

PHYSICAL THERAPY SERIES

September 2011 – May 2012

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| Sept. 24, 2011 | Pharmacology for Health Professionals |
| Oct. 28, 2011 | Manipulative and Manual Therapy for Cervical-Thoracic and Lumbo-Pelvic Region |
| Nov. 12, 2011 | Interpreting Physical Therapy Research |
| Nov. 12, 2011 | Grounding Your Practice: Ethical Decision Making in a Complex Clinical Environment |
| Feb. 3-4, 2012 | Shoulder |
| April 13, 2012 | PT for Children with Cancer |
| May 5, 2012 | Intensity in Geriatric PT: Determining the Dosage |



presented by
Program of Physical Therapy
UW-La Crosse Department of Health Professions
in partnership with
UW-La Crosse Continuing Education and Extension

www.uwlax.edu/conted/pt

ABOUT THE SERIES

UW-La Crosse Physical Therapy Program is proud to partner with UW-L Continuing Education and Extension to offer this Physical Therapy series designed to support your ongoing professional development. The faculty in this series offer excellence in educational and clinical expertise to ensure a high quality experience. The UW-L Physical Therapy program is committed to offering this series at a cost effective price as part of the privilege and obligation of supporting our UW-L alumni and all of our clinical colleagues.

UW-LA CROSSE PHYSICAL THERAPY PROGRAM

The Physical Therapy program is a recognized leader in graduate education that is evidence-based and clinically integrated. Program faculty value the collaboration of specialized professionals and institutions and are committed to serving the students, our community and region, and the profession.

HEALTH SCIENCE CENTER AT UW-LA CROSSE

The PT Series programs are held at the Health Science Center (HSC) at 1300 Badger Street on the UW-L campus. A project of the La Crosse Medical Health Science Consortium, the HSC provides classroom and laboratory facilities for UW-L and Western Technical College, including UW-L Physical Therapy, Occupational Therapy, and Physician Assistant, and Western's PT Assistant and OT Assistant programs.

CERTIFICATIONS

- Wisconsin Physical Therapy Association
- Minnesota Physical Therapy Association
- Iowa Physical Therapy Association
- University of Wisconsin-Extension Continuing Education Units

TO REGISTER:

Web: www.uwlax.edu/conted/pt

Phone: 608.785.6504 or
1.866.895.9233

Mail: Send your completed registration form to:
UW-L CEE
205 Morris Hall
1725 State Street
La Crosse, WI 54601

PROGRAM DESCRIPTIONS:

Pharmacology for Health Professionals

September 24, 2011

8 a.m. – 5 p.m. | 2002 Health Science Center, UW-La Crosse

\$185 includes materials, lunch and refreshments

(\$155, UW-L Physical Therapy alumni)

8 contact hours

This course is designed to provide coverage of typical pharmacologic agents encountered in both inpatient and outpatient physical therapy settings. The content includes pharmacodynamics, pharmacokinetics, biotransformation of drugs, and a consideration of the clinical application for a variety of classes of medications.

Course Objectives

- Understand principles of pharmacokinetics, including the effects of absorption, distribution, metabolism, biotransformation, and elimination on medications
- Discuss the role of the PT within the treatment team and appropriate use of our pharmacologic knowledge
- Understand the effects of variables such as gender, age, diet, drug interactions and compliance on drug activity within the body
- Discuss the relevance of selected medications to the practicing physical therapist in terms of their mechanism of action, indications/uses, common side effects, adverse reactions and significant interaction
 - analgesics and muscle relaxants
 - NSAIDs, cox-2 inhibitors and corticosteroids
 - Disease-Modifying Antirheumatic Drugs (DMARDs)
 - Hypertension Meds
 - Cardiovascular meds
 - Anticoagulants

Instructor:

Dennis C. W. Fater, Ph.D., P.T., Cert. M.D.T., is a professor in the Physical Therapy Program of UW-La Crosse. Fater earned his doctorate in medical physiology from the University of Kansas Medical School and was awarded a post-doctoral fellowship at the University of Florida Medical School. Fater has been in practice for 18 years in an outpatient orthopedic physical therapy setting.

Learning Manipulative and Manual Therapy Techniques of the Cervical-Thoracic and Lumbo-Pelvic Region

October 28, 2011

8 a.m. – 5 p.m. | 3010 Health Science Center, UW-L a Crosse

\$185 includes materials, lunch and refreshments

(\$155, UW-L Physical Therapy alumni)

8 contact hours

The emphasis of this course will be the utilization of lab time to instruct and practice commonly used manipulative and manual therapy techniques that are addressed to the cervical-thoracic spine, lumbar spine and lumbo-pelvic region. Discussion will ensue regarding when it is appropriate to integrate these techniques into the treatment plan for a variety of patient populations. The attendees will demonstrate an improved psychomotor skill of performing different manual therapy techniques of the cervical-thoraco-lumbo-pelvic region and formulate an opinion on the value of several different interventions to enhance outcomes.

Learning objectives

- Demonstrate psychomotor competency for different manual therapy techniques of the cervical-thoracic and lumbo-pelvic region to enhance treatment options for each classification
- Formulate an opinion on the value of intervention of the cervical-thoracic and lumbo-pelvic region based on the most recent literature
- Integrate effective therapeutic exercises in the intervention of individuals with cervical-thoracic and lumbo-pelvic dysfunction

Instructors:

Paul Reuteman, PT, MHS, OCS, Cert.MDT, LAT, is a clinical assistant professor in the program of Physical Therapy at UW-La Crosse where he teaches orthopaedic examination and intervention courses. Reuteman has practiced orthopaedic physical therapy for 17 years and has an active clinical practice at Gundersen Lutheran Sports Medicine, serving as the Academic Coordinator of their Sports Residency Program accredited through the APTA. Reuteman is a certified athletic trainer through the National Athletic Trainers Association.

Matt Haberl, DPT, ATC-L, CSCS, is a full-time staff physical therapist at Gundersen Lutheran Sports Medicine Physical Therapy Clinic. He graduated from the UW-L Doctor of Physical Therapy Program in 2008 and recently completed his orthopedic residency with Evidence in Motion in 2010. He will complete his Evidence in Motion Fellowship Program in Manual and Manipulative Therapy with the American Academy of Orthopedic and Manual Physical Therapists in May 2012. His primary interests are providing evidence based medicine in sports medicine and manual and manipulative therapy.

Interpreting Physical Therapy Research: Beyond the abstract and the authors' conclusions

Determining clinical relevance: what P-values don't tell you

November 12, 2011

8 a.m. – Noon | 2002 Health Science Center, UW-La Crosse
\$85 includes materials and refreshments (\$75, UW-L Physical Therapy alumni)
4 contact hours

A goal in physical therapy is to apply the best available evidence to improve patient care. Keeping up with current evidence can be a challenge but gaining awareness of the value of clinical studies and clinical prediction rules can be fun and rewarding (for clinician, patient, and an employer's bottom line). This half-day course is designed to renew skills and improve confidence in the ability to critically read and apply the best evidence on the basis of published research.

Learning objectives

- Compare and contrast levels of evidence represented in physical therapy literature
- Determine the clinical relevance of randomized controlled trials and systematic reviews – are the results meaningful?
- Understand when to trust the results of a randomized controlled trial
- Explain the derivation, validation and implementation of clinical prediction rules to clinical practice

Instructor:

John Willson, Ph.D., PT, is an assistant professor in the Physical Therapy Program at UW-L. Wilson graduated from the UW-L physical therapy program in 1998 and practiced in orthopedics until he graduated from the University of Delaware with his doctorate in biomechanics in 2007. He has over 20 publications in several journals and textbooks relevant to orthopedic physical therapy, sports medicine, and biomechanics. Willson is the primary instructor for coursework on evidence-based practice in physical therapy and foundations of clinical research.

Please note: A complementary lunch is provided for those who also register for the Nov. 12 afternoon program, "Grounding Your Practice."

Grounding Your Practice: Ethical Decision Making in a Complex Clinical Environment

November 12, 2011

1-5 p.m. | 2002 Health Science Center, UW-La Crosse

\$85 includes materials and refreshments (\$75, UW-L Physical Therapy alumni)

4 contact hours

There are ethical elements in every aspect of patient care. Some ethical challenges are readily identified with clear solutions and easy implementation while others are hard to identify and require considerable thought before deciding what course of action to take. The purpose of this four-hour session is to practice ethical decision making using realistic clinical scenarios. Clinical scenarios will include such topics as gift giving, rationing care, reporting fraud and abuse, and moonlighting.

Learning objectives

- Recognize the ethical elements of everyday practice
- Analyze the problem using ethical principles that guide health professionals
- Explore practical alternatives when constructing a course of action
- Recognize the risks associated with ethical decisions
- Value the need for moral courage when acting on ethical problems
- Discuss the moral residue that may accompany ethical decision making

Instructors:

Gwyneth Straker, P.T., M.S., served as a tenured faculty member and assistant professor at UW-La Crosse prior to her retirement in 2011, where she taught courses associated with professional roles and behaviors. Straker served on the WPTA Disciplinary Action Committee as a member and as Chair, chaired the Ethics Advisory Committee for UW-L and provided expert consultation for the Wisconsin's Department of Regulation and Licensing regarding ethical practice of physical therapists.

Michele Thorman, P.T., D.P.T., M.B.A., is a graduate of the University of Nebraska Medical Center (PT), & Cardinal Stritch University (MBA). She currently serves as Physical Therapy Program Director at the UW-La Crosse. Her prior employment history includes hospital-based care, and administration in hospital and private practice environments. Thorman provided expertise in revising the Wisconsin Practice Act, negotiating the legislative hurdles to assure its passage and promulgating rules. She has been privileged to serve two terms as the WPTA Chapter President.

Please note: A complementary lunch is provided for those who also register for the Nov. 12 morning program, "Interpreting Physical Therapy Research."

Comprehensive Examination & Treatment of Shoulder Disorders: What Are You Missing?

February 3-4, 2012

8 a.m. – 5 p.m. each day | 3010 Health Science Center, UW-La Crosse
\$350 includes lunches and materials (\$300, UW-L Physical Therapy alumni)
16 contact hours

This two-day hands-on seminar is designed to help clinicians achieve superior outcomes when working with patients with musculoskeletal shoulder disorders. This course is intended to facilitate immediate and confident clinical application and hands-on lab time is liberally incorporated during the course to promote deep learning. Participants can expect to refine and advance their clinical examination and treatment skills in a supportive and active learning environment. Lab attire is required.

Learning objectives

- Describe the functional anatomy, mechanics, and pathomechanics of the shoulder complex
- Improve the ability to solve complex shoulder problems through greater appreciation of the intimate relationship between the thoracic spine and shoulder complex
- Explain the etiology of acromioclavicular joint injuries, adhesive capsulitis, shoulder impingement, glenohumeral joint instability, glenoid labrum injury and rotator cuff tears
- Perform a thorough and systematic examination of the shoulder and thoracic spine complex
- Formulate therapeutic exercise programs for patients with shoulder disorders using current evidence on muscle activation during different exercises
- Competently utilize manual therapy techniques for the thoracic spine, 1st rib and shoulder complex to treat a variety of shoulder disorders
- Incorporate postural supports in the treatment of patients with a posturally-related shoulder disorder
- Design effective rehabilitation programs based on current clinical and scientific research for AC joint injuries, adhesive capsulitis, impingement, rotator cuff pathology, glenohumeral instability and glenoid labral tears
- Formulate safe and efficacious post-operative shoulder rehabilitation programs
- Measure patient outcome success using a standardized functional performance instrument

Instructor:

Chris Durall, PT, DPT, MS, SCS, LAT, CSC, is the director of the Student Health Center Physical Therapy Department and a graduate faculty member at the University of Wisconsin-La Crosse. Previously, Durall was an assistant professor in the Physical Therapy Department at Creighton University where he received three consecutive “Educator of the Year” awards. Durall has extensive experience in manual therapy and sports physical therapy and he combines attributes of both in his courses. Durall earned an advanced master’s (1998) degrees in physical therapy from UW-L, and his doctorate from Creighton University (2002). He is a graduate of the Gundersen-Lutheran Sports Physical Therapy Residency program, a board-certified sports physical therapist, a licensed athletic trainer and a certified strength and conditioning specialist. Durall has authored or co-authored numerous textbook chapters and published articles in several trade magazines.

Walk, Run, Jump, and Thrive: Physical Therapy Assessment and Intervention for Children with Cancer

April 13 2012

8 a.m. – 5 p.m. | 2006 Health Science Center, UW-La Crosse

\$185 includes course materials, lunch and refreshments

(\$155, UW-L Physical Therapy alumni)

8 contact hours

Children who are treated for cancer are at risk for decreased functional status both during and after their treatment. Decreased physical function due to treatment for acute lymphoblastic leukemia, lymphoma, and CNS tumors may lead to decreased overall activity levels and an increased risk of obesity, decreased bone mineral density and later in life cardiovascular disease. Now that the vast majority of children survive cancer treatment, we must understand the physical deficits that this treatment brings and intervene in order to maintain normal motor development and improve their quality of life during and after treatment.

Treatment for childhood cancer can be quite intense and often is prolonged over months and years. In addition to the potential impact of surgery and radiation therapy, chemotherapeutic agents that are known to be toxic to the neuromuscular and musculoskeletal system are commonly used in childhood cancer. Physical therapists must understand cancer-related impairments and choose appropriate outcome measurements in order to design a successful plan of care.

Learning objectives

- Describe the typical treatment regimen for children with leukemia, lymphoma and CNS tumors
- Describe the current literature on physical impairments, motor performance deficits in children with leukemia, lymphoma and CNS tumors
- Discuss the pros and cons of different outcome measurements to use in these populations
- Describe intervention techniques to address common physical impairments and motor performance deficits in children with leukemia, lymphoma and CNS tumors

Instructors:

Laura Gilchrist, PT, Ph.D., is an associate professor of physical therapy at St. Catherine University and a Clinical Research Scientist at Children's Hospitals and Clinics of Minnesota. Her research focuses on cancer-related impairments of the neuromuscular systems. She is currently the primary investigator of a study on the prevalence and persistence of chemotherapy-induced peripheral neuropathy in children undergoing chemotherapy and a second study on motor performance deficits in children undergoing cancer therapy.

Lynn Tanner, PT, earned a BA in child psychology from the University of Minnesota and a masters in physical therapy from the Mayo School of Health-Related Sciences. She has worked at Children's Hospital and Clinics of Minnesota for the past eight years and has focused on the oncology population the last six years.

Intensity in Geriatric PT: Determining the Dosage

May 5, 2012

8 a.m. – 5 p.m. | 2006 Health Science Center, UW-La Crosse
\$185 (\$155, UW-L Physical Therapy alumni)
8 contact hours

To delineate the importance of appropriate therapeutic exercise prescription of and intensity for community dwelling elderly and to define the capacity to improve from the appropriate level of intensity. A primary tenet that will be resolved is the difficulty in establishing the “dosage” or intensity for each area of intervention, for each patient. With geriatric patients, especially the frail elderly, therapists often “underdose” therapeutic interventions. This may result in a missed opportunity to: 1) help the patient make early, observable gains that would reinforce their own self efficacy; 2) keep a patient safe or functionally independent; or 3) prove to a referral source or payor that physical therapy (PT) can make a difference with this population. The primary areas that will be discussed are resistance training, endurance training, gait speed, and dual task tolerance. Appropriate outcome measures for each area will be presented. Theoretical framework for the necessity of intensive training will be given, as well as the evidence-based guidelines for prescription for proper dosage. Specific ideas for intervention will be given through video case studies.

Learning objectives

- Understand the necessity for proper dosage of therapeutic intervention for geriatric individuals
- Be able to apply and individualize the proper level of intensity for resistance exercises
- Prescribe and accurately measure endurance training tailored to the patient's need and function as indicated by the ICF model.
- Learn optimal parameters and treatment for improvements in gait speed
- Understand and apply the principles of dual task training for functional carryover into daily life

Instructor:

Mike Studer, PT, MHS, NCS, CEEAA, received his physical therapy degree from the University of Missouri-Columbia in 1991. He received his post-professional MHS degree in physical therapy with neurologic emphasis from the University of Indianapolis. He is the current vice-president of the Neurology Section of the APTA and has been board-certified as a Clinical Specialist in Neurologic Physical Therapy since 1995. He is a full-time practicing clinician in an outpatient setting - Northwest Rehabilitation Associates, in Salem, Ore., where he specializes in working with neurologically impaired clients. Studer has presented courses on cognitive processing in mobility and ADLs since 1995 and has published articles on the subject as well. He has been a guest lecturer at several universities and national meetings on the topics of motor control, motor learning, cognitive impairment and case management. He is the American Physical Therapy Association 2011 Neurology Section Clinician of the Year.

Additional Programs of Interest to Physical Therapists

Advanced APTA Clinical Instructor Education and Credentialing Program with Assessment Center

October 6 and 7, 2011

UW-La Crosse Campus

Using a case-based interactive approach to education, this program provides participants with the essential knowledge and skill to more effectively teach and mentor students in the context of a doctoring profession. Gwyneth Straker, PT, MS served as a tenured faculty member and assistant professor in the physical therapy program at the UW-La Crosse prior to her retirement in 2011. Laurie B. Kontney, PT, DPT, MS, is a director of Clinical Education at Marquette University. Heidi Dunfee, DSc, PT, is the Center Coordinator of Clinical Education for the Mayo Health Care System in Rochester, Minn.

APTA Clinical Instructor Education and Credentialing Program with Assessment Center

May 7 and 8, 2012

UW-La Crosse Campus

A comprehensive Training and Assessment Center Program based on an APTA-funded pilot project. PT clinical instructors will enhance their clinical teaching abilities through an instructional session followed by a self-assessment laboratory experience. Participants will receive credentials as clinical instructors. Gwyneth Straker, PT, MS, served as a tenured faculty member and assistant professor in the physical therapy program at the UW-La Crosse before her retirement in 2011. Michele Thorman, PT, DPT, MBA, currently serves as Physical Therapy Program director at the UW-La Crosse.

To register for the APTA programs:

Contact Gwyneth Straker at 608.785.8475 or Straker.gwyn@uwlax.edu

Wisconsin Lower Extremity Symposium and Workshops

March 23 and 24, 2012

The 2012 Wisconsin Lower Extremity Symposium and Workshops is a professional program for practicing clinicians. The examination and rehabilitation techniques presented and practiced in this symposium focus on the treatment of orthopedic and sports injuries. Presented by Gundersen Lutheran Sport Medicine, Gundersen Lutheran Medical Foundation and UW-La Crosse Continuing Education and Extension

To register for the Extremity Symposium:

Contact UW-L CEE at 608.785.6504 or www.uwlax.edu/conted

LODGING

Rooms are being held at the following hotels. To obtain the special rate, reserve your room at least three weeks prior to the start of the program. Mention the UW-L Physical Therapy Series when you make your reservation.

- Settle Inn, 2110 Rose Street, La Crosse. 1.800.677.3060 or 608.781.5100
- The Holiday Inn and Suites, 200 Pearl Street, La Crosse 608.784.4444

2011-2012 PHYSICAL THERAPY SERIES

Check the program(s) and appropriate fee :

- | | | | |
|-----------------------------------|--|--------------------------------|---|
| <input type="checkbox"/> Sept. 24 | Pharmacology for Health Professionals | <input type="checkbox"/> \$185 | <input type="checkbox"/> \$155 UW-L PT alumni |
| <input type="checkbox"/> Oct 28 | Therapy for Cervical-Thoracic and Lumbo-Pelvic | <input type="checkbox"/> \$185 | <input type="checkbox"/> \$155 UW-L PT alumni |
| <input type="checkbox"/> Nov 12 | Interpreting Physical Therapy Research | <input type="checkbox"/> \$85 | <input type="checkbox"/> \$75 UW-L PT alumni |
| <input type="checkbox"/> Nov 12 | Ethical and Legal Considerations | <input type="checkbox"/> \$85 | <input type="checkbox"/> \$75 UW-L PT alumni |
| <input type="checkbox"/> Feb 3-4 | Examination/Treatment of Shoulder Disorders | <input type="checkbox"/> \$350 | <input type="checkbox"/> \$300 UW-L PT alumni |
| <input type="checkbox"/> Apr 13 | Assessment/Intervention for Children with Cancer | <input type="checkbox"/> \$185 | <input type="checkbox"/> \$155 UW-L PT alumni |
| <input type="checkbox"/> May 5 | Intensity in Geriatric Physical Therapy | <input type="checkbox"/> \$185 | <input type="checkbox"/> \$155 UW-L PT alumni |

Registration Fee Total: \$

Name: _____

Employer/Organization _____

Title _____

Address: _____

(Employer or Home – circle one)

City: _____ State/Prov.: _____ Zip/Postal: _____

Daytime Phone: _____ Home phone: _____

Fax: _____

E-mail address: _____

Cancellation Policy: Full refunds will be given, minus \$50 processing fee, if requests are submitted in writing to UW-La Crosse Continuing Education & Extension, 1725 State Street, 205 Morris Hall, La Crosse, WI 54601, and received no later than two weeks before the start of the program. No refunds will be made in the case of non-attendance or less than two week notice. Substitutions will be accepted.

METHOD OF PAYMENT:

___ Check (made payable to UW-La Crosse) ___ MasterCard ___ Visa ___ American Express

_____/_____
Credit Card # Exp. Date

Cardholder's signature _____

Name as it appears on the card _____

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Special Needs: Please indicate any special needs you may have: _____

Check/money order/credit card options:

Mail: University of Wisconsin-La Crosse
Continuing Education & Extension Registration
205 Morris Hall | 1725 State St.
La Crosse, WI 54601

Credit card only payment options or for questions:

Phone: 608.785.6504
Toll-free: 1.866.895.9233
Fax: 608.785.6547
Online: www.uwlax.edu/conted

Registration implies permission for photos, publicity & inclusion in a participant list unless Continuing Education/Extension is notified in writing prior to the program.



University of Wisconsin-La Crosse
1725 State St.
La Crosse, WI 54601

Physical Therapy Series
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