

NH APTA 2010 Evening Lecture Series

January 14

(Snow date January 21, 2010)

Technologic Advances in Spinal Surgery
Travis Palmer, PA-C

February 11

(Snow date February 18, 2010)

Functional Approach to Low Back Pain
Adam Cugalj, DO

Course Objectives:

- 1) To discuss and review common causes of low back pain.
- 2) To review various therapeutic approaches to treating low back pain.
- 3) To discuss a biomechanical and functional approach to treatment of these lumbar spine conditions.
- 4) To review and discuss incorporation of various modalities and manual treatments to assist the active interventions.
- 5) Discuss approaches to developing a home exercise and maintenance program.

This presentation will focus on an active and functional approach to the assessment and treatment of patients with mechanical low back pain. I will review various assessment tools and maneuvers and how to incorporate this into clinical practice. This is intended to be an interactive presentation with discussion.

March 11

(Snow date March 18)

Updates in Prenatal and Postpartum Care: A Rehabilitation Approach
Sheryl Cheney

Chapter Business Meeting at 6:00pm

Course Description:

This course will cover evaluation and treatment techniques that can be directly applied to the pregnant and post partum patients in an outpatients in an outpatients in an outpatient setting.

The participants will gain a better understanding of the anatomy and physiology of the pregnant and post partum patient and how it applies to these patient populations. The latest evidence will be reviewed for treatment of pregnancy related thoracolumbar disorders, sacroiliac and pubic asymmetries, rib dysfunction and postural malalignments causing pain and limitation.

April 8

Swing into Golf
Dana Sackos

Course Description:

Review of neutral spine position for training stance and swing position for golfers. Identification of common swing

faults and tips to retrain posture and position. Pre-season, In-season and Pre-round stretching and exercises.

Course Objectives:

Participants will be able to identify key components of neutral spine posture for stance
Identify appropriate swing plane for golf swing
Appropriately identify stages of the golf swing
Understand appropriate exercise prescription for subgroups of golfers, base on commons swing faults

May 20

Post Stroke Locomotor Control
Susan O'Sullivan, EdD,PT

Course Description

This presentation will review CNS control mechanisms for normal gait as well as the locomotor goals and requirements for adaptive gait. Research on the gait characteristics and recovery of patients with stroke and the effects of various different locomotor training programs will be discussed. Effective outcome measures for locomotor ability will be reviewed.

The learner will:

1. Demonstrate understanding of the neural control mechanisms for gait and the requirements for adaptive, community mobility.
 2. Analyze recent research in Post Stroke Locomotor Training and discuss appropriate outcome measures.
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June 10

Considerations in Screening the Older Driver for Safety and Competence
Lynn Wong , PT, DPT, MS, GCS

Course Description:

In many areas of the country, driving a car is equivalent to remaining independent. Therefore, many elderly individuals are reluctant to give up driving unless it is absolutely necessary. As proactive physical therapists, driving safety can and should be considered part of instrumental activities of daily living (IADLs). This course is designed to give therapists the tools and knowledge to screen the elderly driver to determine his continued safety behind the wheel.

Course Objectives: Upon completing this course the participant will:

1. Identify and discuss issues related to safe driving in older adults
2. Recognize medical conditions and medications that may influence individuals' driving ability.
3. Be able to perform predriving assessment and functional testing of driving ability and analyze the findings effectively
4. Determine impairments and functional limitations which affect driving which may be improved with PT intervention
5. Identify other professionals who may assist in improving driving independence
6. Discuss methods of counseling persons who should no

longer drive.

September 16

Animal Physical Therapy

Jennifer Brooks, PT and Charlie Evans

Chapter Business Meeting—6:00pm

Animal Rehabilitation is a rapidly growing field of physical therapy practice. Our profession has much to offer animals and their owners in the promotion of functional recovery in shorter amount of time with better outcomes. The use of modalities is applicable to all mammals to help promote the healing process, decrease pain, and edema, as we know to be successful in the human population. The application of therapeutic neuro-motor exercises assists in the animal becoming upright, strong and stable to be able to move into safe locomotion. Come join us for a night of exploration as to how physical therapy treatments commonly used in our human population can be adapted and applied to our animal friends for the benefit for faster recovery.

Objectives: Attendees will

1. Gain exposure and understanding of common ailments specific to animals and how they best may be treated.
 2. Understand the risks, benefits, and difficulties to working in the animal world
 3. Understand the changes to our PT Practice Act regulating the practice of animal rehab within the state of NH and throughout the Nation.
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October 21

A Comprehensive Approach to Pelvic Pain

Veronica Triaca, MD and Sheryl Cheney, PT

Objectives:

1. Participants will gain knowledge of evaluation/assessment strategies for women patients with pelvic pain disorders.
2. Understand medications and surgical procedures for pelvic organ prolapse and pelvic pain disorders.
3. Gain a greater understanding of the decision making for physical therapy plan of care in regards to pelvic floor dysfunctions.
4. Participants will be able to understand the behavioral approach to pelvic pain disorders and the role of autonomic nervous system quieting.
5. Know when to refer to another therapist or other medical profession.

This two hours lecture will help to clarify medical and physical therapy diagnosis of female pelvic floor disorders. Dr. Veronica Triaca from the Center for Urologic Care in Concord will speak about her comprehensive approach to these sometimes challenging patients and how a team effort to include Physical therapy, Obstetrics and Gynecologist, Psychologist, Nutritionist combine can result in life changing improvements for this population.

Sheryl Cheney P.T. from Concord Hospital rehabilitation services will detail the evaluation and treatment process to include manual internal and external soft tissue and joint mobility, core exercises, pelvic floor strengthening and

relaxation, neuromuscular re education and behavioral strategies. General outpatient therapists will gain an understanding of treatment techniques that can be incorporated into a plan of care even if they do not specialize in women's health.

Weather Advisory

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

How to register for the NH APTA Lecture Series and Full day courses:

1. Register securely online with a credit card or Paypal

Visit www.nhapta.org/events

Click on [register online](#)

You can register for each class or the entire series.

2. Register by mail:

Please make checks payable to NH APTA

Mail to:

NH APTA
15 North River Rd
Tolland, CT 06084

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**

New Location

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

Exit 10 off I 93

All classes begin at 7:00 pm

NH APTA Full Day Courses

April 17 and 18

Muscle Energy and Joint Mobilization for the Lumbar Spine
Richard Murray and David Bostic
Franklin Pierce University—Concord Physical Therapy lab

Nov 6 and 7

Evidence-Based Evaluation and Treatment of the Shoulder
George Davies
Location—TBD

2010
NH Chapter APTA
Evening Lecture Series

All classes begin at 7:00 PM

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| October 21 | Pelvic Pain
Veronica Triaca, MD / Sheryl Cheney |

Two contact hours awarded at conclusion of each lecture.

Please see details about new location and registration

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.

Chair—Judy Thackaberry, PT, MPT, GCS
Sunapee, NH

Denise Noel White, PT
Hollis, NH

Kit Burnham, PT
Bow, NH

Sheryl Cheney, PT
Concord, NH

Lynn Wong, PT, DPT, MS, GCS
Salem, NH

Olga McSorley, PT, DPT
Franklin Pierce University

Deb Nervik, PT, MHS, DPT, PCS
Franklin Pierce University

Thank you one and all!



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

Name _____
Designation : PT, PTA, etc

Address _____

Tel No. _____

E-mail _____

Lic No. & State _____

APTA member yes no

Please check:

- January 14 *Updates in Spinal Surgery*
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- October 21 *Pelvic Pain*

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

15 North River Road
Tolland, CT. 06084

603-369-3049
Fax: 860-656-9069

nhapta@leahymg.com

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