

2020 VIRTUAL FALL CONFERENCE

OCTOBER 17, 2020

SCHEDULE	SESSION TITLE	SPEAKER
8:00 – 11:00 am <i>(there will be a 15-minute break)</i>	Managing Difficult Tendon Problems	Karim Khan, MD, PhD, MBA
11:00 am – 12:00 pm	Health Equity – So, What Can I Do Now?	Jim Rivard, PT, DMT Board-Certified Clinical Specialist in Orthopaedic Physical Therapy Fellow, American Academy of Orthopaedic Physical Therapists
12:00 – 1:00 pm <i>(Break 1:00 – 1:30 pm)</i>	APTA Alaska Business Meeting	
1:30 - 4:30 pm <i>(there will be a 15-minute break)</i>	Using Your Hands and Your Head: Adjunctive Interventions and Clinical Decision-Making Considerations for Tendinopathy	Dhinakar (Dhinu) Jayaseelan, PT, DPT Board-Certified Clinical Specialist in Orthopaedic Physical Therapy Fellow, American Academy of Orthopaedic Physical Therapists

MANAGING DIFFICULT TENDON PROBLEMS

Speaker: Karim Khan, MD, PhD, MBA

Course Description:

Tendon injuries are one of the most prevalent causes of pain that physical therapists treat, however many can be quite difficult to manage. This course will review the relevant pathology of tendon injuries, exercise progression and why physical therapists have more to offer than doctors.



Course Objectives:

Upon completion of this session, attendees will be able to:

1. Understand what 'tendinopathy' really is.
2. Understand the role of 'Mechanotherapy' and 'Mechanotransduction' in practice.
3. Understand the physiological pathways that are activated during physical activity/exercise.
4. Understand the types of loading that may apply to physical therapy practice and how these can be used to manage different client groups using relevant case studies.

About the Speaker:

Karim Khan, MD, PhD, MBA is a Professor at the University of British Columbia's Faculty of Medicine. He is an internationally recognized researcher in sports medicine. He has over a 30-year history of collaborating with physiotherapists in clinical practice and research. He is the Scientific Director of the Canadian Institutes of Health Research (CIHR) Institute of Musculoskeletal Health and Arthritis. Since 2008, he has been the editor-in-chief of the British Journal of Sports Medicine, a leading journal with physiotherapy content in the BMJ Publishing Group. He is well known to many sports therapists as an editor of Brukner & Khan's Clinical Sports Medicine (5th edition) which has over 60 physical therapist authors."

HEALTH EQUITY – SO, WHAT CAN I DO NOW?

Speaker: Jim Rivard, PT, DMT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, Fellow, American Academy of Orthopaedic Physical Therapists



Course Description:

Physical therapists, by their nature, tend to want to help. In addressing issues of an equity, both in the profession as well as the delivery of healthcare, there are opportunities for us to help in reducing some of the inequities that exist. Knowing what the problems are is the first step toward any intervention. This short discussion will shine a little light on issues of racial inequity that the field of physical therapy faces in employment, healthcare delivery and education. Clear action steps can follow an honest assessment of our strengths and weaknesses (opportunities for you positive thinkers). Let's talk about what we can do individually, what our businesses/schools can do, as well as how we can influence our profession as a whole. Sounds easy...well, we don't need to solve it all, but we do need to be participants in the process.

About the Speaker:

Jim Rivard is the founder, co-owner and President of MTI Physical Therapy. Four years of post-graduate training specializing in orthopedic manual therapy has made him an expert in a wide range of orthopedic issues: sports rehabilitation, post-surgical rehabilitation, spinal injury, headache, TMJ disorders, work injury and motor vehicle collision. His passion for learning and development of clinical skill culminated in the establishment of MTI Physical Therapy as a teaching clinic for post-graduate training. His clinical achievements have been recognized with the attainment of Fellow in the AAOMPT in 1995 and a Board Certified Orthopedic Clinical Specialist in 1997. He has been honored to currently serve as the President for the American Academy of Orthopedic Manual Physical Therapy, recognized internationally as the primary organization for manual therapy in the United States.

In addition to a clinical practice, Jim Rivard has extensive experience teaching and lecturing on manual therapy and exercise. He has been an instructor for the Ola Grimsby Institute (OGI) since 1992. In 2013 he, along with two associates, has assumed an operational role for the OGI as its Chief Academic Officer. His extensive teaching experience has been shared in more than 250 courses throughout the United States and Internationally in eleven countries. Jim's post-graduate training has included 1 and 2-year Residency and Fellowship programs leading to masters and doctorate degrees.

USING YOUR HANDS AND YOUR HEAD: ADJUNCTIVE INTERVENTIONS AND CLINICAL DECISION-MAKING CONSIDERATIONS FOR TENDINOPATHY

Speaker: Dhinakar (Dhinu) Jayaseelan, PT, DPT, Board-Certified Orthopaedic Clinical Specialist, Fellow, American Academy of Orthopaedic Manual Physical Therapists



Course Description:

Tendinopathy is a common condition seen in the orthopedic and sports medicine settings. Substantial research interest has been devoted to tendinopathy in recent years, with significant advancements achieved in the area of evaluation and treatment. However, despite high-quality studies directed towards histopathological changes, diagnostic challenges and evidence-informed management strategies, tendinopathy remains a challenging and complex condition. Resultantly, it is imperative that additional interventions be examined for their effectiveness for the condition. Manual therapy and trigger point dry needling are commonly used in clinical practice, however the evidence related to their effectiveness for tendinopathy is limited. This course will cover theoretical rationale for utilization of manual therapy and trigger point dry needling for tendinopathy, available evidence, and clinical decision-making in the use of these interventions for patients with tendinopathy. Course content is intended to be rapidly applied.

Course Objectives:

Upon completion of this session, attendees will be able to:

1. Participants will understand the theoretical and clinical rationale for using adjunctive treatments in the management of tendinopathy.
2. Participants will appraise available evidence related to adjunctive treatment options to determine appropriateness for integration to treatment plans.
3. Participants will assess complex and non-complex tendinopathy case-based examples to hypothesize if adjunctive interventions should be included.

About the Speaker:

Dr. Dhinu Jayaseelan is an Assistant Professor within the Program of Physical Therapy. He is a Board-Certified Orthopaedic Clinical Specialist, and a Fellow in the American Academy of Orthopaedic Manual Physical Therapists. He completed his fellowship training at the University of Illinois at Chicago, and advanced manual therapy course work through the Virginia Orthopedic Manual Physical Therapy Institute, where he is now a faculty member. He serves as the Co-Academic Director of the GWU Orthopedic Residency, held in conjunction with the Johns Hopkins Hospital.

Current teaching responsibilities include the management of musculoskeletal dysfunction, movement sciences, and an advanced manual therapy elective. In addition to teaching with the DPT program and numerous post-professional orthopedic programs, Dr. Jayaseelan frequently teaches continuing education courses in orthopedics and manual therapy to practicing clinicians nationwide. Dr. Jayaseelan is actively engaged in research and has numerous peer-reviewed publications, book chapters and monographs related to his content expertise in orthopedics and manual therapy. His primary areas of scholarly inquiry include management of tendon dysfunction, patellofemoral pain, pain science, manual therapy, and outcomes in orthopedic physical therapy. In addition to producing research, Dr. Jayaseelan also serves as a content expert reviewer for a number of peer-reviewed orthopedic, manual therapy and sports journals and as an Associate Editor for the Journal of Manual and Manipulative Therapy.