

Programming Options at a Glance

Registration & Hot Breakfast - 6:30-7:30 AM CT - Outside Business Meeting Hall

Session One Options - 7:30-9:30 AM CT

Session Title	Room
Making your treatments OPTIMAL: Using motor learning principles and the OPTIMAL theory throughout the lifespan	2018
Evaluation and Management of lower extremity bone stress injuries more than shin splints!	Bennett
Advancing Care and Outcomes for Individuals Rehabilitating from COVID-19: Maximizing Functional Independence and Mental Health	1005
Demystifying evidence-based practice and it's application to clinical decision-making for PT's and PTA's	Canceled

Session Two Options - 10:00 AM-12:00 PM CT

Session Title	Room
Utilizing directional preference in the management of cervicogenic headache	2014
From Textbooks to Clinical Practice: Selecting and Implementing Outcome Measures in Stroke Rehabilitation	2018
Special Testing of the Extremities: Part 1 Upper Extremities	Bennett
Residency Education: Weighing the Pros and Cons (Oxford Debate style)	1005

Lunch & Business Meeting - 12:00-1:30 PM CT - Business Meeting Hall

Poster Presentations - 1:30 PM-2:30 PM CT - Hallways on 1st floor

Practice Act Town Hall - 1:30 PM-2:30 PM CT - MSC 1005

Session Three Options - 3:00 PM-5:00 PM CT

Session Title	Room
Understanding Our Outcomes: Measuring intervention fidelity across multiple dimensions in physical therapy practice and research	2018
Standing Still or Moving Forward: Reconciling the Past, Present and Future of Neurologic Physical Therapy	1005
Special Testing of the Extremities: Part 2 Lower Extremities	Bennett
Risk assessment and safe treatment of patients with neck pain utilizing high velocity low amplitude mobilizations	Truslen

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Course Information:

Making your treatments OPTIMAL: Using motor learning principles and the OPTIMAL theory throughout the lifespan

- Speakers: Monica Dial PT, DPT, NCS & Mica Mitchell PT, DPT, PCS
 - Monica Dial, PT, DPT is an Assistant Professor for the College of Saint Mary's Blended Doctor of Physical Therapy Program in Omaha, Nebraska. She received her Bachelor of Science degree from the College of New Jersey in Ewing, New Jersey, and her clinical Doctorate in Physical Therapy from Midwestern University in Glendale, Arizona. Dr. Dial received her APTA neurological clinical specialty certification in 2019 following residency training at A.T. Still University in Mesa, Arizona. Prior to joining the College of Saint Mary, Dr. Dial was employed in a variety of areas including acute care, inpatient rehabilitation, and outpatient rehabilitation treating neurologic and orthopedic conditions. She currently collaborates with academic partners to lead the neuro-clinical track curriculum of the CSM DPT program. She is completing a Doctor of Education Degree with a concentration in leadership and learning in organizations at Vanderbilt University with anticipated graduation in summer 2024. Dr. Dial's research interests include the interplay between learning and identity, and blended learning education.
 - Mica (Me-ka) Mitchell, PT, DPT, C/NDT is an Assistant Professor of Physical Therapy at the College of Saint Mary's Blended Doctor of Physical Therapy Program in Omaha, NE. She has worked as a pediatric physical therapist in a variety of settings since 2003. Dr. Mitchell has received her Doctor of Physical Therapy (DPT) degree with a specialization in pediatric science from Rocky Mountain University of Health Professions, a Master in Physical Therapy degree obtained from East Carolina University. She is an American Board of Physical Therapy Specialties (ABPTS) Board-Certified Clinical Specialist in Pediatric Physical Therapy. Dr. Mitchell has a passion for pediatrics which includes her volunteer work as a FUNfitness Clinical Director with Special Olympics. Dr. Mitchell is driven by a desire to encourage the experience of belonging for minoritized individuals and underrepresented groups through representation and justice.
- Description: Are your treatments OPTIMAL? Explore the principles of motor learning and OPTIMAL theory that enhances outcomes throughout the patient's lifespan. This engaging and highly interactive session allows participants to practice motor learning principles, layer in the tenets of the OPTIMAL theory, create goals that address primary and secondary impairments for patients, and plan out highly effective and targeted treatments for patients that are seen in pediatric through adult rehabilitation. This session welcomes PTs, PTAs, and students.
- Course Learning Objectives:
 - Describe motor learning as it relates to PT practice.
 - Describe OPTIMAL theory and how it can enhance patient outcomes throughout the lifespan.
 - Create goals for a patient based on ICF categories throughout the lifespan for a patient.
 - Plan and practice treatments that incorporate motor learning principles and optimal theory related to the goals.

Evaluation and Management of lower extremity bone stress injuries more than shin splints!

- Speakers: Zachary Specht PT, DPT, SCS, CSCS, Mike Rosenthal PT, DSc, SCS, ATC, & Kirsten Wagner PT, DPT
 - Zach received his Doctorate of Physical Therapy from Des Moines University. His experience has been in outpatient orthopedics and sports medicine settings. He became a board certified sports physical therapist in 2023. Zach has been involved with local soccer and gymnastics clubs, which has lended experience to the management and treatment of bone stress injuries. He currently practices at Nebraska Medical Center in Omaha, NE.
 - Mike received his Master of Physical Therapy and Doctor of Science degrees from Baylor University. In 2003 he completed a Sports Physical Therapy residency. He has worked in outpatient orthopedic and sports settings for 30 years to include many years in military settings with high rates of bone stress injuries. Mike is currently an Associate Professor in the Doctor of Physical Therapy Program at the University of Nebraska Medical Center in Omaha where he teaches Human Movement, Differential Screening, Imaging for PTs, and assists with musculoskeletal courses. He continues to have an active clinical practice at the Nebraska Medical Center.
 - Kirsten obtained her Doctorate of Physical Therapy from the University of Nebraska Medical Center. She is currently an Orthopedic Physical Therapy Resident at the University of Nebraska Medical Center. Kirsten is involved with the NE-APTA and serves as the Vice-President of the Early Professional Special Interest Group
- Description: This course is designed for practicing and student physical therapy professionals seeking to elevate their clinical examination skills in lower extremity orthopedics. After discussing the role of special testing in the musculoskeletal clinical decision-making process, participants will delve into the art and science of orthopedic special tests for the hip, knee, and ankle. Through immersive hands-on practice, this session will empower you to master the essential techniques needed to conduct reliable and precise special testing in the lower extremity. By the end of this course, you will have the confidence and proficiency needed to make informed clinical decisions that positively impact patient care.
- Course learning objectives:
 - Recognize high and low-risk bone stress injury (BSI) locations in the spine and lower extremity
 - Understand bone dynamics related to physical loading stresses
 - Select and apply evaluation techniques for the differential diagnosis of BSI
 - Become aware of comprehensive treatment programs to optimize recovery and return to activity following BSI

Advancing Care and Outcomes for Individuals Rehabilitating from COVID-19: Maximizing Functional Independence and Mental Health

- Speakers: Judith M. Burnfield PT, PhD, Jacob Massey PT, DPT, CSCS, Jade Bertsch PT, DPT, ATRIC, CAPTCC, & Natalie A. Williams PhD
 - Judith M. Burnfield, PT, PhD, is a nationally recognized physical rehabilitation clinician, researcher and scholar. Dr. Burnfield is the Vice President of Research, Director of the Institute for Rehabilitation Science and Engineering, and Clifton Chair in Physical Therapy and Movement Science at Madonna Rehabilitation Hospitals. She completed her BS in Physical Therapy at the State University of New York at Buffalo, her PhD in Biokinesiology at the University of Southern California, and her postdoctoral studies at the Los Amigos Research and Education Institute in California. Dr. Burnfield co-authored the book, *Gait Analysis, Normal and Pathological Function*, and has over 70 peer-reviewed manuscript publications and numerous book chapters in areas relevant to physical rehabilitation. She has served as PI and Co-PI for grants funded by NIDILRR, NIH, and NSF. Dr. Burnfield draws on over three decades of physical rehabilitation clinical and research experience to direct Madonna Rehabilitation Hospitals' Model System of Rehabilitation Care for Patients Post COVID-19 (Federal Award Identification Numbers: SLFRP1965 and SLFRP1615). She serves as an advisor for a multi-center study funded by the National Association of Long Term Hospitals (NALTH) examining rehabilitation outcomes following Post-COVID-19 care in long-term acute care hospitals and as the Madonna site-PI for an NIH-funded study focused on the neurologic consequences of COVID-19.
 - Jacob Massey, PT, DPT, CSCS is an Outpatient Physical Therapist and Clinical Researcher at Madonna Rehabilitation Hospitals. Jacob completed his BS in Exercise Science at Colorado State University and received his clinical doctorate training at Creighton University. Jacob has previous training and professional experience in Strength and Conditioning and Sports Performance. He received additional education in evaluation and management of concussions and is certified in Blood Flow Restriction Training – Level 1. Jacob is currently a Physical Therapist and Clinical Researcher in the Post-COVID Model System of Rehabilitation at Madonna Rehabilitation Hospitals. Jacob is also directly involved with multiple research projects through the Madonna Institute for Rehabilitation Science and Engineering to advance rehabilitation care and science for individuals recovering from neurologic conditions.
 - Jade Bertsch, PT, DPT, ATRIC, CAPTCC has been a practicing physical therapist for almost 10 years. During her career, she has developed specialized expertise in outpatient orthopedics, outpatient neurological disorders, aquatic physical therapy, as well as pediatrics. She has been at Madonna Lincoln Campus since 2021 and joined Lincoln's Post COVID outpatient team at its initiation in January 2022.
 - Natalie A. Williams, PhD directs the Translational Health Psychology Research Center within the Institute for Rehabilitation Science and Engineering at Madonna Rehabilitation Hospital. She earned a MA in Psychology and a dual PhD in Clinical and Developmental Psychology from the University of Missouri. Dr. Williams completed an APA-accredited predoctoral clinical psychology internship at the University of Mississippi Medical Center,

followed by postdoctoral training in Pediatric Psychology at St. Jude Children's Research Hospital in Memphis, TN. Dr. Williams has held academic positions at multiple universities and is an award winning instructor and academic researcher in the area of family adaptation to chronic illness and injury in the United States and globally. Her current research focuses on psychological co-morbidities in Long COVID, caregiver stress and coping in medical rehabilitation settings, and personality and social processes affecting the health and wellbeing of individuals with physical disabilities and chronic conditions. She has over 35 peer-reviewed publications in areas relevant to health psychology and currently serves as Site Project Coordinator for an NIH-funded study investigating neurologic comorbidities of COVID-19.

- Description: SARS-CoV-2 (COVID-19) is having an extraordinary impact on individuals across Nebraska and the world. In addition to medical consequences, patients hospitalized with severe COVID-19 can experience profound functional limitations. Even those with relatively mild cases of COVID-19 can experience lingering or worsening symptoms, referred to as Long COVID, that disrupt their day-to-day activities and quality of life. Symptoms can vary widely across patients and include fatigue, post-exertional malaise, orthostatic intolerance, weakness, myalgia, arthralgia, functional limitations, sleep disorders, and cognitive fog. Neurocognitive impairments and psychological difficulties (e.g., depression and anxiety) are not uncommon and can affect treatment engagement and recovery. While the underlying pathophysiology is still evolving, there is a growing recognition and emerging evidence supporting the role of physical therapy in helping restore independence and quality of life for individuals impacted by Long COVID. Through lecture, case studies, and interactive discussions, this presentation will highlight the complementary roles of physical therapy and behavioral health in promoting recovery from COVID-19.
- Course Learning Objectives:
 - Advance understanding of the pathophysiology underlying COVID-19;
 - Discuss physical therapy and behavioral health approaches for promoting functional recovery and quality of life following infection with COVID-19; and
 - Highlight the value of a Multi-Tiered System of Support across Nebraska to advance rehabilitation care, outcomes, and science for individuals impacted by COVID-19.

Utilizing directional preference in the management of cervicogenic headache

- Speaker: Lan Lin Pu PT, MDT
 - Lan Lin Pu graduated from the University of South Dakota with a Master of Science Degree in Physical Therapy in 1996 and earned the Diploma in Mechanical Diagnosis and Therapy (MDT) in 2017. Lin is a senior physical therapist in the Outpatient Rehab Therapies Department at Faith Regional Health Services in Norfolk, Nebraska, where she manages cervicogenic headaches and spinal musculoskeletal conditions with the MDT system. Lin has presented to community groups, hospitals and academic institutions, and her research on the utilization of directional preference to treat cervicogenic headaches was published in 2023. Her research paper on cervicogenic headaches earned a research award at the AAOMPT conference in 2023 and was presented at the 2023 APTA Combined Sections Meeting in San Diego, California.
- Description: Physical therapists often manage cervicogenic headaches (CGH). The International Headache Society (IHS) describes CGH as a secondary type of headache emanating from the cervical spine which may be referred to one or more regions of the head and/or face. Although the pathoanatomical diagnosis of CGH may be challenging, the IHS recommends using diagnostic nerve blocks to confirm CGH. The most common screening tool used by physical therapists for CGH is the cervical flexion-rotation test. However, this clinical test may not be helpful in distinguishing headaches which emanate from spinal levels other than C1-2. Using specific craniocervical exercises combined with manual therapy has been advocated for treatment and Pu et al (2023) found that using the patient's response to repeated end range movements may indicate a directional preference which can guide intervention. This 2-hour session will provide a basic understanding of MDT principles of assessment, classification, and management of CGH. Case based analyses will inform the participants of the application of directional preference principles in managing this condition.
- Course Objectives:
 - Discuss the possible causes of headache
 - Discuss potential pathoanatomical sources for CGH.
 - Identify key features of non-mechanical headache and red flags
 - Discuss the clinical characteristics of headache classified into the Derangement, Dysfunction and Postural Syndrome categories.
 - Describe the assessment and management of headaches that fit the classification of Derangement, Dysfunction and Postural Syndrome
 - Analyze patient cases to classify and treat cervicogenic headache

From Textbooks to Clinical Practice: Selecting and Implementing Outcome Measures in Stroke Rehabilitation

- Speakers: Stacie ML Christensen PT, DPT, NCS & Monica Dial PT, DPT, NCS
 - Stacie ML Christensen, PT, DPT, is an Assistant Professor with the Physical Therapy Program at the University of Nebraska Medical Center (UNMC) in Kearney, NE. Christensen received her Doctor of Physical Therapy in 2008 from UNMC and became a Board Certified Clinical Specialist in Neurologic Physical Therapy in 2020. She is an active member of the Academy of Neurologic Physical Therapy including the Stroke Special Interest Group. She is additionally an active member of the Nebraska State Stroke Taskforce which is working together with the American Heart Association Mission: Lifeline to improve stroke awareness, rural healthcare education, and support for survivors of stroke. Her clinical specialties include neurologic rehab, specifically stroke, brain injury, amputations and prosthetics, as well as seating and positioning.
 - Monica Dial, PT, DPT is an Assistant Professor for the College of Saint Mary's Blended Doctor of Physical Therapy Program in Omaha, Nebraska. She received her Bachelor of Science degree from the College of New Jersey in Ewing, New Jersey, and her clinical Doctorate in Physical Therapy from Midwestern University in Glendale, Arizona. Dr. Dial received her APTA neurological clinical specialty certification in 2019 following residency training at A.T. Still University in Mesa, Arizona. Prior to joining the College of Saint Mary, Dr. Dial was employed in a variety of areas including acute care, inpatient rehabilitation, and outpatient rehabilitation treating neurologic and orthopedic conditions. She currently collaborates with academic partners to lead the neuro-clinical track curriculum of the CSM DPT program. She is completing a Doctor of Education Degree with a concentration in leadership and learning in organizations at Vanderbilt University with anticipated graduation in summer 2024. Dr. Dial's research interests include the interplay between learning and identity, and blended learning education.
- Description: This course will focus on knowledge translation from a number of sources including the Nebraska State Stroke Task Force Rehab sub-committee as well as the Neurology Section of the American Physical Therapy Association for standardized outcome measures. Learners will receive hands-on practice and opportunities to explore and become familiar with a number of highly recommended outcome measures in acute, subacute, and outpatient stroke rehabilitation. This course is appropriate for PTs & PTAs as well as PT and PTA students wanting to learn more about selecting and implementing a variety of outcome measures considering psychometric properties and clinical relevance.
- Course learning objectives:
 - Determine the purpose of an outcome measure in stroke rehab.
 - Understand the options available for outcome measures in stroke rehab based on practice area.
 - Practice using the highly recommended outcome measures in stroke rehab.
 - Understand the scoring of each outcome measure covered in this session.
 - Identify resources for obtaining outcome measures and their psychometric properties.

Special Testing of the Extremities: Part 1 Upper Extremities

- Speakers: Matt Dewald PT, DPT, OCS, SCS & Jed Droge PT, DPT, OCS, ATC, CSCS
 - Matt earned both his B.S. in Psychology and Doctor of Physical Therapy degrees from the University of South Dakota in 2005 and 2008, respectively. He became Board-Certified in Orthopedics in 2012 (recertified in 2022) and Board-Certified in Sports Physical Therapy in 2017. He has completed several other certifications and training mainly related to orthopedic physical therapy and manual therapy. Matt's clinical experiences have spanned four states over the last 15 years, with a focus on outpatient orthopedics. Over his career, he has been blessed with great mentors and has had opportunities to work alongside many other professionals, in a varying array of interdisciplinary teams. Most recently, his focus has been more academic at the University of South Dakota. Matt's primary area of teaching is Musculoskeletal Physical Therapy. He is the Director of the Sports Physical Therapy Residency, which is where he maintains the clinical skills needed for his Board Certifications, providing physical therapy to the USD Athletes. Furthermore, Matt is South Dakota's State Representative for the American Academy of Sports Physical Therapists. Matt's research interests revolve around tendon biomechanics and sports injuries.
 - Jed attained a Doctor of Physical Therapy degree from the University of Nebraska Medical Center in 2010, and prior to that, a Bachelor of Science in Athletic Training from Nebraska Wesleyan University. He became Board-Certified in Orthopaedic Physical Therapy in 2013 and has been a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association since 2008. Service to the physical therapy profession has always been important to him. Prior to moving to South Dakota to join USD, he was lucky enough to hold many different positions within the Nebraska Chapter of the American Physical Therapy Association. This time was very rewarding to him on both a professional and a personal level, allowing him to befriend many incredibly talented leaders with a passion for excellence. In 2014, Jed's efforts on behalf of the association were recognized with an APTA Emerging Leader Award. Jed's clinical practice experience has been in rural, critical access hospitals, allowing him to create a wide-ranging skillset. While at these facilities, he benefited from exceptional leaders both inside and outside of the physical therapy profession. These individuals pushed him into growth as a professional and helped him to better understand the complex factors that influence health outcomes. He routinely uses this clinical background to facilitate learning in the students he engages with.
- Description: This course is designed for practicing and student physical therapy professionals seeking to elevate their clinical examination skills in upper extremity orthopedics. After discussing the role of special testing in the musculoskeletal clinical decision-making process, participants will delve into the art and science of orthopedic special tests for the shoulder, elbow, wrist, and hand. Through immersive hands-on practice, this session will empower clinicians to master the essential techniques needed to conduct reliable and precise special testing in the upper extremity. By the end of this course, participants will have the confidence and proficiency needed to make informed clinical decisions that positively impact patient care.

- Course Learning Objectives:
 - Discuss the rationale for orthopedic special testing in the upper extremity.
 - Understand diagnostic metrics of orthopedic special tests in the upper extremity.
 - Correctly demonstrate the performance of orthopedic special tests in the upper extremity.
 - Distinguish between remarkable and unremarkable test findings.

Residency Education: Weighing the Pros and Cons (Oxford Debate style)

- Moderators: Gail Jensen, & Nick Weber PT, DPT, OCS, FAAOMPT
 - Pro Team: Pro Julie Peterson, Megan Frazee, Sarah Long
 - Con Team: Bobby Griesse, Brent Todd, Brian Brunken
- Dr. Jensen is Vice Provost for Learning and Assessment, Dean Emerita, and Professor of Physical Therapy at Creighton University. She is known nationally and internationally for scholarly contributions in expert practice, clinical reasoning, professional ethics, and interprofessional education. Dr. Jensen is author or coauthor of more than 90 publications in peer-reviewed journals and has coauthored 13 books, including the fourth edition of Clinical Reasoning in the Health Professions (Higgs, Jensen, Loftus, Christensen), Educating Physical Therapists, and in 2020, Clinical Reasoning and Decision Making in Physical Therapy. She led the research team that completed a National Study of Excellence and Innovation in Physical Therapist Education funded by the American Physical Therapy Association and several APTA components. She serves on a number of editorial boards and most recently became an associate editor for The Clinical Teacher. Dr. Jensen received her PhD in educational evaluation with a minor in sociology from Stanford University. She holds a master's degree in physical therapy from Stanford University and a bachelor's degree in education from the University of Minnesota.
- Nick Weber is a board-certified clinical specialist in orthopedic physical therapy and fellow of the American Academy of Orthopedic Manual Therapists. Dr. Weber is an assistant professor in the Department of Physical Therapy at Creighton University teaching content in advanced imaging, gait, and management of musculoskeletal disorders of the spine and lower extremity. He also serves as coordinator of Creighton University's orthopedic residency program. With a decade of experience in outpatient physical therapy, his clinical practice focuses on the management of adults with spine and sports related injuries. Dr. Weber is also passionate about service and promoting our profession. Currently, he serves as President of the Nebraska Chapter of the American Physical Therapy Association.
- Debate captains: Julie Peterson PT, DPT, EdD, WCS, BCB-PMD; Bobby Griesse PT, DPT
 - Julie A. Peterson, PT, DPT, WCS, BCB-PMD is a full-time faculty in the Department of Physical Therapy at Creighton University. Her primary responsibility is the clinic director of Creighton Therapy and Wellness: Occupational, Physical and Speech Therapy and Creighton Pediatric Therapy. She serves as the Director of Physical Therapy Residencies of which there are five programs, including orthopedics, neurologic, women's health, geriatrics, and pediatrics. She teaches Practice Management and women's and men's health curricular content in the entry-level DPT program. She serves as a clinical mentor in the women's health physical therapy residency. Dr. Peterson received her Doctor of Physical Therapy degree from Creighton University in 2001. She is a Board-Certified Clinical Specialist in Women's Health through the American Board of Physical Therapy Specialties and Board-Certified in Biofeedback for Pelvic Muscle Dysfunctions through the Biofeedback Certification International Alliance. Dr. Peterson is an active member of the American Physical Therapy Association, the American Board of Physical Therapy Specialties, and the Nebraska Physical Therapy Association.

- Bobby graduated with a Master's of Physical Therapy from the University of Nebraska Medical Center in 2002. In 2005 he received his Doctorate of Physical Therapy from UNMC. He attended Chadron State College for 3 years from 1996 to 1999 playing football and joining the fraternal group Blue Key in 1997. He left school early to attend physical therapy school and through a transfer program graduated from Chadron State College in 2001 with a Bachelors of Science. His areas of interest are orthopedics, with emphasis on the knee and ankle, and sports medicine with area high school students.
- Description: The Oxford Debate format is an engaging way to highlight the pros and cons of topics, initiatives or areas that need to be discussed and debated. As a debate, the pros and cons along with supportive arguments are shared with the audience. The audience also has the opportunity to express their support for “either side” as points are being made. The moderator provides oversight and keeps the session arguments flowing. The Oxford debate has been a popular offering at national physical therapy meetings and will be at the upcoming Educational Leadership Conference in Philadelphia. The topic for debate in October is residency education. While residency education is over 20 years old in physical therapy, it remains part of the profession’s variable approach to clinical specialization. A recent article by Hartley and colleagues argues that residency education needs to become solidified and valued as an important element in physical therapy education as we discuss the importance of clinical competence across the learner continuum. The debate would be grounded in two resolutions:
 - **Pro:** The physical therapy profession must find ways to make residency education part of DPT education.
 - **Con:** There is no need for mandatory residency education as we do not have enough evidence that it makes a difference in terms of outcomes and value.
- Course Learning Objectives:
 - Identify the key arguments that are either supportive or barriers to residency education in physical therapy.
 - Engage in a discussion about the needs and current state of physical therapy education across clinical and academic settings.
 - Form an opinion as to what next – now or never.

Special Testing of the Extremities: Part 2 Lower Extremities

- Speakers: Matt Dewald PT, DPT, OCS, SCS & Jed Droge PT, DPT, OCS, ATC, CSCS
 - Matt earned both his B.S. in Psychology and Doctor of Physical Therapy degrees from the University of South Dakota in 2005 and 2008, respectively. He became Board-Certified in Orthopedics in 2012 (recertified in 2022) and Board-Certified in Sports Physical Therapy in 2017. He has completed several other certifications and training mainly related to orthopedic physical therapy and manual therapy. Matt's clinical experiences have spanned four states over the last 15 years, with a focus on outpatient orthopedics. Over his career, he has been blessed with great mentors and has had opportunities to work alongside many other professionals, in a varying array of interdisciplinary teams. Most recently, his focus has been more academic at the University of South Dakota. Matt's primary area of teaching is Musculoskeletal Physical Therapy. He is the Director of the Sports Physical Therapy Residency, which is where he maintains the clinical skills needed for his Board Certifications, providing physical therapy to the USD Athletes. Furthermore, Matt is South Dakota's State Representative for the American Academy of Sports Physical Therapists. Matt's research interests revolve around tendon biomechanics and sports injuries.
 - Jed attained a Doctor of Physical Therapy degree from the University of Nebraska Medical Center in 2010, and prior to that, a Bachelor of Science in Athletic Training from Nebraska Wesleyan University. He became Board-Certified in Orthopaedic Physical Therapy in 2013 and has been a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association since 2008. Service to the physical therapy profession has always been important to him. Prior to moving to South Dakota to join USD, he was lucky enough to hold many different positions within the Nebraska Chapter of the American Physical Therapy Association. This time was very rewarding to him on both a professional and a personal level, allowing him to befriend many incredibly talented leaders with a passion for excellence. In 2014, Jed's efforts on behalf of the association were recognized with an APTA Emerging Leader Award. Jed's clinical practice experience has been in rural, critical access hospitals, allowing him to create a wide-ranging skillset. While at these facilities, he benefited from exceptional leaders both inside and outside of the physical therapy profession. These individuals pushed him into growth as a professional and helped him to better understand the complex factors that influence health outcomes. He routinely uses this clinical background to facilitate learning in the students he engages with.
- Description: This course is designed for practicing and student physical therapy professionals seeking to elevate their clinical examination skills in lower extremity orthopedics. After discussing the role of special testing in the musculoskeletal clinical decision-making process, participants will delve into the art and science of orthopedic special tests for the hip, knee, and ankle. Through immersive hands-on practice, this session will empower you to master the essential techniques needed to conduct reliable

and precise special testing in the lower extremity. By the end of this course, you will have the confidence and proficiency needed to make informed clinical decisions that positively impact patient care.

- Course Learning Objectives:

- Discuss the rationale for orthopedic special testing in the lower extremity.
- Understand diagnostic metrics of orthopedic special tests in the lower extremity.
- Correctly demonstrate the performance of orthopedic special tests in the lower extremity.
- Distinguish between remarkable and unremarkable test findings.

Risk assessment and safe treatment of patients with neck pain utilizing high velocity low amplitude mobilizations

- Speakers: Nick Weber PT, DPT, OCS, FAAOMPT & Connor Chambers PT, DPT, CSCS, USAW
 - Nick Weber is a board-certified clinical specialist in orthopedic physical therapy and fellow of the American Academy of Orthopedic Manual Therapists. Dr. Weber is an assistant professor in the Department of Physical Therapy at Creighton University teaching content in advanced imaging, gait, and management of musculoskeletal disorders of the spine and lower extremity. He also serves as coordinator of Creighton University's orthopedic residency program. With a decade of experience in outpatient physical therapy, his clinical practice focuses on the management of adults with spine and sports related injuries. Dr. Weber is also passionate about service and promoting our profession. Currently, he serves as President of the Nebraska Chapter of the American Physical Therapy Association.
 - Connor Chambers, a South Dakota native, is a 2022 graduate of Creighton University's Doctor of Physical Therapy program and is currently enrolled in Creighton's orthopedic physical therapy residency program. He is a Certified Strength and Conditioning Specialist, Emergency Medical Responder, and Level 1 USA Weightlifting coach. Dr. Chambers is currently seeking to become a dual board-certified clinical specialist in orthopedic and sports physical therapy. He lives in Lincoln with his wife and two sons.
- Description: There is uncertainty among physical therapy providers on whether cervical spine high velocity low amplitude (HVLA) joint mobilizations are safe and efficacious. Physical therapists are more likely to perform additional screening, abstain from, or feel uncomfortable performing HVLA mobilizations for the cervical spine. This results in a discrepancy between utilization at different spinal levels. This course will cover current best evidence in the physical therapy management of neck pain, including HVLA mobilization. Participants will gain an updated understanding of evidence-based assessment and clinical decision-making strategies allowing them to immediately implement this integral component of manual therapy into practice with their patients. The laboratory session will focus on the safe and effective delivery of HVLA joint mobilization to the cervical spine.
- Course Learning Objectives:
 - Described the important steps and characteristics of the clinical reasoning process regarding identifying a patient appropriate for high velocity low amplitude mobilizations.
 - List and explain the important signs and symptoms of vasculogenic contribution to the patient's complaints.
 - Describe the components of a contemporary physical examination, aimed at excluding a vasculogenic cause of the patient's complaints.
 - Apply safe high velocity low amplitude mobilization treatment approaches in the cervical spine.

Standing Still or Moving Forward: Reconciling the Past, Present and Future of Neurologic Physical Therapy

- Speaker: Ryan Knight PT, DPT
 - Ryan Knight, PT, DPT, is a physical therapist at Madonna Rehabilitation Hospitals in Omaha NE with 15 years of experience, Ryan also serves as the Post-COVID Program Manager at Madonna Rehabilitation Hospitals. Professional responsibilities include clinical practice, program development, quality control and improvement, mentorship/teaching, maintaining accreditation standards, implementing evidence-based practices as recommended by national professional organizations. Ryan has been working both formally and informally with research groups to implement relevant knowledge and tools within Madonna to improve the value of service being provided, and improve the patient experience and outcomes. Ryan is co-chair of the ANPT's 'Moving Forward Knowledge Translation Task Force'. This group is also in charge of the ANPT's national campaign known as 'Evidence Elevates'.
- Description: The growth between neurologic physical therapy (PT) that is based on current best evidence and that which is considered traditional has challenged PT practice for decades. Despite efforts aimed at developing and implementing high quality evidence through Clinical Practice Guideline development and concurrent knowledge translation efforts, neurologic PTs remain divided in fully embracing and replacing traditional approaches. The 2021 Moving Forward paper called on neurologic PTs to de-implement traditional approaches in favor of treatments that incorporate principles of neuroplasticity. Supporters of traditional practices, in part or in whole, have expressed concerns with contemporary strategies including the application of intensity being unskilled; limited focus on components of movement and ensuring adequate strength and balance are present to complete functional activities; and limited application to low-functioning patients. This presentation aims to review the evidence for traditional and current treatment techniques and lay a foundation for utilizing evidence to drive decision making. The presenter will discuss the similarities across all treatment techniques and illustrate what is not different between traditional and contemporary interventions. A case story from a practicing therapist will discuss how they changed their personal practice from traditional towards contemporary practice.
- Course Learning Objectives:
 - Identify and analyze the strengths and weaknesses of peer reviewed articles which suggest the effectiveness of PNF and/or NDT approaches to treatment of adults with neurologic diagnoses
 - Identify and analyze the strengths and weaknesses of peer review articles which discuss the current, evidence-based approaches to treatment of persons with neurologic diagnoses
 - Discuss common themes and shared principles in application of traditional and current evidence-based approaches of treatment in application of traditional and current evidence-based approaches of treatment
 - Gain an appreciation for continued, career-long learning through examples and concepts related to becoming a master adaptive learner

Understanding Our Outcomes: Measuring intervention fidelity across multiple dimensions in physical therapy practice and research

- Speakers: Kimberley Scott PT, DPT, PhD, PCS & Brad Dexter PT, DPT
 - Kim is an Assistant Professor in the Department of Physical Therapy at Creighton University in Omaha, Nebraska. She completed her BS in Exercise Science at The Ohio State University (2004) and her DPT at Duke University (2007). She is a pediatric residency graduate (The Ohio State University, 2011) and a board-certified pediatric clinical specialist (2013). She completed her PhD in Health and Rehabilitation Sciences at The Ohio State University (2022). Her clinical research focuses on intervention fidelity, the interaction between family systems and pediatric rehabilitation, and neurorehabilitation for infants and young children diagnosed with cerebral palsy. Dr. Scott also investigates student outcomes in pediatric physical therapy education.
 - Brad received his doctorate in Physical Therapy from UNMC and joined QLI in 2011. After serving as the Coordinator of Therapy Services, he transitioned to QLI's telerehabilitation team to help lead the clinical direction and overall development of this program. The combination of his extensive expertise in orthopedic complications as well as his depth of knowledge on brain injury and spinal cord injury make Brad a valuable member of the QLI therapy team. Brad specializes in movement science and rehabilitation technology specific to gait and balance issues. He is a natural teacher and presents nationally educating professionals and family members on innovative rehab technology.
- Description: Intervention fidelity is the extent that intervention occurs as intended. Fidelity in clinical practice presents a unique challenge. Interventions are complex, involving multiple components that are difficult to standardize. Interventions often rely on individuals to carry out treatment in the natural environment (home/community). Fidelity needs to be considered through two lenses: delivery of the intervention by the therapist; and individuals enacting (carrying out) intervention with their child in the natural environment. This session is for researchers and clinicians who are interested in understanding intervention fidelity as a means to better understand therapy outcomes. Attendees will learn about dimensions of fidelity. Examples of tools used for measuring fidelity in a variety of settings and across a variety of dimensions will be provided to assist attendees with applying this content to their area of practice and research. Small working groups will develop plans for measuring fidelity relevant to their own setting, considering opportunities, resource needs, and challenges. Attendees will benefit from a large-group discussion of the plans developed within their small working groups in order to leave the session with a product that will guide them in next steps in their clinical practice or research.
- Course Learning Objectives:
 - Understand intervention fidelity in physical therapy practice and research, fidelity frameworks, and the connection between fidelity and therapy outcomes
 - Identify measures of fidelity across multiple dimensions for clinic-based and home-based physical therapy interventions

- Develop a plan for measuring intervention fidelity in physical therapy research or clinical practice