

FOURTH ANNUAL

REHAB SUMMIT



CROSS COUNTRY
EDUCATION
Conference and Expo

Attendee Brochure

The Apex of Discovery

July 29 - 31, 2010

JW Marriott Las Vegas Resort and Spa

Experience the Other Side of Vegas!

REHAB SUMMIT

July 29 - 31, 2010 ♦ Las Vegas

The Rehab Summit Difference

Cross Country Education is pleased to present the 2010 Rehab Summit. This three-day conference and expo brings together rehabilitation professionals from multiple disciplines, creating an educational and networking experience like no other.

The Rehab Summit Experience Offers You:

- ♦ A comprehensive opportunity to learn from some of the nation's top rehabilitation professionals
- ♦ A chance to discover cutting-edge products, services and technology from exhibiting companies
- ♦ The flexibility to tailor your learning experience, with three tracks and 28 sessions to choose from
- ♦ The unique opportunity to network with professionals from various specialty areas within the field of rehabilitation therapy
- ♦ New ideas and products for delivering results in your practice



Who Should Attend

- ♦ Physical Therapists
- ♦ Physical Therapist Assistants
- ♦ Occupational Therapists
- ♦ Occupational Therapy Assistants
- ♦ Athletic Trainers

Contents:

Objectives and CE	1
Conference at a Glance	2-3
Silent Auction	4
Exhibit Hall Schedule	4
Facility Information	5
Opening Address and Session Descriptions	6-10
Speaker Bios	11-12
Registration	13

Who is Cross Country Education?

Cross Country Education is leading the way in professional development for health care professionals. For rehabilitation therapy, we have conducted over 10,000 one-day seminars with over 350,000 attendees!

Review our website for products and services offered by CCE:

- ♦ Professional seminars
- ♦ Continuing education
- ♦ On-site educational events
- ♦ Nurse Manager Boot Camp
- ♦ Meeting planning services

Cross Country Education is known to be a premier provider of continuing education for health care professionals, holding provider status with up to 38 professional health care organizations.



800.397.0180 www.CrossCountryEducation.com

Letter from the President

Dear Rehab Professional,

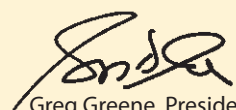
In past years, the Rehab Summit Conference and Expo has been host to more than 1,500 rehab professionals, speakers and exhibitors. The conferences have been an overwhelming success, with one attendee's remark of "Excellent speakers... I will look forward to coming to next year's Summit!" In July of 2010, Cross Country Education is once again bringing together professionals from all aspects of rehab therapy for this EXCEPTIONAL EVENT.

Cross Country Education realizes that your continuing education dollar must be strategically utilized. Therefore, escape your ordinary routine and participate in a learning experience unlike anything you've ever attended! Let me describe some of the things the REHAB SUMMIT can offer you:

- ◆ Learn from some of the nation's top rehabilitation professionals
- ◆ Discover cutting edge products, services, and technology
- ◆ Network with various rehab specialists
- ◆ Receive a wealth of continuing education credits at one time
- ◆ Tailor your learning experience from three tracks
- ◆ Enjoy a beautiful and comfortable venue designed to promote active learning

The REHAB SUMMIT is the only conference of its kind, bringing together rehabilitation professionals from the fields of physical therapy, occupational therapy and athletic training for a fusion of learning experiences and networking opportunities like no other. Please visit www.rehabsummit.com or call 866-303-9103 for more information.

Now that Cross Country Education's **Rehab Summit** is a proven success-story, I'm confident that you'll want to be there to experience it in 2010!


Greg Greene, President
Cross Country Education



SUMMIT OBJECTIVES

The objective of the Rehab Summit is to offer rehabilitation professionals the opportunity to:

- ◆ Gain exposure to a wide variety of relevant and informative topics of education specific to their work environment
- ◆ Discuss clinical literature pertaining to evidence-based practice on selected clinical interventions
- ◆ Receive hands-on instruction from various rehabilitation experts with knowledge applicable to many types of clients
- ◆ Demonstrate selected evaluation and manual clinical assessments and exercises
- ◆ Be informed on updated, functional rehabilitation concepts of the upper and lower kinetic chains

Continuing Education Credit

Physical Therapists: Cross Country Education has submitted the Rehab Summit to the following state boards/associations for continuing education approval:

- ◆ Alabama Board of Physical Therapy
- ◆ Arizona Physical Therapy Association
- ◆ Arkansas State Board of Physical Therapy
- ◆ California Physical Therapy Association
- ◆ District of Columbia Board of Physical Therapy
- ◆ Florida Physical Therapy Association
- ◆ Illinois Physical Therapy Association
- ◆ Kansas Physical Therapy Association
- ◆ Kentucky Physical Therapy Association
- ◆ Louisiana State Board of Physical Therapy Examiners
- ◆ Maryland State Board of Physical Therapy Examiners
- ◆ Michigan Physical Therapy Association
- ◆ Minnesota Board Of Physical Therapy
- ◆ Mississippi State Board of Physical Therapy
- ◆ State of Nevada Board of Physical Therapy Examiners
- ◆ New Jersey State Board of Physical Therapy Examiners
- ◆ New Mexico Physical Therapy Association
- ◆ Ohio Physical Therapy Association
- ◆ Oklahoma Board of Medical Licensure and Supervision, Physical Therapy Advisory Committee
- ◆ Tennessee Physical Therapy Association
- ◆ West Virginia Board Of Physical Therapy
- ◆ Texas Physical Therapy Association

Occupational Therapists: Cross Country Education is an AOTA Approved Provider of continuing education. This conference is offered for up to 20 AOTA contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AOTA Educational Level:	Category:
◆ Introductory	1 Domain of OT
● Intermediate	2 Occupational Therapy Process
■ Advanced	3 Professional Issues

Cross Country Education is an approved provider (provider #50-466) with the Florida Department of Health Board of Occupational Therapy Practice. This conference is offered for up to 20 contact hours for Occupational Therapist and Occupational Therapy Assistants.

Athletic Trainers: Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097. Up to 20 CEUs will be awarded.

Continuing education certificates will be mailed within four weeks of the end of the conference. Continuing education credit will only be granted for sessions attended and evaluated. A completed evaluation form must be turned in at the end of each session.



866-303-9103

Conference at a Glance

Wednesday, July 28

Noon - 8:00pm **Registration Desk Open**

Thursday, July 29

Track 1

6:00am - 7:00pm **Registration Desk Open**

8:00am - 10:00am **100 Opening Address: Why Some Shoulder Patients Don't Get Well**
(attendance required to receive maximum amount of continuing education credit for conference)

10:15am - 12:15pm 101 Proprioception and Strength: Knee Injury Prevention Strategies

Noon - 2:00pm **Lunch in Exhibit Hall**—included in registration fee (Exhibit Hall hours are 11:30am - 2:30pm)

2:00pm - 4:00pm 102 Stretching: Research Changes for Optimum Outcomes

4:15pm - 6:15pm 103 Patellofemoral Treatment Today

Friday, July 30

7:00am - 7:00pm **Registration Desk Open**

7:00am - 8:00am **Continental Breakfast in Exhibit Hall**—included in registration fee

8:00am - 10:00am 104 What is Functional Exercise? Revisiting the Concept of Muscle Recruitment of True Functional Type of Contraction

10:15am - 12:15pm 105 Core Stability Implications for the Extremities: Not Just for Athletes

Noon - 2:00pm **Lunch in Exhibit Hall** (Exhibit Hall hours are 11:30am - 2:30pm)
(Silent Auction winners to be announced at 1:00pm. Exhibit Hall closes at 2:30pm)

2:00pm - 4:00pm 106 Why is Anterior Cruciate Ligament Rehabilitation Still Challenging?

4:15pm - 6:15pm 107 Pilates for Rehabilitation

Saturday, July 31

7:00am - 1:30pm **Registration Desk Open**

8:00am - 10:00am 108 Aquatic Rehabilitation for the Shoulder and Knee Utilizing the Aquatic Biofeedback Technique

10:15am - 12:15pm 109 Decreasing Length of Stays and Increasing Outcomes in Orthopedic Populations with Manual Lymph Drainage



Attendees may select sessions from any column. It is not required to stay within one "track"

Registration Desk Open

Track 2

Track 3

Registration Desk Open

100 Opening Address: Why Some Shoulder Patients Don't Get Well

(attendance required to receive maximum amount of continuing education credit for conference)

201 Craniosacral Therapy

301 Specialty Products for Home Modifications

Lunch in Exhibit Hall—included in registration fee (Exhibit Hall hours are 11:30am - 2:30pm)

202 Myofascial Release

302 Composing an Effective Home Modification Report

203 Manual Therapy for the Shoulder

303 Integrating Therapy into Dementia Care Management

Registration Desk Open

Continental Breakfast in Exhibit Hall—included in registration fee

204 Positional Release (Strain-Counterstrain)

304 Diabetes and Disability: What Can the Rehabilitation Professional Do?

205 Meniscus Surgeries and Physical Therapy Management

305 Working with the Older Adult with Low Vision

Lunch in Exhibit Hall (Exhibit Hall hours are 11:30am - 2:30pm)

(Silent Auction winners to be announced at 1:00pm. Exhibit Hall closes at 2:30pm)

206 Are You Boomer Ready? Joint Replacement Rehabilitation

306 Evidence-Based Rehabilitation of Individuals with Stroke

207 Secondary and Primary Impingement

307 Application of Manual Lymphatic Drainage Techniques for Chronic Conditions

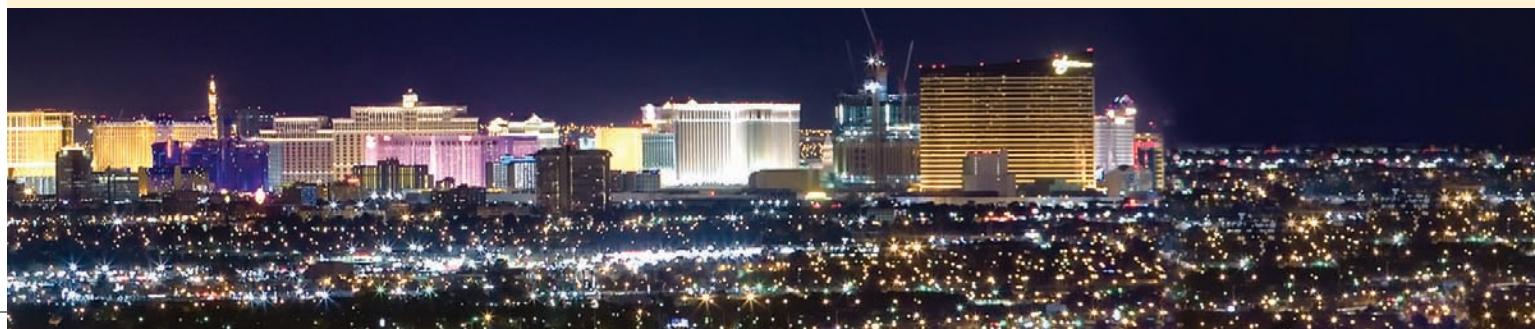
Registration Desk Open

208 Overview of Manual Therapy Assessment and Treatment of the Cervicothoracic Spine

308 Designing Rehabilitation Programs for the Shoulder

209 Overview of Manual Therapy Assessment and Treatment of the Thoracolumbar Spine

309 Posture and Scoliosis—Flexibility and Function



Cross Country Education is pleased to announce this year's
**Silent Auction benefiting
 Easter Seals
 Southern Nevada**

This auction will take place in the Exhibit Hall. Bids will be taken during Exhibit Hall hours (see schedule) and **the winners will be announced in the Exhibit Hall at 1:00pm on Friday, July 30.**

Last year, over \$2,400 was raised to benefit Ride On Center for Kids! Thanks to all of last year's participants who contributed so generously.

Some of last year's items included:

- ◆ Autographed Sports Memorabilia
- ◆ Wii Sports®
- ◆ Theme Park Tickets
- ◆ Cross Country Education Seminar Free Passes
- ◆ \$100 Gift Check
- ◆ Vacation Packages
- ◆ Rental Car Vouchers

Call for Silent Auction Donations

If your organization or association would like to contribute an item to the Silent Auction, please e-mail: aklotz@crosscountryeducation.com and include the following information*:

- ◆ Organization Name
- ◆ Contact Person
- ◆ Contact Information
- ◆ Item Description
- ◆ Item Value
(minimum value of \$50 please)

*A letter will be issued for all donors for tax purposes.

Payment for Items Won**

All forms of payment will be accepted: Visa, Mastercard, Discover, American Express, checks (made payable to Easter Seals Southern Nevada) and cash.

Make checks payable to Easter Seals

**Payments must be made at the conclusion of the auction on Friday, July 30th at 1:00pm.



Exhibit Hall Schedule

Exhibit Hours

- July 29 11:30am to 2:30pm
 (includes lunch)
- July 30 7:00am to 8:30am
 (includes breakfast)
- 11:30am to 2:30pm
 (includes lunch)

Exhibit Hall Closes

- July 30 2:30pm



Benefiting
Easter Seals Southern Nevada

Easter Seals Southern Nevada's Mission: To create solutions that help people with disabilities become self-sufficient through education, community partnerships and direct services.

Since 1950, Easter Seals Southern Nevada has been advocating for, and working with, infants, children, youth and adults who have disabilities and other challenges. We work to address our community's social service gaps, and to leverage partnerships and other strategic opportunities to increase participation in economic and civic life for all people. Easter Seals Southern Nevada is Nevada's largest community disability agency serving 5,600 people with disabilities and their families each year.

www.eastersealssn.org





JW Marriott Las Vegas Resort and Spa

Experience the finest of Las Vegas resorts at the JW Marriott Las Vegas Resort & Spa. This resort in Las Vegas is located in the heart of Southern Nevada's most prestigious collection of golf courses. Boasting over 50 acres of lushly landscaped grounds, including a resort pool with waterfalls and whirlpools, we provide the ultimate getaway amongst resorts in Las Vegas. Indulge in the comfort of our deluxe oversized guest rooms, let our Executive Golf Desk schedule priority rounds of golf at TPC Las Vegas or other outstanding courses, or delight in our 11 on-site restaurants and lounges. At the end of the day, relax at our North Las Vegas resort's 40,000 square foot Aquae Sulis Spa & Salon. Nearby Red Rock Canyon provides hiking, climbing and biking for those seeking adventure, or try your luck at our Las Vegas resort's on-site casino. The JW Marriott Las Vegas luxury resort near the Las Vegas Strip is also a favorite location for unique weddings, corporate meetings and group events.

The 2010 Rehab Summit discounted group rate is **\$119.00 single/double** plus applicable taxes and fees. The deadline for the group rate is July 12, 2010. After this date, the hotel will accept reservations on an availability basis. Space is limited, so the room block may close before the deadline. Individuals are able to make reservations by calling 1-800-297-5056 and referring to the 2010 Rehab Summit.

221 N Rampart Blvd • Las Vegas, Nevada 89145 USA
Phone: 1-702-869-7777 • Fax: 1-702-869-7339
Toll-free: 1-877-869-8777

"I thought it was an excellent conference and look forward to attending in the future."

Kim Lamothe, OTRL, MHA, VA Medical Center, Dallas, TX

THURSDAY, July 29

8:00am - 10:00am

100 Opening Address: Why Some Shoulder Patients Don't Get Well*Terry Malone, PT, EdD, ATC, FAPTA*

Although we live in the world of evidence-based medicine, it is not uncommon for some patients with shoulder pathologies to not have an easily predicted response to intervention. You, as the clinician, will find that some of these patients will have a limited response to treatment and we should be careful to not believe that a lack of return visits implies resolution of problems. Many shoulder patients do follow a predicted pathway, but those that don't require a greater awareness and selectivity of approach—challenging all concerned. This presentation will provide context for this process; neurological, structural, and psychological concepts; and treatment approaches for these patients.

AOTA • 1, 2

10:15am - 12:15pm

101 Proprioception and Strength: Knee Injury Prevention Strategies*Chad Hensel, PT, DPT, MHS, CSCS*

The knee is one of the most frequently injured joints at any age. Now, learn how to use exercises to improve your clients' strength and proprioception, thereby reducing risk of knee injury. Review of knee anatomy and physiology will be provided, along with an in-depth look at different exercises that can be utilized to prevent knee injuries—especially vital information for anyone who works with active clients!

AOTA ♦ 1, 2

201 Craniosacral Therapy*Theresa Schmidt, DPT, MS, OCS, LMT, CEAS, CHy, DD*

Craniosacral Therapy (CST) is a gentle manual therapy intervention which promotes dynamic homeostasis in the body using specifically-directed light touch to balance membranous tensions throughout the nervous and fascial systems of the body. In this class, the clinicians are introduced to palpation of cranial rhythm as an assessment tool. Hands-on practice is used to enhance practitioner sensitivity to palpation of cranial rhythm. Selected craniosacral therapy releases are performed to assess and treat regions of abnormal craniosacral mobility. Clinical examples and evidence-based research are discussed to illustrate the application of CST in rehabilitation.

AOTA ♦ 1, 2

301 Specialty Products for Home Modifications*Scott Anderle, PT, CAPS*

This session will allow the participant to enter the exciting world of specialty products for the kitchen and bathroom areas of the home. These products will range from the simple to the complex, and offer possible solutions to many functional needs. The expanded knowledge of specialty products will help the participant facilitate the proper selection of specialty products for their clients. The participant will understand the definition of universal and accessible design, and be able to define the seven principles of universal design and apply these concepts and principles to other areas of the home environment.

AOTA ♦ 3

Noon - 2:00pm Lunch

2:00pm - 4:00pm

102 Stretching: Research Changes for Optimum Outcomes*Chad Hensel, PT, DPT, MHS, CSCS*

While no one denies the value in stretching, recent research has demonstrated a change in methods may be indicated. Review the physiology behind stretching and understand how new research may warrant a change in tactic to optimize outcomes. Case studies will be utilized to allow each participant to practice stretching prescriptions for best possible flexibility.

AOTA ♦ 1, 2

202 Myofascial Release*Theresa Schmidt, DPT, MS, OCS, LMT, CEAS, CHy, DD*

Myofascial Release (MFR) presents hands-on management of muscular and connective tissue restrictions, which influence mobility and function. Abnormal tension in the myofascial structures alters biomechanical efficiency and contributes to compensatory and painful movement patterns. MFR helps to restore mobility of restricted muscles and fascia, promoting improved biomechanics and functional mobility, as well as reducing pain. The concept of gently interacting with the body tissues to facilitate a change is emphasized, rather than imposing movement upon the system. MFR techniques are gentle enough to use in clients across the lifespan for immediate measurable improvement in mobility. MFR stretching techniques can be used to treat a variety of diagnoses to achieve outstanding functional results.

AOTA ♦ 1, 2

302 Composing an Effective Home Modification Report*Scott Anderle, PT, CAPS*

This presentation considers and explores the necessary components of an effective comprehensive home modification report. This session will enhance the skill set level of the participant so they will be able to gather the relevant and unique information of the client's home environment. The professional will learn how to assimilate and produce an effective home modification report, thus working towards reducing costs, stress and tension within a home modification project. The CHER® (Comprehensive Home Evaluation Report) is a web-based application that will be utilized in the process of exploring many of the key elements of an effective home modification report.

AOTA ♦ 3

"The conference was excellent, with many relevant items that are immediately applicable to the clinic. Cross Country always delivers! Your courses are superb. I was extremely pleased with the instructors and material."

Cindy Reeder, MS, PT, Quest Rehab, Diamondhead, MS

4:15pm - 6:15pm

103 Patellofemoral Treatment Today*Terry Malone, PT, EDD, ATC, FAPTA*

This session will focus on the challenges confronting the clinician when best caring for patients with patellofemoral syndrome. This is often described as the "Black Hole" of orthopaedics, as far too much opinion and too few data have informed us of best approaches to management.

Because of the mixture of patient presentations, a paradigm of patient classification with a matched management process will be presented—held forth as a mechanism to enable improved outcomes in these patients.

AOTA ♦2**203 Manual Therapy for the Shoulder***John O'Halloran, PT, DPT, OCS, cert MDT, ATC, CSCS*

Manual therapy can facilitate restoring optimal function to the shoulder complex. This lecture will first brush up on our knowledge of the literature and specifically discuss the convex/concave rule and how the evidence shows that it does not always apply in the shoulder. We will also

discuss common traditional mobilizations as well as information on more advanced multi-plane and/or combined mobilizations. Manual techniques of soft tissue, scapular and thoracic spine will also be incorporated, along with how the evidence will show maximizing function in these areas enhances the glenohumeral joint.

AOTA •1,2**303 Integrating Therapy into Dementia Care Management***Michelle Lucas-Webb, OTR/L, RAC-CT, CAPS*

It is estimated that 5.3 million Americans have Alzheimer's disease. As our population ages, it is imperative that health care professionals develop strategies and techniques to appropriately provide quality care to this unique population. The purpose of this educational

session is to provide therapists and other health care professionals with an understanding of the standardized cognitive assessments that can be utilized to determine a patient's cognitive baseline; to understand the interdisciplinary role in the care of those who have dementia; and to identify strategies and practical approaches to maximize function and quality of life for those who have dementia.

AOTA ♦2

FRIDAY, July 30

7:00am - 8:00am Continental Breakfast

8:00am - 10:00am

104 What is Functional Exercise? Revisiting the Concept of Muscle Recruitment of True Functional Type of Contraction*Terry Trundle, PTA, ATC, LAT*

This presentation will revisit the functional concept of rehabilitation exercises. How to apply the true closed kinetic chain exercise will be discussed. Using EMG-based data, this presentation will update the clinical application of functional exercise. Lower extremity proprioception exercises will be highlighted.

AOTA ♦ 2

204 Positional Release (Strain-Counterstrain)*Theresa Schmidt, DPT, MS, OCS, LMT, CEAS, CHy, DD*

Positional Release Technique (PRT) helps to reduce painful trigger points, correct abnormal neuromuscular tension patterns, and improve mobility. With PRT, clinicians use specific joint positioning to inhibit excessive tone and relieve trigger points. Evidence shows that PRT reduces pain, improves range of motion, and may increase strength and function. PRT may be readily applied in a variety of clinical situations in which there is limited mobility and pain due to abnormal muscle tension. These techniques are gentle enough to be applied across the lifespan for clients with orthopedic or neuromuscular dysfunction. Participants will learn how to take advantage of proprioceptive reflexes to optimize functional results in clinical practice.

AOTA ♦ 2

304 Diabetes and Disability: What Can the Rehabilitation Professional Do?*Debra Sokol-McKay, MS, CVRT, CLVT, CDE, OTR/L, SCLV*

Diabetes has grown to epidemic proportions. Persons with diabetes face numerous challenges related to both the acute and chronic complications that can result from diabetes. In addition, knowledge about diabetes and its treatment changes on almost a daily basis. Therapy professionals can play an important part in working with this population, but should determine their specific role based upon the framework set forth by the American Association of Diabetes Educators.

AOTA ♦ 2

10:15am - 12:15pm

105 Core Stability Implications for the Extremities: Not Just for Athletes*John O'Halloran, PT, DPT, OCS, cert MDT, ATC, CSCS*

There is emerging evidence linking common orthopedic dysfunction and injury to the core. Common medical model diagnoses such as patellofemoral pain, hip replacement and rotator cuff injury all have impairments that can have core implications. This presentation will put the FUN back into the FUNdamentals we all learned in our training. Clinicians in all settings who work with patients suffering from various ailments and dysfunctions are all taught the fundamentals of motor control. This presentation will describe how those fundamentals of rehabilitation (mobility, stability, controlled mobility and skill-proximal stability for distal mobility) are the foundation of core training and how a refresher on these fundamentals can greatly impact your patient's rehabilitation process.

AOTA ♦ 1, 2

205 Meniscus Surgeries and Physical Therapy Management*Terry Malone, PT, EdD, ATC, FAPTA*

Meniscal surgery has greatly evolved during the last 20 years. Much of the evolution is through the applications of the arthroscope for both evaluation and intervention. The surgeries of today and their postoperative physical therapy management will be the focus of this presentation—including both partial meniscectomy and meniscal repair.

AOTA ♦ 1, 2

305 Working with the Older Adult with Low Vision*Debra Sokol-McKay, MS, CVRT, CLVT, CDE, OTR/L, SCLV*

According to the American Foundation for the Blind, there are 6.5 million Americans age 55 and older who are blind or severely visually impaired. This population is expected to more than double by the year 2030, when the last generation of baby-boomers reaches age 65. It is imperative that health care professionals understand the range of functional losses resulting from vision impairment and how to develop a screening tool to identify persons with vision loss and begin to ascertain their difficulties and needs. Some simple but valuable interventions can assist persons with vision loss on the road to greater independence.

AOTA ♦ 1, 2

Noon - 2:00pm

Lunch



"Excellent conference, those presenting did a great job. Thank you for the very educational, enjoyable experience."
Curtis Price, MSPT, PT, First Choice Physical Therapy, Sutherlin, OR

2:00pm - 4:00pm

106 Why is Anterior Cruciate Ligament Rehabilitation Still Challenging?

Terry Trundle, PTA, ATC, LAT



It is time to revisit the concepts of how to rehabilitate the post-operative anterior cruciate ligament. Discussion of single and double bundle grafts will be included. This course asks, "What are the most important muscle recruitment applications in the early phase of rehabilitation?" Tri-plane proprioception stabilization exercise will also be presented.

AOTA ♦ 2

206 Are You Boomer Ready? Joint Replacement Rehabilitation

John O'Halloran, PT, DPT, OCS, cert MDT, ATC, CSCS



The world health organization has described the years 2000-2010 as the "bone and joint decade." Clinicians in ALL settings are seeing a dramatic increase in joint replacement patients. Clinicians today need to be aware of and informed on the latest joint replacement surgeries of the knee, hip and shoulder because of the impact these techniques have on the patient's rehabilitation. Clinicians in ALL settings can greatly facilitate their patient's rehabilitation process by incorporating the most evidenced-based information into their care plans. This interactive and dynamic presentation takes the clinician through the evolution of joint replacement, the traditional and "cutting edge" surgeries, and the impact the evidence-based research can have on your patient.

AOTA ♦ 2

306 Evidence-Based Rehabilitation of Individuals with Stroke

Jeremy Simmons, MPT



As rehabilitation professionals, it is our responsibility to ensure that stroke survivors can lead productive and meaningful lives. This engaging seminar will explore the many facets of comprehensive stroke rehabilitation. Attendees will leave with a greater understanding of what the latest research says regarding the treatment options for individuals with stroke.

Those in attendance will receive a brief introduction into the most up-to-date statistics on stroke in the United States. The seminar will then transition to presenting treatment interventions for individuals who have suffered a stroke and the research conducted on these interventions. Interventions will include Neuro-developmental Treatment, Partial Body Weight Supported Treadmill Training, and Constraint Induced Therapy. The presentation will then provide an introduction into implementation of basic functionally-based treatments of the upper and lower extremity for patients who have suffered a stroke.

AOTA ♦ 2

4:15pm - 6:15pm

107 Pilates for Rehabilitation

Glenn Withers, B.Physio, MAPA, MCSP, MOCPPP, Cert. Pilates, MAPPI



This session will focus on the relationship between pain and pilates. We will investigate what happens to the muscle system when pain is introduced. This will then be applied to the traditional pilates exercises in order to evaluate if this program is relevant. We will then break down the traditional movements into a step-by-step guide to how to implement a modified pilates program that is clinically reasoned based on pain, pathology, function and return to sport. The APPI Method is a 5-stage rehabilitation program that has been implemented throughout Europe and Australia, and this session will be delivered by its founder, Mr. Glenn Withers.

AOTA ♦ 1, 2

207 Secondary and Primary Impingement

Terry Trundle, PTA, ATC, LAT



Based on evidence-based research and present EMG studies, the most updated intervention of exercises will be presented. The early role of scapula stabilization will be introduced as the true core of the upper extremity. The non-operative protocols will also be presented featuring the three phases of function.

AOTA ♦ 2

307 Application of Manual Lymphatic Drainage Techniques for Chronic Conditions

Carmen Thompson, BS, LPTA, CMT, CLT



In this course we will review the anatomy and physiology of the lymphatic system as it pertains to treating chronic conditions. After learning the appropriate indications and contra-indications for treatment, participants will gain an overview of how manual lymphatic drainage can make a large impact with positive results in clients with chronic conditions. By alleviating inflammation and edema, and stimulating the natural immune functions of the lymphatic system, many autoimmune disease symptoms and chronic degenerative disease symptoms and pain can be alleviated. This will leave the patient and therapist time and energy to focus on meeting functional goals.

AOTA ♦ 1, 2





SATURDAY, July 31

8:00am - 10:00am

108 Aquatic Rehabilitation for the Shoulder and Knee Utilizing the Aquatic Biofeedback Technique

Ron Fuller, BA, PTA



This course will describe in lecture and in video presentation the aquatic biofeedback technique, and how it can be used to make a difference in the aquatic treatment of several shoulder and knee conditions. This lecture will also offer participants the opportunity to join

an aquatic research group that uses the aquatic biofeedback technique to develop new aquatic treatment techniques as well as validate current exercise routines. **AOTA ♦ 2**

208 Overview of Manual Therapy Assessment and Treatment of the Cervicothoracic Spine

Megan Douglas, PT, DPT, MTC, OCS



This 2-hour session consists of a brief synopsis of the manual therapy portion of a cervicothoracic evaluation. Included are cervical spine biomechanics, some common and useful manipulations, and manual techniques to help decrease neck pain, radiculopathy and cervicogenic

headaches. Also, highlighted are some common diagnoses, along with useful tips for optimizing treatment to obtain the best outcomes while aiming to prevent chronic relapses and/or exacerbations in this region of the spine. Research will be available and briefly presented to support evidence-based practice and the use of manual therapy to treat the cervical spine. **AOTA ♦ 1, 2**

308 Designing Rehabilitation Programs for the Shoulder

Terry Trundle, PTA, ATC, LAT



Based on recent research, this is an updated presentation of evidence-based protocol development for all shoulder pathology. By looking at historical research, this session discusses why we should make changes based on what we now know. All exercise protocols will be based on all four levels of EMG guidelines. The three phases of post-op rotator cuff repair exercise will also be presented, as well as geriatric perspectives. **AOTA ♦ 2**

10:15am - 12:15pm

109 Decreasing Length of Stays and Increasing Outcomes in Orthopedic Populations with Manual Lymph Drainage

Carmen Thompson, BS, LPTA, CMT, CLT



In this course we will review the anatomy and physiology of the lymphatic system as it pertains to treating orthopedic conditions, trauma and post-op edema. After learning the appropriate indications and contraindications for treatment, participants will gain an overview of how manual lymphatic drainage can make a large impact with positive results in clients with orthopedic and post-op edema. By alleviating inflammatory edema and stimulating the lymphatic system, many patients have quick decreases in edema and pain. This will leave the patient and therapist time and energy to focus on meeting functional goals quickly and decrease the length of stay. **AOTA ♦ 1, 2**

209 Overview of Manual Therapy Assessment and Treatment of the Thoracolumbar Spine

Megan Douglas, PT, DPT, MTC, OCS



This 2-hour session consists of a brief synopsis of the manual therapy portion of a thoracolumbar evaluation. Included is a brief review of lumbar and thoracic spine biomechanics, some common and useful manipulations, and manual techniques to help decrease lumbar and/or thoracic spine pain with or without radiculopathy. Also highlighted are common diagnoses such as disc pathology with/without radiculopathy, facet joint dysfunction and instabilities. Research will be available and briefly presented to support evidence-based practice and the use of manual therapy to treat the lumbar and thoracic spine. **AOTA ♦ 1, 2**

309 Posture and Scoliosis—Flexibility and Function

Michelle Lindsey, PT, MBA, CPT



Our posture has an effect on how we see the world. Treating musculoskeletal conditions of the extremities is the same as treating musculoskeletal conditions of the spinal column and trunk. There is a complex functional relationship of the muscles and joints. Many painful conditions of the extremities, balance disorders, poor endurance, decreased eyesight, behavioral disorders, headaches, TMJ and other disorders can be linked to poor posturing. Scoliosis is one deformity of the spine, if undetected and untreated, that can lead to appearance changes; structural abnormalities of the pelvis, extremities and thoracic cage; and even a shortened lifespan. Posture screening programs can help to prevent many painful posturing syndromes through early postural awareness; self-correction and positioning exercises; and exercises that are focused on improving flexibility, building endurance and strength. In this session, we will identify major components of spinal structure, define terminology related to scoliosis and explain possible factors that can lead to the development of scoliosis and other postural disorders. We will also discuss how to screen for scoliosis and other postural disorders, and learn to design the best possible therapeutic exercise and treatment program so patients can be in the best possible anatomical alignment for greater function, independence and safety. **AOTA ♦ 1, 2**

SPEAKERS BIOS

Scott Anderle, PT, CAPS, is the President and owner of Specialized Home Design, Inc. Scott has been a physical therapist since 1987 and owned five rehabilitation clinics throughout West Michigan. He sold his rehabilitation company after 13 years of service to the community and began independent study of home modification for individuals who have had a catastrophic injury or disease as well as the aging baby boomers. He has extensively studied universal design, accessibility and barrier free concepts. Scott is a Certified Aging In-Place Specialist (CAPS) and a former Certified Brain Injury Specialist (CBIS). In addition, Scott is an instructor for the CAPS certification course through the National Association of Home Builders.

Scott is recognized for his expertise as a universal and accessible home design specialist and is a recognized speaker and educator in his field. He brings compassion and commitment to his lectures based on his extensive experience as a physical therapist and a home modification specialist. To learn more about Scott, please visit www.shdesigns.net.

Megan Douglas, PT, DPT, MTC, OCS, recently moved from Cincinnati to Bellingham, Washington, where she works for Northwest Sports Physical Therapy, a physical therapist owned and operated private practice. She graduated with her Master of Physical Therapy from Andrews University in Dayton, OH, 2000, and then returned for her DPT and manual therapy certification through the University of St. Augustine. Prior to moving to Washington state, Dr. Douglas taught orthopaedics and manual therapy as an adjunct professor in the physical therapy programs at the University of Dayton and the College of Mt. St. Joseph.

Ron Fuller, BA, PTA, is the director of aquatic rehabilitation for the Elliot Health System in Manchester, New Hampshire. He is adjunct faculty at several universities where he teaches aquatic rehabilitation and advanced orthopedic techniques to physical therapy students. Mr. Fuller is on the teaching faculty of the Biofeedback Foundation of Europe, where he lectures nationally and internationally on the use of the aquatic biofeedback technique in the treatment of orthopedic, neurologic and sports-related conditions.

Chad C. Hensel, PT, DPT, MHS, CSCS, is a licensed clinical physical therapist with over 12 years of experience in sports medicine, orthopedics, subacute, neurological and work hardening. Currently, he is one of four lead Physical Therapists at Marion Area Health Center in Marion, Ohio, where he clinically practices primarily in outpatient orthopedics. He is also adjunct faculty at Marion Technical College's PTA program with primary teaching responsibilities in functional anatomy. He attended Bowling Green State University in consortium with the Medical College of Ohio for his Physical Therapy Education, completed his Master of Health Science degree from the University of Indianapolis, and received his Physical Therapy Doctorate from the University of Indianapolis.

Michelle Lindsey, PT, MBA, CPT, is a Physical Therapist with 13 years of experience, who owns Rising Star Therapy Specialists, LLC, in Phoenix, Arizona, where she specializes in treating pediatric and adult special needs clients. She was a guest speaker at the National Spinal Cord Injury Association Conference in 2002 and also at the Rehab Summit in 2009. Ms. Lindsey is a Certified Personal Trainer and has won national recognition in many areas of fitness. She was a competitive gold medal figure skater, an elite marathon runner on the 1997 United States Maccabiah Open Track and Field Team, a triathlete and a professional speed skater. Ms. Lindsey received a special award from the United States Tennis Association in 2001 for coaching and directing a team for the Special Olympics. She received her Bachelor of Science degree in Kinesiology at Indiana University, her Bachelor of Science degree in Physical Therapy at The Finch University of Health Sciences, Chicago Medical School, and her Master of Business Administration in Health Care Management at the University of Phoenix.

Michelle Lucas-Webb, OTR/L, RAC-CT, CAPS, is a clinical consultant, licensed occupational therapist, certified resident assessment coordinator and certified aging-in-place specialist with 20 years of experience in the field of health care. She is the owner and founder of Rehab Dimensions, Inc., a contract and consulting firm that specializes in geriatric care. Ms. Lucas-Webb has worked for a number of large corporations in the role of Regional Rehabilitation Director, Director of Rehab for a Level III Medical Center, Rehabilitation Manager and Medical Systems Administration Department head. She has extensive experience with a multitude of diagnoses and specializes in dementia care management. She is certified in dementia care through the Copper Ridge Institute and is a member of the National Alzheimer Advocate Network. Ms. Lucas-Webb is active in regulatory and legislative issues and is a member of the Region F. Advisory Committee (serving nine counties in North Carolina) in addition to serving on the N.C. Public Outreach and Education Advisory Group for CIGNA Government Services.

Terry Malone, PT, EdD, ATC, FAPTA, was raised in Ohio, where he attended Bluffton College. He then went to Duke University where he received his Master of Science in Physical Therapy and Doctorate in Education. From 1975–1980 he coordinated Sports Physical Therapy Services for the Division of Orthopaedic Surgery at Duke University and then accepted the initial Chairmanship of the University of Indianapolis where he was then named Dean as the program became the Krannert School of Physical Therapy. In 1986, he returned to Duke University to become the Executive Director of Sports Medicine. He accepted the Directorship of Physical Therapy at the University of Kentucky in 1993 and is a Professor in Physical Therapy and also a faculty member of Medical School.

Dr. Malone has been an active member of the Sports Physical Therapy and Education Sections of the APTA, National Athletic Trainers' Association, and the American Orthopaedic Society for Sports Medicine. He has published more than 50 peer-reviewed articles and edited numerous texts related to sports and orthopaedic management. In 2002, he was recognized by the APTA as a Catherine Worthingham Fellow and by the International Federation of Sports Physiotherapists through the IFSP-HvU Award (the first American to be so recognized). In 2006, the Sports Physical Therapy Section presented him with the Lifetime Achievement Award and induction as an inaugural member of their Hall of Fame.

John W. O'Halloran, PT, DPT, OCS, cert MDT, ATC, CSCS, is a licensed physical therapist and athletic trainer with over 23 years of experience in the field of rehabilitation. He is a board certified orthopedic clinical specialist by the American Physical Therapy Association. Currently, Dr. O'Halloran is a director of physical therapy/sports medicine at Southeastern Orthopedics in Greensboro, North Carolina, and co-owner of GOSMC Properties, LLC, as well as owner of O'Halloran Consulting, LLC, in Summerfield, North Carolina. Dr. O'Halloran has been a speaker for Cross Country Education for the past four years. He has also worked in a variety of settings including universities and hospitals. Dr. O'Halloran is also a former orthopedic instructor at the physical therapy assistant program at Guilford Technical Community College in Greensboro, North Carolina.

In 1999, Dr. O'Halloran became credentialed with the McKenzie Institute in the mechanical diagnosis and treatment of the spine. He is also a certified functional capacity evaluator in the Blankenship Method. His unique evaluation and treatment skills make him a sought after clinical instructor for physical therapy and athletic training topics. Dr. O'Halloran has spoken both locally and internationally on topics such as sports specific rehabilitation of the shoulder, spine rehabilitation and treatment of foot and ankle injuries. He has studied orthopedic and sports therapy abroad in Australia and New Zealand. His postgraduate work also included manipulative therapy. Dr. O'Halloran received his Doctorate of Physical Therapy at Temple University. His wide range of clinical experience combined with his extensive knowledge in the fiscal

management of physical therapy outpatient rehabilitation services make him a very knowledgeable and skilled instructor. Visit Dr. O'Halloran's website at: johnoseminars.com.

Theresa Schmidt, DPT, MS, OCS, LMT, CEAS, CHy, DD, is a Board-certified specialist in orthopedic physical therapy, a massage therapist, personal trainer, clinical exercise specialist, certified ergonomic assessment specialist, and clinical hypnotherapist. Theresa is founder and President of Flex Physical Therapy in Long Island, New York. She has served as faculty of Physical Therapy at Touro College, and adjunct professor at CUNY Queens College and Nassau Community Colleges. Theresa founded Educise Resources Inc., a professional continuing education and health enhancement company. She lectures extensively on orthopedic rehabilitation, fitness and alternative medicine for both professional and public education. She has presented for numerous organizations, including: APTA, AMTA/NY, NYSSMMT, IDEA, ACE, The New Center for Wholistic Health Education, Cross Country Education, and the Council of Licensed Physiotherapists.

Theresa graduated with Highest Honors from Long Island University's BS-MS Program in Physical Therapy in Brooklyn, New York. She received her Massage Therapy diploma from the New Center for Wholistic Health Education and Research in Manhasset, New York. Theresa has studied extensive manual therapies, including myofascial release, craniosacral therapy, visceral manipulation, joint mobilization, functional orthopedics, counterstrain, muscle energy, functional technique, acupressure, and alternative biofield therapies in therapeutic touch, Body M.A.T.H., and Integrated Energy Therapy. Theresa received her Doctorate in Physical Therapy at University of New England. For information about Educise seminars, educational DVDs, seminar manuals, clinical consultations, and healthy products, call Educise Resources Inc. at 631-226-2191 or visit us on the web at www.educise.com.

Jeremy K. Simmons, MPT, is a Licensed Physical Therapist with over nine years of experience. Mr. Simmons is the manager and lead physical therapist of a private outpatient facility specializing in orthopedic and neurologic diagnoses. Mr. Simmons has been a nationwide speaker on the topic of stroke rehabilitation for over 4 years, speaking in more than 15 states to 700-plus allied health professionals. He has treated numerous types of neurological diagnoses including; stroke, spinal injuries, Guillain-Barré, lower extremity amputation, traumatic brain injuries, vestibular dysfunction and balance disorders to name a few. He received both his Bachelor of Science degree in Exercise Physiology and Athletic Training, and his Master of Physical Therapy from Chapman University in Orange, California. Mr. Simmons has also received additional training in orthopedic management of neurologic patients, spinal and pelvic mobilization, PNF gait, vestibular rehabilitation, advanced assessment of the lower quarter, orthotic management of foot dysfunction. Mr. Simmons is a certified golf fitness instructor from the Titleist Performance Institute.

Debra Sokol-McKay, MS, CVRT, CLVT, CDE, OTR/L, SCLV, is a licensed Occupational Therapist in the state of Pennsylvania and has been practicing for the past 26 years. She is a Certified Vision Rehabilitation Therapist, Certified Diabetes Educator, Certified Low Vision Therapist and has a specialty certification in Low Vision through the American Occupational Therapy Association. She was a member of the AOTA's national Expert Low Vision Practice Certification Panel, which wrote the AOTA's standards for specialty certification in low vision.

Ms. Sokol-McKay is the American Association of Diabetes Educators (AADE) liaison to the National Eye Institute (NEI) and a grant reviewer for the NEI/National Eye Health Education Program. She is the second lead writer of AADE's Disabilities Position Statement and the chair of its Disabilities Specialty Practice Group. She has served as an industry consultant in product development and is currently a clinical consultant in a research project focused on macular degeneration, depression and occupational therapy. Ms. Sokol-McKay has published in all three disciplines and has presented workshops and presentations on a state, national and international level.

Carmen Thompson, BS, LPTA, CMT, CLT, is a Licensed Physical Therapist Assistant and Certified Massage Therapist, with a specialty certification in lymphatic therapy. She currently provides inpatient and outpatient lymphatic therapy to clients with a variety of diagnoses through her practice Lymphatic Care Specialists, LLC. She also teaches lymphatic pathology treatment methods and MLD/CDP therapy nationwide. Mrs. Thompson has worked in a variety of health care settings over the last 15 years, both as a clinical therapist and in administration.

She served as Director of Rehabilitation Services at Tandem Health Care in Floyd, Virginia, and Facility/Area Administrator of Rehabilitation at Prism Rehab Systems, overseeing therapists, program development and patient care for orthopedic and neurological patients. Mrs. Thompson has conducted local and state presentations on the prevention and management of lymphedema in cancer patients and on developing lymphedema programs in acute care and subacute care.

Carmen earned a Bachelor of Science in Health Care Management from California College of Health Sciences, National City, California, and an Associate of Science in Physical Therapy (Magna Cum Laude) from Jefferson College of Health Sciences, Roanoke, Virginia. She completed a 140-hour certification course in Manual Lymphatic Drainage and Complex Decongestive Physiotherapy through the Upledger Institute.

Mrs. Thompson has continued her education in lymphedema by completing advanced courses on head, neck and genital lymphedema. Her mission is to educate rural communities to make lymphedema care a standard of treatment when indicated for vascular, oncology and orthopedic edemas. She also looks forward to the continued development of her programs to educate and train medical professionals in order that they might better help people with lymphatic disorders.

Terry Trundle, PTA, ATC, LAT, offers educational programs on functional rehabilitation focusing on the upper and lower kinetic chain. Mr. Trundle practices in Atlanta, where he is Director of the Athletic Rehab Institute. He is a graduate of the Medical College of Georgia and University of Tennessee at Chattanooga, and has 31 years of experience in clinical practice. He was recognized by the Medical College of Georgia as one of its Fab 40 Alumnus, an honor reserved for distinguished alumni who are leaders in health sciences education and who have made life better for the people of Georgia. Mr. Trundle is a rehab consultant to three area colleges; Kennesaw State University, Life University and Southern Polytechnic State University, and provides athletic training services for five high schools in metro Atlanta. He is the co-producer of a four-part video series that includes exercises on the knee and shoulder and passive micro-mobility of the upper and lower kinetic chains. For more information on series, visit www.kneeman.net.

Glenn Withers, B.Physio, MAPA, MCSP, MOCPPP, Cert. Pilates, MAPPI, graduated from Latrobe University School of Physiotherapy and leapt into the sports physiotherapy world. Glenn worked alongside Australia's leading sports physiotherapists within an elite development program at Prahan/Malvern Sports Medicine Centre. During this time, Glenn discovered the need for further techniques to improve lumbo-pelvic stability. He soon discovered the key link between muscle imbalance and Pilates, and was awarded the Felice Rosemary Lloyd postgraduate scholarship for international study into Pilates. Glenn spent the year training in Pilates in London at the Michael King Pilates Institute. Together with his wife Elisa, Glenn modified traditional Pilates to reflect current research findings and their implications for training lumbo-pelvic stability. Interest in Modified Pilates generated from within the physiotherapy world lead to Glenn teaching Pilates throughout Europe. Since co-founding the Australian Physiotherapy & Pilates Institute© he has lectured at various premier league football clubs, rugby clubs and physiotherapy conferences.

REHAB SUMMIT

REGISTRATION FORM ♦ July 29-31, 2010

Please type or print clearly. All information is required in order to process your registration.

Name _____ Badge Name _____

Credentials _____ Specialty _____

(circle one) Professional License # OR Social Security # _____

(circle one) Employer/Private Practice _____ Title/Dept _____

Address _____

City _____ State _____ Zip _____

Phone _____ (Alternate) _____

E-mail _____ Fax _____

Session Selection:

Thursday, July 29	Track 1	Track 2	Track 3
8:00am - 10:00am	_____	100 Opening Address (General Session)*	
10:15am - 12:15pm	_____ 101	_____ 201	_____ 301
2:00pm - 4:00pm	_____ 102	_____ 202	_____ 302
4:15pm - 6:15pm	_____ 103	_____ 203	_____ 303

Friday, July 30	Track 1	Track 2	Track 3
8:00am - 10:00am	_____ 104	_____ 204	_____ 304
10:15am - 12:15pm	_____ 105	_____ 205	_____ 305
2:00pm - 4:00pm	_____ 106	_____ 206	_____ 306
4:15pm - 6:15pm	_____ 107	_____ 207	_____ 307

Saturday, July 31	Track 1	Track 2	Track 3
8:00am - 10:00am	_____ 108	_____ 208	_____ 308
10:15am - 12:15pm	_____ 109	_____ 209	_____ 309

* Attendance required to receive maximum continuing education credit for total conference.

Registration Fees (select all that apply)

Full Conference	Early Registration	After May 7, 2010
Single Registrant	_____ \$515	_____ \$585
Multiple Registrants (5 +) <i>who register at same time</i>	_____ \$495 ea	_____ \$565 ea

Includes access to Exhibit Hall and Opening Address.
Guests of registrant(s) may purchase a Guest Pass for access.

Guest Passes

Exhibit Hall Guest Pass**:	_____ \$70 per person Thur., July 29
	_____ \$70 per person Fri., July 30

**Includes lunch

Method of Payment:

Full payment must accompany each registration form. Faxed registration forms must include credit card information or they will not be processed.

Check enclosed **(Make checks payable to Cross Country Education)**

Credit Card Charge will appear as Cross Country Education on your credit card statement.

Card # _____

Exp. Date _____ Total \$ _____

Cardholder's Signature _____

Cardholder's Printed Name _____

Billing Address _____

Cancellation Policy:

Refunds will be granted until June 18, 2010, only when written notification is received. No cancellations will be accepted after June 18, 2010. A processing fee of \$175 will be charged for all cancellations. Refunds on cancellations will be processed after Rehab Summit. Substitutions will be permitted if received in writing by June 25, 2010. Confirmed registrants not attending Rehab Summit will not be granted refunds.



Mail to: **Rehab Summit**
c/o Cross Country Education
P.O. Box 200
Brentwood, TN 37024
Call to register **866-303-9103 ♦ fax 888-290-8319**
or on-line at www.rehabsummit.com

Attendance at Rehab Summit constitutes permission to use images of those attending for future promotional materials.

REHAB SUMMIT

Cross Country Education
P.O. Box 200
Brentwood, TN 37024

July 29 - 31, 2010

JW Marriott Las Vegas Resort and Spa

www.rehabsummit.com

866-303-9103

