



APTA South Carolina 2023 Annual Conference
 March 17 – 18, 2023
 University Center of Greenville
 (Tentative Schedule)

Friday March 17th, 2023

11:00 Exhibitor Hall opens, Registration opens			
12:00 – 4:30 Board Meeting			
12:00 – 1:00 pm Concurrent sessions			
Container Baby Syndrome Speaker: Bethany Early	Energizing, effective exercise prescription Speaker: Eric J. Hegedus	Concussion Classification and Treatment: The Sexy Whiplash Injury Speaker: Jackie Davenport	
1:00 – 1:30 Time with Exhibitors			
1:30 – 3:30 pm Concurrent sessions			
Out – “Sternal Precautions”; In – “Keep your MOVE in the TUBE” Speaker: Ana Lotshaw	Case-Based Approach to Rehab Management of Medically Complex Patients Speaker: Erica Colclough and Tiffany Hanley	Change the Way You Think About Physical Therapy Speaker: Patrice Hazan	Intensive Rehabilitation for Children with Neuromotor Disabilities: Following the Evidence Speaker: Julia Schroeder and Elizabeth Humanitzki
3:30 – 3:40 - Break			
3:40 – 4:30 pm: Concurrent sessions			
5x5 Presentations	5x5 Presentations	Job Preparedness for Students	
TBA – Social Event			

Saturday, March 18th, 2023

8:00 – 10:00: Business Meeting			
10:00 – 10:30 Break and Time with Exhibitors			
10:30 – 11:20: Lisa Saladin Lecture Series – Presented by: Janet Shelley			
11:30 – 12:30 pm Concurrent Sessions			
DE&I Lecture Series: Removing the Masks: Understanding Personal Bias and Moving Toward Transparencies Speaker: Regina Marsh		The Traits of a Successful Clinician, beyond Clinical Care Delivery Speaker: Leigh Ann Frick	
12:30 – 1:30 Lunch and Time with Exhibitors			
1:30 – 3:30 pm Concurrent sessions			
Stop Tip Toeing Around Treatment Strategies for Toe Walking Speaker: Amber Gadow	Plantar Fasciitis: New Insights into an Old Problem Speaker: Bill Stodart and Morgan Onink	Direct Access in Acute Care: A Pilot Program Speaker: Chris Wilson and Shari Cartwright	Assessing and Treating mTBIs from a Therapeutic Perspective Speaker: Stacey Gray and Kikki Thayer
3:30 – 4:00 Break and Time with Exhibitors			
4:00 – 6:00 pm Concurrent sessions			
School House Rock the Remix: How a Bill Becomes Law Speaker: Amber Gadow and Kristen Vick	Introduction to ECMO for the Rehabilitation Professional Speaker: Erica Colclough	The Dos and Don'ts of insurance Contracting for Physical Therapy Speaker: Robbie Leonard	The Plagiocephaly/Torticollis Connection: Assessment and Treatment Options for the Pediatric Therapist Speaker: Suzanne Cherry

Up to 12 Contact Hours (1.2 CEUs) will be available for attending the Conference



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Course Descriptions

Friday March 17th, 2023 – 12:00 – 1:00 pm

Course Title: Container Baby Syndrome

Speaker: Bethany Early PT, DPT, Board-Certified Pediatric Clinical Specialist

Description: Container Baby Syndrome is a term used by the American Physical Therapy

Association to describe infants who spend excessive amounts of time in infant containers and the potential effects on motor, cognitive, socio-emotional, and musculoskeletal development. Infant containers may include infant equipment such as car seats, swings, bouncy chairs, strollers, and other positioning devices for infants. Problems that may arise from excessive use of infant containers include gross and fine motor delays as well as cranial deformations such as Plagiocephaly. Therefore, treatment approaches used to address these problems focus on education, therapeutic exercises and stretches and alternative positioning to lessen the effects of cranial deformations. There are however challenges with addressing Container Baby Syndrome, including lack of parental education on infant equipment use, Back to Sleep and tummy time guidelines, as well as marketing strategies targeting infant equipment to enhance infant development. Pediatric Physical Therapists have an opportunity to provide the community and caregivers with education on the potential effects of Container Baby Syndrome and offer evidenced based guidance on the appropriate use of infant equipment, tummy time and Back to Sleep guidelines and activities or exercises that may benefit typical infant development.

Course Title: Energizing, Effective Exercise Prescription

Speaker: Eric J Hegedus PT, DPT, PhD, MHSc

Description: Physical therapists would like to be the consultant of choice for exercise whether for rehabilitation or wellness. In order to be so, exercise must be patient-centered, effective, and creative. Too often, we become comfortable prescribing the same exercises with the same parameters to the same patient populations leading to boredom for both the patient/client and the physical therapist. More than that, the exercise prescription often does not consider the biopsychosocial model and is not

constructed with the end in mind. This course is designed to disrupt our habits and suggest a more energized, efficient, and effective exercise prescription paradigm.

Course Title: Concussion Classification and Treatment: The Sexy Whiplash Injury

Speaker: Jackie Davenport, PT, DPT, OCS

Description: Concussion management has been a “hot” topic for many years and often comes to the forefront of news broadcasts and sports conversations. But a large portion of the population also experiences pain from whiplash injuries which often have significant overlap with patients who have sustained a concussion. Understanding concussion rehab, especially how to classify the variety of impairments with which these patients often present, can provide some clarity on how we also need to be treating our patients with chronic whiplash complaints as well. The presentation will compare and contrast concussion and whiplash management as well as discuss treatment classifications to allow better targeting of interventions related to exercise, motor control of the neck and optimization of the vestibular ocular system. Specific assessments and treatment ideas will be provided as a part of the presentation to make this directly applicable to clinicians who are managing these types of patients.

Friday March 17th, 2023 – 1:30 – 3:30 pm

Course Title: Out – “Sternal Precautions”; In – “Keep your MOVE in the TUBE”

Speaker: Ana Lotshaw, PT, PhD, Board Certified Specialist Cardiovascular and Pulmonary Physical Therapy

Description: Traditional sternal precautions have been used for patients with median sternotomies for decades without any evidence of how they were developed or that they actually prevent complications. These restrictions, most of the time, keep patients from returning to their natural movement patterns and lead to functional mobility impairments to the point of many patients requiring some form of post-acute inpatient rehabilitation. Less restrictive movement strategies like Keep Your Move in the Tube, allow patients to use functional patterns while still discouraging movements that cause increased pain and stress on the healing sternum. These less restrictive movement patterns have been shown to be safe and effective along the continuum of care and reduce healthcare resource utilization. Finally, these movement strategies have been shown not to increase the rate of sternal wound complications. In the current healthcare environment, PT/PTA’s are challenged with higher acuity patients and shorter lengths of stay. Less restrictive movement patterns aids the PT/PTA in restoring functional mobility safely and effectively. In this presentation, you will learn about these less restrictive movement

patterns, how to perform and instruct them for basic mobility and exercise, how to evaluate for sternal instability, and ways to implement these strategies into clinical practice.

Course Title: Case-Based Approach to Rehab Management of Medically Complex Patients

Speaker: Erica Colclough PT, MSPT, Board Certified Cardiovascular and Pulmonary Specialist and Tiffany Haney PT, MSPT, Board Certified Cardiovascular and Pulmonary Specialist

Description: As acute care clinicians with over 25 years of clinical experience in some of the highest acuity clinical settings, a couple of things have come very apparent regarding the skill set necessary to safely manage today's acute care patient:

- 1) Most, if not all, patients present with some degree of multi- system organ involvement.
- 2) The process of digging through a chart to figure out IF the patient is appropriate to participate in therapy often leads to more unanswered questions and uncertainty.

This course will provide tools and help cultivate skills to perform a digestible system review and develop a streamlined approach to the clinical management of patients. We will help you dive deeper into the foundational knowledge acquired in your physical therapy education and implement an organized approach to clinical application of this information.

Course Title: Change the Way You Think About Physical Therapy

Speaker: Patrice Hazan DPT, MA, CEO

Description: Innovation and change in physical therapy: Learn how you can continue to follow your at-risk patients in an alternative model of care that is designed to KEEP patients active.

Course Title: Intensive Rehabilitation For Children With Neuromotor Disabilities: Following the Evidence

Speaker: Julia Schroeder PT, DPT, PCS and Elizabeth Humanitzki MS, OTR/L, C/NDT

Description: This presentation will highlight the current body of evidence regarding intensive treatment in pediatric rehabilitation. The most up to date and robust intensive treatment protocols available for children with neuromotor disabilities is pediatric

constraint induced movement therapy (pCIMT). The pCIMT model will be discussed specifically with a unique perspective from the interprofessional presenters (i.e., physical and occupational therapists), who are trained in and deliver the ACQUIRE gold standard of pCIMT for the NIH StrokeNet Infant-ACQUIRE (I-ACQUIRE) study. This presentation will describe in detail pCIMT assessment and interventions in children presenting with hemiparesis and quadriparesis. This presentation will highlight the important pCIMT components that can be adapted to other pediatric patients with neuromotor disabilities. Group discussion concerning the implementation and translation of intensive models across the South Carolina pediatric rehabilitation community will be discussed.

Friday March 17th, 2023 – 3:40 – 4:30 pm

5x5 Presentations

Effects of Dynamic Stretching and Mobilization with Movement on Hip Flexion ROM - Jake Turner and Robert Bayliss

Effects of Latent Trigger Point Dry Needling on Spinal Reflexes - Gretchen Seif, PT, OCS, FAAOMPT

Does Epidural Stimulation Improve Bladder Function in Individuals with Spinal Cord Injury? A Systematic Review - Janet Bush Tankersley, PT, DPT, PhD

PTs using Quantitative Ultrasound to Gain a Window into Bone Health - Matthew de Ruig, PT, DPT, DHSc, CMTPT and Cynthia J. Watson, PT, DPT, OCS

Senior Volunteers will SPICE up your Curriculum and Enhance Student Learning! - Zak Knox, PT, DPT and Cynthia J. Watson, PT, DPT, OCS

Pain Psychology in Combination with Physical Therapy in the Treatment of Chronic Pain: A Case Report - Olivia Maddox, PT, DPT

Physical Therapy Management of Radiation Fibrosis Through Dry Needling: A Case Study - David Patefield, DPT

Saturday March 18th, 2023 – 11:30 – 12:30 pm

Diversity, Equity, and Inclusion Series

Course Title: Removing the Masks: Understanding Personal Bias and Moving Toward Transparencies

Speaker: Regina R. Marsh, PTA, BS

Description: A team that is Purpose Driven and Goal Focused is unrivaled in its strength. Building a Diverse Culture helps people and organizations create a more accepting and supportive workplace environment, which can possibly increase collaboration, productivity, and innovation. The relationship or connection formed can help you to be yourself, communicate confidently, and provide more opportunities for partnership. This may have a positive impact not only for you, but also on your colleagues and, most importantly, on your patients. Understanding the “Greater Purpose” enables you to see beyond yourself and commit to a good culture that will create a loving, respectful, and nurturing environment to help you accomplish at the highest level.

Course Title: The Traits of a Successful Clinician, Beyond Clinical Care Delivery

Speaker: Leigh Ann Frick, PT/MBA, RAC-CT, PNAP

Description: Why can't we just treat patients? If you have ever asked yourself this question, this session is for you! Besides the knowledge and skill required to provide clinical care, therapists must understand regulatory requirements, reimbursement and coding guidelines/implications as well as statutory practice acts and supervisory requirements that payers may apply to your practice. Your direct knowledge of these concepts can impact whether the services are covered, if treatment can be extended, who can treat the patient and whether YOUR employer ultimately gets paid for the therapy provided. Academic programs have full curriculums and this information is somewhat setting specific, so there is an expectation that it will be part of your “on-the-job training”.

Saturday March 18th, 2023 – 1:30 – 3:30 pm

Course Title: Stop Tip Toeing Around Treatment Strategies for Toe Walking

Speaker: Amber Gadow PT, DPT, PCS, CPST

Description: The course will review the etiology of toe walking, broken into 3 main categories: idiopathic, neurologic and sensory based. The course will focus on treatment strategies for idiopathic and neurological based patients. Education and review of appropriate and effective outcome measures including criteria for appropriate patients to refer to serial casting. Education on serial casting intervention for conservative management of toe walking and dosing of casting. Education on discharge criteria from serial casting as well as adjunct treatment strategies to use in the clinic in relation to therapeutic exercise and bracing

Course Title: Plantar Fasciitis: New Insights Into an Old Problem

Speaker: Bill Stodart, PT, DPT, OCS and Morgan Onink PT, DPT, OCS

Description: Plantar fasciitis has commonly been treated as an inflammatory condition. Newly identified contributing factors, including potential occlusion of the lateral plantar artery, have caused a reconsideration of the nature of the condition and a christening of a new name – plantar fasciopathy. An appreciation of both extrinsic and intrinsic foot factors has resulted in new treatment insights relative to footwear, foot strength, and the address of the entire kinematic chain in treating this condition and other foot-related pathologies.

Course Title: Direct Access in Acute Care: A Pilot Program

Speaker: Chris Wilson, PT, DPT and Shari M. Cartwright, PT, DPT

Description: Providing (pseudo) direct access in acute care will reframe discussions around inappropriate consults, mobility/unskilled care vs treatment/skilled care and highlight the value of therapy professionals in new ways.

Course Title: Assessing and Treating mTBIs from a Therapeutic Perspective

Speaker: Stacey W Gray, PT, DPT, PCS and Kikki Thayer, MS, CCC-SLP, CBIS

Description: Managing concussions (mTBIs) is progressively becoming more important for PTs and PTAs as the awareness of the injury and our role in treating those with mTBIs grows. Our field has a large role in patient education, assessment and treatment to manage their symptoms, while we progress patient care in an individualized manner to help your patient return to their prior level of function safely and without symptoms. This course will discuss a team approach to treatment with other disciplines; discussion and demonstration of assessments as provided by PTs of a patient's oculomotor, vestibular, and balance systems as well as discussion of assessments for younger populations. The presentation will discuss treatments to help your patients return to their baseline as performed by PTs and PTAs. It will also look at coordinating with SLPs and the return to learn portion and increased awareness of the

cognitive affects/presentation following a concussion and how a multidisciplinary approach is important for effective treatment.

Saturday March 18th, 2023 – 4:00 – 6:00 pm

Course Title: School House Rock the Remix: How a Bill Becomes Law

Speaker: Amber Gadow PT, DPT, PCS, CPST and Kristen Vick PT, DPT

Description: The course will help educate the audience on what governing and regulatory bodies control what Physical Therapists and Physical Therapist Assistants can do. It will review how a bill becomes a law and how regulations pass. It will educate the audience on what the SC General Assembly make up looks like, how to find/contact your senator and representative and how to participate in effective grass roots advocacy. This presentation will assist the audience in how to reach out to the APTA SC legislative committee, Federal Affairs Liaison and other individuals that specialize in issues related to specialty providers including but not limited to pediatrics. It will make the audience well versed in how to access all of the advocacy related tools that the APTA provides.

Course Title: Introduction to ECMO for the Rehabilitation Professional

Speaker: Erica Colclough PT, MSPT, Board Certified Cardiovascular and Pulmonary Specialist

Description: This course is designed to provide the rehabilitation professional with evidence based comprehensive knowledge and practical clinical skill to safely manage the complex patient population supported on extracorporeal membrane oxygenation (ECMO). The course will provide a didactic overview of foundational cardiac/pulmonary principles, common critical care support lines/devices, ECMO physiology (VA, VV, and hybrids), and mobilization strategies specific to patients on ECMO.

Course Title: The Dos and Don'ts of Insurance Contracting For Physical Therapy

Speaker: Robbie B Leonard, PT, DPT, CHC

Description: Reading, understanding, and negotiating insurance contracts is not a class that is taught in PT school, nor is it something that most PTs feel comfortable with. Many of us don't know the details of the insurance contracts or the payment policies that we are obligated to in our practices. Is it possible to negotiate a contract? Are there things other than the fee schedule that should be negotiated? What factors create a

favorable situation for negotiations? These questions and more will be answered in this course. We will discuss how to understand the contracts. We will explore key items in the contract that should be evaluated. We will discuss opportunities for re-negotiating and when to potentially terminate a contract. We will discuss how to evaluate a new insurance contract that is presented to the practice. We will discuss the key questions you should be asking your insurance contracting team if you work in a large business model such as a hospital. You will leave this course with a game plan for your practice.

Course Title: The Plagiocephaly/Torticollis Connection: Assessment and Treatment Options for the Pediatric Therapist

Speaker: Suzanne Cherry PT, DPT, Board-Certified Clinical Specialist in Pediatric Physical Therapy

Description: Course includes an introduction to Plagiocephaly, assessing the infant head shape, and screening for torticollis utilizing APTA guidelines. Instruction includes anthropometric measurements, prevention and repositioning, treatment options, and case studies.

Recommend attendees bring a small training doll for hands on learning and participation learning.