

# THE VIRGINIAN

Fall 2016

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### Are You a VPTA Facebook Fan?

VPTA's Facebook fan page, easily navigated from [www.facebook.com/myvpta](http://www.facebook.com/myvpta), is a quick and simple way to keep up with the field of physical therapy around the state of Virginia. Members and potential members are able to access news and pictures of events occurring at the state level through social networking. You can "Like" the page (click on the little thumbs up sign) and be part of a group of PTs, PTAs, and physical therapy students who currently live and/or work in Virginia. Comments on the announcements can be made immediately and allow for discussions on topics and events. We welcome all to contact the VPTA Office at [info@vpta.org](mailto:info@vpta.org) if you would like to post pictures of physical therapy-related events in Virginia.

*Heather Byrne, PT, DPT  
Communications & Technology Chair*

## President's Message

With fall now here and annual conference upon us, I am excited for another opportunity to meet and talk with the members of the VPTA and tell everyone what the VPTA has been doing since last year. This year, the VPTA has been busy improving its function. In the last 12 months, we have rewritten the bylaws, begun a comprehensive re-write of the policy and procedure manual, changed our management contract from AMG to APTA, and adjusted the processes for annual conference to improve its performance in the coming years.

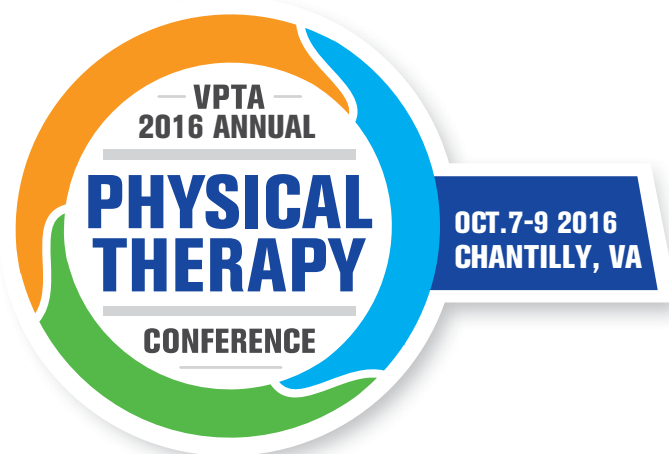
We, as an association, are in a pivotal position to grow the profession beyond our days as a commodity owned by other professions and expand our profession to position ourselves as independent primary musculoskeletal care providers and human movement specialists working collaboratively with other providers in the medical market place. Now that we have improved the operations of the VPTA, we can focus our energy on growth and performance of the profession and expanding our practice capacity to fully encompass our current legal and educational ability. I am honored to have been a part of this association's board for the last 4 years and look forward to handing off and working with the incoming board members you have elected. We have an amazing board and they will pilot this association to great places in the next few years.

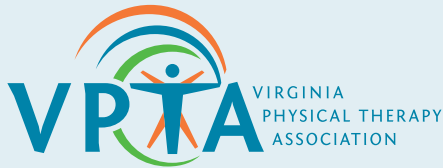
Thank you for the opportunity to serve you, the VPTA membership. I will see you in Chantilly at Annual Conference.

Respectfully,

Tom Bohanon, PT, DPT, OCS, President, VPTA

**Tweet Us! @VPTA\_Tweets**





## THE VIRGINIAN

**The Virginian**, the newsletter of the Virginia Physical Therapy Association, is published quarterly. Articles and news items of interest should be submitted to **The Virginian**. Letters to the editor must be signed and include an address and telephone number. Articles and letters printed express the author's views only and are not necessarily the official policy of VPTA. All materials submitted are subject to editorial consideration and review.

Ad copy should be submitted to the Chapter Office on an issue-by-issue basis. Checks are to be made payable to the Virginia Physical Therapy Association Inc. and must accompany the ad copy. All advertisers will receive copies of the issue in which they advertise; advertising in **The Virginian** does not imply VPTA endorsement of products or services. The right to reject, add, or change wording in accordance with VPTA and editorial policy is retained by the publisher.

The rates for advertising are as follows for camera-ready copy:

### AD SIZE

AD SIZE - (width x height)	NEWSLETTER
Full page: (7 1/2" x 9 7/8")	\$300
1/2 page horizontal: (7 1/2" x 4 3/4")	\$225
1/2 page vertical: (3 5/8" x 9 7/8")	\$225
1/4 page: (3 5/8" x 4 3/4")	\$150

DEADLINES FOR SUBMISSION OF NEWS ITEMS AND ADS ARE FEBRUARY 3RD, MAY 19TH, JULY 21ST AND NOVEMBER 17TH

### Please submit ads and articles to :

VPTA  
 Marie Stravlo, Executive Director  
 1055 N Fairfax Street, Suite 205  
 Alexandria, VA 22314  
 800-765-7848x7125  
[info@vpta.org](mailto:info@vpta.org)

# BE FOUND

## Help potential patients and clients in Virginia find you ...

Are you using APTA's FREE member benefit to promote your expertise to potential patients and clients? Distinguish your scope of practice from other physical therapists in your area.

Sign up online at [www.apta.org/findapt!](http://www.apta.org/findapt!)

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## COMMITTEES & SPECIAL-INTEREST GROUPS

(continued)

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## 2017 DELEGATES

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#### Delegates

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 Thomas Bohanon, PT, DPT, OCS  
 Megan Bureau, PT, DPT, SCS  
 Secili DeStefano, PT, DPT, OCS  
 Dianne Jewell, PT, DPT, PhD, FAACVP  
 Ron Masri, PT, ATC, FAAOMMPT, OCS  
 Tom Mayhew, PT, PhD  
 Francie Mitchell, PT, DPT, MS, PCS  
 Lisa Shoaf, PT, DPT, PhD

**Delegate Elect** Emily Hakins, PT

**PTA Caucus Representative** David Emerick, PTA

## Make Sure VPTA Has Your E-mail!

FYI... Did you know that if you have elected NOT to give your e-mail address to APTA for their distribution of information, you are automatically excluded from information from VPTA also?

Great things are happening in Virginia! We hope you will allow us to send you the Virginia Physical Therapy news by including your e-mail address in your APTA membership renewal.

## 2016 CALENDAR OF EVENTS

**Date Event**

### JANUARY

19 Lobby Day on the Hill – Richmond  
 19 VPTA Board of Directors Meeting – Richmond

### FEBRUARY

17-20 CSM Anaheim, CA  
 24 Deadline for Submission of material to VPTA for Spring Virginian

### MARCH

1 Deadline: Applications for VPTA Student stipend to APTA NEXT  
 11 VPTA Mini Conference  
 12-13 VPTA Annual Retreat  
 13 VPTA Board of Directors Meeting – Charlottesville

### APRIL

8 Nominations for Awards and positions on the State and District level OPENS

### MAY

25 Deadline for submission for Summer Virginian

### JUNE

3 State tentative slate posted  
 8-11 APTA NEXT - Annual Conference - Nashville, TN  
 TBD VPTA Summer Board of Directors Meeting

### JULY

8 Nominations close - Final Slate Posted  
 14 State Voting Opens

### AUGUST

3 District Financial Reports due to Chapter Treasurer  
 10 State results posted  
 12 District tentative slate posted  
 26 Deadline for Submission of Abstracts to Research Committee

### SEPTEMBER

2 Deadline for submission of nominations for VPTA Awards  
 2 Deadline for student stipend applications for VPTA Student Conclave and NSC  
 9 District Nominations Close  
 12 District voting OPENS  
 26 District voting CLOSES  
 28 District results posted

### OCTOBER

3 Student SIG online voting begins  
 6 VPTA Board Meeting  
 7 Voting deadline for VPTA SSIG representatives  
 7-9 VPTA Annual Conference, Northern Virginia  
 8 Annual Membership Meeting  
 27-29 APTA National Student Conclave - Miami, Florida  
 31 Deadline for applications for VPTA Student Minority Scholarship

### NOVEMBER

2 Deadline: Applications for VPTA Student Stipend to CSM 2017  
 3 Deadline: Nominations for APTA National Office  
 18 Deadline for submissions to Winter *Virginian*

### DECEMBER

1 Deadline: Mary McMillan Scholarship nominations and all Honors and Awards  
 31 Candidate Statements and Consent Forms due to APTA

## Lynchburg Students Support Special Olympics

**Maddy Schricker, SPT**

*Lynchburg College DPT Program  
Class of 2017*

On September 10th, Lynchburg College's DPT (LC DPT) program teamed up with Special Olympics Virginia to host the third annual Young Athletes Autumn Classic. The event targeted children ages 3-11 of all ability levels. The Young Athletes Autumn Classic featured an exciting day of sporting events, including basketball, volleyball, track, and bocce ball. With the help of numerous faculty and student volunteers, children and families had a fun-filled day that promoted respect, unity, and inclusion.

Around 40 kids attended the event, which showcases various sports that Special Olympics offers its athletes throughout the year. The Young Athletes Autumn Classic kicks off the year for Special Olympics participants who are 2-7 years old. In addition to this event, Special Olympics Young Athletes have the chance to compete in two Little Feet track and field meets. The goal of the Young Athletes program is to get children involved with sports at an early age and focus on basics that will improve motor skills, hand-eye coordination, and cognitive development.

As part of the Student Professional Involvement coursework, LC DPT student volunteers support Special Olympics Virginia athletic activities such as bowling, basketball, and track throughout the year. By helping athletes learn skills and by cheering the athletes on in their participation, the DPT students are proud to provide support to the Special Olympics Virginia community.



*LC DPT student volunteer and athlete take a break for face painting.*



*Young athletes and student volunteers participating in parachute games, one of the many activities offered at the event.*

## Marymount University Hosts Build and Grow with Go Baby Go

**Greg Czajkowski**

*3rd year SPT*



*Greg Czajkowski*

On September 17th over 150 community volunteers joined the Marymount University physical therapy program to build 12 motorized cars for children with disabilities. The PT program has been building cars through the Go Baby Go program for 2 years but wanted to expand. The launch event was a combined effort between the PT program and Good Beginnings, a long-time clinical partner of Marymount. The event drew media attention and raised \$15,000 from

community donors to fund the cars and building materials. Dr. Cole Galloway, founder of Go Baby Go, was in attendance and delivered opening remarks that inspired all of the attendees "this isn't just about building cars, we are here to learn from each other and to grow as a community to promote social justice". The PT students and faculty worked side by side with local volunteers to build the cars and then create modifications specific for each child's needs. The build was quickly overshadowed by the road rally, where all 12 children were able to successfully independently control their cars.

I am both excited and honored to be a part of Go Baby Go at Marymount University. Everyone that was part of making this day great has an amazing heart and empathy for the human experience. I was very fortunate to be able to work with a young boy and his family on modifications for his new red Jeep. When we first met, I asked his father about his son's personality, communication skills, and activity levels to get a better sense of what we could do to help him enjoy this new mode of interaction and transportation. He told me that his son is not normally very expressive and is not mobile due to his condition. It was such a great experience to see this little man light up when I talked to him about how we could decorate his car and when we had him choosing materials to use for his seating. But nothing compared to the smile on his face when he got in the car and was able to push the hand-operated gas pedal to speed down the halls; I don't think he stopped smiling for the rest of the day, he was so happy. His parents and little sister were so happy and thankful for the hard work and extra hours our team put in to make such a positive impact on their son's life. This is not an experience that will fade with time. The impact of this event on the 12 children, their families and friends, as well as all of the organizers and volunteers will transcend the MU DPT department walls and catch fire, that much is for certain. More builds will come, more lives will be changed, and more life will be lived thanks to Go Baby Go.

## 2017 Physician Fee Schedule Proposed Final Rule – The Good, The Bad and The Ugly

**Angela Brooks**

*Payer Relations Specialist*

Each year in this edition of The Virginian, I seem to summarize basically the same grouping of information regarding the proposed Medicare Physician Fee Schedule. This year, there are a few new topics added to the mix.

On July 7, Medicare released the proposed physician fee schedule for calendar year 2017. In this document, CMS details changes in payment and in billing that will impact all practicing physical therapists.

First and foremost, the adjustment factor for 2017 will be .5%. This amount was determined through an objective process which is further described here. Overall not a significant boost across the existing fee schedule but not a drastic cut either.

Within the proposal, there is also a modification in the billing process for physical therapy evaluations and re-evaluations. Since 2010, the APTA has worked diligently to reform the current payment system for outpatient physical therapy. In response to these efforts, in 2017 AMA CPT codes 97001 (Physical Therapy Evaluation) and 97002 (Physical Therapy Re-evaluation) will be deleted. The physical therapy evaluation code will be replaced by three codes each representing a defined level of increasing exam

complexity; the re-evaluation code will be replaced as well with one code. While CMS supported the APTA’s suggestions to expand evaluation code descriptions they did not support assigning higher values to accompany the codes representing greater clinical time and depth. While disappointing, we can be certain this is not the end of the conversation with CMS.

Select physical therapy codes were reviewed by CMS to potentially be considered services billable as telehealth. Unfortunately, at this point, CMS does not consider physical therapists as providers of telehealth services.

10 codes used by physical therapists were identified as misvalued codes and will be adjusted to better represent the service value. The APTA is involved in offering information in this process.

Lastly, the proposal addresses stricter rules on physician self-referral scenarios. Definitely a step in the right direction.

This high level summary in no way includes all of the elements of the proposed final rule, but it does highlight the issues most important to physical therapy practice. If you would like to see more details, simply go to the APTA website.

As always should you have any questions in regard to this or other billing related topics, please feel free to contact me at [Angelasbrooks@verizon.net](mailto:Angelasbrooks@verizon.net).

## VPTA PSIG Updates

Your VPTA PSIG leadership has been hard at work revising the VPTA PSIG Bylaws. We will have the updated Bylaws available for membership to review by September 2016. Members will vote on the changes at VPTA Annual Conference in October 2016.

Speaking of VPTA Annual Conference, it is in Chantilly, VA – October 7-9, 2016. There is a two-day Introduction to Pediatric Vestibular Rehabilitation Course! Limited to 20 participants, so register ASAP!

### SAVE THE DATE

#### Upcoming PSIG Cafés:

**October 12, 2016** 8:00pm Orthotist bracing & Kinesiology taping techniques for Hypotonic foot by FirstCare Orthotics / Kristin Sanders, PT, MPT, PCS

Region Journal Club Date	VA Journal Club Date
September 28, 2016	September 14, 2016
November 16, 2016	November 9, 2016
January 25, 2017	January 11, 2017
April 26, 2017	April 12, 2017

## Mark Bouziane, PT, MSPT

VPTA PAC Chair

The VPTAPAC is extremely grateful for the continued ongoing support from its membership over the past several years. Through our fundraising efforts, we have realized substantial contributions that provided the VPTAPAC and the Legislative Committee the resources to meet their goals on an annual basis. These contributions have been used to support legislators on both sides of the isle in the General Assembly. The financial support we give to our legislators allows our voices to be heard and gives us a “seat at the table” when policies affecting the practice of physical therapy and health care in general are being debated and created.

We are entering another General Assembly election year. As reported by our lobbyist, nearly half of the General Assembly has turned over during the past three elections cycles. This turn over places an ever-increasing challenge to our profession in terms of engaging the awareness of these new legislators to health care issues impacting both the profession of physical therapy and the patients/clients we serve. In order to continue the momentum we have established over the past few years and to remain a respected and relevant supporter of the legislators on both sides of the isle, we need to continue to provide the financial backing to the VPTAPAC.

Here are some of the accomplishments related to physical therapy over the past few election cycles:

- Increased direct access to physical therapy; reducing the regulatory burden and certification requirements;
- Improve term protection and the prohibition on advertising physical therapy services when not performed by a Physical Therapist,
- Participate in developing of “Return to Play” concussion guidelines for scholastic sports;
- Protect our scope of practice on issues such as dry needling and spinal manipulation; and,
- Protection of payment for PT services within the worker’s compensation system.

We would like to thank our members, Legislative Committee and our lobbyist, Richard Grossman, for assisting us with our endeavors.



Dear VPTA Member,

We would like to extend a special invitation to you, your friends, and colleagues, to participate in the first Annual VPTA raffle on Friday, October 7, 2016, from 5:30 to 6:30 P.M. The Virginia Physical Therapy Association Political Action Committee will host a raffle for higher valued adult beverages. These beverages will be raffled off throughout the exhibit hall hours. We will raffle off bottles of rare or high-end liquor and wine with a value of \$50.00 or more and a highball glass with the VPTA logo. Our goal is to sell at least 100 tickets.

Donations of \$20.00 benefiting VPTA PAC and donations benefiting the “Sponsor a Student Campaign” will be accepted all day on Friday, October 7 at the VPTA PAC Booth. VPTA PAC Sponsorship opportunities will also be made available. Checks and Credit cards will be accepted at the booth.

If you’d like to donate in advance, please make your check out to VPTA PAC with PAC in the memo line. Send your check to:

Sydney Sawyer, PAC Treasurer  
11907 Henderson Court Clifton, VA 20124-5509

We look forward to seeing you at the VPTAPAC booth!

Mark Bouziane, PT, MSPT  
VPTA PAC Chair

Tom Bohanon, PT, DPT, OCS  
VPTA President

Josh Bailey, PT, DPT, OCS  
VPTA President Elect



**Virginia Physical Therapy  
Association PAC Sponsorships  
Annual Conference  
October 7-9, 2016**

**Basic Donation**

\$20.00

**“Sponsor a Student” Donation**

\$20.00

To sign on as a sponsor contact  
Sydney Sawyer, PAC Treasurer  
sydneysawyer26@gmail.com

**Sponsorship Levels**

**Autumn Bounty**

\$500.00 2 tickets, two bottles of featured wine or liquor, VPTA glassware, and sponsorship signage at event

**Fall Equinox**

\$250.00 2 tickets, one bottle of featured wine or liquor, VPTA glassware, and sponsorship signage at event

**Harvest Moon**

\$150.00 2 tickets, special gift, and sponsorship signage at event

**Jack-O-Lantern**

\$100.00 1 ticket, special gift and sponsorship signage at event

*Proceeds benefit VPTA PAC | Contributions are not tax deductible  
Purchase your sponsorship now.*



## Pediatric Certified Specialist (PCS) Spotlight:

The VPTA PSIG is initiating a new article for The Virginian: The PCS Spotlight. According to the American Board of Physical Therapy Specialties, "The specialist certification program was established to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice and to assist consumers and the health care community in identifying these physical therapists." We want to celebrate and recognize the accomplishments of all pediatric physical therapists in Virginia; we are starting with the PCS Spotlight. Virginia currently has 28 Board Certified Pediatric Clinical Specialists. It is with great pleasure we introduce our first two PCS participants; Christine Accettella and Emily Berry!



### Debbie King Echternach, PT, DPT, PCS

Debbie King Echternach, PT, DPT, PCS is a clinical physical therapist, specializing in pediatrics for over 30 years. She received her BS PT from California State University, Long Beach and a Clinical Doctorate of PT from Virginia Commonwealth University. She is a Board Certified Specialist in Pediatric Physical Therapy and is certified in NDT and Sensory Integration. Debbie is also an APTA certified clinical instructor. She has worked at

Professional Therapies since 1990, working with children in a variety of settings including the OP clinic, early intervention and in the school system. In addition to her clinical work, Debbie teaches the Pediatric PT course for the DPT program at Radford University and for the PTA program at Jefferson College. Her passion is teaching: Teaching children how to move better through play; their caregivers how to facilitate their child's development with love and support; and students of physical therapy as they learn about this rewarding profession, both academically and in the clinic. Her decision to become a Board Certified Specialist in

Pediatrics has promoted her desire to keep up to date with best practice based on evidence, to share new found knowledge with others and engage in lifelong learning.



### Connie C. Johnson, PT, DScPT, PCS

Dr. Johnson works at Fairfax County Public Schools in Falls Church, VA. She received her DScPT at the University Of Maryland and her entry level MSPT at Springfield College. She participated in the Leadership Education for Neurodevelopmental Disabilities Program (LEND) in Washington, DC. She is a member of the APTA, Academy of Pediatric Physical Therapy and serves as Region V Director and as a member of the Practice Committee. She has

published in the areas of physical activity for children with disabilities and use of the Guide to PT Practice in peer reviewed journals. Her research interests include clinical decision-making and promoting best practice amongst school based therapists. Dr. Johnson's passions are using social media to support interaction amongst PTs and translating research, promoting best practice and mentorship of colleagues and students.

**"The capacity to learn is a gift;  
The ability to learn is a skill;  
The willingness to learn is a choice"**

**-Brian Herbert**





## Tidewater District Update

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### **Samantha Ficksman, PT, DPT**

*Tidewater District Director/Chair*

The unofficial end of the summer brings the results of our annual VPTA election. Our District has a new Nominating Committee representative, Hannah Todd. The VPTA Delegate Elect position was filled by one of our own, Emily Hawkins. Our District Elections are ongoing with the polls open until September 26, so get out and vote, actually you just have to sit at your computer, tablet, or phone to vote online! We have Emily Hawkins running to continue her leadership as Co-director/Co-chair and Mira Mariano running for Treasurer. Samantha Ficksman, the previous NC rep, will be stepping into the role of Co-director/Co-chair vacated by Bridget Gamache who recently moved back to New England. Our thanks go out to these volunteers for their dedication and willingness to serve. We have an exciting schedule of meetings and events for the upcoming year.

### **Our TPTA Autumn Event Schedule:**

#### **September 28, 2016 Meeting Wednesday at ODU (room TBD)**

6:30 pm refreshments sponsored by Coastal Orthotics & Prosthetics  
7:00 pm TPTA business meeting and Ethics Highlights presented by Paul Reed  
7:30 Guest Speaker/Presentation: Dr. Robinson of Jordan Young Institute to discuss the knee and surgical advancements with rehab considerations.

\*\*\*We will also be collecting money to put together a Taste gift box/basket to donate to the VPTA Annual Conference Silent Auction; you can donate here at this event or any time before Oct 1 to Emily Hawkins or Sam Ficksman.

**October 20, 2016 Thursday 6-9 pm: Social at Bold Mariner Brewing Co.** Sponsored by EMSI and TPTA. Beer ticket included for the first 40 APTA members to register, stay tuned for registration. Local Food Truck Carne Asada is on the schedule to be there for food purchases; EMSI to provide hors d'oeuvres

**November 16, 2016: Cadaver Lab Review on the Knee at ODU SRC** (Student Recreation Center) Room 2001. Time TBD; Limit to 30 participants (clinicians first, APTA members receive priority registration) - we'll do Google Form RSVP like we have in the past; stayed tuned for registration. Also more details on parking to come.

#### **January 25, 2017: TPTA Meeting at Sentara CarePlex Hospital** (conference rooms D&E)

6:30 pm refreshments sponsored by Sentara Therapy Services  
7:00 pm TPTA business meeting: Lobby Day experience Emily Hawkins  
7:30 Guest Speakers/Presentation: Medical Mission Experiences - Jess Sherman, Brittany Samulski, maybe 1 more if we find another PT with this experience. Contact Emily Hawkins or Sam Ficksman if you would like to be part of the panel and share your Medical Mission experiences

#### **March 29, 2017: TPTA Meeting at TPTI**

Oyster Point Performance Center  
6:30 pm refreshments sponsored by TBD  
7:00 pm TPTA business meeting: Updates from Leadership Retreat  
7:30 Guest Speakers/Presentation: Dr. Michael Tamburello on "Modality Update - Show Me the Evidence"

## Valley District Update

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### **Lee Ann Eagler, PT, DPT**

*Valley District Secretary*

#### **VALLEY DISTRICT MEETINGS:**

#### **September 1: 7:00-8:00 at Lynchburg College**

We had an educational meeting with over 100 attending. Dr. Steve Elam, Delegate Elect, presenting on issues from the House of Delegates. Following that presentation, students from Lynchburg College and Radford University collaborated to present a case study focusing evidence based interventions for a patient who presented with chronic pain. The patient was treated at the Lynchburg College Community Health Clinic, a student run clinic for the uninsured and under insured. Following the meeting, we had a PT Pub night at the Yellow Submarine.

**November (date TBA): The final meeting of the year will be held at Lynchburg College/virtual with Dr. Price Blair presenting on Opioids.**

#### **FOLLOW THE VALLEY DISTRICT ON FACEBOOK!**

Send information about yourself, community, company, and pictures!  
<https://www.facebook.com/VPTA-Valley-District-1524371604527206/timeline>

# Northern District Update

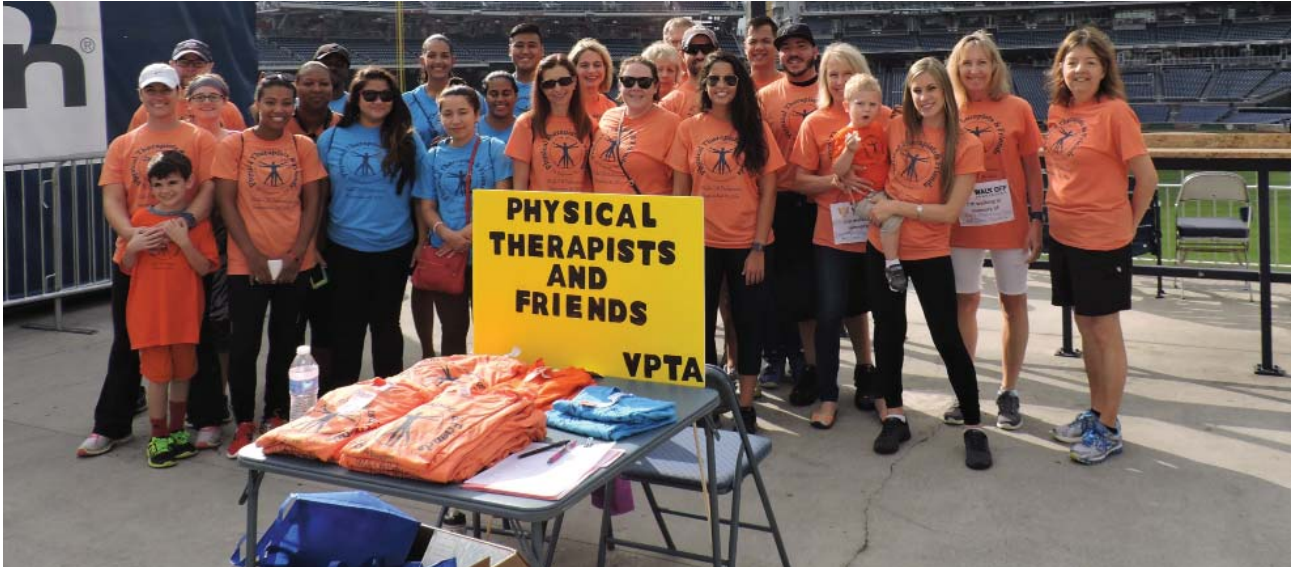
**Sandy Conran, PT**

*Northern District Director*

Summer planning has lead us to an exciting kickoff for the Northern District this fall. By the time this has been printed we will have hosted a Professional-Student Social at Oh George Tables & Tap House in Fairfax, Va on September 27th. No doubt it will be as well attended as last year's social where students and professionals could mingle and discuss career advancement options with specialists, PAC representative, and APTA personnel. November meeting location and speaker will be posted on the Northern District VPTA Facebook page and sent via email soon!

September 18th, a team from the Northern District participated in the Walk of Parkinson's event to raise funds for the Parkinson's Foundation of the National Capital Area. One of the speakers was our own, Cathy Renkiewicz. The 1.5 mile walk around Nationals Park included the infield and dugouts and photo op with the Racing Presidents.

We are planning on participating in the PT Day of Service on October 15th. Proceeds will benefit Jill's House, a residential respite facility for children age 6-17 with intellectual disabilities. Details will be disseminated via email and Facebook.



# Election Results 2016

**Joe Spagnolo PT, DPT, OCS, MTC**

*Nominating Committee Chair*

## Hello VPTA members!

The VPTA state election results are in. Thank you to all those who ran and congratulations to the elected! The VPTA depends on the membership to take ownership and donate their time and talents to remain viable and support us in the state of Virginia as we practice physical therapy. This can look like serving in an elected position, attending meetings, and even voting in state and district elections. With that in mind, the district elections are now open. Make a difference and be sure to vote! The district elections close on 9/26/16 with the results being posted 9/28/16.

## Results are in!

<b>Vice President</b>	Mark Bouzaine
<b>Treasurer</b>	Will Kolb
<b>Nominating Committees</b>	
<b>Central District</b>	Emily Kavanaugh
<b>Northern District</b>	Francie Mitchell
<b>Tidewater District</b>	Hannah Todd
<b>2017 Delegates</b>	
	Katherine Baucom
	Thomas Bohanon
	Megan Bureau
	Secilli DeStefano
	Ron Masri
	Tom Mayhew
	Francie Mitchell
	Lisa Shoaf
	Dianne Jewell
<b>Delegate Elect</b>	Emily Hawkins
<b>PTA Caucus Rep.</b>	David Emerick
<b>Alt. PTA Caucus Rep.</b>	Sarah Schmidt

## Virginia Well Represented at IV STEP

IV STEP was held July 14–19, 2016 at The Ohio State University. It is a research based conference sponsored by the Neurology and Pediatric Academies of the APTA. The focus for the conference was Prediction, Plasticity, and Participation.

Attendees: Mira Mariano, Stacey Duesing, Beth Jamali, Becky Whittaker, Karen Royali, Julia Jackson-King, Traci Morse, Francie Mitchell, Anne Chan, Sue Delaney, Tanya Tripathi, Edie Buchan, Theresa Leahy, Anissa Davis, Michelle Wiley, Amber Devers, Zach Crump, Matt Wilks, Becky Jackson, and Christina Withers. Not all who are mentioned here are pictured.



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alternatives to  
addictive opioids.**

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# 2016 CONFERENCE COURSE DESCRIPTIONS



## Is it ever “JUST” a Concussion?

Cristin Beazley, PT, DPT, CBIS

Friday, October 7, 2016

7.5 contact hours

This course is designed to enhance the participant’s knowledge and skill set with implementing evidence-based, comprehensive management for individuals with a concussion. It will include a myriad of didactic based information on the pathophysiology, common impairments, and interventions used with this population. The role of the Physical Therapist in management of this diagnosis will be the primary focus, with inclusion of information on the role of interdisciplinary care. Participants will have the opportunity to practice assessments and interventions during this course with guidance from the instructor.

Physical Therapists (PTs) are uniquely qualified to help manage and treat this population. Concussion therapy is primarily focused on neurological impairments, with heavy emphasis on the vestibular system and cervical intervention. Patients should be treated as having a neurologic injury; however, in a large portion of cases, it is also a sports medicine injury. Physical Therapists are in both areas, and properly trained and experienced therapists can blend them both seamlessly. Physical Therapists specialize in the rehabilitation process and are effective in managing the scope of symptoms and concerns as they relate to recovery.

## Evidence-Based Approach to Shoulder Injuries in the Overhead and Contact Athlete

Brian J. Eckenrode, PT, DPT, OCS

Friday, October 7, 2016

3.75 contact hours

Shoulder injuries, a common occurrence in athletics, present with unique rehabilitation considerations depending on sport type, injury mechanism, and conservative versus operative management. Clinicians should have a sound understanding of the current best practice treatment approach for these injuries. Evidence-based interventions for shoulder injuries in the athlete will be discussed with considerations including the kinetic chain and return to play criteria.

## Introduction to Pediatric Vestibular Rehabilitation

Rose Marie Rine, P.T., Ph.D.

Friday-Saturday, October 7-8, 2016

15 contact hours

\$100 Lab Fee

Limited to 20 participants

This 2-day course provides an overview of evidence based practice for vestibular related impairments in children, and is appropriate for physical & occupational therapists and assistants working in pediatrics. The didactic content includes: 1) detailed review of the anatomy, physiology and development of the vestibular system, 2) the epidemiology of vestibular dysfunction in children, 3) diagnostic and clinical testing of vestibular function, and 4) examination and evaluation of vestibular related impairments, and 5) intervention for vestibular related impairments in children. Hands-on demonstration and training of evaluation and intervention are included. Case reviews and discussion are used to facilitate application of the material. Handouts are provided online, several on site. Reviewed and approved by the Federation of State Boards of Physical Therapy (FSBPT).

## Migraine: It’s so much more than a Headache

Diane M. Wrisley, PT, PhD, NCS

Matthew R. Ammons PT, DPT, CIMT

Saturday, October 8, 2016

6.5 contact hours

This course will provide the student with the pathophysiology, diagnostic criteria and differential diagnosis of migraine. Examination and treatment techniques will be introduced and practiced in laboratory sessions. Medical and physical therapy management will be discussed as well as alternative interventions. Material learned will be applied to representative patient cases in a small group activity. Applications will be provided for the neurological and orthopedic physical therapist.

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## Managing the Injured Runner

Diane M. Wrisley, PT, PhD, NCS

Jason Soncrant, DPT, SCS, CSCS, FAAOMPT

Saturday-Sunday, October 8-9, 2016

10.5 contact hours

This lab-based course is a day and a half. The focus will be on comprehensive examination and evidence based treatment of the lower quarter with an emphasis on the injured runner. Participants should wear comfortable clothing and footwear for examination and exercise labs. Participants should bring a yoga mat or beach towel, and a mobilization belt. Please download the Hudl Technique app, Couch to 5K free app and a metronome app on a mobile device.

## Providing ICU Early Mobility to Improve Outcomes for Critically Ill Patients

Heidi Engel, PT, DPT

Saturday-Sunday, October 8-9, 2016

10.5 contact hours

This Course provides an introduction and overview to the topic of early mobility in the ICU, addressing these questions in this order: What defines early mobility? What harms are patients in the ICU vulnerable to sustaining? Why is early mobility an essential component of critical care medicine as practiced today? Who is responsible for providing this care? And how do we provide this service to medically complex patients effectively? Once these concepts are presented and reviewed, case studies and discussion of inter professional collaborative care as a means to succeed and sustain an early mobility program will be presented.

Neural Dynamics: Application and differential diagnosis for common clinical presentations

Sue E. Curfman, PT, DHSc, OCS

Jason Grandeo PT, DPT, OCS, FAAOMPT

Friday, October 7, 2016

3.75 contact hours

Our understanding of how the peripheral nervous system moves is increasing but is our ability to differentially diagnose neurodynamic dysfunctions improving? This course will provide an overview of the anatomy and kinesiology of the peripheral nervous system and relevant musculoskeletal structures. Examination, evaluation and intervention of neurodynamics will be presented. Commonly misdiagnosed conditions will be addressed. This course will help the clinician identify patients with neurodynamic dysfunction who may otherwise be diagnosed with musculoskeletal impairments and orthopaedic pathology. A lab component is included and participants should have lab clothes available.

## Pharmacology in Physical Therapy

Suzanne Tinsley, PhD, PT, NCS

Saturday-Sunday, October 8-9, 2016

10.5 contact hours

Many patients being referred to physical therapy are taking prescription and/or over-the-counter medications. Although many of these medications are directly related to their physical therapy diagnosis, some may not be. What should you know about clinical pharmacology to manage them effectively in this readily changing environment of managed health care as a key member of the health care team? We will explore the critical aspects of pharmacology including the principles of pharmacodynamics and pharmacokinetics as well as how to apply these concepts to all drug classifications. We also will discuss specific concepts of the pharmacology of the central nervous system and autonomic nervous system. This course will provide clinicians with information on the effect of drug actions on the major body systems, including mechanisms of therapeutic actions and adverse drug effects, problems involving drug interactions, and variables that modify drug effects. Special consideration will be given to many of the drugs most commonly used in treating cardiovascular and neuro-musculoskeletal disorders. Using case reports, we will discuss specific effects of drug therapy that impacts the physical therapy management and functional outcomes of patients and clients.

# 2016 CONFERENCE SCHEDULE



## Thursday, October 6, 2016

1:00 – 5:00 pm Board Meeting  
6:00 – 7:30 pm Pre-Registration in Hotel Pre-Function Area

## Friday, October 7, 2016

7:00 - 8:00 am Registration and Breakfast

8:00 am – 12:00 pm Morning Sessions (15 minute break at 10:30am)

1. **Is it Ever JUST a Concussion? A PT's guide to comprehensive concussion management**
2. **Shoulder Injuries in the Contact Athlete**
3. **Introduction to Pediatric Vestibular Rehabilitation**

12:00 – 1:00 pm Town Hall Meeting – Box Lunch

1:00 – 5:00 pm Afternoon Sessions (15 minute break at 3:00 pm)

1. **Is it Ever JUST a Concussion? A PT's guide to comprehensive concussion management**
2. **Neural Dynamics: Application and Differential Diagnosis for Common Clinical Presentations**
3. **Introduction to Pediatric Vestibular Rehabilitation**

5:30 – 7:00 pm Exhibit Hall & Opening Reception  
Silent Auction runs from 5:30 – 6:30pm

7:00 – 8:30 pm SIG Meetings  
Registration in Pre-Function Area

## Saturday, October 8, 2016

7:00 - 8:00 am Registration & Breakfast w/ Vendors

8:00 am – 12:00 pm Morning Sessions (30 minute break at 9:30 am – Research Posters)

1. **Migraines: It's so much more than a headache**
2. **Lower Quarter Running Assessment**
3. **Early Mobilization in the ICU**
4. **Pharmacology**
5. **Introduction to Pediatric Vestibular Rehabilitation**

12:00 – 2:00 pm Business Luncheon – Plated Lunch

2:15 pm – 5:30 pm Afternoon Sessions (15 minute break at 4:00pm – Research Posters)

1. **Migraines: It's so much more than a headache**
2. **Lower Quarter Running Assessment**
3. **Early Mobilization in the ICU**
4. **Pharmacology**
5. **Introduction to Pediatric Vestibular Rehabilitation**

## Sunday, October 9, 2016

7:00 - 8:00 am Continental Breakfast

8:00 – 12:15 pm Morning Sessions (15 minute break at 10:00am)

1. **Lower Quarter Running Assessment**
2. **Early Mobilization in the ICU**
3. **Pharmacology**

12:15pm – Conference Closes

# 2016 Student Conclave



## October 7, 2016

- 7:30–8:30 Registration
- 8:30–9:30 Morning mixer activity: Networking/breakfast
- 9:30–11:00 Keynote speaker: (allowing for Q&A)  
“The Engaged Professional”- Ben Fung PT, DPT, MBA
- 11:00–11:15 Break
- 11:20–11:50 TED talks (3):  
a. **11:20–11:30**  
b. **11:30–11:40**  
c. **11:40–11:50**
- 11:50–12:00 Break
- 12:00–12:45 VPTA value and update session/brief talk by vendors
- 12:45–1:45 Lunch/Exhibit Hall  
Provided Lunch/Visit Exhibitors
- 1:45–4:30 Afternoon breakouts:  
1. **1:45–2:35 pm**  
a. **“Three Steps to Helping Patients with Chronic Pain”**  
- Jason Silvernail, DPT  
**OR**  
b. **“Introduction to Dry Needling”**  
- Richard Banton DPT, OCS, CMPT, ATC  
2. **2:45–3:35 pm**  
a. **“Management of Post Concussive Syndrome and Mild TBI”**  
- Karen Goodman PT, DPT, NCS & Katherine Kroh PT, DPT, NCS  
**OR**  
b. **“Launching Beyond Entry Level”** - Ben Fung PT, DPT, MBA  
3. **3:45–4:35 pm**  
a. **“Be a Chef, not a Cook. Return to Play Protocol Development”**  
- Carlos Berio PT, DPT, MS, CSCS, CMTPT  
**OR**  
b. **“10 Tips to Maximize the Functional Outcomes for Persons with Amputations**  
- Kelly McGaughey PT, DPT
- 4:40–5:30 Happy hour with exhibit hall
- 5:30–? Restaurant happy hour

# Registration Form:

SEND TO: VPTA, 1055 N. FAIRFAX ST. SUITE 205, ALEXANDRIA, VA 22314

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Nickname on Badge \_\_\_\_\_

APTA Membership #: \_\_\_\_\_

Address \_\_\_\_\_

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

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

E-mail (required) \_\_\_\_\_

PT  PTA  SPT  SPTA

I have special needs and may require accommodation in order to fully participate in this meeting (please specify):  
\_\_\_\_\_

I have special dietary needs (please specify):  
\_\_\_\_\_

FULL CONFERENCE 3 DAYS	Early-bird Rate (9/19/16)	Regular Registration	Fixed Rates  ONE DAY ONLY
PT Member of VPTA	\$395	\$475	\$245
PT Nonmember	\$515	\$615	\$355
PTA Member of VPTA	\$300	\$345	\$195
PTA Nonmember	\$390	\$490	\$240
Student Member of VPTA	\$140	\$200	\$95
Student Nonmember	\$220	\$260	\$130
Corporate Rate* PT	\$325	\$410	
Corporate Rate* PTA	\$240	\$300	

Please contact the VPTA offices to register for the Corporate Rate.

\*Corporate Rate: Must include 3+ APTA Members (att ending all 3 days from the same employer).

			TOTAL
Registration Fees (From Chart Above)			\$ _____
Friday and Saturday 10/8 & 10/9: Lab fee for initial pediatric vestibular rehabilitation	# ___ x \$100		\$ _____
Saturday 10/8: Business Lunch <i>Needed if you are attending Friday only and would like to attend the Saturday lunch or if you have a guest.</i>	# ___ x \$30 (Fri Only/Guests)		\$ _____
Sunday 10/9: Scott Sullivan Fun Run	# ___ x \$10		\$ _____
<b>TOTAL AMOUNT:</b>			<b>\$ _____</b>

## Method of Payment:

Check (Make checks payable to Virginia Physical Therapy Association)  
 Credit Card: Please charge my  MasterCard  Visa  American Express

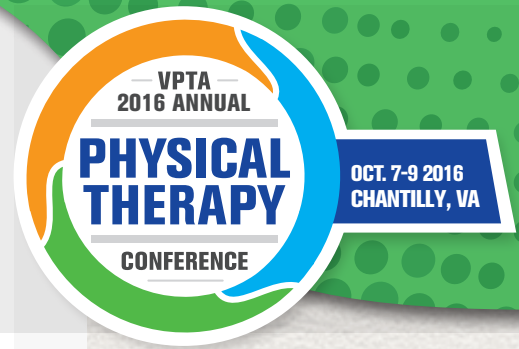
Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Name on Card \_\_\_\_\_

Billing Address: \_\_\_\_\_

Authorized Signature \_\_\_\_\_

\*\* Allow 2 weeks for processing. Earlybird Registration deadline is September 19, 2016. Full conference fees apply after that date. Cancellations: A refund, less \$50 administrative costs, will be issued for written requests emailed/postmarked by October 3rd. No refunds permitted after October 3, 2016. Questions? Call 800-765-7848 xt 7125.



Please make sure to check the box next to the session you will be attending:

### FRIDAY ONLY:

- Is it Ever JUST a Concussion?  
A PT's guide to comprehensive concussion management (6.5 contact hours)
- Shoulder Injuries in the Contact Athlete  
(3.25 contact hours - am)
- Ortho Session  
(3.25 contact hours - pm)

### FRIDAY & SATURDAY

- Introduction to Pediatric Vestibular Rehabilitation  
Limited to 20 participants, Extra \$100 lab fee (15 contact hours)

### SATURDAY ONLY

- Migraine  
It's so much more than a headache (7.5 contact hours)

### SATURDAY & SUNDAY

- Lower Quarter Running Assessment  
(11 contact hours)
- Early Mobilization in the ICU  
(11 contact hours)
- Pharmacology  
(11 contact hours)

