



As a member benefit, prices will be slashed for all NPTA members at the spring conference. One day courses will be \$99 per member, and the two-day course will be \$198. We hope you take advantage of this benefit by joining us in Kearney!



April 28 & 29, 2017
Nebraska Physical Therapy Association
Spring Conference Presents

**“Rancho Observational Gait Analysis:
Maximizing Outcomes for Individuals with
Neurologic Impairments”**

Kelley Kubota, PT, MS, NCS, CBIS

Walt Weiss, PT, MPT, NCS, KEMG

April 28 & 29, 2017 – 13.5 Contact Hours

Lecture and Demonstration Lab Course

Limited Enrollment of 50

**“Understanding Young Adult
Hip Pain”**

Erik P. Meira, PT, DPT, SCS, CSCS

Saturday, April 29, 2017 – 7.5 Contact Hours

Lecture/Lab Course Limited Enrollment of 50

**“Shoulder Rehab for the
Physical Therapist Assistant”**

Justin Berry, PT, DPT, PhD

Saturday, April 29, 2017 – 7 Contact Hours

Lab Course Limited Enrollment of 30

Holiday Inn, 110 S. 2nd Ave., Kearney, NE 68847
308/237-5971

**“Rancho Observational Gait Analysis:
Maximizing Outcomes for Individuals with
Neurologic Impairments”**

Kelley Kubota, PT, MS, NCS, CBIS

Walt Weiss, PT, MPT, NCS, KEMG

Friday & Saturday, April 28 & 29, 2017

Lecture & Demonstration Lab Course-Limited Enrollment of 50

Friday, April 28, 2017

- 7:30-8:00 Registration
- 8:00-10:00 Course overview and objectives. Setting the Standard: Review of Normal Gait & Introduction to the RanchoGait App for Smartphone/Tablet
- 10:00-10:15 Break
- 10:15-12:15 Setting the Standard: Review of Normal Gait (continued)
Understanding the Pathologic Ankle and Knee
- 12:15-1:15 Lunch on your own
- 1:15-3:00 Understanding the Pathologic Ankle and Knee (continued)
Understanding the Pathologic Hip/Pelvis and The Big Picture: Examining the body as a whole
- 3:00-3:15 Break
- 3:15-5:30 Patient Demo Lab 1: Gait Analysis 1 and 2 with Patient Participants Questions/Wrap-Up from Day 1
- 5:30 Exhibitors' Reception

Saturday, April 29, 2017

- 8:00-10:00 Extended Posture Break and Potential Interventions
Introduction to The Rancho R.O.A.D.M.A.P. (Algorithm for Orthotic Decision-Making) including Technologic Advancements in Trial Orthoses (M.O.P.S. - Modular Orthosis Prescription System) and RanchoGait App
- 10:00-11:00 Exhibitors' Break
- 11:00-12:00 Rancho R.O.A.D.M.A.P. (continued)
- 12:00-1:30 NPTA Business Meeting Luncheon
- 1:30-3:00 Rancho R.O.A.D.M.A.P. wrap-up
Flexed Posture Gait and Potential Interventions (Including Application of Orthoses and/or Electrical Stimulation)
- 3:00-3:15 Break
- 3:15-4:15 Patient Demo Lab 2: Clinical Application and Problem-Solving Utilizing the Rancho R.O.A.D.M.A.P. and Patient Participants Course wrap-up

Course Description: Skilled gait assessment with subsequent intervention to minimize impairments and restore function to our patients is essential to the practice of neurologic physical therapy. Rancho Observational Gait Analysis is a systematic approach to view and improve an individual's walking ability developed at Rancho Los Amigos National Rehabilitation Center. Attendees of this two-day workshop will sharpen their observational skills as they review the components of normal and pathological gait. Clinical decision-making will be enhanced through utilization of Rancho's Observational Gait Analysis worksheet to analyze gait dysfunction and guide treatment intervention. This workshop will provide an overview of the sequencing of muscle activity, joint motion, and kinetics that occur during gait. Technology will be incorporated to demonstrate some of the principles presented (RanchoGait App). Participants will apply a problem-solving approach to determine the functional implications of significant gait deviations as well as treatment approaches (including the use of orthoses and/or electrical stimulation) to maximize a client's

walking ability. The Rancho **R.O.A.D.M.A.P.** (Recommendations for Orthotic Assessment, Decision-Making, and Prescription), an algorithm used as a tool to guide clinical decision-making related to bracing, will be introduced. Current research evidence will be presented as well as treatments for common postures seen in patients with neurologic dysfunction (i.e. stiff-legged gait/extended posture, flexed posture). Participants will have the opportunity to perform observational gait analysis with patient participants and identify major problems and potential treatment interventions. They will work with persons with neurologic involvement utilizing the Rancho R.O.A.D.M.A.P. as a guide to make decisions related to most appropriate orthotic intervention for these individuals.

Objectives: At the conclusion of the program, participants will be able to:

- State the joint ranges of motion, torque demands, and muscle activity during the different phases of normal gait and how they affect the task accomplishments within the three functional tasks.
- Identify common gait deviations and their potential causes and clinical significance using a problem-solving approach.
- Identify appropriate targeted interventions for prioritized gait problems utilizing the best available evidence.
- Use the Rancho R.O.A.D.M.A.P. to make recommendations for orthotic prescription in clients with neurologic dysfunction.



Speaker Information: Kelley Kubota, PT, MS, NCS, CBIS, received a Bachelor's Degree from the University of California, Berkeley, and a Master of Science Degree and Certificate in Physical Therapy from Duke University, and she is a Board-Certified Specialist in Neurologic Physical Therapy. She has over 20 years of experience at Rancho Los Amigos National Rehabilitation Center with expertise in gait and orthotics and the treatment of

individuals with brain injury, spinal cord injury, and other neurologic disorders. She is currently the Physical Therapy Supervisor of the Inpatient Adult Brain Injury and Pediatric Services at Rancho Los Amigos National Rehabilitation Center. She worked closely with Dr. Jacquelin Perry, MD, in the area of gait analysis and the use of orthoses in persons with neurologic dysfunction including Post-Polio Syndrome. Ms. Kubota serves as a senior clinical mentor in the University of Southern California/Rancho Los Amigos National Rehabilitation Center Neurologic Residency program and has served as an adjunct faculty member in the Doctor of Physical Therapy Program at Mt. St. Mary's University in Los Angeles, California. She has participated in a number of clinical research projects including a field-initiated development grant for the Modular Orthosis Prescription System (MOPS) and is currently working on the SCI Model System Site Specific Research — "A Randomized Clinical Trial to Evaluate Two Prevention Programs for Maintenance of Shoulder Health and Function after Spinal Cord Injury." She has presented throughout the United States and internationally including the Combined Sections Meeting (CSM) of the American Physical Therapy Association (APTA), the Congreso Nacional de Alta Especialidad en Medicina de Rehabilitación y Terapias, the Rehabilitation and Engineering Society of North America (RESNA) Annual Conference, and the Chapter Annual Conference for the California Physical Therapy Association (CPTA). She co-authored a book chapter entitled, "Lower Extremity Orthotic Prescription" in the textbook, *Spinal Cord Injury Rehabilitation: Contemporary Perspectives in Rehabilitation*. (Editor: Field-Fote, EC. F. A. Davis Company, 2009).



Speaker Information: Walt Weiss, PT, MPT, NCS, KEMG has over 25 years of experience at Rancho Los Amigos in the treatment of individuals with neurological impairments. He is currently a Physical Therapy Instructor in the Outpatient Service at Rancho with expertise in the recovery of function for individuals with neurologic involvement. Under the guidance of

Dr. Jacquelin Perry, Mr. Weiss worked several years in the Pathokinesiology Laboratory at Rancho where he coordinated two nationally-funded research grants (NIDDR, NIH) studying rehabilitation, recovery, and bracing for individuals with hemiparesis after stroke. He is an Adjunct Faculty member at the University of Southern California, on faculty for the Neurologic Residency program at Brooks Rehabilitation Institute, and is Clinical Manager of the USC/RLANRC Neurologic Residency program. He has presented at the Combined Sections Meeting of the APTA, the Annual Meeting for the Gait and Clinical Movement Analysis Society, the Chapter Annual Conference for CPTA, as well as several International Conferences. His work has been published in the Archives of Physical Medicine and Rehabilitation, Gait and Posture, the Journal of Geriatric Physical Therapy, and the Neurology Report. Mr. Weiss was the 2007 recipient of the Award for Clinical Excellence in Neurology by the APTA.

CEU Information: This course consists of 13.5 contact hours.

Instruction Level: Intermediate

Format: Lecture and demonstration lab

Understanding Young Adult Hip Pain

Erik P. Meira, PT, DPT, SCS, CSCS

Saturday, April 29, 2017

Lecture/Lab Course Limited Enrollment of 50

Saturday, April 29, 2017

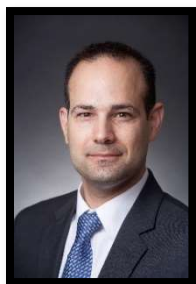
6:30-7:00	Registration
7:00-7:30	Introduction and core concepts of scientific discussions
7:30-8:45	Intra-articular hip pathology
8:45-10:00	Hip screening exam lecture/lab
10:00-10:30	Break with Exhibitors
10:30-12:00	Surgical management/postop rehab
12:00-1:30	NPTA Business Meeting Luncheon
1:30-1:45	Travel to Health Science Education Complex at University of Nebraska Kearney
1:45-2:45	Extra-articular pathology
2:45-3:45	Understanding human movement
3:45-4:45	Lower quarter exercise lecture/lab

Course Description: This is a one-day overview of hip pathology in the young adult discussing intra-articular and extra-articular pathology. The goal of the course is to provide a simple framework for assessing the hip region, understanding core concepts of human movement, and developing an appropriate exercise progression for the lower quarter.

Objectives: Upon completion of this course, participants will be able to:

- Explore the current understanding of the mechanisms of injury in non-arthritis intra-articular hip pathology
- Perform a simple screen for hip patients that would benefit from early surgical consult versus those that can be treated conservatively

- Understand special considerations regarding extra-articular hip pathology
- Develop a targeted and streamlined exercise progression for maximal benefit
- Consider the complexity of human movement and how it applies to rehab



Speaker Information: Erik Meira, PT, DPT, SCS, CSCS is currently the clinic director of Black Diamond Physical Therapy in Portland, OR, a clinic that specializes in sports rehabilitation, and is a clinical advisor to the University of Portland NCAA Division I program. He is an ABPTS Board Certified Sports Clinical Specialist and an NSCA Certified Strength and Conditioning Specialist with extensive experience in the management of sports injuries at many different levels. Educated

at the University of Florida he began his career at The George Washington University Hospital in Washington, DC before relocating to Portland, OR.

He has authored several articles and textbook chapters and has lectured privately and at conferences sponsored through the National Strength and Conditioning Association (NSCA), American Physical Therapy Association (APTA), and the National Athletic Trainers' Association (NATA) covering topics such as the hip, knee, shoulder, exercise prescription, returning athletes to sport, science application, and PT practice business models and is a regular reviewer for several medical journals. He is the founder and the original chair of the Hip Special Interest Group of the Sports Physical Therapy Section (SPTS). Within the SPTS, Erik is currently their APTA Combined Sections Meeting Program Chair and the chair for the Educational Programming Team. He is also the co-host of PT Inquest, a podcast dedicated to understanding physical therapy science, and the author of The Science PT blog.

CEU Information: This lecture/lab course consists of 7.5 contact hours.

Shoulder Rehab for the PTA

Justin Berry, PT, DPT, PhD

Saturday, April 29, 2017

Lab Course Limited Enrollment of 30 – No Students

Saturday, April 29, 2017

7:00-7:30	Registration
7:30-10:00	Shoulder anatomy and biomechanics
10:00-11:00	Break with Exhibitors
11:00-12:00	Assessment techniques for shoulder conditions
12:00-1:30	NPTA Business Meeting Luncheon
1:30-3:00	Evidence-based treatment for shoulder conditions
3:00-3:15	Break
3:15-5:15	Role of the shoulder in cervical dysfunction; post-surgical progressions; case studies

Course Description: This course will focus on evidence-based assessment and treatment techniques for the shoulder with an emphasis on incorporating current research into clinical practice. This course is designed for physical therapist assistants who are interested in expanding their knowledge of rehabilitation for a variety of shoulder conditions.

Objectives: Upon completion of the course attendees will be able to:

- Recognize evidence-based approaches for treating a variety of shoulder conditions
- Demonstrate the ability to safely perform a variety of assessment techniques and treatment interventions for the shoulder
- Integrate contemporary research into clinical practice



Speaker Information: Justin Berry, PT, DPT, PhD received his DPT and PhD from the University of North Dakota and is the Director of the Physical Therapist Assistant Program at Northland Community and Technical College in East Grand Forks, Minnesota. Dr. Berry is an active researcher who has presented on a variety of physical therapy topics at the state,

national, and international level. He has been teaching physical therapy continuing education workshops since 2005 and was the 2014 recipient of the FA Davis Outstanding Physical Therapist Assistant Educator Award.

CEU Information: This lab course consists of 7 contact hours.

More Important Schedule Information

Friday, April 28, 2017

12:30-4:30	NPTA Executive Committee Meeting
5:30-7:30	Exhibitors' Reception – Everyone Welcome!

Saturday, April 29, 2017

10:00-11:00	Break with Exhibitors
12:00-1:30	NPTA Business Meeting/Luncheon

CONFERENCE REGISTRATION FORM – SPRING 2017

Name: _____ Address: _____
 City: _____ State: _____ ZIP: _____ APTA ID #: _____
 Cell Phone #: _____ Day Phone #: _____
IMPORTANT - Email: _____ (The course handout will be emailed to you.)

If you would like to donate to the Nebraska Foundation for PT, **please add the donation amount to your registration fee.**

\$10___ \$15___ \$20___ \$25___ \$_____

If you would like to donate to the Nebraska PT Political Action Committee (PAC), **please write a separate check payable to the PT PAC for the amount of your donation.**

\$10___ \$15___ \$20___ \$25___ \$_____

IMPORTANT – Please check all appropriate boxes:

- ☐ I am not registering for an educational course, but would like to purchase a lunch for the NPTA business-meeting luncheon for \$15.00.
- ☐ I will require a special diet. Please specify: _____

**Rancho Observational Gait Analysis:
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Kelley Kubota, PT, MS, NCS, CBIS

Walt Weiss, PT, MPT, NCS, KEMG

Lecture & Demonstration Lab Course-Limited Enrollment of 50
April 28 & 29, 2017

Registration Fees	On/Before 4/13/17	After 4/13/17
APTA Members		
☐ Physical Therapist	\$198	\$223
☐ PT Assistant	\$198	\$223
☐ PT or PTA Student	\$198	\$223
Non-APTA Members		
☐ Physical Therapist	\$460	\$485
☐ PT Assistant	\$390	\$415
☐ PT or PTA Student	\$215	\$240
☐ Other	\$460	\$485

Understanding Young Adult Hip Pain

Erik Meira, PT, DPT, SCS, CSCS

Lecture/Lab Course Limited Enrollment of 50 – April 29th

Registration Fees	On/Before 4/13/17	After 4/13/17
APTA Members		
☐ Physical Therapist	\$99	\$125
☐ PT Assistant	\$99	\$125
☐ PT or PTA Student	\$99	\$125
Non-APTA Members		
☐ Physical Therapist	\$275	\$300
☐ PT Assistant	\$235	\$260
☐ PT or PTA Student	\$140	\$165
☐ Other	\$275	\$300

Shoulder Rehab for the PTA

Justin Berry, PT, DPT, PhD

Lab Course Limited Enrollment of 30 – April 29, 2017

Registration Fees	On/Before 4/13/17	After 4/13/17
APTA Members		
☐ PT Assistant	\$99	\$125
Non-APTA Members		
☐ PT Assistant	\$270	\$295

Registrations: Early registration is to be postmarked no later than April 13, 2017. Registration includes course materials available online, Friday evening Exhibitors' Reception, Saturday Exhibitors' Break, and lunch at the NPTA Business Meeting/Luncheon. There will be no special discounts. Registration is available online at www.npta.org, by calling NPTA at 402/491-3660, or by mail (check or credit card). Make checks payable to NPTA and send mail-in registrations to NPTA, PO Box 540427, Omaha, NE 68154-0427. **There will be no written confirmation sent prior to the course;** please call the registration number with any questions.

Credit Card Information: ☐ Discover ☐ MasterCard ☐ VISA
 Card #: _____
 Expiration Date: _____
 Signature: _____

Hotel Information: A block of rooms has been reserved at the Kearney Holiday Inn Downtown for \$94.95/night plus tax. To take advantage of the special rate, please book your reservation by March 30, 2017 by calling 308/237-5971 and indicate that you are with the NPTA.

CEU's: Application for continuing education credit (CEU's) has been made with the NPTA Continuing Education Committee. Certificates of attendance will be available for all participants to be picked up in person after each course.

Refunds and Cancellations: 100% through April 13, 2017, 60% from April 14 through April 27, 2017. No refund after April 27, 2017. NPTA reserves the right to cancel this conference in case of insufficient registration or any situation beyond its control. If NPTA cancels this course for reasons beyond its control, NPTA will refund registration fees, less \$25 for administrative costs.

Program Sponsor: NPTA Education Committee
Program Hosts: Jennifer Bagwell, PT, PhD, DPT
 Megan Hird, PT, DPT, OCS