IDAHO PHYSICAL THERAPY ASSOCIATION

IPTA

SPRING CONFERENCE 2018

April 21-22, 2018

RehabAuthority Physical Therapy

5520 N Eagle Rd #102

Boise, ID 83713

14 CEUs

Saturday, April 21, 2018

7:30am-8:00 am
Registration

8:00 am-10:00 am
Course

10:00 am – 10:15 am
Break

10:15 am-12:00 pm
Course

12:00 pm-1:00 pm
Break

1:00 pm – 2:45pm
Course

2:45 pm – 3:00 pm
Break

3:00 pm—4:30 pm
Course

6:00 pm—8:00 pm
PT Pub Night
Barrel 55
3004 N. Eagle Road
Meridian, ID 83646

Sunday, April 22, 2018

8:00 am-10:00 am
Course

10:00 am – 10:15 am
Break

10:15 am-12:00 pm
Course

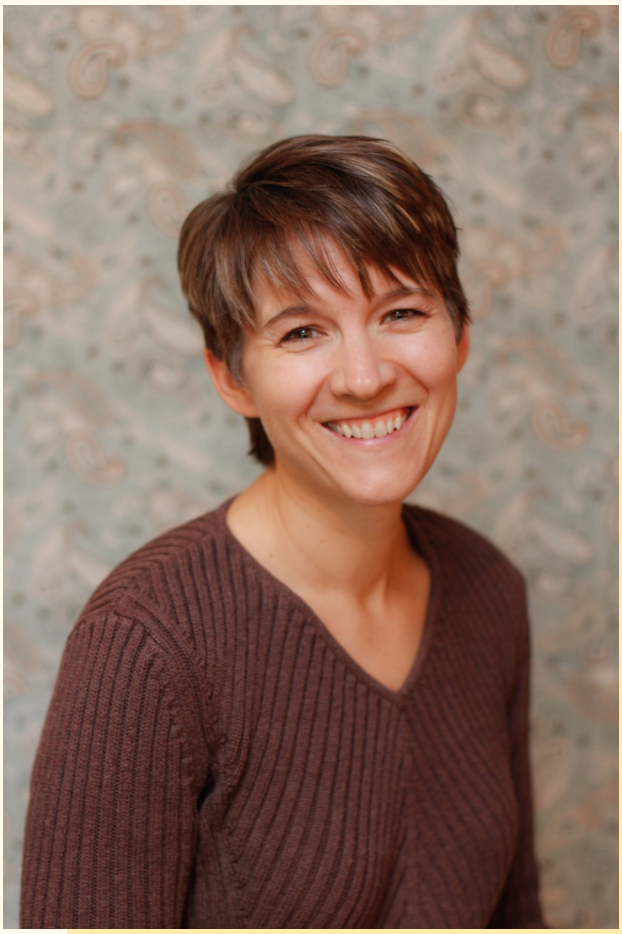
12:00 pm-1:00 pm
Break

1:00 pm – 2:45pm
Course

2:45 pm – 3:00 pm
Break

3:00 pm—4:30 pm
Course

Jess Podolak, PT, DPT, TPS



Jessie received her Master's Degree in Physical Therapy from the College of St. Catherine, Minneapolis, MN, and completed her transitional DPT from Regis University in Denver, CO. She currently owns and operates her community's first entirely direct-pay physical therapy practice, seeing a variety of patients with acute and chronic pain conditions. She has special interests in manual therapy, Pilates, and in treating the runners in her community. She is also interested in the relationship between humor and healing, as well empathy and human connection. She has completed her Therapeutic Pain Specialist certification through the International Spine and Pain Institute. She enjoys family time, running, race-directing, and traveling.

Introduction to Therapeutic Neuroscience Education:
Teaching People About Pain

3.5 CEU

Description

Pain is complex and new paradigms of pain, i.e., neuromatrix, nerve sensitivity, endocrine and immune responses to pain and neuroplasticity has opened various exciting non-pharmacological options in the treatment of pain. One such approach is altering what patients think and believe about their pain. It is well established that patients often have faulty beliefs regarding pain, which in turn may increase fear, catastrophization, pain and disability. The paradox is that patients are interested in pain; especially how pain works. Growing evidence supports that teaching patients more about the neurophysiology and biology of pain allows for decreased pain, increased movement and function, various decreased psychometric measurements and higher compliance with therapy. This lecture, based on the latest neuroscience view of pain, aims to help healthcare providers update their knowledge of pain. Furthermore, the lecture will expose healthcare providers to a newly designed pain neuroscience education language used in various research projects and clinical practice with the aim to help patients achieve success. This session is a must for all healthcare providers dealing with people….in pain.

Objectives

- Analyze how common faulty cognitions impact pain and disability in people with pain
- Justify the need to carefully reanalyze the use of biomedical information to educate patients about pain
- Recognize the evidence supporting pain neuroscience education for people in pain
- Integrate the latest neuroscience of pain into clinical reasoning in people with persistent pain
- Verify how neuroscience education uses metaphors, examples and pictures in an easy-to-understand format for people in pain
- Explain to a patient how the body's alarm system, the nervous system, becomes increasingly sensitive; how it impacts function and how therapy can help.
- Apply concepts, treatments and examples from the class into immediate clinical application

Anatomy and Pathology of the Lumbar Spine

3.5 CEU

Description:

In recent years, there has been an explosion of knowledge in various physical therapy fields, such as manual therapy, motor control, pain science, etc. With the explosion of the "new" material, many have overlooked the advances in the various "older" areas of therapy, including anatomy. Various advances in basic science, such as anatomy, have significant potential to impact physical therapy. The lecture, focusing on the lumbar spine, is designed to provide the clinician with the skills to diagnose common lumbar spine pathologies, recognize subjective and objective signs and symptoms of common lumbar spine pathologies, determine the necessary precautions and contraindications and design comprehensive treatment protocols, including manual therapy, exercise, pain science, neurodynamics, motor control and more. The material covered in this lecture is immediately applicable in the clinic. Topics include common conditions such as disc lesions, nerve root pain, facet joint injuries, aging, spinal stenosis, radiculopathy, sacroiliac joint dysfunction and more. Treatments covered include pain neuroscience education, joint mobilization, traction, neural tissue mobilization, soft tissue treatment, spinal stabilization, sensorimotor retraining and more.

Objectives:

- Clinical Anatomy of the Lumbar Spine
- Upon completion of this presentation, attendees will:
- Develop an updated, evidence-based clinical knowledge of the anatomy of the lumbar spine
- Recognize the clinical importance of the various anatomical considerations including common signs and symptoms
- Be able to translate the information into patient education for various common clinical low back pain issues
- Recognize and be able to articulate the importance of physical treatments such as manual therapy and exercise in the treatment of low back pain
- Readily be able to apply this information into clinical practice

Perioperative Neuroscience Education

3.5 CEU

Description:

The perioperative period is filled with stress, anxiety and fear. All of these psychosocial factors have been associated with poor outcomes. From a neuroscience perspective, the perioperative period is associated with a hypervigilant nervous system. This heightened state of the nervous system and various psychosocial issues have been the target of various perioperative interventions for more than a quarter of a century, including preoperative education, preemptive analgesia, etc. The culmination of this work is the routine preoperative education classes given to patients prior to surgery. From an orthopedic perspective, preoperative education is most prevalent in total knee and total hip arthroplasties. To date, however, three systematic reviews have shown no postoperative benefit to these programs in regards to postoperative pain, range of motion, length of hospital stay and function. Emerging pain neuroscience research has shown that these educational models fail partly due to a heavy focus on procedural and anatomical education, with little to no attention being given to pain-specific education. A newly designed preoperative pain neuroscience education program has shown that teaching patients more about pain prior to surgery leads to various positive outcomes including significant decrease is healthcare utilization after surgery, patient satisfaction and more. This class aims to introduce attendees to the development of the preoperative neuroscience education session, the content, delivery methods and clinical application of such a program for lumbar surgery, total knee arthroplasty and shoulder surgery perspective.

Objectives:

- Understand why a new bio-psycho-social approach was needed to address pain in orthopedic surgery
- Understand the development and validation process of the preoperative neuroscience education program for orthopedic surgery
- Be able to understand the content and delivery methods for the preoperative neuroscience educational program
- Recognize why the preoperative neuroscience educational program produced superior results to the traditional biomedical model being utilized

Everything Hurts:

Education and Exercise for Widespread Pain and Fatigue

3.5 CEU

Description:

What exactly is fibromyalgia? How about chronic fatigue syndrome, Lyme disease or Non-celiac gluten sensitivity? Are these “pain conditions” different, or could they all share a common thread? As chronic pain rates increase, it seems it gets more complex, with “new” diagnoses being introduced all the time. New developments in pain neuroscience may hold the answers, including implications for examination and treatment. Biologically and physiologically, many of these conditions are similar, including brain activation as seen on functional MRI scans. This course aims to delve into the complexity of various widespread pain and fatigue conditions such as fibromyalgia, chronic fatigue syndrome, chronic Lyme disease, non-celiac gluten sensitivity, irritable bowel syndrome, post-traumatic stress disorder and more. This clinical course will help clinicians see how various complex pain issues share some common features including threat activation, various biological and physiological defense mechanisms as well as changes in neurotransmitters and immune system function. This course will showcase the latest science and evidence associated with widespread pain and fatigue and is a must for each clinician. Furthermore, developing a biological understanding of these conditions, pave the way to understand the evidence for treatments such as education, exercise, pacing, graded exposure and more. This course is a must for clinicians working with widespread pain and fatigue

Objectives:

- Develop a biological and physiological understanding of widespread pain and fatigue
- Recognize clinical features associated with each condition covered in the class
- Be updated on the latest evidence in regards to etiology, diagnosis, examination and treatment
- Be able to use therapeutic neuroscience education to help patients develop a greater understanding of their pain experience

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Registration Form

Prefer to register online?

Click here

Name: _____

Member ID:_____

Address: _____

Email: _____

Phone: _____;

Course Fees:

Circle one:	Early Bird (ends March 31)	Regular Rate: (April 1)
PTs Member	$325	$375
PT Non-Member	$375	$425
PTA Member	$225	$275
PTA Non-Member	$275	$325
Student Member	$50	$100
Student Non-Member	$100	$150
(Optional)		
Lunch for Sat. & Sun.	$25	$25
Dietary Notes: -		

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If paying by check, please send this form and check to IPTA, 1055 N. Fairfax St. Suite 205, Alexandria, VA 22315. Check should be payable to IPTA.

If paying by credit card, please consider registering online. If that isn't preferable, please call 800-765-7848 x7115 to register.