



# APTA OREGON PT ED Talk

Wednesday, January 20, 2021

## Starting from the Ground Up: Improving Lower Quarter Athlete Movement

Presented by

**Travis Obermire PT, DPT, SCS, OCS**

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

Wednesday, January 20, 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

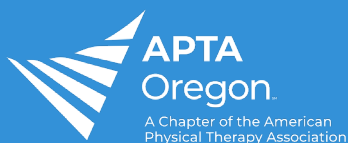
\* Member category eligibility includes any APTA member whether in Oregon or any other state. (APTA member number is required.)

\*\* 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

How can we, as clinicians, help return our athletes to sport safely, efficiently, and with decreased risk of re-injury? Why is Limb Symmetry Index not enough? Evidence demonstrates current return to sport testing fails to ensure athlete safety when coming back from injury. The current return to sport testing literature identifies a need for testing the involved limb to be near symmetrical with the uninvolved limb but does not describe a component of quality of movement. Since Limb Symmetry Index (LSI) fails to provide a full clinical picture, we will provide information on the role of clinical progressions of movement quality. In this course, we will discuss a progression through functional training, impact loading, and discuss the role of base of support training, and optimal biomechanical training during these exercise progressions for return to sport and ultimately return to performance. Furthermore, we will discuss and identify commonly seen compensation patterns and provide techniques to address these impairments. The goal of this talk is to provide clinically useful interventions that clinicians can use right away to improve movement quality.

## Objectives

- Discuss current evidence on lower extremity return to sport programming.
- Describe base of support training and its progression through exercise progression.
- Identify commonly seen compensation patterns in functional movement and provide techniques to address these impairments.

## Speakers

### Travis Obermire PT, DPT, SCS, OCS

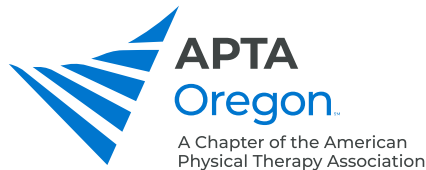


Travis Obermire has a special interest in sports rehabilitation. He completed a post-doctorate sports physical therapy residency at The Ohio State University. Travis is a dual-credentialed provider with board certifications in both orthopedics and sports physical therapies, and he believes optimal biomechanics are critical for long term success for any patient or athlete regardless of age or respective sport. Travis also specializes in running biomechanical analysis, bike fitting, and swim stroke analysis. He hosts The SAM's running and cycling clinics, serves as director for the sports physical therapy residency program and oversees the clinic's team of highly-trained physical therapists. He has a strong interest in manual therapy interventions and teaches a quarterly class for other physical therapists and athletic trainers. He's presented at national conferences, teaches in the residency, published research articles, and co-authored a book chapter on bike fitting.

### 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 January 15, 2021 will receive a full refund minus a \$10 administration fee. Cancellations received after January 15, 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)