



# APTA OREGON PT ED Talk

Wednesday, March 31, 2021

## Putting an End to Cognitive Underload – Integrating Dual Tasking into All Phases of Sport Rehabilitation

Presented by

**Christina Gomez, PT, DPT, OCS, SCS, FAAOMPT, CSCS**

**Jennifer Neudorfer, PT, DPT, SCS, ATC**

Wednesday, March 31, 2021  
6:00 - 8:00 pm

Virtual (zoom info will be provided the week of the event)

**2 CE CREDITS**

## Registration Information

### Course Registration Fees:

APTA Oregon/APTA Member*	\$40
APTA Oregon Service Member**	\$30
APTA Oregon Student Member	\$20
PT or PTA Non-Member	\$60

\* 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.

Course will be recorded for educational purposes.

## Course Description

Typical sports-specific rehabilitation focuses on the physical components of athletic skills with little emphasis on the cognitive component of sport. Skills such as anticipation, visual scanning, and pattern recognition have a large impact on performance and are trainable in rehabilitation settings. Furthermore, cognitive-based tasks may be more predictive of performance than body composition, strength, and linear speed. This course will examine the current evidence regarding cognition and return to sport. Strategies for incorporating cognitive components into return to sport testing and intervention will be discussed. Attendees will be exposed to dual-task interventions and cognitive-based training to integrate into all phases of sport rehabilitation. Didactic and laboratory components will be included within the virtual session to facilitate immediate implementation into clinical practice.

## Objectives

- Examine components of cognition that relate to sport performance and decision making, including perception-action coupling and cognitive transfer.
- Discuss current evidence on the role of incorporating cognitive based tasks into all rehabilitation stages.
- Identify specific strategies to implement into all stages of rehabilitation to promote decision making and encourage transfer of skill to sport.

## Speakers

### Christina Gomez, PT, DPT, OCS, SCS, FAAOMPT, CSCS

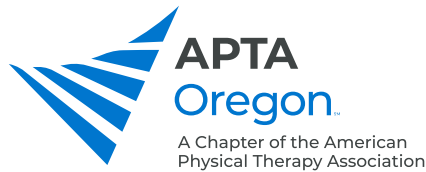


Christina is an Assistant Professor at Western University of Health Sciences – Oregon and a faculty member of Samaritan Athletic Medicine's Sports Physical Therapy Residency Program in Corvallis, OR. Christina is currently pursuing her Doctor of Philosophy in Physical Therapy from Texas Woman's University-Houston. Her research interests include the psychosocial aspects of injury and sport biomechanics in the gymnastics population. She has extensive experience in translating research into practice for physical therapists treating athletic populations and has presented at several state and national conferences.

### Jennifer Neudorfer, PT, DPT, SCS, ATC



Jennifer Neudorfer earned her BS in Athletic Training from Oregon State University and her Doctorate in Physical Therapy from George Fox University. She is residency-trained through Samaritan Athletic Medicine and holds her board certification in sports physical therapy. She is currently a faculty member for Samaritan Athletic Medicine's Sports Physical Therapy Residency Program. Her interest in improving lower extremity rehabilitation to return athletes to sport resulted in the creation of a community based lower extremity functional rehabilitation program, MATRIX, to provide athletes with the foundational strength, control, and agility training to safely transition back to their game.



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

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

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

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

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

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

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

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

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

### Course Registration Fees — Please Check One:

- APTA Oregon/APTA Member\* \$40
- APTA Oregon Service Member\*\*\$30 \*\*I serve on the following OPTA board position or committee: \_\_\_\_\_
- APTA Oregon Student Member \$20 \_\_\_\_\_
- PT or PTA Non-Member \$60

\*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 \_\_\_\_\_

Email address to send credit card receipt to \_\_\_\_\_

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### Confirmation:

Email confirmation will be sent for this event. Please retain the course information for future reference.

### Cancellation Policy:

Cancellations received prior to March 26, 2021 will receive a full refund minus a \$10 administration fee. Cancellations received after March 26, 2021 will receive a 50% refund of their total fees. No-shows and same-day cancellations will not receive a refund.

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.

Send to APTA Oregon via fax at 503.253.9172 or mail to 147 SE 102nd Avenue, Portland, OR 97216  
Questions? Call 503.262.9247 or toll free at 1.877.452.4919 or email us at [info@aptaoregon.org](mailto:info@aptaoregon.org)