14th Annual

Rehab Summit

Planet Hollywood Resort & Casino
Las Vegas, NV • July 29 - August 1, 2020

Save up to $100 when you register early!

Dan Cnossen
6-Time Paralympic Medalist &
U.S. Navy Seal Lt. Commander

Joe Theismann
Former Star Quarterback
and NFL Analyst

Choose from 42 transformative sessions! ♦ Earn up to 20 CE hours!

Register today at www.rehabsummit.com
10 Fabulous Reasons Why

You Need to Be at This Year’s Rehab Summit

1. 42 sessions across 5 concentrations—There is something for every rehab professional!
2. More than just theory; hands-on sessions with tangible takeaways.
3. Return to work with solutions for your most challenging cases.
4. Find your professional self—Rejuvenate, decompress, and reignite your passion for your profession.
5. Sharpen your saw >>> Elevate your practice.
6. Endless inspiration—Hear amazing success stories from the experts and your colleagues.
7. Learn cutting-edge techniques grounded in the latest research.
8. Experts, Experts, Experts! You will be shoulder to shoulder and have access to all of them.
9. Improve patient outcomes—Transform lives; it’s why we do what we do!
10. Are you kidding me??? It’s Vegas Baby!!!
# 2020 Rehab Summit AT-A-GLANCE

## Wednesday, July 29, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Orthopedics</th>
<th>Sports Medicine</th>
<th>Pre-Conference Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00-5:15 pm</td>
<td>SESSION 001 Pain Management &amp; Neuroplasticity Using Yoga, Meditation, &amp; Mindfulness</td>
<td>See page 18</td>
<td></td>
</tr>
</tbody>
</table>

## Thursday, July 30, 2020

<table>
<thead>
<tr>
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<th>Orthopedics</th>
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<tr>
<td>9:45-11:45 am</td>
<td>SESSION 101 The Answer to Chronic Pain: Looking Just Beneath the Surface Joseph LaVizza, PT, DPT, OCS, CFSC, FAMS, FMT-C, FRcmt, SFMA</td>
<td>See page 6</td>
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<tr>
<td>1:30-3:30 pm</td>
<td>SESSION 021 Manual Therapy to Release the Frozen Shoulder Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS</td>
<td>See page 7</td>
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</tbody>
</table>

## Friday, July 31, 2020

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<tr>
<td>1:30-3:30 pm</td>
<td>SESSION 022 Blood Flow Restriction (BFR) – An Emerging Breakthrough in Rehab Care Michael Lau, PT, DPT, CS</td>
<td>See page 7</td>
<td></td>
</tr>
<tr>
<td>3:45-5:45 pm</td>
<td>SESSION 032 Myofascial Cupping Therapy: Obtaining Rapid Return of Functional Mobility Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS</td>
<td>See page 8</td>
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</tr>
</tbody>
</table>

## Saturday, August 1, 2020

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<th>Orthopedics</th>
<th>Sports Medicine</th>
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</tr>
</thead>
<tbody>
<tr>
<td>8:00-10:00 am</td>
<td>SESSION 107 Hip &amp; Knee Total Joint Replacement Surgery - New Options for Pain Management Terry Zeglewski, DPT, MS, BS</td>
<td>See page 6</td>
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</tr>
<tr>
<td>10:15 am - 12:15 pm</td>
<td>SESSION 023 Blood Flow Restriction Training to Maximize Rehab Outcomes for All Patients Michael Lau, PT, DPT, CS</td>
<td>See page 7</td>
<td></td>
</tr>
<tr>
<td>1:00-5:15 pm</td>
<td>SESSION 002 Tai Chi to Improve Function &amp; Prevent Falls Ralph Dehner, COTA/L, CF, Tai Chi Master Trainer</td>
<td>See page 8</td>
<td></td>
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Joe Theismann

Joe Theismann is an entrepreneur and the former star quarterback for the Washington Redskins. Most recently, he spent the last two decades working for ESPN and the NFL Network as an NFL analyst. Joe graduated in 1971 from the University of Notre Dame, where he received All-American honors in both football and academics. Joe chose to begin his career with the Toronto Argonauts of the Canadian Football League after being drafted by the Miami Dolphins and Major League Baseball's Minnesota Twins. A 12-year NFL veteran, Joe played in 163 consecutive games from 1974-1985 for the Washington Redskins and holds team records for passing yardage (25,206), completions (2,044) and attempts (3,602). He was a two-time Pro Bowl selection and Pro Bowl MVP, and led the Redskins to a 27-17 victory over the Miami Dolphins in Super Bowl XVII.

Joe's career ended abruptly in 1985 after sustaining a severely broken leg during a Monday Night Football game against the New York Giants on national television. In 2003, he was inducted into the College Football Hall of Fame and in 2013 received the Walter Camp Football Foundation Distinguished American Award. With every chapter of his life, Mr. Theismann evolved from athlete to the ultimate businessman. An Emmy Award-winning analyst, businessman, and athlete, he utilizes his gifts, talent and high energy to share his strategies for handling unforeseen change.

Dan Cnossen

A true patriot, raised on the farmlands of Kansas, early on Dan knew he wanted to serve his country. Upon graduating high school, he was accepted at the U.S. Naval Academy and spent the next four relentlessly pursuing selection for SEAL training. One of only 16 members of his class given the opportunity to enter Basic Underwater Demolition / SEAL training as officers, Dan successfully completed the grueling process in the fall of 2003.

Over the next six years, Dan was deployed multiple times to Iraq and Afghanistan and rose in rank to become the officer-in-charge of an 18-man SEAL platoon. In 2009, Dan was deployed to Afghanistan, into an area of heavy combat. There, on a night mission in the mountains, he stepped on an IED, losing both legs in the blast. He would later be awarded a Purple Heart and Bronze Star with Valor.

For the next two years Dan fought for his life, enduring over 40 different surgeries, while readjusting to civilian life. It was during this time, as part of his rehab, that he was introduced to the sports of cross-country skiing and biathlon. Never one to shy from a challenge, he eventually earned a spot on the 2014 U.S. Paralympic Team.

In 2015, Dan returned to graduate school, earning two degrees from Harvard University.

At the 2018 Paralympic Games Dan stole the show, remarkably winning one gold, four silver and one bronze medal over a period of eight days, earning the honor of Best Male Athlete of The Games.
Thursday, July 30th

ORTHOPEDICS

SESSION 101  PT  OT  AT

The Answer to Chronic Pain: Looking Just Beneath the Surface
Joseph LaVacca, PT, DPT, OCS, CFSC, FMS, FMT-C, FRCms, SFMA

Improve your treatment of chronic pain by examining the growing importance and understanding of superficial connective tissues and the role it plays in movement and pain. Understanding etiology, assessment, and diagnosis will allow the clinician to make improved decisions when dealing with patients with cutaneous nerve entrapment syndromes. Explore the usage of MSK ultrasound and the benefits of it.

SESSION 102  PT  OT  AT

The Injured Shoulder: The Strategies, Testing, & Criteria to Determine When to Return to Sports
George Davies, DPT, MED, PT, ATC, LAT, CSCS, PES, CSMS, FAPTA

Although we have been dealing with shoulder injuries in sports for 40 years, there is no validity or consensus on criteria for return to sports (RTS). The session will provide a practical guide for how testing should be performed, what tests and criteria should be used, and why these criteria need to be established using a Functional Testing Algorithm (FTA). Don’t miss this crucial session that will provide you with a step-by-step path for determining when to return to sports!

SESSION 103  PT  OT  AT

George Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, PES, CSMS, FAPTA

Patients with ACL reconstructions are often anxious to return to sports... however, when to return is not always obvious and often second-guessed. This session will provide a blueprint of how to effectively make this decision with confidence. You’ll learn how testing should be performed, what tests and criteria should be used and why these criteria need to be established using a Functional Testing Algorithm (FTA). This is a can’t-miss session with practical takeaways you can apply right away!

SPORTS MEDICINE

SESSION 201  PT  OT  AT  MT

Manual Therapy to Release the Frozen Shoulder
Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS

Adhesive capsulitis (AC) results in significant financial burden, pain and loss of quality of life. With a lack of understanding, clinicians may painfully and forcibly mobilize with disregard for the myofascial component of AC. This often negatively impacts future functional activity. This session will teach you proven manual therapy techniques that significantly improve outcomes for frozen shoulder. You’ll be better equipped to help your patient with mobility, circulation and pain management for peak functional performance.

SESSION 202  PT  OT  AT

Blood Flow Restriction (BFR) – An Emerging Breakthrough in Rehab Care
Michael Lau, PT, DPT, CSCS

Come learn about the greatest innovation for rehab providers in the 21st century. Discover how blood flow restriction training bio-hacks the body to achieve considerable increases in muscle size and strength while exercising with very light loads. Experience BFR Training yourself in our hands-on lab.

SESSION 203  PT  OT  AT

Blood Flow Restriction Training to Maximize Rehab Outcomes for All Patients
Michael Lau, PT, DPT, CSCS

BFR is the new game-changer in rehab and it can be programmed for all types of patients…whether it’s young post-op patients, geriatric patients, bedridden patients, or athletes trying to return to play. This can’t-miss session will provide a guide for how to utilize and program BFR depending on your patient’s goals.

Target Your Sessions By Profession

Use the educational key below to match your profession with the sessions. The multi-disciplinary education allows you to network with your peers throughout the conference.

PT  Physical Therapists & Physical Therapists Assistants
OT  Occupational Therapists & Occupational Therapists Assistant
SLP  Speech-Language Pathologists
AT  Athletic Trainers
MT  Massage Therapists

Featured Speaker

Dr. George J. Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, PES, CSMS, FAPTA, is an internationally known expert on physical therapy who has presented at hundreds of conferences around the world. His 50+ years of experience has included work at three Olympic/Paralympic games, work for professional sports teams, a head athletic trainer for colleges, teaching courses for various US military academies and institutions, and being honored as Professor-Emeritus of Physical Therapy at the University of Wisconsin-La Crosse after 30 years of teaching.
SESSION 301  PT OT AT
Effective Fall Prevention in the Geriatric Population: Strategies from the CDC’s Dynamic Trio
Michel Janet (Shelly) Denes, PT, CFPS, C/NDT
The CDC has dedicated itself to address fall prevention in the geriatric population through the STEADI Initiative (STop Elderly Accidents, Deaths and Injuries). Analyze the algorithms that address each area that impact fall risk. STEADI will be covered comprehensively, including balance, medications, home environments, medical conditions and fear of falling. Key takeaways from the latest research will offer new patient fall prevention solutions.

SESSION 302  PT OT AT
Neuroplasticity & Proprioception Roles in Fall Risk Reduction
Michel Janet (Shelly) Denes, PT, CFPS, C/NDT
Neuroplasticity and neuroprotection provide us with a brain that can adapt not only to changes inflicted by damage but also to experiences. With this understanding, we can intervene to help with balance, gait and reducing fall risk in our patients. Proprioception is also an integral part of movement, somatosensory input, gait and balance that is impacted by aging and disease as well. We can intervene to help the somatosensory input to ultimately reduce fall risk. Evidence shows that early interventions lead to the best outcomes.

SESSION 303  PT OT AT
Cognition & Memory Changes: Normal vs. Abnormal Aging
Maxwell Perkins, MS, OTR/L
This dynamic and interactive training will increase your ability to identify and intervene with cognitive/memory decline/deficits related to the aging process, concussions, cerebral vascular accidents, mild cognitive impairment, traumatic brain injury and early stage Alzheimer’s. Gain insight into the wealth of evidence-based resource information available for patient/caregiver education. Learn to objectively assess medication management and address concerns related to driving ability. Identify the role of the hippocampus related to memory issues and intervention strategies to address deficits. Take away the ONE intervention that provides the greatest impact to improve cognitive/memory deficits.

SESSION 401  PT OT SLP AT
Primitive Reflex Integration Through Neuroplasticity Treatment Techniques
Karen Pryor, PhD, PT, DPT
Therapists frequently see primitive reflex patterns in pediatric cases. Sensory experiences govern primitive reflexes. When treatment is directed around the level of the lesion, integration begins. Rather than management of symptoms alone, neuroplasticity provides effective tools to place primitive reflex patterns in the background of the nervous system, allowing more voluntary movement.

SESSION 402  PT OT SLP AT
Yoga, Meditation, & Mindfulness: Improve Brain & Body Balance for Children & Families
Betsy Shandalov, OTR/L, RYT, CYKT
Children who are balanced in their body and brain do better in school, are more resilient, and feel more calm. Research shows yoga improves brain functioning, focus, balance, proprioception, the vestibular system, physical strengthening, and sensory desensitization. Studies show positive changes in brain patterns by quieting the mind and moving the body in mindful ways. Attend and learn calming breathwork individualized to each child’s diagnosis and symptomologies; active and restorative yoga poses and sequences; and specific mindfulness techniques to help children with autism, sensory disorders, and neurological disorders.

SESSION 403  PT OT SLP AT
Neurochemistry & Self-Regulation: Strategies to Improve Behavior & Emotions
Gwen Wild, MOT, OTR/L
Knowing the correlation between neurochemistry and self-regulation will help you better develop appropriate interventions for challenging behaviors in children with Autism Spectrum Disorder (ASD), Sensory Processing Disorder (SPD), ADHD, anxiety, trauma, behavior/mood disorders, and learning disabilities. Learn clinically proven neurological approaches to immediately improve behaviors, such as hyperactivity, aggression, frequent meltdowns, extreme sensory sensitivities, inattentiveness and more! Leave with access to simple screening tools to identify possible neurochemical differences and the knowledge to impact neurochemical change. Case studies and active participation in strategies to impact change will solidify your learning.

KAREN PRYOR, PH.D., PT, DPT, leading expert in the field of neuroplasticity (for early intervention) spanning 30 years, developer of countless techniques, and past recipient of the President’s Volunteer Service Award for her contributions to the advanced treatment of children.
Saturday, July 30th

INTEGRATIVE APPROACHES

SESSION 501  PT  OT  SLP  AT  MT
Using Mindfulness to Improve Outcomes With Chronic Pain Patients
Clyde Boiston, PT, OCS, CMF
Physical pain is a natural and inevitable part of life, but it is all the stories we often tend to lay on top of the pain which can bring on additional suffering. We cannot necessarily control the pain which enters our life, but how we relate to the pain is what we do have control over. And some basic mindfulness practices can help to shift this relationship. In this workshop, we will present some of the latest research on mindfulness showing how it can change the way our bodies experience pain…as well as provide some useful pain relief strategies that you can begin to implement right away with your patients and clients.

SESSION 502  PT  OT  SLP  AT  MT
Neuroplasticity & the Physiology of Stress: A Mindfulness Perspective
Clyde Boiston, PT, OCS, CMF
Research on the science of neuroplasticity is beginning to show that these miraculous brains of ours have the capacity to remodel themselves in response to environmental experience. This has great potential to benefit rehab professionals, not only in terms of reducing emotional reactivity and becoming more aware of our own conditioned patterns of behavior, but also as a means of calming our natural stress response and cultivating the skills to become a more effective and resilient healthcare provider.

SESSION 503  PT  OT  SLP  AT
Telehealth: Start Now to Incorporate Virtual Therapy into Your Existing Practice
Tracey L. Davis, MOT, OTR/L
Discover the potential of telehealth, meeting with your clients – where they are, when they need you. This model is quickly disrupting the traditional model of care and for good reason. With improved access to care for your clients, better work/life balance for you as the clinician, and access to more patients – it’s easy to see why telehealth is a value-added service. This session will help you to create an action plan to avoid legal and ethical pitfalls of telehealth, all while helping you get paid for the things you’re already doing for free.

Keynote Speaker  CHALLENGE OF CHANGE

Drawing from personal experience, Joe Theismann knows how to deal with the Challenge of Change. On November 18, 1985, he was on top of his game – a two-time Pro Bowl player and the most productive quarterback in the history of the Washington Redskins. Later that evening, he found himself in a hospital bed with a compound fracture to his leg, shattering both his career and his boyhood dream. At age 35, he was faced with starting over his personal life and professional career. In this stirring presentation, individuals and organizations learn how to tackle change by keeping a positive mental outlook and committing to a vision that guides you to the top.

SESSION 504  PT  OT  SLP  AT  MT
Myofascial Therapy: Program Design to Promote Flexibility & Function Across the Lifespan
Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS

SESSION 505  PT  OT  SLP  AT  MT
3D Movement Analysis & Pilates-Based Exercises for Chronic Back Pain & Degenerative Scoliosis
Sue Dupont, MS, MBA, PT, ATC

SESSION 506  PT  OT  SLP  AT  MT
Shoulder & Elbow Joint Replacements – New Advancements in Rehab
Terry Rzepkowski, DPT, MS, BS

Friday, July 31st

ORTHOPEDICS

SESSION 104  PT  OT  SLP  AT  MT
Myofascial Therapy: Program Design to Promote Flexibility & Function Across the Lifespan
Theresa Schmidt, PT, DPT, MS, OCS, LMT, CEAS

SESSION 105  PT  OT  SLP  AT  MT
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SESSION 106  PT  OT  SLP  AT  MT
Shoulder & Elbow Joint Replacements – New Advancements in Rehab
Terry Rzepkowski, DPT, MS, BS

The Celebrity Lifestyle is yours at the Planet Hollywood

Centrally located on the Las Vegas strip, Planet Hollywood’s newly renovated rooms will make the celebrity lifestyle your new reality. Reserve your rooms early!
We all face challenges and obstacles in pursuit of our personal and business dreams. For most of us, those are day-to-day frustrations to which we often attribute far more weight than we should. For others, like Dan Cnossen, those adversities can be life-threatening and life-changing. A mountaintop bomb in Afghanistan nearly took his life, forcing him to endure over 40 surgeries to survive. His life and dreams turned upside down in an instant. In this not-to-be-missed session, Dan shares the lessons learned amidst brutal Navy SEAL training, fighting for his life after the accident, and representing Team USA on the world’s biggest sporting stage. This inspiring and powerful presentation of persistence, perspective and passion will redefine how you perceive disability.

Keynote Speaker
OVERCOMING ADVERSITY TO ELITE PERFORMANCE

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SESSION 404  PT  OT  SLP  AT
Self-Injurious Behaviors in ASD & Developmental Disorders: Reducing the Frequency & Intensity
Gwen Wild, MOT, OTR/L
In this course, you will learn what is known about self-injurious behaviors as they relate to people with developmental disabilities. Through video case studies, you will learn to analyze the behaviors to determine contributing factors, the role of rewards and consequences in addressing SIBs and developing an effective, comprehensive intervention plan. Discover readily available resources and leave with helpful forms and a wealth of strategies to reduce the frequency and intensity of SIBs.

SESSION 405  PT  OT  SLP  AT
Children with Adverse Childhood Experiences (ACEs): Interventions for the Caregiver & Child
Carol Westby, PhD, CCC-SLP, BCS-CL
Many children receiving rehabilitation and special education services have experienced multiple Adverse Childhood Experiences (ACEs) that may not be recognized or addressed by service providers. In this session, you will learn: the biological/neurological effects of trauma; the effects of ACEs on children’s cognitive, language and social-emotional development; caregiver-child interventions to promote attunement and affect management; and child intervention strategies to promote resiliency and facilitate developmental skills for self-regulation. You will learn a framework that requires an integration of cognition/language and temperament/sensory/regulation factors. Interventions combine a mindfulness/mindsight approach for both caregivers and children.

SESSION 406  PT  OT  SLP  AT
Screen Time, Learning, & Communication in the 21st Century
Carol Westby, PhD, CCC-SLP, BCS-CL
Large amounts of screen time can negatively impact children’s brain development, social-emotional development, self-regulation, and a host of other issues/behaviors. How do we create a healthy tech environment for children when the issue is about more than just the amount of screen time? Attend this session to learn: how to select media experiences informed by the child, the context, and the content; the research on the benefits and risks of screen time; why children and adolescents with ASD, ADHD, and language impairments are at particular risk; and strategies to manage screen time and alternatives to screen time.

SESSION 504  PT  OT  SLP  AT
Telehealth & Technology: How to Leverage Your Skill Set in the Virtual World
Tracey L. Davis, MOT, OTR/L
Gain confidence in your ability to thrive as a telehealth provider. Not being able to touch your patients during an appointment can seem daunting, but there are various ways to optimize patient health with telehealth and technology. Learn strategies for improving patient engagement and how telehealth platforms can help make your life easier. Case studies will be used to highlight the application of this service within your practice for improved patient outcomes.

SESSION 505  PT  OT  SLP  MT
Nutrition’s Impact on Performance & Recovery in Rehabilitation
Cindi Lockhart, RDN, LD, IFNCP
Food is medicine. Proper nutrition has a significant impact on your patients’ overall function and recovery during rehabilitation as a result of reducing inflammation, oxidative stress and fatigue. Identify how you can assess your patients’ nutritional status and risk via anthropometrics, physical signs, and diet history and determine when to refer to a nutrition professional. Articulate customized and specific action steps to take to optimize your patients’ nutritional status to improve their performance and recovery during rehabilitation.

SESSION 506  PT  OT  SLP  AT
Ethics in Therapy: Protecting Me, My Clients, & My Profession
Trent Brown, MOT, OTR/L, ATP, BCG
With increased scrutiny on the medical industry, ethical and legal protection has been pushed to the forefront of practice. This session will take a deep look into the purpose of the code and how it may protect you…legally. We will explore each principle in the code and examine real ethical case examples of clinicians and the consequences of adhering or not adhering to the code. We will also discuss how you can report an ethical issue, a compliance concern, or a licensing concern through the proper channels while protecting yourself. By attending this session you will gain a strong understanding of ethics beyond just a “code”.

42 Sessions
5 Concentrations
Tailor your education to meet your specific needs! Register today!

Friday, July 31st
SPORTS MEDICINE

**SESSION 207**  PT  OT  AT

**Comprehensive Assessment & Treatment of the Running Athlete**
Shaun Goulbourne, DHSc, PT, MTC, OCS, SCS, STC, CSCS, NSCA-PT, CDEII

Runners require individualized training and competition to safely participate in their sport. The dosage and recovery is different for all. The physical strengths and weaknesses are different for all. The body is magnificent in its ability to find a way to complete a task but often at a cost of undue stress. It takes more than running to become stronger. A more comprehensive approach to correct faulty posture, motion limitations, muscle tautness, muscle weakness, biomechanics, core stability, nutrition, and running efficiency may help repair, prepare, and improve your running athlete.

**SESSION 208**  PT  OT  AT

**Expand Your Sports Rehab Toolbox**
Shaun Goulbourne, DHSc, PT, MTC, OCS, SCS, STC, CSCS, NSCA-PT, CDEII

When working with athletes, no single modality can do the job. You need an entire toolbox of techniques, strategies and knowledge to improve all the variables involved in preparing, repairing, sustaining and improving an athlete. Don’t miss out on the new approaches that can help get the most out of your patients.

**SESSION 307**  PT  OT  AT

**BPPV: Accurately Identify the Cause to Construct the Best Treatment Plan**
Jamie Miner, PT, DPT, GCS

Attend and learn various maneuvers to treat BPPV, as well as the efficacy of each maneuver. You’ll be able to distinguish the different presentations of anterior canal BPPV and confidently determine the involved canal in horizontal BPPV. Take away advanced assessment techniques to identify the difference between BPPV and central disorders mimicking BPPV.

**SESSION 308**  PT  OT  SLP  AT

**Aspiration & Aspiration Pneumonia: Strategies to Reduce Risk**
Angela Mansolillo, MA/CCC-SLP BCS-S

My patient is aspirating! Will it lead to pneumonia? Current evidence base tells us illness is not inevitable in aspirating clients. This course will allow participants to identify risk factors for aspiration pneumonia and to address those that the treatment team can modify. The evidence to support dietary interventions, oral hygiene, postural interventions and other techniques will be discussed to provide the participant with the most up-to-date tools to reduce aspiration-related illnesses in their clients.

PEDIATRICS

**SESSION 407**  PT  OT  SLP  AT

**Motor Skills Learning & Exploration: Early Intervention For Independence & Problem-Solving**
Paula Cox, PT, DSc, PCS

Autonomy in movement is life changing – and you’re at the front lines, working to facilitate that change for your patients. Positively impact clinical outcomes with evidence-based therapeutic strategies to effectively examine and intervene. By identifying issues early on and addressing them, the brain’s plasticity allows the impact of your interventions to be much more comprehensive. You’ll be able to customize treatment plans for each child’s unique challenges and also offer solutions for their parents to integrate into their daily lives. Learn how to apply innovative techniques that completely redefine what’s possible for your patients’ independence and problem-solving.

**SESSION 408**  PT  OT  SLP  AT

**Neuromotor & Sensorimotor Diagnoses: Neuroplasticity for Independent Function & Play**
Paula Cox, PT, DSc, PCS

Kids want to independently join playground activities, but many of the kids we work with struggle to do so. Put your kids in the driver’s seat by helping them develop skills they can take from therapy to the playground. Paula will give you evidence-based tools you can put right into your toolbox to foster both skill development and the ability to adapt the skill to the challenges of group play. Learn the most fun and effective way to structure your therapy activities to give your kids a leg up in reaching for their dreams.
Mindfulness, Sleep, & Circadian Rhythms – How They Optimize Physical & Cognitive Recovery
Cindi Lockhart, RDN, LD, IFNCP

If you aren’t asking your clients about their sleep, you are missing a big piece of the puzzle that could be slowing your clients’ progress. In this session, you will arm yourself with tools you can easily integrate and immediately apply to your next session. Learn strategies for naturally managing stress and improving sleep without the use of addictive medications. Snap clients out of their sleep-depriving habits with behavior-changing exercises that will put them more in alignment with circadian rhythms.

Documentation Success: The 5 Best Platforms for Simplifying the Process & Maximizing Revenue
Trent Brown, MOT, OTR/L, ATP, BCG

With recent changes in payment and reimbursement (and more to come) and the influx of common software, many clinicians are focused on the volume of documentation versus value. Not only is this inefficient, it contradicts what payers require. This session will explore how CMS and payer sources review records, giving you insight into how to focus your documentation. Attendees will learn the 5 platforms of successful documentation, which ensure every requirement is met while allowing you to document your skill for each client using clinical reasoning. Actual case studies and intervention examples will be completed ensuring immediate carryover into your clinical setting.

Pain Management & Neuroplasticity Using Yoga, Meditation, & Mindfulness
Betsy Shandalov, OTR/L, RYT, CYKT

Research shows yoga, meditation and mindfulness not only help chronic pain but also change the brain structure on how pain is perceived and its impact on overall wellness. In this session, you’ll learn evidence-based interventions to transform the nervous system around your clients’ pain, such as: breathing techniques to activate the parasympathetic nervous system; active and restorative yoga poses; yoga and meditation to help clients find balance of mind and body; changing energy levels to help with pain management; and individualized pain treatment plans that incorporate yoga, meditation and mindfulness to help clients be balanced in their body and brain throughout the day!

After this session, you’ll be better able to help your patients with chronic pain return to function faster and maintain that function throughout their lifetime! You will also learn self-care tools and will immediately feel the benefit yourself!

Tai Chi to Improve Function & Prevent Falls
Ralph Dehner, COTA/L, CPT, Tai Chi Master Trainer

Due to the high risks of falls in the elderly, rehab professions must explore effective, proven methods that decrease the risk for falls. Tai Chi combines low-impact exercises you can easily use safely with patients. The practice puts profound emphasis on breathing, relaxing, and focusing the mind in specific postures. Benefits include improving flexibility/balance to prevent falls, reducing stress/anxiety, strengthening the cardiovascular system, decreasing chronic pain and recovering from injuries/surgeries faster.

Using a combination of clinical therapy skills, personal training experience, and expertise in Tai Chi, Ralph equips you with the relevant tools and techniques to incorporate into your patients’ treatment plans. Adding this reimbursable therapy to your toolbox will immediately enable you to provide an additional modality to enhance patients’ stability, flexibility, core strength, posture, balance, and coordination.

This training opportunity is a MUST if you work with patients who need easily adaptable and non-invasive exercises—and an opportunity to practice Tai Chi.
Registration
2020 REHAB SUMMIT

Early March 15th
Early II May 15th
Regular Registration

Full 3-Day Conference Registration (Thurs-Sat)
Exhibit Hall, Welcome Reception,
Book Signings and Morning Workouts.

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