



**APTA**  
**Oregon**

A Chapter of the American  
Physical Therapy Association

# APTA Oregon Fall Workshop

## September 26, 2020

7:30 am - Networking and Introductions

8:15 am - Programming Begins

*EDUCATIONAL WEBINAR*

**3 CE CREDITS**



KEYNOTE SPEAKER

**Karl Kolbeck, PT**

*Tendon Rehab: Application of Current Best Evidence  
for Conservative Management*

### ALSO FEATURED IN THIS WORKSHOP

#### **Continuing Competency Update from the Oregon Board of Physical Therapy**

*Presented by Sherri Paru, PT, Clinical Advisor/Investigator  
at the Oregon Board of Physical Therapy*

#### **Diversity has Value**

*Presented by APTA Oregon's Cultural & Minority Affairs  
Committee*



**SHERRI PARU, PT**

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## EDUCATIONAL WEBINAR

7:30 - 8:00 AM

### APTA Oregon Coffee & Conversation

8:00 - 8:15 AM



#### Welcome

*Presented by Christina Howard, PT, MPT  
APTA Oregon President*

8:15 - 8:45 AM

### Diversity has Value

*Presented by APTA Oregon's Cultural & Minority Affairs Committee*

In this time where our profession is assessing its past, present, and future relationship to diversity, equity, and inclusion practices, it is important to acknowledge the multi-faceted value of diversity and the role of cultural humility in our ability to effectively serve our patients. Therapeutic alliance, the bedrock of our profession, is heavily reliant on creating an equitable and productive working relationship with our patients. This relationship cannot be achieved without an appreciation and understanding of each patient's individual perspective and the social determinants that affect their lives. The value of diversity is far-reaching and touches not only our patient outcomes, but our financial and community impact. With evolving demographics and increased access to care among expanding patient populations, our profession must continue to grow and adapt in order to provide successful services. Understanding the importance of diversity is paramount to remaining relevant in the healthcare industry.

8:45 - 9:00 AM

### Break

9:00 - 11:00 AM

**KEYNOTE SPEAKER**

### Tendon Rehab: Application of Current Best Evidence for Conservative Management

*Presented by Karl Kolbbeck, PT*



The past decade has been instrumental in providing evidence in tendon lesion management-primarily focused on lower extremity chronic tendinopathy. The eccentric loading 'panacea' has been challenged and research supports the necessity of heavy slow load not only through the eccentric phase but the concentric phase of the exercise as well. Isometrics have also been investigated as a means to modulate tendon pain; with mixed conclusions on its efficacy. This lecture will avoid cherry-picking the evidence to support a biased belief. It will compare and contrast the research to provide the attendee with information to formulate a practical evidence-supported rehab program for their patient.

### Course Objectives:

- Understand the fundamentals of the pathophysiology of tendon injury.
- Acute tendinitis...sometimes unloading tissue is the appropriate load. Gain perspective as to when and why to unload pathological tendon.
- Do modalities have their place in tendon pathology management?
- Appreciate compressive tendons and unique perspectives on management.
- Gain an understanding of Heavy Slow Resistance Training (HSRT) and the application of rep-max formulas to establish appropriate resistance loads.
- Apply best-evidence supported rehab programs to your patients with a tendon injury.

11:00 – 11:15 AM

### Break

11:15 – 11:45 AM

## Continuing Competency Update from the Oregon Board of Physical Therapy

*Presented by Sherri Paru, PT, Clinical Advisor/Investigator at the Oregon Board of Physical Therapy*



The Oregon Board of Physical Therapy recently updated the competency requirements and acceptable coursework for the 2020-2022 certification period and beyond. This presentation will review the new rules and requirements for all applicants and licensees.

11:45 AM – 12:15 PM

### Lunch / Networking

12:15 – 1:30 PM

### Business Meeting

## Registration Information

### Continuing Education Credit

CE Hours 3.0 – This course meets the Oregon Physical Therapist Licensing Board's requirements for continuing education. A Course Completion Certificate will be issued to registrants upon completion of the course. Oregon Licensed Therapists and Assistants are encouraged to consult Division 35 of the Licensing Board's Administrative Rules for complete information regarding CE Requirements in Oregon.

### Course Registration Fees:

APTA Oregon/APTA Member*	\$50
APTA Oregon Service Member**	\$35
APTA Oregon/APTA Student Member	\$20
PT or PTA Non-Member	\$70

\* Member category eligibility includes any APTA member whether in Oregon or any other state. (APTA member number is required.)

\*\* For members serving on the APTA Oregon board or a Committee

### Payment Policy:

We can only accept registrations in the following ways: online at [www.aptaoregon.org](http://www.aptaoregon.org), via fax at 503.253.9172 or mailed to APTA Oregon at 147 SE 102nd Ave., Portland, OR 97216. We cannot accept emailed or phone in registrations.

Registrant agrees to grant APTA Oregon 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 APTA Oregon and Update Management for marketing and promotional purposes, at their sole judgment and discretion, without compensation or credit to Registrant.

### Cancellation Policy

To register for the seminar, please complete the following information and send to the APTA Oregon office with payment by **September 25, 2020**. Cancellation Policy: Cancellations received on or before 5:00 pm September 25, 2020 will receive the full registration back, minus a \$10 administrative fee. Cancellations received after 5:00 pm September 25, 2020, no shows, or same-day cancellations won't be refunded.

# APTA Oregon Fall Workshop

September 26, 2020

Only one registrant per form. Copy this form for additional registrants.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Designations: \_\_\_\_\_

Badge First Name (if different): \_\_\_\_\_

\*APTA Oregon Membership Number: \_\_\_\_\_ Oregon License Number: \_\_\_\_\_

Company Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

**Liability Waiver:** By registering for this workshop, you waive all liability to APTA Oregon for any injury that may occur.

## Registration Fees — Please Check One:

- APTA Oregon/APTA Member\* \$50
- APTA Oregon Service Member\*\* \$35 \*\*I serve on the following APTA Oregon board position or committee: \_\_\_\_\_
- APTA Oregon/APTA Student Member \$20 \_\_\_\_\_
- PT or PTA Non-Member \$70

\*Member category eligibility includes any APTA member whether in Oregon or any other state.  
(APTA member number is required.)

**PAYMENT OPTIONS (US FUNDS):**  Check, Payable to APTA Oregon  Visa/MasterCard  American Express  Discover

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Amount Authorized \$ \_\_\_\_\_

Name on Card \_\_\_\_\_ CVV: \_\_\_\_\_

Signature \_\_\_\_\_

Card Billing Address (required) \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

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Questions? Call 503.262.9247 or toll free at 1.877.452.4919