

COURSE DESCRIPTIONS & SPEAKER INFORMATION

TITLE:

School-Based Physical Therapy in Nebraska: Laws, Assessment, Educationally Relevant Goals, and Services

Sara Garcia:

Sara Garcia, PT, DPT, PCS is a Physical Therapist and Co-Director of the Residency Program in the Physical Therapy department at UNMC Munroe-Meyer Institute. She is the lead coordinator of the GoBabyGo! Nebraska Chapter. Sara is a board certified specialist in pediatrics and has worked in a variety of pediatric settings, including acute care, outpatient, early intervention, and school-based settings. Sara enjoys working with children and families to optimize their ability to have fun and participate in meaningful activities in their daily lives.

Heidi Reelfs:

Heidi Reelfs, PT, PCS, is a Physical Therapist and Co-Director of the Residency Program in the department of physical therapy at the UNMC Munroe-Meyer Institute (MMI). A board certified pediatric clinical specialist since 2014, Heidi has a broad range of experience serving children and their families in acute, clinical, home and school settings that have informed her perspective on motor learning and function. She enjoys thinking innovatively to help children optimize movement and participation.

Elizabeth Fortin:

Elizabeth Fortin, PT, DPT, PCS is a Physical Therapist at the UNMC Munroe-Meyer Institute (MMI). Elizabeth joined the team after completion of the Pediatric Physical Therapy Residency Program at UNMC and fellowship in the Leadership Education in Neurodevelopmental Disabilities (LEND) program at MMI (2019-2020). Elizabeth provides physical therapy services within the educational setting in the Bellevue Public School district, and in homes through the birth to three Early Development Network (EDN). Elizabeth also enjoys and participates in clinical research by serving on the HABIT-VR grant. She is especially passionate about providing children and young adults with opportunities for independent mobility so they are able to explore, participate, and belong in their communities alongside their family and friends.

OBJECTIVES:

1. Review Federal & Nebraska state laws to establish a framework for evaluation and assessment in the educational environment.
2. To provide a framework for the construction of data driven, student-centered, and embedded IEP goals that prioritize function vs. impairment-based outcomes.

3. To provide a framework for the justification of services based on the student goals, educational needs, and educational setting in order to promote access, participation, inclusion, and belonging.
 4. To provide practical and meaningful resources for providers to use in the school setting throughout evaluation through discharge.
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Title: Taking the Next Step: How to utilize orthotics in your next Physical Therapy treatment plan.

Betty Wheeler PT, CEAS, PRC

Betty Wheeler has worked in rural, outpatient settings in Michigan, Kansas and Nebraska since graduating from Central Michigan University in 2004 with a Master of Science in Physical Therapy. She currently practices at Valley County Health System in Ord, Nebraska, and enjoys serving the people of her community through comprehensive stability programs. Betty has pursued certifications in ergonomics, Postural Restoration, and Training the Fitness Athlete through the Institute of Clinical Excellence. Orthotics are a key treatment strategy for Betty's patients, and she eagerly explores novel applications for orthotics to aid in lasting outcomes. In her spare time, Betty enjoys running, kayaking, and campfires with friends and family.

Objectives:

Become knowledgeable about a comprehensive foot evaluation

Identify diagnoses and signs where custom or over-the-counter orthotics are useful

Learn how to properly cast for custom orthotics and why the technique is important

Understand the components of a good, stable shoe

Become familiar with exercises that will stabilize the foot and ankle and complement orthotics.

TITLE: Pelvic Floor Considerations for the General Orthopedic Physical Therapist

Tiarra Rouse PT, DPT, GCS, CLT, MBA

Objectives

1. Anatomy and Physiology Review (15 minutes)
 - a. Bone anatomy
 - b. Musculature
 - c. Nerve
 - d. Organs
 - e. Stress vs urge incontinence
 - f. Prolapse signs and symptoms
 2. Pregnancy and Postpartum considerations (15 minutes)
 - a. Pregnancy
 - b. Postpartum
 - i. Vaginal delivery considerations
 1. Safely increasing strengthening load and protecting pelvic floor
 2. To kegal or not to kegal
 - ii. C-section consideration
 1. Pelvic rest generally lifted at 8 weeks and activity can resume
 2. Scar massage
 3. Potential lymphatic abdominal massage at 12 weeks postpartum
 3. Pelvic Floor Consideration for young female athletes (15 minutes)
 - a. 25.9% of young female athletes have stress urinary incontinence
 - b. Volleyball is among the highest with prevalence of 75.6%
 - c. Screening questions?
 - d. What should we do about it?
 4. Common musculoskeletal issues that could be related to pelvic floor dysfunction (15 minus)
 - a. Hip pain that isn't improving with standard treatment
 - i. Obturator internus?
 - ii. Hip flexor?
 - b. Lower abdominal quadrant pain
 - c. Sciatic nerve symptoms
 - i. Obuturator internus
 5. Questions (10 minutes)
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Course Title

Innovative Approaches in Pediatric Therapy: Exploring Emerging Interventions and Intensive Models