial to determine the effects of timing of surgery (early vs. delayed) and post-operative rehabilitation (early vs. delayed) for the treatment of multiple ligament knee injuries on time to return to pre-injury activity; a prospective observational study to determine the outcome and factors influencing the effects of exercise therapy for individuals with a full-thickness supraspinatus tear; a randomized clinical trial to examine four methods of exercise for treatment of degenerative meniscus tears and review and update of the International Knee Documentation Committee Subjective Knee Form. His areas of clinical expertise are related to evaluation and treatment of the knee and shoulder. From 2015 to 2019 Dr. Irrgang served as the first Scientific Director of the American Physical Therapy Association's Physical Therapy Outcomes Registry. Dr. Irrgang is a Catherine Worthingham Fellow of the American Physical Therapy Association and in 2020 he received the Carlin-Michels Service Award from the Pennsylvania Physical Therapy Association. He served as President of the Academy of Orthopaedic Physical Therapy from 2007 to 2013 and was presented with the Paris Distinguished Service Award from the Academy in 2015.

JODI KRAUSE, PT, DPT, NCS

Jodi Krause graduated from Ohio University with a bachelor's degree in Exercise Physiology in 2009, and with her Doctor of Physical Therapy Degree in 2013. She then went on to complete her Neurologic Physical Therapy Residency with UPMC Centers for Rehab Services from 2013-2014. She earned her Neurologic Clinical Specialist certification in 2015. Since then, she has maintained her position with UPMC Centers for Rehab Services working in outpatient neurologic and vestibular therapy, where she mentors both DPT students and neuro residents. She also teaches in the neuromuscular curriculum at the University of Pittsburgh's Doctor of Physical Therapy Program. She has a particular interest in treating those with Parkinson Disease and those with Functional Neurologic Disorders.

MARNEY LORAH, PT, DPT

Marney Lorah, PT, DPT, graduated from University of Scranton in 1993 with a BS in Physical Therapy and went back to complete her DPT at her alma mater in 2011. She worked in various PT settings in her first five years after college, including acute inpatient rehabilitation, inpatient hospital physical therapy, home health, and SNF rehabilitation settings in Pennsylvania, Oklahoma, Alabama, and Texas. Marney has been at St Luke's University Health Network where she has grown professionally over the last 22 years, including assisting the PM&R department and the network with the bariatric and oncology patient population. At St. Luke's she was a member of the Network Bariatric Committee and is an integral part of the Bariatric Alert process within the network. She has most recently transferred to the St. Luke's Anderson Campus to focus more on working with the bariatric and oncology population.

Outside of work, she has been married to her husband Heath, and has an active 18-year-old daughter, Alison. In her spare time, she enjoys gardening, hiking, and running, and is working on completing marathons in all 50 states.

BETH A. MATCHO, PT

Beth A. Matcho, is currently employed with the University of Pittsburgh (UPMC) Centers for Rehab Services. She joined UPMC in 2002 as Facility Director of therapy services at a community hospital. Shortly thereafter, she was responsible for the integration of UPMC Rehabilitation Institute with the additional duties of managing and streamlining specialty post-acute rehabilitation services for stroke, spinal cord, and grain injury. In 2007, she was promoted to her current role of Regional Director, and at the time, responsible for the integration, management, and streamlining of therapy services of 5 UPMC hospitals. Currently, Beth focuses on post-acute inpatient rehabilitation operations, standardization and outcomes, as well as compliance and informatics. Beth graduated from the University of Pittsburgh and has over 30 years experience. She is an active member of APTA and current member of the APTA Acute Care, an Academy of APTA.

SPEAKER BIOS

CHRISTINE MCDONOUGH, PT, PHD

Christine McDonough, PT, PhD, is an assistant professor in the Department of Physical Therapy and in Orthopaedic Surgery at the University of Pittsburgh whose research focuses on implementation of evidence-based practice in orthopaedic and geriatric rehabilitation to prevent and treat disability. She has advanced training in outcome measurement theory and methods and disability theory and conducts research in development and evaluation of measures using Item Response Theory and Computer-adaptive Testing (CAT) methods. Dr. McDonough conducts health services, clinical, and implementation research in fracture and fall prevention, and return-to-work best practice. Dr. McDonough is an Editor of Clinical Practice Guidelines for the Academies of Orthopaedic and Geriatric Physical Therapy. She is the Chair of Scientific Advisory Panel for the American Physical Therapy Association's Physical Therapy Outcomes Registry (PTOR).

DONNA MERKLE, PT, MS, SCS, CSCS

Donna Merkel has 29 years of experience in physical therapy, with most of her career devoted to sports medicine. She specializes in the management of concussions, youth athletes, female athletes and artistic athletes. She is a board-certified sports clinical specialist and a certified strength and conditioning specialist since 2002. In addition to working as full-time clinician, Donna is an adjunct lecturer for both Arcadia and Widener University's physical therapy programs. Donna has been teaching emergency medical response since 2009 and has been an instructor for Cogentsteps since 2015. Her professional achievements include both journal and text book publications in pediatric and adolescent sports medicine, sideline management of acute injuries, and prevention of eating disorders in the ice skater. She has lectured nationally on injury prevention and rehabilitation of the young athlete, the artistic athlete, ice skaters and runners. Donna is an active committee member in the Pediatric Research in Sports Medicine society which focuses on the prevention and management of youth athletic injuries.

KIM NIXON-CAVE, PT, PHD, MS, FAPTA

Dr. Nixon-Cave is a professor and program director for the hybrid DPT program at the University of Pittsburgh. She has a PhD in Education from Temple University. Prior to this position, she was the program director for the DPT program and Post Professional programs at Thomas Jefferson University. She is a Catherine Worthingham Fellow of the APTA and is a board-certified pediatric clinical specialist. She practices as a clinician at Jefferson Health System in pediatrics, neonatal intensive care unit. Her experience includes manager of the PT Department at Children's Hospital of Philadelphia. She has held several faculty appointments: Temple University (program director and interim chair), Associate professor at University of the Sciences in Philadelphia, Associate Faculty at Arcadia University and Visiting professor at University of Montana. Dr. Nixon-Cave participated in the development of entry-level, residency and fellowship PT programs. She has developed educational content for entry-level and residency programs focused on clinical reasoning. She has served the profession at the national and chapter level, serving on American Board of Physical Therapist Specialties (ABPTS) chair, American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE), American Council of Academic Physical Therapy (ACAPT) and numerous committees, workgroups, and task forces. She is currently serving on the ACAPT National Equity, Diversity & Inclusion Commission and APTA Pennsylvania Chapter Minority Affairs Committee. Recognized by APTA as an Innovator for changes in PT practice as it relates to changing health care reform. Dr. Nixon-Cave's academic and clinical focus has been on DEI issues, clinical decision-making/reasoning for working with a diverse patient population, clinician/faculty development, developing clinical programs and protocols for diverse patient populations. Dr. Nixon-Cave is a trained qualitative researcher and have conducted and participated in research projects that utilize mixed methodologies. Her record of scholarship, publications, and presentations has focused on clinical decision-making and clinical reasoning with a focus on addressing the biopsychosocial factors and social determinants of health for a diverse patient population as well as educational program and curriculum development all to develop reflective practitioners.

AMY O'DONNELL, PT, DPT

Amy O'Donnell, PT, DPT, works at The Children's Institute in Pittsburgh, PA as a Clinical Specialist Physical Therapist. Following graduation from the University of Pittsburgh in 2012, Amy has worked as an outpatient physical therapist and developed special interests in children and adolescents with chronic pain, hypermobility, and neurological conditions. She is the coordinator for the Intensity Program at The Children's Institute, an intensive strengthening program for children with neurological conditions or hypotonia.

SPEAKER BIOS

PAUL ROCKAR, JR., PT, DPT, MS, FAPTA, PRESIDENT, FOUNDATION FOR PHYSICAL THERAPY RESEARCH

Paul Rockar, Jr., PT, DPT, MS, FAPTA, received his Bachelor of Science degree in Physical Therapy from the University of Pennsylvania in 1975. He received a Master of Science degree in Orthopedic and Sports Physical Therapy from the University of Pittsburgh in 1981 and a Doctor of Physical Therapy degree from Temple University in 2007. He is the past CEO of UPMC Centers for Rehab Services, a large network of community-based comprehensive outpatient rehabilitation services in Western Pennsylvania. In addition to the network of outpatient offices the organization also provided services in a variety of hospital and long-term care facilities. He is currently President of Rockar Rehab Consulting LLC.

He has been a member of the American Physical Therapy Association since 1975. He is past APTA President and has also served as Vice President and as a Board member. Prior to his involvement at the national level he was President and Treasurer of the Pennsylvania Physical Therapy Association. He is a past member of the APTA Public Policy and Advocacy Committee and currently serves on the APTA Scientific and Practice Advisory Committee. He is currently on the Board of Trustees of the Foundation for Physical Therapy and is the President of the organization.

JOE SCHREIBER, PT, PHD, FAPTA

Joseph Schreiber, PT, PhD, FAPTA, is a Professor and Program Director in the Doctor of Physical Therapy Program at Chatham University in Pittsburgh. He is the former President of the Academy of Pediatric Physical Therapy of the American Physical Therapy Association. Dr. Schreiber is co-editor of the textbook Campbell's Physical Therapy for Children, 5th Edition, and has spoken at numerous state, national, and international conferences on a variety of topics related to pediatric physical therapy.

JOHANNA JAVENS SPANGENBERG, PT, DPT

Johanna has practiced PT since 1985. She obtained her tDPT-Peds from Rocky Mountain University. Her capstone and self-selected topics involved autism and obesity. She currently works at a school for children with special needs (over 60% diagnosed with autism). She has delivered health promotion lectures to staff and parents about weight challenges for children with autism. She is a founding member of a Wellness Committee, implemented the School Health Index, and provided data that helped attain funding for a walking/fitness trail. She has authored an article on autism and obesity, co-presented on this topic at APPTAC 2019, co-created an online course through Core Learning Collective, and spoke at a national physician's conference.

NICOLE STOUT, DPT, CLT-LANA, FAPTA

Dr. Nicole L. Stout is a renowned health care researcher, consultant, educator, and advocate. She is research assistant professor in the School of Medicine, Department of Hematology/Oncology at West Virginia University Cancer Institute and the Associate Director of the Survivorship Program.

Dr. Stout is an internationally recognized expert and leader in the field of cancer rehabilitation and survivorship care. She has given over 300 lectures nationally and internationally, authored and co-authored over 80 peer-review and invited publications, several book chapters, and is the co-author of the book 100 Questions and Answers about Lymphedema. Her research publications have been foundational in developing the Prospective Surveillance Model for cancer rehabilitation.

Dr. Stout is the recipient of numerous research and publication awards. She has received service awards from the National Institutes of Health Clinical Center, the Navy Surgeon General, the American Congress of Rehabilitation Medicine Cancer Special Interest Group and the Oncology Section of the American Physical Therapy Association. She is a Fellow of the American Physical Therapy Association.

Dr. Stout holds appointments on the American Congress of Rehabilitation Medicine's Cancer Rehabilitation Research and Outcomes Taskforce, the WHO Technical Workgroup for the development of Cancer Rehabilitation guidelines, and the American College of Sports Medicine Moving Through Cancer steering committee. Dr. Stout is a past member of the American Physical Therapy Association Board of Directors.

Dr. Stout received her Bachelor of Science degree from Slippery Rock University of Pennsylvania in 1994, a Master of Physical Therapy degree from Chatham University in 1998 and a clinical Doctorate in Physical Therapy from Massachusetts General Hospital Institute of Health Professions in 2013. She has a post graduate certificate in Health Policy from the George Washington University School of Public Health.

SPEAKER BIOS

PAMELA UNGER, PT, DPT, CWS

Pam is a graduate of the University of Pennsylvania and AT Stills University. She has been clinically practicing for the past 45 years. Her specialization and expertise in wound care and wound management. Pam created and established one of the premier multi-disciplinary outpatient wound care clinics in the United States. This clinic and its staff served the inpatient, sub-acute and home health aspects of the healthcare system. The practice achieved outcomes well above national averages and served as a center of excellence for insurers, industry and student internships. She has also worked directly with industry on the development of new and innovative technologies for the betterment of wound care practice. Pam has served as adjunct clinical faculty over the past 25 years at over eleven universities educating and mentoring students in integumentary practice. She has also served the profession in the capacities of APTA PA Program chair, President-elect, and President. Her service also extended to APTA as a member of the original team that developed the Guide to PT Practice Integumentary pattern, Program chair and President of the Academy of Clinical Electrophysiology and Wound Management. She is currently an Assistant Professor and Director of Clinical Education at Alvernia University in Reading, PA.

BARBARA WAGNER, PT, DPT, MHA

Barbara Reddien Wagner, PT, DPT MHA, has been a physical therapist since 1972 (BS, SUNY at Buffalo), received her MHA (1994) University of Scranton and tDPT (2004) Temple University. She has practiced clinically in New York (Peds), CO (Rehab and Home Health), TX (Rehab, Oncology, Neuro, NICU and Administration) PA (University of Scranton, Director of Clinical Education, Faculty Specialist, 1992-2018) and FL University of South Florida, Adjunct Faculty 1/2020-present, University of South Florida, Acting DCE, 3/1/2018-12/31/2018 (by contract), 5/2019-8/2019 (covering maternity leave), University of South Florida, Clinical Education Consultant 1/1/2019 – 12/31/2019, University of South Florida, Clinical Education Consultant 1/1/2018-2/28/2018.

Dr. Wagner currently serves as the President of the Hospice and Palliative Care Special Interest Group (2nd term) for the APTA Academy of Oncology.

MARY WARDROP, PTA, LMT

Mary has been a Physical Therapist Assistant as well as a member of the APTA since 2003. Mary has been working as an Indirect Physical Therapist Assistant since 2008. In 2014, Mary received her Advanced Proficiency. Mary trained with KLOSE Lymphedema Training in 2017. Mary is also an LMT since 2018. Mary works in outpatient physical therapy in a private practice office as well doing home care, specializing in lymphedema management. Mary is also employed as an Adjunct Faculty Member in the Physical Therapist Assistant Program at Community College of Allegheny County since 2010. In 2017, Mary was named to the Ethics Committee for APTA PA as the physical therapist assistant representative.

HALLIE ZALEZNIK, PT, DPT, BOARD CERTIFIED NEUROLOGIC CLINICAL SPECIALIST

Hallie Zeleznik, PT, DPT, is the Director of Strategic Initiatives and Professional Development for UPMC Centers for Rehab Services in Pittsburgh, PA. She is a Board-Certified Neurologic Clinical Specialist with 20 years of clinical experience and specific expertise in rehabilitation in the areas of brain injury, stroke, vestibular disorders, concussion, and post-intensive care syndrome. Her professional roles involve clinical practice, program development and implementation, quality improvement, leadership, and clinical mentoring and teaching. She serves as a faculty member for UPMC Centers for Rehab Service's Neurologic & Geriatric Residency Programs and is both a Clinical and an Adjunct Faculty member in the University of Pittsburgh Department of Physical Therapy. Hallie has served in a variety of roles for the Academy of Neurologic Physical Therapy including the Knowledge Translation Taskforce addressing the Clinical Practice Guideline: A Core Set of Outcome Measures for Adults with Neurologic Conditions Undergoing Physical Therapy. She has also served a 4-year term on the American Board of Physical Therapy Specialties' Neurologic Specialty Council from 2017-2020. Currently, Hallie is the Co-Chair of the ANPT's Moving Forward Knowledge Translation Taskforce and an article reviewer for the Academy of Acute Care Physical Therapy's development of a Clinical Practice Guideline to recommend a set of core outcome measures in acute care physical therapy.

SAVE THE DATE: MOVEPA 2022 CONFERENCE



Oct. 14-16, 2022

Kalahari Resort & Conference Center

Pocono Manor, PA

REGISTRATION INFORMATION

Registration Types	Early Bird Pricing Before Sept. 24 ¹	Regular Pricing After Sept. 24 ²
PT Member ³ Full – Conference	\$300	\$350
PT Member ³ – One Day (Friday or Saturday)	\$175	\$175
PTA Member ³ – Full Conference	\$200	\$245
PTA Member ³ – One Day (Friday or Saturday)	\$120	\$120
PT Non-Member – Full Conference	\$420	\$490
PT Non-Member – One Day (Friday or Saturday)	\$245	\$245
PTA Non-Member – Full Conference	\$295	\$345
PTA Non-Member – One Day (Friday or Saturday)	\$245	\$245
Student Member ³ – Full Conference	\$50	\$50
Student Non-Member – Full Conference	\$150	\$200
Group Rate ⁴ – Full Conference	\$275	\$325
Lifetime Member – Full Conference	Free	Free

COVID-19 PUBLIC MEETING GUIDELINES

APTA Pennsylvania Leadership is proactively monitoring COVID-19 updates and will alert attendees should there be any required changes in the format for this year's conference. Stay tuned for any MovePA Conference updates in the future. All attendees will be required to complete the COVID-19 Liability Waiver during registration.

REGISTRATION NOTES

¹ Registration and fees must be **submitted BY Sept. 24, 2021**, in order to receive the Early Bird rates.

² Registration and fees **submitted AFTER Sept. 24, 2021**, and any on-site registrations will be charged the Regular rate.

³ To verify membership in APTA PA, all APTA PA members MUST include their APTA number. The APTA PA Office will cross-reference all attendees to ensure the correct registration type has been selected. If a non-member selects the member price, he or she will receive an invoice for the balance.

⁴ Group pricing is available for three or more APTA PA members from the same company. You must list the other registrants from your company when you register. Fewer than three registrants from the same company will be billed for the difference between the Group rate and the Member rate.

SUBSTITUTIONS

You may substitute registrants (from the same office/practice) prior to the conference. Please contact the APTA PA Office at 412-871-3406 x 104 for assistance. APTA PA does not accept responsibility for no-shows at the conference.

REGISTRATION CANCELLATION POLICY

All registration cancellations and refund requests must be made in writing before Sept. 24, 2021. A refund of the full conference fee, minus a \$35 administrative fee, will be given for cancellations received by that date. **No refunds will be granted for requests received on or after Sept. 24, 2021.** Submit all requests to Tricia Long (meetings@aptapa.org) at the APTA PA Office. APTA PA regrets that refunds will not be given for no-shows. Refunds will not be processed until after the conference.

REGISTER TODAY!

JOIN THE PA PT PAC FOR DESSERTS, SOCIALIZING AND DANCING AS WE CELEBRATE APTA'S 100TH YEAR. CELEBRATE IN STYLE AND PLAN TO JOIN US FOR A FUN-FILLED EVENING THAT IS SURE TO ENTERTAIN WHILE SUPPORTING THE PA PT PAC FUND.

THIS YEAR'S CENTENNIAL CELEBRATION IS INCLUDED WITH YOUR MOVEPA CONFERENCE REGISTRATION AND WILL TAKE PLACE FOLLOWING THE MEMBERSHIP MEETING ON SATURDAY, OCT. 23.



HAPPENINGS & EVENTS

POSTER PRESENTATIONS

Poster presentations will be available for review in the Exhibit Hall the entire weekend. Presenters will be in attendance at their respective posters on Saturday, Oct. 23 from 10:00 a.m. to 11:00 a.m. Learn about the research happening in Pennsylvania and engage with presenters.

PLATFORM PRESENTATIONS

Research platform presentations will be presented on Friday, Oct. 22 from 4:30 p.m. to 6:00 p.m.

LEGISLATIVE UPDATES LUNCHEON

Friday, Oct. 22 // 11:00 a.m.-12:00 p.m.

Interested in staying up-to-date on the latest legislative issues affecting physical therapy in Pennsylvania? Join this luncheon for an overview of hot legislative topics. All conference attendees are invited to attend but must pre-register on the conference registration. Food will be served.

BUDGET & BEER

Friday, Oct. 22 // 8:30 p.m.-9:30 p.m.

Join the APTA Pennsylvania Finance Committee Chair, John Tawfik, for the 2022 Budget & Beer Event at this year's MovePA conference! This meeting is open to current APTA PA leadership and those APTA PA members who have an interest in the Finance Committee, or considering to run for treasurer of your local District or chapter. Please RSVP to attend this meeting through the conference registration form.

OPENING RECEPTION IN EXHIBIT HALL

Friday, Oct. 22 // 7:00 p.m.-9:00 p.m.

Kick off the weekend with our Opening Reception! Use this opportunity to connect with our generous vendors who help support our conference while enjoying beverages and light food. This is also an excellence chance to peruse the poster presentations, which will be set up in the Exhibit Hall. APTA PA awards will be given out during a ceremony from 7:00 p.m. to 7:45 p.m. at the Opening Reception. Beverages and light food provided for all conference attendees.

BREW AND BUSINESS MEMBERSHIP MEETING

Saturday, Oct. 23 // 4:15 p.m.-6:00 p.m.

The APTA PA Annual Membership Meeting is your chance to learn about what's happening with your APTA chapter. The Brew and Business Membership Event is open to APTA PA members ONLY and a ticket is required, which will be included in your registration packet. A cash bar and non-alcoholic drinks are provided.

PAC FUNDRAISER: APTA PA CENTENNIAL CELEBRATION

Saturday, Oct. 23

Join the PA PT PAC for desserts, socializing and dancing as we celebrate APTA's 100th year. Reconnect with your colleagues during this celebration and enjoy live music, drinks, contests and more! Celebrate in style and plan to join us for a fun-filled evening that is sure to entertain while supporting the PA PT PAC fund.

This year's Centennial Celebration is included with your MovePA conference registration and will take place following the Membership Meeting on Saturday, Oct. 23.

SIG BUSINESS MEETINGS

Sunday, Oct. 24 // 7:30 a.m.-8:30 a.m.

Special Interest Groups (SIGs) will meet for their annual business meetings on Sunday, Oct. 24. APTA PA's SIGs include: Acute Care, Geriatric, Neurologic, Pediatric, Physical Therapist Assistant, Private Practice, and Student. Membership is free for any APTA PA member. This meeting is open to SIG members as well as anyone who is interested in joining a SIG.

HOUSE OF DELEGATES MEETING

Sunday, Oct. 24 // 12:45 p.m.-2:00 p.m.

Pennsylvania delegates will meet immediately following conclusion of the final educational sessions on Sunday, Oct. 24.



LEADERS ON THE MOVE

Can't sit all day? That's good! And here is your excuse to get up and get MOVING. We want to challenge you to get your steps in and report your daily step count. Provide your name, district and number of steps on Friday and Saturday, and we will record the running total of steps counted and share the data on our leaderboard. Prizes will be offered for individuals and districts!

HOTEL INFORMATION

OMNI WILLIAM PENN HOTEL

530 William Penn Place
Pittsburgh, PA 15219

RESERVATIONS

(412) 281-7100 – Ask for APTA PA room block
– OR –

Book Online

Book online using the unique [APTA PA hotel booking link](#).

APTA PA ANNUAL CONFERENCE ROOM RATES

\$185 per night, plus tax

RESERVATION DEADLINE

Sept. 30, 2021*

Please note: Full housing details can be found on the [Omni William Penn Hotel booking page](#).

**The APTA PA Annual Conference block is NOT guaranteed through the deadline of Sept. 30, 2021. Once the block sells out, rooms will be available on a "space and rate availability basis" and the discounted conference rate will NOT be guaranteed. It is advised that you make your hotel arrangements as soon as possible.*

HOTEL INFORMATION

Check-in: 3:00 p.m.

Check-out: 12:00 p.m.



Since opening its doors in 1916, the Omni William Penn Hotel has played a starring role in the city of Pittsburgh, hosting movie stars, politicians, heads of state and leaders of business. Centrally located in downtown Pittsburgh, you will experience outstanding service, comfortable and spacious accommodations, elegant event venues and award-winning cuisine.

Housing Booking Alert

The APTA PA Annual Conference is NOT affiliated with a housing company. Please be careful if approached by any company or service claiming to be an official housing provider for APTA PA Annual Conference. APTA PA offers the guaranteed lowest rate available. In the past, the APTA PA has been made aware of travel companies that are entirely fraudulent, misleading exhibitors and attendees with false information. Please note that you can ONLY book a room in the APTA PA Annual Conference block by using the booking information on this page or at [aptapa.org](#). If you are contacted by a housing company trying to sell hotel rooms for this conference, please contact APTA PA Annual Conference management at 412-871-3406 x 104.