

NH APTA 2012 Evening Lecture Series

January 19

Geriatric Clinical Tests and Measurements by Judy Thackaberry

Objective tests and measures are emerging as the standard of care in Physical Therapy. Medicare regulations specify this as an expectation of documentation. There are a myriad of tests and measures out there. This lecture will present an overview of selected tests and measures appropriate to Physical Therapy for use with adults and geriatric patients with a variety of conditions.

February 9

Understanding and Applying Intramuscular Manual Therapy (aka) Trigger Point Dry Needling by Steve Coppola, DPT

This course will help introduce Intramuscular Manual Therapy in terms of some theory, indications, contraindications and philosophies of techniques. We will go into some detail about trigger points and their characteristics. You will also see a demonstration of the techniques using volunteers from the class.

March 8 - Chapter Meeting will begin at 6pm A Treatment-Based Classification for the Conservative Management of Patients with Lumbopelvic, Neck and Hip Pain by Melanie Bieniek

The objectives for this lecture will:

*utilize evidence-based clinical examination skills for patients with lumbopelvic, neck or hip disorders.

*synthesize examination findings to establish an accurate diagnosis consistent with the classification system for low back, neck, and hip pain.

*understand how physical therapists incorporate information from self-report measures, the history, and physical examination to guide evidence-based decision-making for patients with low back, neck and hip pain.

April 14

I Can't Remember What I Forgot - Clinical Symptoms in TBI by Dawn Dickson, SLP, CBIS

This course will discuss basic neuroanatomy, causes of memory problems, compensatory strategies that all therapists can use, visual VS auditory memory, and left brain/right brain/both brains. The objective of this lecture is for participants to understand the who, what, why and how of memory disorders and to have some useable memory/cognitive strategies to help keep patients safe.

May 10

Upper Extremity Management post CVA: Integrating Evidence and Clinical Practice by Lynn Wong

Following a CVA, 80-90% of individuals present with some level of hemiparesis. Six months following an acute CVA, 65% of individuals are unable to use their affected UE in a functional manner. These statistics have led to ongoing research regarding the best means to rehabilitate the affected upper extremity post stroke. What is considered current best practice? How can this be integrated into today's clinic environment?

June 14

A Patient Focused Approach to Integrating Evidence into Daily Practice: An Interactive Lab Based Course on Finding, Appraising, and Incorporating Evidence by Christopher Herd, PT, DPT, CSCS and Eric Gattie, PT, DPT, ATC, CSCS

Please bring laptops, if available and research questions!

With the ever rising costs of healthcare the incorporation of best evidence into practice is as important as ever. However the process of locating and appraising evidence prior to incorporation into practice can often be a daunting task for the working clinician. This course will review principles of evidence-based medicine including how to construct a well-built clinical question, efficient methods of searching for and locating evidence, and critical appraisal.

Sept 20 - Chapter Meeting will begin at 6pm Sensory Intervention by Deb Nervik, PT, MHS, DPT, PCS

Sensory impairment is the result of insult to the nervous system which may lead to limitations in activity, functional disability, and increased risk of injury and/or secondary impairment.

Hyposensitivity (low response) can include anesthesia (total loss of sensation), partial or poor (low) registration of sensation, reduced sensory discrimination, and/or sensory neglect, while hypersensitivity (high response) can include sensory defensiveness, sensory avoidance, or paresthesia (altered or painful sensation). Intervention for sensory dysfunction entails a combination of working to facilitate recovery and working to help compensate for impairments that are or may become permanent. The decision to choose interventions focusing on recovery or compensation often depends on the diagnosis and medical status and may change over time depending on patient progress.

Interventions chosen should be based on evidenced based practice: a blend of current research evidence, therapist clinical judgment, and individual patient values. Sensory interventions for hyposensitivity and hypersensitivity to be discussed include: sensory integration, Wilbarger brushing program, functional training, sensory retraining, electrophysical agents, monochromatic infrared energy, compensatory strategies, vibration, intermittent pneumatic compression, and thermal modalities. (Interventions for paresthesia will not be addressed) Brief overviews of each intervention will be provided along with case examples to illustrate clinical applications. Discussion of available evidence and future research needs will be included.

October 11 – Annual Meeting at 6pm Current Concepts for Treating the Temporomandibular Joint by Dana Sackos, PT

This course will review of joint assessment from physical therapy perspective. It will also provide classification of disorders and review of treatment techniques along with current evidence for treatment.

Location

Franklin Pierce University - Manchester Campus
670 North Commercial Street,
Jefferson Mills Entrance, Suite 206
Manchester, NH 03101

All classes begin at 7:00 pm / end at 9pm
Two contact hours awarded at conclusion of each lecture.

How can you contact NH APTA?

Phone: (603) 369—3049

Email: nhapta@leahymg.com

Due to the popularity of some of our courses this year, we may not be able to accept registrations at the door for full classes. Don't delay, register today.

If there is availability to register at the door

Cost is \$8.00 more at the door.

Telephone and online reservations must be made by Tuesday noon prior to lecture

Refund Policy: No refunds, however a substitute will be welcome if NH APTA is notified by noon Tuesday

Weather Advisory

A decision to postpone, if needed, will be made at 4:00 PM. Please check to the Chapter website at www.nhapta.org. We will also attempt to email or call registered attendees.

NH APTA 2012 Weekend Courses

Mark your calendar

April 21 and 22

Advanced Exercise Prescription: Effective Testing & Interventions for the Complex Patient

by Steven Tepper, PT, PhD

November 10 and 11

Geriatric Strengthening

by Wendy K. Anemaet, PT, PhD, GCS, CWS, GTC, COS-C

Education Committee

The Chapter's sincere thanks go out to each of these committed volunteers who serve their colleagues by producing opportunities for continuing growth in the profession.

Judy Thackaberry, PT, MPT, GCS

Lynn Wong, PT, DPT, MS, GCS

Denise Noel White, PT

Kit Burnham, PT

Sheryl Cheney, PT

Olga McSorley, PT, DPT

Deb Nervik, PT, MHS, DPT, PCS

Micki Harris, PT, DPT

Thank you one and all!

For further course descriptions:

Visit www.nhapta.org/events

Register securely online with a credit card or PayPal
Register for each class or the entire series.

Register by mail:

Please make checks payable to NH APTA

Mail to:

NH APTA
15 North River Rd
Tolland, CT 06084

✂ **Registration Form**
(duplicate as needed)

Name _____

Designation : PT, PTA, etc

Address _____

Tel No. _____

E-mail _____

Lic No. & State _____

APTA member yes no

Please check:

- Jan 19** *Geriatric Clinical Tests and Measurements*
- Feb 9** *Understanding and Applying Intramuscular Manual Therapy (aka) Trigger Point Dry Needling*
- March 8** *Evidence Based Clinical Guidelines for the Orthopedic Population*
- April 12** *I Can't Remember What I Forgot - Clinical Symptoms in TBI*
- May 10** *Upper Extremity Management after CVA*
- June 14** *A Patient Focused Approach to Integrating Evidence into Daily Practice:*
- Sept 20** *Sensory Intervention*
- Oct 11** *Current Concepts for Treating the Tempromandibular Joint*

Cost:

APTA member	non-APTA
\$25.00 per lecture*	\$42.00 per lecture*
\$140.00 for all 8	\$260.00 for all 8

* when purchased singly

Student (with ID) \$12.00
(It being understood that a student has not attained an entry level physical therapy degree.)

Make checks payable to: NH Chapter APTA

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