



Oklahoma Physical Therapy Association
P.O. Box 5354, Edmond, Oklahoma 73083

(405) 562-1280 Office
(405) 562-1281 Facsimile
www.okpt.org

OPTA Mission: The Mission of the Oklahoma Physical Therapy Association is to act as an ethically and financially sound membership driven component of the American Physical Therapy Association which promotes the profession of physical therapy and the delivery of quality rehabilitation services as an integral part of healthcare and wellness, to its membership and the people of Oklahoma. To this end, the Oklahoma Physical Therapy Association is dynamic and committed to the adherence of its membership to the profession's Standards of Excellence and the advancement of physical therapy through education, research and collegial exchange.

Oklahoma Physical Therapy Association 2010 Mid Year Meeting: August 28, 2010

Moore Norman Tech Center
13301 S. Penn, Oklahoma City, OK 73170

Pam Samaniego - PT, CKTI

Kinesio Taping Certification Course (KT3)

Millee Jorge, PT EdD

Applying the Principles of Evidence-Based Medicine in Physical Therapy Practice

Sadena Chrisman, MS, CCC-SLP and Lorna Schriner, OT/L

Rehab treatment approach in the medically complex patient

Karol Andrew, PT

Chronic Pelvic Pain and Physical Therapy: Where To Begin?

Lynn Jeffries, PT, PhD, PCS

Ethics: Being an Ethical Practitioner

Jimmy Robinson, PT

Post-Surgical Shoulder Evaluation & Treatment for the PT/PTA Student



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OKLAHOMA
PHYSICAL THERAPY
ASSOCIATION



“Kinesio Taping Certification Course (KT3)”

(8 CEUs) Prerequisite: KT1 and KT2

*** Please note: *this course is limited to 40 registrants****

If you are registering by mail, please check with the OPTA office (405-562-1280 / laura@okpt.org) to ensure the capacity has not been met before mailing in your registration. There is no need to check capacity if registering online, as registration will be disabled when the capacity is reached.

COURSE DESCRIPTION: The Kinesio Taping Method fosters the body's natural ability to heal itself by activating neurological and circulatory systems to correct biomechanical dysfunction, relieving pain & other symptoms. The Kinesio Taping® Certification Course (KT3) combines KT1 and KT2 coursework with extra lab time for attendees to practice their skills on a variety of clinical applications. Upon completion of this course and prerequisite KT1, KT2 seminar, attendees will be eligible to request and take the exam to become a Certified Kinesio Taping Practitioner (CKTP).

OBJECTIVES:

- Review muscular anatomy as it is related to Kinesio Taping.
- Explain and Apply the concepts of the Kinesio Taping Method.
- Recognize the principles of Kinesio Tex Tape application.
- Utilize and demonstrate skills in guided lab sessions.
- Apply Taping for pain, swelling, joint mobility and stability.
- Apply various taping techniques for treatment of the spine, and upper/ lower extremity dysfunction
- Apply various taping techniques for treatment of unique conditions using the concepts and principals of the Taping Method.

FACULTY: **Pam Samaniego - PT, CKTI**, received her degree in Physical Therapy in 1997, and has many years of experience in a variety of settings, including acute care, outpatient, orthopedic, LTAC, home health, and skilled nursing facilities. She is currently employed by Encompass Home Health as Orthopedic Program Manager. Pam became a Certified Kinesio® Taping Practitioner in 2004 and an Instructor in 2005.

“Ethics: Being an Ethical Practitioner” (3 CEUs)

COURSE DESCRIPTION: The course will provide participants the opportunity to apply the new APTA Code of Ethics and the Oklahoma Practice Act to real-life scenarios. The scenarios will focus on common questions asked of the APTA ethics committee and others in leadership positions. In this participatory course participants will respond to the ethical situations and link them to the new Code of Ethics and Oklahoma rules and regulations.

OBJECTIVES:

- Explore the new APTA Code of Ethics
- Evaluate and discuss case studies using the APTA Code of Ethics and the OK State Practice Act.
- Demonstrate increased competence in the ability to consider and discuss a variety of situations as they relate to the practice of physical therapy and ethics

FACULTY: Lynn Jeffries, PT, PhD, PCS is currently the Program Director for the Langston University, Doctor of Physical Therapy Program. Lynn is very active in the OPTA and APTA. She previously served as the President of the Oklahoma Chapter and currently serves as the Practice Committee Chairperson for the APTA Section on Pediatrics.

“Chronic Pelvic Pain and Physical Therapy: Where To Begin?” (6.5 CEUs)

COURSE DESCRIPTION: This course will allow the practicing physical therapist to evaluate musculoskeletal sources of pelvic pain, to appreciate the role that pelvic floor muscles play in lumbopelvic function, and to effectively evaluate and treat these musculoskeletal findings, including diastasis recti conditions. The lab component of this course will cover trigger point referral patterns for abdominal, hip, back, and pelvic floor muscles, identification of trigger points within these muscles, and manual techniques as well as exercise training to resolve trigger point activity and for treatment of diastasis recti. At the completion of this course, the participant will have an overview of common diagnoses which can lead to chronic pelvic pain and will have an enhanced appreciation of the role of the physical therapist in working with this clientele.

OBJECTIVES:

- Describe anatomy of pelvic floor muscles and their influence on chronic pelvic pain as well as lumbopelvic stability and function.
- Identify myofascial and neurological sources of pelvic pain, including internal pelvic floor muscles as well as external pelvic muscles which contribute to this pain.
- Understand the common impairments, functional limitations, and disabilities associated with chronic pelvic pain.
- Be able to correctly identify a diastasis recti and implement a corrective treatment plan.
- Use palpation skills to identify trigger points within external pelvic muscles (hips and abdominals) and effectively use demonstrated manual therapy techniques to treat these points.
- Effectively include pelvic floor muscle training in lumbar spine rehabilitation and key exercise prescription to address deficits common to chronic pelvic pain.

FACULTY: **Karol Andrew** is a 32 year veteran physical therapist who graduated with a BS in Physical Therapy from the University of Oklahoma. She began training for specialized treatment of women with pelvic floor dysfunction in 1995 and has practiced in this area since that time. She received training for treatment of men with pelvic floor dysfunction in 1998 and now treats both men and women affected by urinary and fecal incontinence, pelvic pain, and pelvic organ prolapse. She has extensive experience in treatment of spinal dysfunction and chronic pain as well. She recently completed advanced training through the Women's Health Section of the APTA for Gynecological Visceral Manipulation and also had the opportunity to study with Dr. Stanley Antolak, international lecturer on the topic of pudendal neuralgia.

“Post-Surgical Shoulder Evaluation & Treatment for the PT/PTA Student”

COURSE DESCRIPTION: This course is designed for students and will include information regarding post-surgical shoulder evaluation and treatment. The speaker will discuss common surgical procedures and the rehabilitation and exercise progression that follows.

FACULTY: **Jimmy Robinson, PT**

“Applying the Principles of Evidence-Based Medicine in Physical Therapy Practice” (6.5 CEUs)

COURSE DESCRIPTION: The course prepares the physical therapy practitioner in developing fundamental knowledge in the field of evidence-based medicine using the Sackett model for clinical decision-making. The presenter will provide instruction for interpretation of evidence in the areas of diagnostic, prognostic, and intervention literature. The participants will have the opportunity to work through web-based clinical cases and apply search strategies in seeking evidence for clinical decision-making. The course will include lecture and discussion as well as active search strategies using the web to work through web-based clinical cases. The course is limited to 25 participants. Participants are requested to compose a clinical question that they seek to find evidence for specific to their clinical practice area.

OBJECTIVES:

- Apply evidence-based medicine principles to the study of clinical problems in physical therapy and clinical medicine.
- Interpret study validity and diagnostic test performance to determine applicability for clinical practice.
- Determine best-practice in physical therapy through the application of evidence-based medicine and rehabilitation outcomes.
- Navigate published electronic databases to incorporate evidence-based medicine into evidence-based clinical practice.
- Value the significance of evidence as the basis for clinical decision making in physical therapy.

FACULTY: **Dr. Millee Jorge** is a physical therapist educator and Dean of the School of Physical Therapy at Langston University. She teaches the evidence-based medicine course in the Doctor of Physical Therapy program.

“Rehab treatment approach in the medically complex patient” (3.5 CEUs)

COURSE DESCRIPTION: In this course, we will cover what the newest trends are in infection control and what are some of the newest “super bugs”. We will also cover how to read the lab results, what are critical lab values, and how this might affect their function. This could include increased lethargy or confusion, or

even critical cardiac arrhythmias. We will cover basic terminology and reading on the ventilator and telemetry so that the therapist will know if the patient is safe to engage in basic skills. We will cover name and reasons of new diagnostic procedures. This will help the therapist better understand full realm of the patient’s difficulties and when treatment might be impacted. We also have included video feed of patient’s on a ventilator performing a barium swallow study and using a speaking valve.

OBJECTIVES:

- Be able to state isolation procedures and precautions
- Be able to understand new organisms
- Understand how various infections will affect your patient’s rehab outcomes
- Be able to read various lab report and understand clinical implications
- Increase awareness and treatment implications of various diagnostic tests
- Be able to develop a plan of care and treatment strategies on patients with multiple medical issues the are medically fragile but need to engage in basic activities of daily living
- Basic understanding basic settings on a ventilator
- Understand when the use of Passkey-Muir speaking valve is appropriate or contra-indicated

FACULTY: **Sadena Chrisman, MS, CCC-SLP** received her Bachelor’s degree from Tulsa University in Speech language pathology. She earned her Master’s degree from Northeastern State University in 2008. Sadena has worked with the pediatric population but has had a strong emphasis on dysphagia and working with ventilator dependent patients. She has a strong team philosophy. Sadena feels that if the patient can begin to increase trunk strength and breathe support, their respiratory function will improve. This will follow with increased tolerance of the speaking valve, allowing them to communicate.

Lorna Schriener, OT/L graduated from the University of Kansas in 1989 with a Bachelor’s degree in occupational therapy. She has worked in most settings with emphasis on SNF, home health, and acute rehab. Lorna also has many years of experience in management as well. Lorna is currently the Rehab Manager at Solara Muskogee, a LTAC hospital.

CONFERENCE SCHEDULE

Saturday, August 28

- 7:00 a.m. - 6:00 p.m.: Exhibitor Hall Open
- 7:30 a.m. – 8:00 a.m.: PTA SIG Meeting
- 7:30 a.m. – 5:15 p.m.: “KT3 Course” (8 CEUs)
- 8:00 a.m. - 4:30 p.m.: “Chronic Pelvic Pain and Physical Therapy (6.5 CEUs)
- 8:30 a.m. - noon: “Post-Surgical Shoulder Evaluation & Treatment for the PT/PTA Student”
- 8:30 a.m. - 5:00 p.m.: “Applying the Principles of Evidence-Based Medicine in Physical Therapy Practice” (6.5 CEUs)
- 9:00 a.m. - noon: “Ethics: Being an Ethical Practitioner” (3 CEUs)
- 1:30 p.m. - 5:00 p.m.: “Rehab treatment approach in the medically complex patient” (3.5 CEUs)

Noon – 1:30 Business Lunch - includes OPTA Business Meeting and Awards (included in registration for courses)

REGISTER ONLINE: Visit our website at www.okpt.org and click on “Upcoming Events” and you can register and pay for this meeting online

Registration Form One registrant per form • Please print clearly

Name _____ APTA Member number _____ Nonmember

Address _____

City/State/Zip _____

Home Phone (_____) _____

Work Phone (_____) _____

Email Address _____

PLEASE CHECK:

- PT PTA Student (please list school) _____

Courses (Please check all that apply)

- Saturday 7:30 - 5:15 • *Kinesio Taping Certification Course (KT3)* • 8 CEUs
- Saturday 8:00 - 4:30 • *Chronic Pelvic Pain and Physical Therapy: Where to Begin?* • 6.5 CEUs
- Saturday 8:45 - noon • *Ethics: Being an Ethical Practitioner* • 3 CEUs
- Saturday 8:30 - 5:00 • *Applying the Principles of Evidence Based Medicine in PT* • 6.5 CEUs
- Saturday noon - 1:30 • *Business Meeting Lunch Only* • \$20 (if not registering for any courses)
- Saturday 8:30 - 12:00 • *Post-Surgical Shoulder Evaluation & Treatment for the PT/PTA Student*
- Saturday 1:30 - 5:00 • *Rehab Treatment Approach in the Medically Complex Patient* • 3.5 CEUs

CANCELLATION POLICY:
 All cancellation requests must be in writing. NO cancellations will be accepted after August 14 2010. Full refunds will be given if request is postmarked by August 7, 2010. Cancellation requests postmarked from 8-7 through 8-14 are subject to a \$50 processing fee.

Early registration discounts apply before August 14, 2010.

	Ethics Course (Early Reg. Discount)	Rehab Treatment Course (Early Reg. Discount)	Kinesio Taping Course (KT3) (Early Reg. Discount)	Pelvic Pain or Evidence Based Medicine Course (Early Reg. Discount)	Student Shoulder Course (Early Reg. Discount)	Ethics Course	Rehab Treatment Course	Kinesio Taping Course (KT3)	Pelvic Pain or Evidence Based Medicine Course	Student Shoulder Course
OPTA Member										
PT or PTA	\$50	\$90	\$225	\$155	N/A	\$100	\$140	\$275	\$205	N/A
Student	\$10	\$20	N/A	\$30	\$40	\$60	\$70	N/A	\$80	\$90
Non-OPTA Member										
PT or PTA	\$95	\$135	\$270	\$200	N/A	\$145	\$185	\$320	\$250	N/A
Students	\$20	\$40	N/A	\$55	\$50	\$70	\$195	N/A	\$105	\$100

I have these special dietary needs: _____ I require these special accommodations: _____

I am attending a full day of courses on Friday and would like a box lunch: _____

Registration Fee: (see member categories and rates above) \$ _____

- Check enclosed. (Make payable to OPTA)
- If you wish to charge your payment please register online at www.okpt.org
- I would like to be contacted about joining the Oklahoma Physical Therapy Association

Mail this form with check made payable to OPTA to:
 OPTA ■ P.O. Box 5354 ■ Edmond, OK 73083 ■ Fax to: 405-562-1281