

2020 OPTA Annual Conference



Saturday, March 14 — Holiday Inn Portland Airport — Portland, Oregon

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Conference Schedule

REGISTRATION, CONTINENTAL BREAKFAST, EXHIBITORS AND POSTER PRESENTATIONS 8:00 – 8:30 am

OPENING KEYNOTE 8:30 – 9:30 am

Plus One for the Party: Strategic Inclusion for a New Reality

V. Kai Kennedy, PT, DPT; APTA Nominating Committee

As the American Physical Therapy Association approaches its centennial, our stakeholders can celebrate significant growth and progress in our profession, and yet, our mission highlights a continued need for community building. Data suggests that representation and inclusion are longstanding and ongoing challenges in physical therapy. Amid a shift for our vision from identity formation to a new reality of societal impact, our association must be called to assess our organizational culture. The ability of our organization to serve its community, and to be served by its community, will have a direct impact on our ability to transform society by optimizing movement. This discussion will explore principles of strategic inclusion, personal leadership development, and best practices in community organizing.

BREAK WITH EXHIBITORS AND POSTER PRESENTATIONS 9:30 – 9:45 am

BREAKOUT SESSION A 9:45 – 10:45 am

A1 The Unique Grief Process for Parents of Children with Disabilities

Susan Cushman, B.S.

The Unique Grief Process of Parents Raising a Child with a Disability: An interactive and listening workshop to share the unique experiences parents have when raising a child with a disability or medical challenges - and how the on-going grief can be handled.

A2 PT's Role and Response to Human Trafficking in Healthcare - Part 1

Melinda West, BA and Sarah Tiffany, DPT

Melinda West, founder of Freedom Calling, and Sarah Tiffany a doctorate of physical therapy will be presenting on the realities of modern day slavery-human trafficking. Health care professionals are in a unique position to be able to interact with trafficked victims. There is no way of telling how many victims are currently missed coming through the doors to seek medical attention. Through the lens of trauma informed care, West and Tiffany will be going over the current health care trends being taken for recognizing signs and symptoms of human trafficking. We will present on what it is, how it is presented in the health care system, the health care protocols being developed, and how we as physical therapists have a role in helping authorities. At the end of the presentation you will be equipped in being able to recognize signs and symptoms of human trafficking, have a trauma informed approach in how to respond, and know how to build a referral network database.

A3 The A.R.T. of Alignment Rehabilitation Technique - Part 1

Melanie Carlone, DPT, MPT, RYT and Lauren Bailey, ASI, LMT

A powerful learning experience, introducing participants to observation of holistic postural and movement patterns and the means to transform those patterns on an immediate basis using hands-on skills and corrective exercise coupled with client coaching.

A4 PTAs as Clinicians, Managers, Leaders: A Panel Discussion

OPTA panelists

Using feedback from the OPTA Fall Leadership Workshop, this discussion will explore the perception, and reality, of PTA participation in the clinic, education, and the Association. The panel will include a PT, PTA, SPT, and SPTA. The goal of this discussion is to increase understanding of PTA involvement in patient outcomes and experience.

BREAK WITH EXHIBITORS AND POSTER PRESENTATIONS 10:45 – 11:15 am



Pediatrics



Healthcare Trends &
Clinical Practice



Orthopedics &
Manual Therapy

Continued on next page →

B1 Opioid Education for High School Students*Sharna Prasad, PT*

The aim of this pilot program is multifaceted. This education based program aims to develop high school curriculum that works to educate (both teachers and high school students) on current evidence of opioids and their misuse, expand on the current understanding of pain from a biopsychosocial perspective, promote a generalization of pain, and to educate, facilitate and coordinate a holistic understanding of self-care. The curriculum was developed and taught with educational curriculum, formats and activities that incorporate mindfulness, movement, critical thinking and peer collaboration. The curriculum will ultimately be taught in multiple high school freshman classes across a two week health course. Results for this project will assess for program effectiveness in the areas of values and beliefs, pain attitudes, pain knowledge, self-efficacy, distress (anxiety), and internal vs external control.

+ B2 PT's Role and Response to Human Trafficking in Healthcare - Part 2*Melinda West, BA and Sarah Tiffany, DPT*

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🧘 B3 The A.R.T. of Alignment Rehabilitation Technique - Part 2*Melanie Carlone, DPT, MPT, RYT and Lauren Bailey, ASI, LMT*

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+ B4 Evidence Based Practice 2.0 - Preparing for the Future of Physical Therapy*Sean Kinsman, DPT*

Healthcare in the US is nearing the next big evolutionary change. New employer driven partnerships are emerging to challenge the inefficiencies of the existing fee for service healthcare model. Future care will be driven on the value creation we as physical therapists can create. Reduction in healthcare resource utilization and costly intervention (e.g. surgery), time loss from work, and lowered readmission / reinjury rates will be the benchmarks that we are measured against. Learn how implementing data analysis on demographics, interventions, and outcomes can prepare your practice for the next evolution of healthcare.

**LUNCH, BUSINESS MEETING, AWARDS, NETWORKING,
EXHIBITORS AND POSTER PRESENTATIONS**

12:15 – 1:30 pm

BREAKOUT SESSION C

1:30 – 2:30 pm

🧘 C1 It Takes Two to Tango: Collaboration Between Therapists and Dance Instructors Supports Participation of Individuals with Disabilities in Community-Based Programs*Kate Stribling, PT, DPT, PCS; Anastasia Gambill; Nirvana Fairbanks, Marie Blanchard*

Dance-based movement programs are a common physical activity that involve fun, music, socialization and exercise. However, meaningful participation in dance classes and other community-based activities is often challenging for children and young adults with disabilities. This presentation will discuss how interprofessional collaboration between physical therapists (PTs) and movement instructors can help support the physical, social and emotional well-being of children and young adults with disabilities by bridging the gap from school or clinic based therapy to community participation. We will hear from a PT, a movement instructor and young adults with cerebral palsy on the benefits of these types of programs as well as the pros and cons of carrying out collaborative practice in real life.

Attendees will receive practical, evidence-based strategies to help them implement this type of clinic-to-community programming for activities that are of interest to their clients and families.

C2 **Let's Talk the Talk Part 1: Increasing Physical Therapists' Understanding of Disability Outside of Medical Contexts**

Winston Kennedy PT, DPT and Samantha Noregaard

This presentation will focus on exploring topics that have emerged out of the field of disability studies such as disability identity and disability orientation models. Also, research that revolves around clinicians' attitudes towards disability and potential factors that may influence those attitudes will be discussed. This session will include case studies and will incorporate discussion to expand physical therapists' and physical therapist assistants' knowledge of disability studies and related research, which will provide an opportunity to demonstrate understanding of the disseminated information.

C3 **Hypermobility Spectrum Disorders: Understanding and Treating Unique Musculoskeletal Subluxations with Manipulative Techniques and Modified Exercises**

Heather Purdin, PT, MSPT, CMPT

This presentation will cover effective physical therapy treatment interventions for hypermobility spectrum disorders from common positional release techniques and self-care strategies, to common joint subluxations throughout the body and interventions for self-care. Tips for therapist success, exercise modifications to prevent injury and reduce pain flares during rehab, patient resources, and systemic problems/red flags that need to be monitored. It will use information from all three pillars of evidence-based practice for recommendations on diagnosis, prognosis, treatment interventions, and lifestyle modifications.

C4 **An Evidence Based Walking Resource for Arthritis Management**

Jose Reyna, PT, DPT

Arthritis is a prevalent condition affecting millions of Americans each year in the U.S. The different stages of the disease often lead to a multitude of symptoms and impairments, which can greatly influence a patient's quality of life and lead to surgical intervention/s. The Oregon Health Authority has partnered with the Centers for Disease Control and Prevention in establishing a free walking resource within physical therapy practice. The purpose of the lecture is to help providers be better informed about resource/s, which serve as a supplement to common conservative measures already utilized in practice. In addition, the lecture aims to help providers identify ways to streamline the implementation of such resources.

BREAK WITH EXHIBITORS AND POSTER PRESENTATIONS

2:30 – 3:00 pm

BREAKOUT SESSION D

3:00 – 4:00 pm

D1 **Assistive Technology through the Lifespan**

Bethany M. Sloane, PT, DPT, Board-Certified Pediatric Clinical Specialist and Kristi Atkins, EdD, CCC-SLP

This presentation summarizes the current research on early access to assistive technology and long-term outcomes for carry over through the lifespan. Components of early AT will be discussed using the PACT framework. This presentation will also compare progressions of AT from early intervention through transition age. Discussion will include analysis of collected outcomes and community collaborations. Many resources for interventionists will be included.

D2 **Let's Talk the Talk Part 2: Roundtable Discussion on Disability**

Winston Kennedy PT, DPT, Jeremy Robbins and Marc Duyck PTA, MEd

This session will focus on the lived experience of an individual with a disability, including their experiences within healthcare, and will also include their perspective on disability and its inclusion in society in broader contexts. Q&A will be facilitated by a moderator to foster a dialogue between the audience and the primary speaker.

D3 **When A Client Doesn't Respond.....Clinical Assessment for Effective Treatment - Part 1**

Kim Rondina PT, DPT

We will explore the mobility and function of the neurological system, that when inefficient, can frequently lead to common orthopedic conditions that we treat clinically every day. Tension across the central or peripheral neural tissues is a common issue that many of our clients are dealing with, yet we must go beyond traditional limb tension testing to discern its role.

Understanding the integrative relationships of the movement system beyond the musculoskeletal model will transform your evaluation, treatment strategies, efficiency of care and patient outcomes. Our session will share common patient examples, demonstrations, and perform a hands-on screening that will forever change your practice and your ability to make a difference in the communities you serve.



Pediatrics



Healthcare Trends &
Clinical Practice



Orthopedics &
Manual Therapy

Continued on next page →

+ D4 Introduction to Gender-affirming and Trauma Informed Care in Physical Therapy - Part 1

Caitlin Smigelski, PT, DPT; Sandi Gallagher, PT, WCS; Jaxyn R. Brown, MSW Candidate

This presentation is appropriate for any physical therapist who has an interest in trauma informed care and better serving people who are transgender and/or gender diverse. Part one will focus on gender affirming physical therapy. Topics covered include an introduction to sex, sexuality and gender and aspects of medical, surgical, social and legal transition. The role and special considerations for physical therapy will be presented. Part two will focus on trauma informed care. These concepts are important and applicable for all patients and especially important in trans healthcare. Both general concepts and specific strategies for physical therapists will be covered.

BREAK WITH EXHIBITORS AND POSTER PRESENTATIONS

4:00 – 4:15 pm

BREAKOUT SESSION E

4:15 – 5:15 pm

+ E1 Victims, Villains, and Rescuers: A Framework for Redirecting Workplace Drama, Frustration, and Conflict

Christina Howard, PT, MPT

Strong teamwork and a therapeutic alliance are essential for quality patient care and career sustainability. Attendees will apply a transactional analysis framework and learn how the roles of victims, villains and rescuers create drama that can lead to provider conflict and burnout through defensive, blaming, and shaming behaviors. Through facilitated small group discussions, attendees will identify one or more actions they can take to mindfully integrate a transaction analysis framework to minimize workplace drama and manage conflict in their interactions with patients, colleagues, students, and administrators.

+ E2 Using Augmented Reality and Skeletal Anatomical Imagery for enhancing Sensory Acuity and Movement Dexterity in the Treatment of Cortical Re-mapping, Improving Body Schema, and Chronic Pain – Especially Low Back Pain

Tim Sobie, PT, PhD, GCFP

Modern neuroscience is now demonstrating that differentiation of sensory acuity and discriminative-associative learning in motor control are some of the biggest drivers of neuroplasticity-based change occurring within and throughout the human brain. Basic Science researchers have now called for more innovative and novel treatment interventions for chronic pain to influence mechanisms which target toward cortical reorganization, or cortical re-mapping – including clinical applications of Augmented Reality (AR) and Virtual Reality (VR). Specific to this presentation, participants will become versed on recent research trends and clinical applications.

+ E3 When A Client Doesn't Respond.....Clinical Assessment for Effective Treatment - Part 2

Kim Rondina, PT, DPT

We will explore the mobility and function of the neurological system, that when inefficient, can frequently lead to common orthopedic conditions that we treat clinically every day. Tension across the central or peripheral neural tissues is a common issue that many of our clients are dealing with, yet we must go beyond traditional limb tension testing to discern its role.

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CONFERENCE CONCLUDES

5:15 pm

SOCIAL HOUR AND SPECIAL PT NIGHT OUT

5:30 – 7:30 pm

Spend the evening with your fellow PT's! Hosted by the OPTA Membership Committee, this is lively time to socialize, enjoy appetizers with a no-host bar, and connect with the people in your industry. Proceeds from the event will benefit the OPT PAC.

GENERAL CONFERENCE INFORMATION

Conference Location

Holiday Inn Portland Airport
8439 NE Columbia Blvd.
Portland, OR 97220
503.256.5000

Conference Lodging

To make reservations, call the Holiday Inn Portland Airport directly at 503.914.5245 or 1.800.HOLIDAY. Rates vary based on availability plus state and local taxes. Please mention the OPTA block code OPT. Check-in time is 3:00 pm. Check-out time is noon. Please check with the Holiday Inn Portland Airport for their cancellation and early check in policies.

Registration Information

Your Conference registration includes: Education sessions, electronic handout materials, exhibits, continental breakfast, lunch, breaks, and an early bird discount option.

Space is limited. Early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis.

Three easy ways to register:

- Online through our website at www.opta.org. Payment can be made with credit card.
- Fax your completed registration form with credit card payment to: 503.253.9172
- Mail your completed registration form with check or credit card payment to: OPTA, 147 SE 102nd Ave., Portland, OR 97216

Cancellation Policy

Cancellations received on or before March 6, 2020 will receive a full refund minus a \$50 administrative fee. Cancellations received after March 6, 2020 will receive a 50% refund of their total fees. No shows and same-day cancellations will not receive a refund.

Speaker Handout Information

In an effort to minimize paper waste, session handouts (as provided by the speakers) will be available online at www.opta.org approximately one week prior to the conference. Registered attendees will be emailed information on how to access them.

Continuing Education Credits

OPTA CE courses and hours may be accepted by the Oregon Physical Therapy Licensing Board. A course completion certificate will be issued to registrants upon completion of the course. Oregon licensed therapists and assistants should consult Division 35 of the licensing board's administrative rules for CE requirements and note that there is no pre-certification of continuing education by the Oregon Physical Therapy Licensing Board.

OPTA Business Meeting

The OPTA business meeting will be held during lunch on Saturday, March 14. Individuals who wish only to attend the business meeting (and not have lunch) can do so by signing in at the business meeting door and sitting in the reserved area. If you wish to attend only the business meeting and have lunch, you must register in advance.

Exhibits

The exhibit area will be open Saturday, March 14 from 8:00 am – 4:15 pm. Please take advantage of the opportunity to visit with vendors during the exhibit hours and learn more about the products and services they offer.

Questions?

Contact OPTA at 503.262.9247 or tollfree at 877.452.4919 or at info@opta.org.



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THANKS TO OUR OPTA GOLD PACKAGE SPONSORS





2020 OPTA Annual Conference Registration Form

Please provide the following information to register: (For additional registrants, please photocopy this form.)

☐ Mr. ☐ Ms. ☐ Mrs. ☐ Dr.

First Name: _____ Last Name: _____ Designations: _____

Badge First Name (if different than above): _____

Company/Work Facility: _____

APTA Membership Number: _____ Oregon License Number: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Business Phone: _____ Email: _____ Fax: _____

Special Requirements:

If you have any special requirements (i.e., food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: _____

Liability Waiver: By registering for this conference, you waive all liability to OPTA for any injury that may occur during this conference.

Registration Information

To completely register for the OPTA Conference it is necessary to also fill out all of the steps below to process your registration.

Step 1 – Select Your Registration Category

Early Bird discounted rates end after February 20, 2020. Registration includes the courses, electronic handouts, continental breakfast, lunch, and breaks.

CONFERENCE REGISTRATION

MEMBERS*

Registration Fee

	Early [†]	Regular
<input type="checkbox"/> PT Member*	\$219	\$259
<input type="checkbox"/> PTA Member*	\$169	\$209
<input type="checkbox"/> Student Member*	\$99	\$99
<input type="checkbox"/> PT Service Member	\$189	\$229
<i>Committee and board members currently volunteering service to OPTA</i>		
I serve OPTA as _____		

CONFERENCE REGISTRATION

NONMEMBERS

Registration Fee

	Early [†]	Regular
<input type="checkbox"/> PT	\$289	\$329
<input type="checkbox"/> PTA	\$219	\$259
<input type="checkbox"/> Student	\$149	\$189
<input type="checkbox"/> Other Healthcare Professional	\$289	\$329

*Member category eligibility includes any APTA member whether in Oregon or any other state.

[†]Early registration rates end after February 20, 2020.

Saturday Lunch and Business Meeting Only Registration ☐ \$40

Please register here if you wish to attend **only** the lunch on Saturday and none of the educational sessions.

Step 2 – Select Your Breakout Sessions

Please check your breakout session choices for the conference.

Saturday, March 14

- ☐ A1 The Unique Grief Process for Parents of Children with Disabilities
- ☐ A2 PT's Role and Response to Human Trafficking in Healthcare - Part 1
- ☐ A3 The A.R.T. of Alignment Rehabilitation Technique - Part 1
- ☐ A4 PTAs as Clinicians, Managers, Leaders: A Panel Discussion

- ☐ B1 Opioid Education for High School Students
- ☐ B2 PT's Role and Response to Human Trafficking in Healthcare - Part 2
- ☐ B3 The A.R.T. of Alignment Rehabilitation Technique - Part 2
- ☐ B4 Evidence Based Practice 2.0 - Preparing for the Future of Physical Therapy

- ☐ C1 It Takes Two to Tango: Collaboration Between Therapists and Dance Instructors Supports Participation of Individuals with Disabilities in Community-Based Programs
- ☐ C2 Let's Talk the Talk Part 1: Increasing Physical Therapists' Understanding of Disability Outside of Medical Contexts
- ☐ C3 Hypermobility Spectrum Disorders: Understanding and Treating Unique Musculoskeletal Subluxations with Manipulative Techniques and Modified Exercises
- ☐ C4 An Evidence Based Walking Resource for Arthritis Management

- ☐ D1 Assistive Technology through the Lifespan
- ☐ D2 Let's Talk the Talk Part 2: Roundtable Discussion on Disability
- ☐ D3 When A Client Doesn't Respond.....Clinical Assessment for Effective Treatment - Part 1
- ☐ D4 Introduction to Gender-affirming and Trauma Informed Care in Physical Therapy - Part 1

- ☐ E1 Victims, Villains, and Rescuers: A Framework for Redirecting Workplace Drama, Frustration, and Conflict
- ☐ E2 Using Augmented Reality and Skeletal Anatomical Imagery for enhancing Sensory Acuity and Movement Dexterity in the Treatment of Cortical Re-mapping, Improving Body Schema, and Chronic Pain - Especially Low Back Pain
- ☐ E3 When A Client Doesn't Respond.....Clinical Assessment for Effective Treatment - Part 2
- ☐ E4 Introduction to Gender-affirming and Trauma Informed Care in Physical Therapy - Part 2

- ☐ Social Hour and Special PT Night Out

Step 3 – Payment

- ☐ Check made payable to OPTA or ☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

If paying by credit card, please complete the following:

Card Number: _____ Expiration Date: _____ Amount Authorized: _____

Cardholder's Name: _____ CVV _____

Cardholder's Signature: _____

Credit Card Billing Address: _____ City: _____ State: _____ Zip: _____

We cannot accept registrations over the phone or via email due to credit card security. Please mail or fax in your completed registration form with payment or register online at www.opta.org.

Email Address to Send Credit Card Receipt to: _____

Registrant agrees to grant OPTA and Update Management the right to photograph or video Registrant during participation in the event. Registrant understands that any photographs or recordings may be used by OPTA and Update Management for marketing and promotional purposes, at their sole judgment and discretion, without compensation or credit to Registrant.

