

# 2010

# KPTA Spring Conference

Kansas Physical Therapy Association 2010 Annual Spring Conference April 9-11, 2010 Wichita, Kansas

## Evidence-Based Examination and Intervention of the Hip Joint

Michael P. Reiman, PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS

## Beyond the Motor Deficits of Stroke: The Impact of Cognition and Sleep on Functional Performance and Learning

Patricia S. Pohl, PT, PhD  
Catherine Siengsukon, PT, PhD

## Meeting of the Minds: Raising the Bar in Cancer Care

Mary Calys, PT, DPT, MS, BSW, CES  
Peggy Eldredge, RN, MS, AOC, CBCN, APRN,  
Carrie Michel, MS, RD, LD, CSO

## Physical Therapy Practice Issues

Candy Bahner, PT, DPT    Daryl Menke, PT, DPT, MCMT    Greg Arnett, JD

## Research Platform Presentations

PHYSICAL THERAPIST CLINICAL INSTRUCTOR PERCEIVED BENEFITS AND RESERVATIONS OF THE CLINICAL INSTRUCTOR ROLE

Bahner C, Greenwood DE, Ha H, Harris D, & Knabe TL

THE EFFECTS OF PHYSICAL THERAPY IN REDUCING CANCER-RELATED FATIGUE: A PILOT STUDY

Calys MA, Stehno- Bittel LA, Lichtenberger JA, Penner LM, Spencer KD

PREDICTIVE VALIDITY OF THE PREMIE-NEURO AT TERM AND THREE MONTHS ADJUSTED AGE

Gagnon K, Cannon S., Gajewski B., Stehno- Bittel L., Weatherstone K.

EXECUTIVE FUNCTION IN ADULTS WITH DIABETES MELLITUS: A PILOT STUDY

Rucker JL, Jernigan SD, McDowd JM, Pohl PS, Kluding PM



### Conference Hotel

Hilton Wichita Airport  
2098 Airport Rd  
Wichita, KS 67277  
Phone: 316-945-5272

*Move Forward.*  
Physical Therapy Brings Motion to Life



## Spring 2010 Conference Schedule

### THURSDAY, April 8, 2010

1– 4pm EC Meeting  
5-9pm BoD Meeting

### FRIDAY, April 9, 2010

7:00 a.m. - 8:00 p.m. Registration & Information Table Continental Breakfast  
8:00a.m. - 4:00 p.m. Educational Sessions

- I. **Beyond the Motor Deficits of Stroke: The Impact of Cognition and Sleep on Functional Performance and Learning** Patricia Pohl, PT, PhD and Catherine Siengsukon, PT, PhD *6.75 CE's*
- II. **Meeting of the Minds: Raising the Bar in Cancer Care** Mary Calys, PT, DPT, Peggy Eldredge, RN, MS, AOC, CBCN, APRN, and Carrie Michel, MS, RD, LD, CSO *6.75 CE's*

10:00 a.m.—10:15 a.m. Break (food/beverages provided)  
12:00 p.m.— 1:00 p.m. Lunch (on your own)  
1:00 p.m.– 4:15 p.m. Educational Sessions

- I. **Beyond the Motor Deficits of Stroke: The Impact of Cognition and Sleep on Functional Performance and Learning** Patricia Pohl, PT, PhD and Catherine Siengsukon, PT, PhD
- II. **Meeting of the Minds: Raising the Bar in Cancer Care** Mary Calys, PT, DPT, Peggy Eldredge,
- III. **Evidence-Based Examination and Intervention of the Hip Joint** Michael Reiman, PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS *12.5 CE's (Must attend Friday, Saturday, and Sunday sessions to receive credit)*

2:30 p.m.— 2:45 p.m. Break (food/beverages provided)  
6:00 p.m.— 9:30 p.m. Issues Forum *3.5 CE's*

### SATURDAY, April 10, 2010

7:00 a.m. - 5:00 p.m. Registration & Information Table Open  
7:00 a.m. - 8:00 a.m. Continental Breakfast provided  
7:00 a.m. - 9:00 a.m. Exhibits Open  
8:00 a.m. - 9:00 a.m. Welcome & Opening Session -Research Platform Presentations *1 CE (Posters may be viewed during break)*  
9:00 a.m. - 5:45 p.m. Educational Sessions

- I. **Evidence-Based Examination and Intervention of the Hip Joint** Michael Reiman, PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS *15 CE's (Must attend Friday, Saturday, and Sunday sessions to receive credit)*
- II. **Physical Therapy Practice Issues** Candy Bahner, PT, DPT, Daryl Menke, PT, DPT, MCMT, Greg Arnett, JD *5.5 CE's*

10:15 a.m. - 11:00 a.m. Morning Breaks: *(Beverages available)* Exhibits Open  
*10:15 a.m. - 10:45 a.m. Evidence-Based Examination and Intervention of the Hip Joint*  
*10:30 a.m. - 11:00 a.m. Physical Therapy Practice Issues*

12:00 p.m. - 2:00 p.m. KPTA Business Meeting Luncheon  
2:00 p.m.- 2:30 p.m. Break Exhibits Open  
2:30 p.m.- 5:45 p.m. Educational Sessions continued  
4:00 p.m. - 4:30 p.m. Afternoon Breaks: *(Snacks and beverages available)*  
*4:00 p.m. - 4:15 p.m. Evidenced-Based Examination and Intervention of the Hip Joint*  
*4:15 p.m. - 4:30 p.m. Physical Therapy Practice Issues*

### SUNDAY, April 11, 2010

7:45 a.m. - 8:15 a.m. Continental Breakfast provided at WSU Physical Therapy Program  
8:15 a.m. - 12:30 p.m. Educational Lab Session — WSU Physical Therapy Program

- I. **Evidence-Based Examination and Intervention of the Hip Joint** Michael Reiman, PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS *12.5 CE's (Must attend Friday, Saturday, and Sunday sessions to receive credit)*

10:15 a.m.- 10:30 a.m. Break (Beverages available)

Attendees are responsible for downloading handouts — KPTA will not provide copies of handouts at conference  
Links for downloading handouts will be provided in attendee registration confirmation

**KPTA Elections for Secretary, Treasurer, Chief Delegate, and Nominating Committee  
will be held at the KPTA Business Meeting Luncheon, Saturday, April 10, 2010.**

If you are unable to attend and would like to request an absentee ballot contact the KPTA office no later than March 1, 2010

# KPTA Spring Conference • April 9-11, 2010 • Hilton Wichita Airport

## Registration Form

One registrant per form • Please print clearly

Name to be used for badge \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Work Phone (\_\_\_\_\_) \_\_\_\_\_  
 Home Phone (\_\_\_\_\_) \_\_\_\_\_  
 Email Address \_\_\_\_\_

APTA Member number \_\_\_\_\_  Nonmember

**CHECK ALL THAT APPLY:**

- DPT  PT  PTA  Life Member  Retired Member  
 Student/School \_\_\_\_\_  
 New Professional (5 years of practice or less)

**Courses** (Please check all that apply)

- Friday, April 9 • **Meeting of the Minds: Raising the Bar in Cancer Care**  
 Friday, April 9 • **Beyond the Motor Deficits of Stroke: The Impact of Cognition & Sleep on Functional Performance & Learning**  
 Friday, April 9 • **Issues Forum**  
 Friday/Saturday/Sunday, April 9-11 • **Evidence-Based Examination and Intervention of the Hip Joint**  
 Saturday, April 10 • **Business Meeting Luncheon**  
 Saturday, April 10 • **Physical Therapy Practice Issues**

**Registration Fees**

Registration fees include admittance to your course(s) of choice, KPTA Research Platform Presentations, the Issues Forum, Exhibit Hall, continental breakfasts and breaks. **\*\* 1, 2, and 3 Day registration fees includes the Friday Issues Forum and Research Platform.**

If received by March 8 MEMBER CATEGORY	Issues Forum				Received after March 8			
	1Day	2Days	3Days	3Days	Issues Forum	1Day	2Days	3Days
PT Member	\$45	\$140	\$255	\$320	\$65	\$160	\$305	\$370
PTA Member	25	115	190	255	35	135	240	305
PT/PTA Student Member	10	30	45	75	30	50	65	95
Retired or Life Member	10	30	45	60	20	50	65	80
PT Nonmember	75	200	320	380	95	220	370	430
PTA Nonmember	60	150	260	320	80	170	310	370
PT/PTA Student Nonmember	20	40	60	90	40	60	80	110

**CONFIRMATIONS** with link to downloads for handouts will be sent via e-mail for registrations received by March 28. Registrations received after that date are contingent upon space availability.

**CANCELLATIONS & SUBSTITUTIONS:** Written cancellations received by March 22 will be refunded minus an administrative fee of \$50.00. Substitutions are permitted providing the substitute attends the same course(s) as the original registrant. No refunds granted after March 22.

**GROUP RATE: 10% discount if 3 or more register together using one payment method.**

I have these special dietary needs: \_\_\_\_\_ I require these accommodations: \_\_\_\_\_  
 \_\_\_\_\_ I do not have computer access to download handouts.

**Registration Fee** (see member categories and rates above) \$ \_\_\_\_\_  
**Group Discount** (If three or more register together) \$ - \_\_\_\_\_  
**GRAND TOTAL** \$ \_\_\_\_\_

I am registering as part of a group.  
**Group Name:** \_\_\_\_\_  
**Others in group are:** \_\_\_\_\_

**Payment** Checks, money orders and VISA/MasterCard/Discover accepted.

Sorry, we cannot accept purchase orders.

Check enclosed. (Payable to KPTA)  Charge \$ \_\_\_\_\_ to:  Visa  MC  Discover Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Card # \_\_\_\_\_ CVV # (3 digits from back of card) \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

Mail or fax this form with either credit card information or check payable to KPTA

KPTA ■ 2900 SW Plass Ct, Ste 202 ■ Topeka, KS 66611 ■ Fax to: 785-290-0476

Phone: 785-233-5400 E-mail: [kpta@kpta.com](mailto:kpta@kpta.com)

### **Evidence-Based Examination and Intervention of the Hip Joint**

The regional interdependence between the hip joint and other areas of the body (primarily the low back and knee) is an area of current interest in the literature. The specifics of such a relationship will be discussed. Various pathologies are also directly related to the hip joint itself. The specifics of some of the major pathologies will also be discussed. Surgical procedures of the hip require careful and systematically planned rehabilitation strategies for the best outcomes. General discussion of various arthroscopic surgical procedures will be discussed in order that the attendee will better understand specific rehabilitation exercises and protocols. Specific exercises and manual therapy techniques, as well as their advantages and disadvantages, will be discussed as they relate not only to the specific surgical procedure, but various clients.

At the conclusion of this course, the learner will:

1. Understand the relationship between the hip joint and other areas, specifically the low back and knee.
2. Understand the major intra and extra-articular pathologies of the hip joint
3. Understand the major limitations regarding post-operative rehabilitation post hip arthroscopic procedures as discussed.
4. Be able to discuss current evidence support for various exercises as they relate to post hip arthroscopy and pathology
5. Recognize proper implementation of various hip manual therapy (mobilization, etc.) techniques

Michael Reiman, PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS is an assistant professor of physical therapy at Wichita State University. He received his doctoral degree in physical therapy from MGH Institute of Health Professions in 2007. Mike completed a 2 ½ year manual therapy fellowship approved program from the American Academy of Orthopaedic Manual Physical Therapists and continues to practice clinically on various sports and orthopedic-related injuries. Mike is certified as a clinical specialist through the American Physical Therapy Association in both orthopaedics and sports medicine.

### **Beyond the Motor Deficits of Stroke: The Impact of Cognition and Sleep on Functional Performance and Learning**

Individuals with similar motor deficits after stroke achieve different levels of functional independence. This lecture-based course will focus on the impact of changes in cognition and disorders in sleep that can affect physical rehabilitation.

Upon conclusion of this course, the learner will be able to:

1. Describe control deficits in the less affected UE after stroke
2. Explain how cognition can influence movement and function
3. Extrapolate these research findings into implications for practice
4. Differentiate between implicit and explicit learning
5. Describe the influence explicit instruction may have on implicit learning
6. Discuss research findings that demonstrate sleep promotes learning for select populations

Patricia S. Pohl, PhD received her M.S. in physical therapy from the University of Southern California, and her PhD in biokinesiology from the same university. She is a professor at the University of Kansas Medical Center in the Department of Physical Therapy & Rehabilitation Science. Dr. Pohl's research interest is primarily in stroke rehabilitation, specifically in motor control of the less affected upper extremity and the interaction of cognition and movement control.

Catherine Siengasukon, PT, PhD received a Master's in Physical Therapy from Rockhurst University and a PhD in Rehabilitation Science from the University of Kansas Medical Center. Dr. Siengasukon is currently a Research Assistant Professor in the Department of Physical Therapy & Rehabilitation Science at the University of Kansas Medical Center, where she teaches Neuroscience in the DPT curriculum and Medical Imaging in the post-professional DPT curriculum. Her current research focuses on understanding the role of sleep in motor skill learning in individuals with stroke.

### **Meeting of the Minds: Raising the Bar in Cancer Care**

Recent advances in oncology have led to earlier detection, improved treatments and increased survival rates. However, it is not uncommon for patients fighting cancer to experience long-term physical, psychosocial, emotional, cognitive, spiritual and economic sequelae as a result of the disease process or its treatment. Oncology professionals are increasingly challenged to establish supportive cancer services to address diminished quality of life factors. This course will identify specific concerns for the rehabilitation professional and suggest a paradigm toward establishing an oncology supportive care model.

Upon conclusion of this course, the learner will be able to:

1. Identify the key components of an oncology supportive care model.
2. Describe potential toxicities of cancer treatment that may benefit from physical therapy intervention.
3. Discuss the impact of cancer and cancer treatment on nutritional states, functional performance, and quality of life.
4. Understand risk factors that may indicate referral for genetic testing/counseling.

Mary Calys, PT, DPT, MS, BSW, CES, is the Coordinator of Cancer Rehabilitation and Fatigue Management at North Kansas City Hospital, Kansas City, Mo. She is a certified Cancer Exercise Specialist with expertise in the study of fatigue in patients fighting cancer and other chronic disease. She provides physical therapy intervention from the time of diagnosis through survivorship, with a primary focus on quality of life and lifestyle behavioral change.

Peggy Eldredge, RN, MS, AOC, CBCN, APRN, Oncology Clinical Nurse Specialist, North Kansas City Hospital.

Carrie Michel, MS, RD, LD, CSO, Clinical Oncology Dietitian, North Kansas City Hospital.

## Physical Therapy Practice Issues

Discuss and clarify documentation, reimbursement, and practice issues

Upon conclusion of this course, the learner will be able to:

1. Discuss current reimbursement and documentation issues pertaining to physical therapy.
2. Understand restrictive elements of limited direct access for Kansas physical therapy licensees.
3. Discuss little known facts pertaining to the practice of physical therapy in Kansas.

**Candy Bahner, PT, DPT**, received her BS in Physical Therapy from KU, a Masters in Education from Pittsburg State and DPT from Simmons College in Boston. Ms. Bahner is the Director of Clinical Education for the Doctorate of Physical Therapy Program at Wichita State University. Also she is working one day a week in a private practice clinic. She has served as an officer for the KPTA and as Chair of various KPTA committees. She has also served as the Chair and as a member of the Kansas Board of Health Arts Physical Therapy Advisory Committee.

**Daryl Menke, PT, DPT, MCMPT**, has been a Physical Therapist for 26 years and is currently teaching in the PTA program at Kansas City Kansas Community College. He received his Bachelors of Science in Physical Therapy from Wichita State University and a Doctorate in PT from KU. He was previously the Vice-President of the KPTA and is the current Reimbursement Committee Chair of the KPTA.

**Greg Arnett, JD**, is the assistant general counsel of the Kansas State Board of Healing Arts.

### Research Platform Presentations — Saturday April 10 1 CE

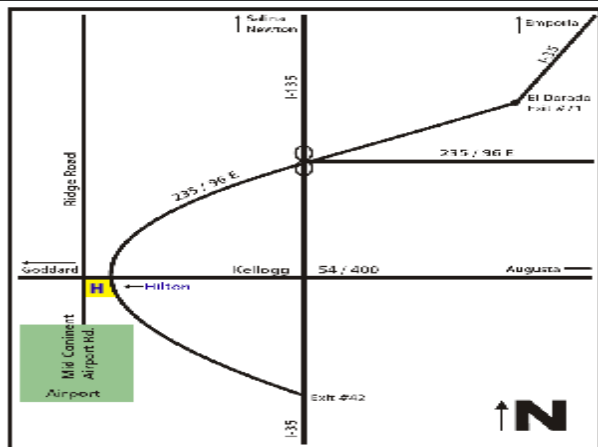
PHYSICAL THERAPIST CLINICAL INSTRUCTOR PERCEIVED BENEFITS AND RESERVATIONS OF THE CLINICAL INSTRUCTOR ROLE Bahner C, Greenwood DE, Ha H, Harris D, & Knabe TL

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EXECUTIVE FUNCTION IN ADULTS WITH DIABETES MELLITUS: A PILOT STUDY  
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**CONFERENCE LOCATION AND HOTEL**  
**Hilton Wichita Airport Executive Conference Center**  
2098 Airport Rd , Wichita, KS 67207 Phone: (316) 651-0333



### HOTEL RESERVATIONS AND RATES

A block of rooms has been reserved at the Hilton Wichita Airport Hotel, 2098 Airport Rd, Wichita, KS 67277. A special room rate of \$90.00 per night plus applicable state and local taxes has been negotiated.

To make sleeping room reservations please call the Hilton at 800-247-4458 or (316) 945-5272 between 8:00 a.m. and 5:30 p.m. CST. When you register, you must mention that you are attending the KPTA Spring Conference to receive the special room rate.

**Reservations must be made by March 26, 2010** to insure availability. After that date, reservations will be on a space available basis only and the rate you are charged may be higher. The hotel phone number (316) 945-5272 should be left with family for messages and emergency notification.

### Proposed KPTA By-Laws Revision & January 1, 2011 Dues Increase

Voting on proposed: By-Laws revision and the KPTA dues increase is scheduled for April 10, 2010 during the KPTA Business Meeting. The proposed By-Laws revision may be viewed at

[http://www.kpta.com/members/Business\\_meeting\\_minutes.php](http://www.kpta.com/members/Business_meeting_minutes.php)

Increase PT dues to \$95 and PTA to \$55.

### Evidence-Based Examination and Intervention of the Hip Joint

Will be capped at 64 participants

Lab will be held Sunday morning at  
WSU Physical Therapy Program site:  
358 N Main, Wichita, KS

### Trade Show

Exhibits will be open for viewing on:

Friday, April 9: 4-6pm

Saturday, April 10:

7-9am, 10:15- 11:00am, 2-2:30pm

Stop by and visit with the exhibitors!

**Poster Presentations Appearing in Exhibit Hall Saturday April 10**

MEASURING THE PHYSICAL ACTIVITY LEVEL OF TWO CHILDREN WITH COMBINED CEREBRAL PALSY AND INTELLECTUAL DISABILITY  
Bengtson M.M., Blake S.D., Collins L.K., Runge J.R., Pitetti K.

THE RELATIONSHIP OF PLANTAR FLEXION STRENGTH TO FUNCTIONAL BALANCE IN OLDER ADULTS  
Droegemeier A., Ensz K.A., Hildebrand D.M., Moore K., Wilson C.

THE EFFECTS OF VOLUNTARY EXERCISE ON PANCREATIC ISLETS IN TYPE 1 DIABETIC MICE  
Huang H., Windscheffel J., Mason K., Power M., Farmer K., Wright D., Stehno-Bittel L.

FALL RISK ASSESSMENT IN PEOPLE WITH DIABETIC PERIPHERAL NEUROPATHY Jernigan SD, Rucker JR, Kluding PM

BALANCE AND GAIT IN ADULTS WITH VERY MILD ALZHEIMER'S DISEASE: A PILOT STUDY Kanaan SE, Pohl PS  
Reiman MP, Stovak M, Dart BR

USE OF A MOBILE LIFT TO FACILITATE EARLY GAIT IN A VENTILATOR DEPENDENT GERIATRIC PATIENT WITH TRAUMATIC CENTRAL CORD SYNDROME: A CASE REPORT Stiefkes LR

THE IMPACT OF SLEEP AND INSTRUCTION ON LEARNING A CONTINUOUS TASK IN YOUNG ADULTS  
Siengsukon, C.F., Lezi, E., Matthews, K., Musil, E.

CHANGES IN LYMPHATIC BIOMARKERS IN DIABETIC CARDIAC DYSFUNCTION AND THE PROTECTIVE EFFECTS OF EXERCISE TRAINING  
VanHoose, L.D., Novikova, L., Loganathan. R., Sawers, Y., Vacek, J., Stehno-Bittel, L., Smirnova, I.V.

BALANCE AND OBESITY IN ADULT PATIENTS REFERRED TO PHYSICAL THERAPY  
Wisdom C., Keenan D., Nelson S., Cheers A., Boyce H., Kluding P.M.

Kansas Physical Therapy Association  
2900 SW Plass Court, Suite 202  
Topeka, KS 66611

