

# 2020 Rehab Summit AT-A-GLANCE



## Wednesday, July 29, 2020

Time	Pre-Conference Lab
1:00-5:15 pm	<b>SESSION 001</b> Pain Management & Neuroplasticity Using Yoga, Meditation, & Mindfulness See page 18 Betsy Shandalov, OTR/L, RYT, CYKT

Time	Pre-Conference Lab
	<b>SESSION 002</b> Tai Chi to Improve Function & Prevent Falls See page 19 Ralph Dehner, COTA/L, CPT, Tai Chi Master Trainer

## Thursday, July 30, 2020

Time	Keynote Speaker
8:30-9:30 am	<b>CHALLENGE OF CHANGE</b> See page 10 Joe Theismann

Time	Orthopedics	Sports Medicine
9:45-11:45 am	<b>SESSION 101</b> See page 6 The Answer to Chronic Pain: Looking Just Beneath the Surface Joseph LaVacca, PT, DPT, OCS, CFSC, FMS, FMT-C, FRCms, SFMA	<b>SESSION 201</b> See page 7 Manual Therapy to Release the Frozen Shoulder Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS
1:30-3:30 pm	<b>SESSION 102</b> See page 6 The Injured Shoulder: The Strategies, Testing, & Criteria to Determine When to Return to Sports George Davies, DPT, Med, PT, SCS, ATC, LAT, CSCS, PES, CSMS, FAPTA	<b>SESSION 202</b> See page 7 Blood Flow Restriction (BFR) – An Emerging Breakthrough in Rehab Care Michael Lau, PT, DPT, CSCS
3:45-5:45 pm	<b>SESSION 103</b> See page 6 Knee Injuries: A Step-by-Step Guide for Deciding When to Return to Sports George Davies, DPT, Med, PT, SCS, ATC, LAT, CSCS, PES, CSMS, FAPTA	<b>SESSION 203</b> See page 7 Blood Flow Restriction Training to Maximize Rehab Outcomes for All Patients Michael Lau, PT, DPT, CSCS

Time	Geriatrics/Neurology	Pediatrics	Integrative Approaches
	<b>SESSION 301</b> See page 8 Effective Fall Prevention in the Geriatric Population: Strategies from the CDC's Dynamic Trio Michel Janet (Shelly) Denes, PT, CFPS, C/NDT	<b>SESSION 401</b> See page 9 Primitive Reflex Integration Through Neuroplasticity Treatment Techniques Karen Pryor, PhD, PT, DPT	<b>SESSION 501</b> See page 10 Using Mindfulness to Improve Outcomes With Chronic Pain Patients Clyde Boiston, PT, OCS, CMF
	<b>SESSION 302</b> See page 8 Neuroplasticity & Proprioception Roles in Fall Risk Reduction Michel Janet (Shelly) Denes, PT, CFPS, C/NDT	<b>SESSION 402</b> See page 9 Yoga, Meditation, & Mindfulness: Improve Brain & Body Balance for Children & Their Families Betsy Shandalov, OTR/L, RYT, CYKT	<b>SESSION 502</b> See page 10 Neuroplasticity & the Physiology of Stress: A Mindfulness Perspective Clyde Boiston, PT, OCS, CMF
	<b>SESSION 303</b> See page 8 Cognition & Memory Changes: Normal vs. Abnormal Aging Maxwell Perkins, MS, OTR/L	<b>SESSION 403</b> See page 9 Neurochemistry & Self-Regulation: Strategies to Improve Behavior & Emotions Gwen Wild, MOT, OTR/L	<b>SESSION 503</b> See page 10 Telehealth: Start Now to Incorporate Virtual Therapy into Your Existing Practice Tracey L. Davis, MOT, OTR/L

## Friday, July 31, 2020

Time	Keynote Speaker
8:00-9:00 am	<b>OVERCOMING ADVERSITY TO ELITE PERFORMANCE</b> See page 13 Dan Cossen

Time	Orthopedics	Sports Medicine
9:15-11:15 am	<b>SESSION 104</b> See page 11 Myofascial Therapy: Program Design to Promote Flexibility & Function Across the Lifespan Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS	<b>SESSION 204</b> See page 12 When Rehab & Fitness Collide: Proven Pre- & Post-Rehab Techniques & Interventions Milica McDowell, MSPT, DPT, ACSM-HFS
1:30-3:30 pm	<b>SESSION 105</b> See page 11 3D Movement Analysis & Pilates-Based Exercises for Chronic Back Pain & Degenerative Scoliosis Sue Dupont, MS, MBA, PT, ATC	<b>SESSION 205</b> See page 12 Breakthrough Treatment Approaches for Cutaneous Nerve Entrapments Joseph LaVacca, PT, DPT, OCS, CFSC, FMS, FMT-C, FRCms, SFMA
3:45-5:45 pm	<b>SESSION 106</b> See page 11 Shoulder & Elbow Joint Replacements – New Advancements in Rehab Terry Rzepkowski, DPT, MS, BS	<b>SESSION 206</b> See page 12 Myofascial Cupping Therapy: Obtaining Rapid Return of Functional Mobility Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS

Time	Geriatrics/Neurology	Pediatrics	Integrative Approaches
	<b>SESSION 304</b> See page 13 Interventions for Co-Morbidities & Reversible Factors Affecting Cognition/Memory Function Maxwell Perkins, MS, OTR/L	<b>SESSION 404</b> See page 14 Self-Injurious Behaviors in ASD & Developmental Disorders: Reducing the Frequency & Intensity Gwen Wild, MOT, OTR/L	<b>SESSION 504</b> See page 15 Telehealth & Technology: How to Leverage Your Skill Set in the Virtual World Tracey L. Davis, MOT, OTR/L
	<b>SESSION 305</b> See page 13 Spastic Patterns Post-Brain Injury: Utilizing Primitive Reflex Treatment Strategies Karen Pryor, PhD, PT, DPT	<b>SESSION 405</b> See page 14 Children with Adverse Childhood Experiences (ACEs): Interventions for the Caregiver & Child Carol Westby, PhD, CCC-SLP, BCS-CL	<b>SESSION 505</b> See page 15 Nutrition's Impact on Performance & Recovery in Rehabilitation Cindi Lockhart, RDN, LD, IFNCP
	<b>SESSION 306</b> See page 13 Vestibular Disorders in an Aging Population: Treatment Modification & Considerations Jamie Miner, PT, DPT, GCS	<b>SESSION 406</b> See page 14 Screen Time, Learning, & Communication in the 21st Century Carol Westby, PhD, CCC-SLP, BCS-CL	<b>SESSION 506</b> See page 15 Ethics in Therapy: Protecting Me, My Clients, & My Profession Trent Brown, MOT, OTR/L, ATP, BCG

## Saturday, August 1, 2020

Time	Orthopedics	Sports Medicine
8:00-10:00 am	<b>SESSION 107</b> See page 16 Hip & Knee Total Joint Replacement Surgery - New Options for Pain Management Terry Rzepkowski, DPT, MS, BS	<b>SESSION 207</b> See page 16 Comprehensive Assessment & Treatment of the Running Athlete Shaun Goulbourne, DHSc, PT, MTC, OCS, SCS, STC, CSCS, NSCA-PT, CDEII
10:15 am - 12:15 pm	<b>SESSION 108</b> See page 16 Effective Treatment Strategies & Techniques for Bunions, Heel Pain, & Fallen Arches Sue Dupont, MS, MBA, PT, ATC	<b>SESSION 208</b> See page 16 Expand Your Sports Rehab Toolbox Shaun Goulbourne, DHSc, PT, MTC, OCS, SCS, STC, CSCS, NSCA-PT, CDEII

Time	Geriatrics/Neurology	Pediatrics	Integrative Approaches
	<b>SESSION 307</b> See page 17 BPPV: Accurately Identify the Cause to Construct the Best Treatment Plan Jamie Miner, PT, DPT, GCS	<b>SESSION 407</b> See page 17 Motor Skills Learning & Exploration: Early Intervention For Independence & Problem-Solving Paula Cox, PT, DSc, PCS	<b>SESSION 507</b> See page 18 Mindfulness, Sleep, & Circadian Rhythms – How They Optimize Physical & Cognitive Recovery Cindi Lockhart, RDN, LD, IFNCP
	<b>SESSION 308</b> See page 17 Aspiration & Aspiration Pneumonia: Strategies to Reduce Risk Angela Mansolillo, MA/CCC-SLP, BCS-S	<b>SESSION 408</b> See page 17 Neuromotor & Sensorimotor Diagnoses: Neuroplasticity for Independent Function & Play Paula Cox, PT, DSc, PCS	<b>SESSION 508</b> See page 18 Documentation Success: The 5 Best Platforms for Simplifying the Process & Maximizing Revenue Trent Brown, MOT, OTR/L, ATP, BCG