

# 2021

## VIRTUAL CONFERENCE



**APTA**  
**Oregon**<sup>SM</sup>

A Chapter of the American  
Physical Therapy Association

**MARCH 13, 2021**

*APTA Oregon presents our annual conference, which continues the work of building a community that advances the profession of physical therapy to improve the health of society*

# APTA Oregon 2021 Virtual Conference Schedule

7:00 – 7:45 am

## Conference Coffee Chat

7:45 – 8:00 am

## President's Welcome

8:00 – 10:00 am

### KEYNOTE SPEAKER

## Filling the Cracks with Gold: Loss and Restoration in 2021

*Zachary D. Rethorn, PT, DPT*

2020 was a year unlike any in our lifetimes. The global COVID-19 pandemic upended life and exposed cracks in our healthcare system and society. But there is good news. We have the opportunity to fill those cracks. Physical therapy professionals can improve the human experience through understanding and addressing social determinants of health in our practices, expanding our reach to patients and communities via telehealth, and leveraging our collective impact through non-clinical opportunities. Attendees will leave with an understanding of three key areas which will impact the PT profession in the future and collaborative opportunities with fellow attendees in these key areas.



*Dr. Zachary D. Rethorn is a board-certified orthopedic physical therapist and certified health coach with clinical and research expertise in musculoskeletal pain conditions, physical activity, and health promotion. He earned his undergraduate degree in Exercise Science from Belmont University followed by his DPT degree from the University of Tennessee at Chattanooga. Dr. Rethorn completed a residency in orthopedic physical therapy and is a PhD candidate in health promotion and wellness at Rocky Mountain University of Health Professions where his research focuses on how health professionals promote physical activity with their patients. He is a faculty development resident at Duke University in the Doctor of Physical Therapy Division and owner of Rethorn Physical Therapy and Wellness, a digital physical therapy practice. He has presented at national and international conferences on topics related to orthopedic physical therapy and health promotion.*

10:00 – 10:15 am

## Break

10:15 – 10:45 am

## Sponsor / Exhibitor Exposition

10:50 am – 12:20 pm

### A1. Portland Shrine - A Resource and Collaborative Partner in Pediatric Orthopedic Care

*Scott Coats, MSPT*



This presentation will discuss collaborative care for pediatric patients, with Shriners Hospitals for Children – Portland as a local resource. We will discuss a variety of specialty clinical services, such as orthopedics, neuromuscular, spasticity, fracture and sports injury, orthotics and prosthetics, rehabilitation services, and motion analysis to explore how they work together to optimize patient care. We will address patient access to this family centered, coordinated care. We will also review current research and future program development.

### A2. Physical Therapy Management for Knee Articular Cartilage Injuries

*Dennis C. Crawford M.D., Ph.D. and Janelle Trempe, PT, ATC*



From osteoarthritis to focal articular defects, articular cartilage injuries of the knee are a common treatment challenge for physical therapists. This presentation is designed to share treatment concepts and best practice for addressing acute, chronic, and postoperative articular cartilage injuries. Emphasis will be on interventions that are supported by current best evidence.



# A3. Exploring Non-Clinical Career Pathways in Physical Therapy – Panel Discussions

Get varied perspectives on non-clinical career pathways and side hustles beyond the obvious and traditional. We will have two panel discussions with Q&A following each with innovative clinicians who have branched out beyond clinical practice. Learn from their experience and broaden your career horizons.

**Moderator: Sturdy McKee, PT, MPT**



Panel discussions will be hosted by Sturdy McKee, who has transitioned from practicing Physical Therapist and Clinic Owner to full-time Business Coach and Trainer. Sturdy helps business and practice owners with their business education, and to see beyond their current situation and re-envision their businesses for a future that is already here.

## PANEL 1

**Juan Michelle Martin, PT, DPT**



Dr. Martin is a licensed physical therapist, birth doula and women’s wellness coach. She is the owner of JMM Health Solutions, a concierge pelvic health practice in the Atlanta Metro area. She is also the Co-Founder of the Black Female Foundation which helps female BIPOC with their business mindset and education. Dr. Martin also trains other clinicians in her approach to pelvic health as well as publishing a podcast, “Fueling Her: A Woman’s Guide to Wellness”.

**Danelle Dickson, PT, DPT**



Dr. Dickson is a licensed physical therapist, Performing Arts specialist, Orthopedic clinical specialist and owner at Performance Plus Physical Therapy. She is also the host of the Dancing around Elephants Podcast, and Co-Founder of the Black Female Foundation, a business mentorship for minority women. Further, Dr. Dickson co-founded of the Dance Ready Project, an online hub for tools and resources for dancers.

## PANEL 2

**Jessica McMurdie, OT**



Ms. McMurdie founded Stepping Stones Therapy Network in Bellevue, Washington in 2006 with a trunk full of toys and a lot of mileage. She is also the founder of “T School Telehealth For Pediatric Therapists” an online training program for pediatric therapists that is growing and influencing the pediatric therapy telehealth world.

**Anang Chokshi, PT, DPT, OCS, SCS**



Dr. Chokshi is a physical therapist, digital healthcare expert, and entrepreneur who seeks to employ innovative technologies and evidence-based clinical pathways to digitally transform the healthcare industry to improve access to care while focusing on both the patient and clinical experience. He is currently working as the Chief Clinical Officer at IncludeHealth, Inc. which is based in Dublin, OH.



Pediatrics



Orthopedics & Manual Therapy



Healthcare Trends & Clinical Practice

12:20 – 12:40 pm

## Lunch

12:40 – 1:30 pm

## Business Meeting & Awards

1:30 – 1:50 pm

## Sponsor / Exhibitor Exposition

1:55 – 3:25 pm

### B1. Applications of Adapted Mobility in Early Childhood

*Patricia Gail Laochinda, PT, DPT, MSPT*



Adapted mobility in the form of GoBabyGo cars has gained popularity across the world over the last 14 years. Research indicates the benefits of this early mobility include improvements in socialization, participation, communication, cognition, and self-initiated mobility. In this presentation, benefits and perceived barriers to GoBabyGo cars will be discussed. The Wichita State University GoBabyGo program will be highlighted, including the collaboration between student PTs, engineers, and community mentors. From simple to complex, a variety of GoBabyGo car builds will be delineated, including successes and opportunities for growth and learning.

### B2. Exercise in Post Concussion and Considerations for Return to Play

*Nick Thompson, PT, DPT, CSCS*



This course will focus on the role of the Physical Therapist in returning an athlete to play after sustaining a concussion. With the recent passing of SB1547 in Oregon, allowing Physical Therapists to clear these athletes back to play, it is more important than ever to analyze the methods we use to evaluate and treat athletes who plan to return to their sport. We will focus on the most recent available evidence to guide clinical decision making and ensure best practice.

### B3. Understanding of Disability Outside of Medical Contexts: Increasing Professional Advocacy and Support for Patients

*Winston Kennedy PT, DPT, Marc Duyck, PTA, MEd. CSCS and Jeremy Robbins, MS*



This session will focus on exploring topics that have emerged out of the field of disability studies such as disability identity, disability orientation models. Also, research that revolves around clinicians' attitudes towards disability and potential factors that may influence those attitudes will be discussed. This session will include case studies and will incorporate discussion to expand physical therapists' knowledge of disability studies and relevant research, which will provide an opportunity to demonstrate understanding of the disseminated information.

3:25 – 3:40 pm

## Break

3:40 – 4:05 pm

## Posters Exposition



*Pediatrics*



*Orthopedics & Manual Therapy*



*Healthcare Trends & Clinical Practice*

Continued on next page →

## C1. We Are What We Measure! Pediatric Outcome Measures that Make Us Truly Person-Centered in Our Practice



Ryan Paul Jacobson PT, DPT, PCS

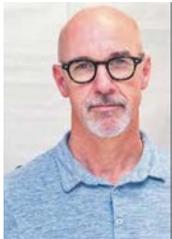


This seminar is a practical dive into specific pediatric outcome measures that have the potential to level up our practice as PT's. We ARE what we measure! Our intervention choices are driven by the outcomes we choose to pursue and objectively measure. Being truly "person-centered" means letting go of our own PT priorities and investing in social participation outcomes that are of priority value to the children and families we serve. Come explore the potential of using PROMIS®, Goal Attainment Scaling (GAS), standardized activity quick tests, and other measures that will broaden our impact and enhance the value we can provide families.

## C2. The Running Athlete's Achilles' Tendon, Kinetics, Kinematics, and Updated Rehabilitation Decisions



Matthew Walsh BSc. PT (Aus)



This presentation will outline the current biomechanical data around the running specific challenges for the Achille's tendon and how this new information is shaping current suggestions for PT rehabilitation.

## C3. Physical Therapy in Gender-Affirming Care



Caitlin Smigelski, PT, DPT and Allie Smouse, PT, DPT



This presentation is appropriate for any PT or PTA who has an interest in better serving people who are gender diverse. The lecture will review definitions and terminology related to transgender health and teach strategies for trans-inclusive communication and documentation. Attendees will learn about the transgender and nonbinary experience in the US and specifically in healthcare and in Oregon. The lecturers will present physical therapy considerations for gender-affirming care, including topics such as tucking and binding. The presentation will also focus on gender-affirming surgeries and the role of physical therapy in pre and post-operative care.<sup>1</sup>



Pediatrics



Orthopedics &  
Manual Therapy



Healthcare Trends &  
Clinical Practice



# GENERAL CONFERENCE INFORMATION

## Conference Location

This will be a virtual conference format. Webinar links and other materials will be provided the week of the conference.

## Registration Information

Your Conference registration includes: Education sessions and electronic handout materials.

## Three easy ways to register:

- Online through our website at [www.aptaoregon.org](http://www.aptaoregon.org). Payment can be made with credit card.
- Fax your completed registration form with credit card payment to: 503.253.9172
- Mail your completed registration form with check or credit card payment to: APTA Oregon, 147 SE 102nd Ave., Portland, OR 97216

## Cancellation Policy

Cancellations received on or before March 6, 2021 will receive a full refund minus a \$50 administrative fee. Cancellations received after March 6, 2021 will receive a 50% refund of their total fees. No shows and same-day cancellations will not receive a refund.

## Speaker Handout Information

In an effort to minimize paper waste, session handouts (as provided by the speakers) will be available online at [www.aptaoregon.org](http://www.aptaoregon.org) approximately one week prior to the conference. Registered attendees will be emailed information on how to access them.

## Continuing Education Credits

APTA Oregon CE courses and hours may be accepted by the Oregon Board of Physical Therapy. A course completion certificate will be issued to registrants upon completion of the course. Oregon licensed therapists and assistants should consult Division 35 of the licensing board's administrative rules for CE requirements and note that there is no pre-certification of continuing education by the Oregon Board of Physical Therapy.

## APTA Oregon Business Meeting

The APTA Oregon business meeting will be held during lunch on Saturday, March 13.

## Exhibits

The exhibit area will be open Saturday, March 13 from 8:00 am – 5:30 pm. Please take advantage of the opportunity to visit with vendors during the exhibit hours and learn more about the products and services they offer.

## Questions?

Contact APTA Oregon at 503.262.9247 or toll-free at 877.452.4919 or at [info@aptaoregon.org](mailto:info@aptaoregon.org).

# THANK YOU TO OUR EXHIBITORS AND SPONSORS!

## Platinum Sponsor



## Gold Package Sponsors



## Exhibitors





# 2021 APTA Oregon Virtual Conference Registration Form

Please provide the following information to register:  
(For additional registrants, please photocopy this form.)

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

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

Company/Work Facility: \_\_\_\_\_

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

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

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

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

## Special Requirements

If you have any special (i.e., food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: \_\_\_\_\_

## Registration Information

To completely register for the APTA Oregon Conference it is necessary to also fill out all of the steps below to process your registration.

### Step 1 – Select Your Registration Category

Early Bird discounted rates end after February 20, 2021. Registration includes the courses and electronic handouts.

#### CONFERENCE REGISTRATION

##### MEMBERS\*

##### Registration Fee

	Early <sup>†</sup>	Regular
<input type="checkbox"/> PT Member*	\$129	\$169
<input type="checkbox"/> PTA Member*	\$99	\$139
<input type="checkbox"/> PT/PTA Students and and 2020/2021 Grads*	\$59	\$99
<input type="checkbox"/> PT Service Member	\$119	\$159

*Committee and board members currently  
volunteering service to APTA Oregon*

I serve APTA Oregon as \_\_\_\_\_

#### CONFERENCE REGISTRATION

##### NONMEMBERS

##### Registration Fee

	Early <sup>†</sup>	Regular
<input type="checkbox"/> PT	\$199	\$239
<input type="checkbox"/> PTA	\$169	\$209
<input type="checkbox"/> Student	\$139	\$179
<input type="checkbox"/> Other Healthcare Professional	\$199	\$239

\*Member category eligibility includes any APTA member whether in Oregon or any other state.

<sup>†</sup>Early registration rates end after February 20, 2021.

**Business Meeting Only Registration**  \$10

Business meeting on Saturday and none of the educational sessions.

## Step 2 – Select Your Breakout Sessions

Please check your breakout session choices for the conference.

### Saturday, March 13

10:50 am – 12:20 pm

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- A1. Portland Shrine - A Resource and Collaborative Partner in Pediatric Orthopedic Care
- A2. Physical Therapy Management for Knee Articular Cartilage Injuries
- A3. Exploring Non-Clinical Career Pathways in Physical Therapy – Panel Discussions

1:55 – 3:25 pm

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- B1. Applications of Adapted Mobility in Early Childhood
- B2. Exercise in Post Concussion and Considerations for Return to Play
- B3. Understanding of Disability Outside of Medical Contexts: Increasing Professional Advocacy and Support for Patients

4:10 – 5:40 pm

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- C1. We Are What We Measure! Pediatric Outcome Measures that Make Us Truly Person-Centered in Our Practice
- C2. The Running Athlete's Achilles' Tendon, Kinetics, Kinematics, and Updated Rehabilitation Decisions
- C3. Physical Therapy in Gender-Affirming Care

## Step 3 – Payment

- Check made payable to APTA Oregon or  Visa  MasterCard  AMEX  Discover

If paying by credit card, please complete the following:

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Amount Authorized: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ CVV \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Credit Card Billing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**We cannot accept registrations over the phone or via email due to credit card security. Please mail or fax in your completed registration form with payment or register online at [www.aptaoregon.org](http://www.aptaoregon.org).**

Email Address to Send Credit Card Receipt to: \_\_\_\_\_

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.

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