

APTA Michigan Fall Conference Course Descriptions and Speaker Bios Friday, October 15



Pre Conference Course: 8:00am – 12:00pm

Therapeutic Interventions for the Strength and Fitness Athlete – CrossFit, Powerlifting, Olympic Lifting, Strongman, and Endurance Sports

Course Description:

The popularity of CrossFit, Powerlifting, Olympic Lifting, Strongman, and Endurance Sports presents a unique population of traditional and non-traditional athletes presenting with common dysfunctions requiring Physical Therapy. These fitness-based sports are unique in that while they are competitive sports themselves, they are also some of the currently most common forms of general exercise for athletes and general fitness enthusiasts. Due to the broad range of physical abilities and fitness levels that are seen with these activities, Physical Therapists need to individually and effectively treat these differences in strength, endurance, flexibility, coordination, agility, speed, body composition, and overall movement quality; while having a comprehensive knowledge of the movement requirements for each activity, and for each individual. “Old school” Physical Therapy exercise methods are often obsolete, ineffective, and/or unrealistic in the current fitness environment. As professionals who want to be considered the top experts amongst movement and exercise specialists, we need to evolve our knowledge and practice methods to fit the needs of our clients.

Speaker Bios:



Bob Budai graduated from the University of Michigan – Flint with his Master’s degree in Physical Therapy in 1999. Prior to that, he earned his Bachelor’s degree in Exercise Science from Michigan State University. Bob has achieved various advanced credentials in exercise and orthopedic physical therapy from the American Physical Therapy Association (OCS), National Academy of Sports Medicine (CPT, PES, CES), National Strength and Conditioning Association (CSCS), and others. Bob has taught multiple courses, served as clinical instructor/CCCE, and consulted on topics including exercise, evaluation, and manual therapy for numerous colleges and professional organizations. On a personal level, Bob has competed in a variety of sports himself, including martial arts, CrossFit, Powerlifting, Olympic Lifting, Strongman, marathon/triathlon/obstacle course racing, soccer, kettlebell sport, volleyball, basketball, and lacrosse. Bob’s athletic background enhances his ability to treat others in various sports by having practical knowledge and experience not only in the sport itself, but also in the experience of having been injured multiple times in various sports! Bob is currently the owner of Michigan Orthopedic Rehabilitation Specialists, Functional Strength Training, and Medical Fitness of Michigan.



Tracy Urbain graduated from the University of Michigan – Flint with her Doctorate degree in Physical Therapy in 2008, after earning her Bachelor’s degree in Kinesiology from Michigan State University. Tracy has done advanced study, as well as achieving certifications in Kinesiotaping, Pelvic Floor Dysfunction, Functional Dry Needling, Olympic Weightlifting, and various exercise and manual therapy techniques. Tracy has served as clinical instructor for the University of Michigan – Flint Physical Therapy program and has co-taught courses in evaluation and exercise techniques for APTA Michigan. Tracy has participated and competed in multiple sports, which help her understand the unique needs of her athletic patients.

APTA Michigan Fall Conference Research Day

Evidence-Based Presentations: 3:15pm – 4:15pm

Identifying and Considering Social Determinants of Health in the Physical Therapy Setting

Social determinants of health (SDOH), non-medical factors that may impact health, can influence patients' participation in physical therapy care. Furthermore, individuals with disability may have changing SDOH. Physical therapists need to be able to screen for SDOH; however, screening without appropriate management and referral is not only ineffective but potentially unethical. This course will help both new and seasoned therapists understand how social determinants of health may impact overall patient management. Using a case study, we will demonstrate the use of a screening tool adapted for physical therapy. Management and referral of non-medical factors affecting health and participation in physical therapy will be discussed.



Laurie Stickler, PT, DHS, is an associate professor at Grand Valley State University. She earned her Masters in Physical Therapy from GVSU and her Doctorate in Health Science from the University of Indianapolis. An orthopedic certified specialist, Laurie has 20 years of outpatient physical therapy experience. She serves as the faculty advisor for GVSU's pro bono physical therapy clinic and has published multiple peer-reviewed articles related to pro bono physical therapy.



Brianna Chesser, PT, MPT, EdD is an Assistant Professor at Grand Valley State University. She is a qualified administrator of the Intercultural Development Inventory (IDI) and passionate about engaging in diversity, equity, inclusion, and justice initiatives. She earned her Bachelor of Science in Social Work from Loyola University Chicago, and Master of Physical Therapy degree from Northwestern University. She recently defended her dissertation titled The Effect of a Doctor of Physical Therapy Program Curriculum on Student Cultural Competence at a Public, Midsize, Midwestern University as a final requirement to earn her EdD in Interdisciplinary Leadership from Creighton University. Bree has practiced for 15 years and founded a private practice that provided multidisciplinary home and school-based pediatric therapy services.



Todd Sander, PT, PhD, ATC is an Associate Professor, and DPT Program Director at Grand Valley State University. He earned his Master of Physical Therapy degree from Baylor University and PhD from the University of Virginia. Todd has 30 years of experience in clinical practice in the U.S. Navy, practicing primarily in orthopedic and sports physical therapy settings, and as an advisor for military injury prevention and human performance initiatives

iKNOW-Intensity: Improving Patient Outcomes in Neurological Rehabilitation

Warning: Individuals who attend this course may experience excessive neuronal firing and create new neural connections. How “intense” do you work your patients? Do you have a fear of making your patients “work hard”? Intensity is critical to positively enhancing neuroplasticity; however, high intensity aerobic activities are not widely implemented into neurologic physical therapy practice. The purpose of this highly “intense” presentation is to a) provide participants with standardized definition of intensity and the knowledge to calculate exercise intensity; b) share the evidence of the benefits of high intensity exercise in patients with neurological conditions; c) address common concerns regarding high intensity exercise; and d) offer evidence based strategies and resources to implement high intensity activities into their neurological practice.



Amy Yorke, PT, MPT, PhD is an Associate Professor in the Physical Therapy Department at the University of Michigan-Flint. She received her B.S. in Health Science and Master's Degree in Physical Therapy from the University of Michigan-Flint and her PhD in Interdisciplinary Health Sciences from Western Michigan University. She is Board Certified in Neurologic Physical Therapy (ABPTS), a Distinguished Fellow with the National Academies of Practice, and a Parkinson's Foundation Physical Therapy Faculty Scholar. Dr. Yorke has been recognized for her teaching by receiving the Lois Matz Rosen Junior Faculty Excellence in Teaching Award, and has taught at both the professional and post-professional level. Dr. Yorke is a member of the American Physical Therapy Association

and currently serves as the co-chair for the Knowledge Translation Vestibular Hypofunction task force for the Academy of Neurologic Physical Therapy. She also oversees the physical therapy services at PT Heart, a student led pro bono clinic at UM-Flint. As the team lead of the Integrating KNOWledge Translation (iKNOW) lab, Dr. Yorke research interests are in translating evidence based practices to clinical, community, and academic settings in order to improve patient outcomes. In addition, Dr. Yorke is interested in further understanding interprofessional collaborative practice in both education and in the clinic.



Leslie Smith, PT, DPT is a Clinical Associate Professor at the University of Michigan-Flint, a physical therapist, a Board Certified Cardiovascular and Pulmonary Clinical Specialist, and Certified Lymphedema Therapist. Dr. Leslie Smith graduated with her Masters in Physical Therapy from the University of Michigan-Flint, and completed her transitional Physical Therapy Doctorate degree from Utica College in New York. Over the past 25 years, she has had extensive clinical practice working with lymphedema, cardiac, and pulmonary patients in acute care, critical care, and home health care. As a Clinical Associate Professor she has provided education in medical surgical conditions, integument, cardiovascular, and pulmonary content. Dr. Smith was invited to publish an article specific to exercise guidelines

for heart failure patients in the American Association of Heart Failure Nurses Connection. In addition, to her expertise in lymphedema, cardiovascular, and pulmonary rehabilitation, she has expertise in interprofessional education and have completed a Fellowship at the University of Michigan Interprofessional Leadership Program in June 2017. She has published and disseminated work on regional, state, national and international levels for interprofessional education.

Mental Health Issues: Screening and Providing Evidence-based Action Steps

Mental health disorders in Michigan increased significantly from 2019 to 2020, an indication of the impact of the pandemic on mental health. Some sources project that the mental health fall-out may continue for at least 5 years post-pandemic. Mental health issues in persons experiencing pain or movement impairments is typically higher than the general population. Physical therapists (PT) may have limited training in the area of mental health. Knowledge of screening strategies and evidence-based action steps that fall within the scope of PT practice is are valuable skills for all clinicians. **PURPOSE:** The purposes of this presentation are to describe

the current scope of mental health issues; and to provide select screening strategies and action steps PTs may use in the presence of a suspected (or confirmed) mental health issue.



Melodie Kondratek, PT, DScPT, OMPT is an Associate Professor and full-time faculty member in the Physical Therapy Program at Oakland University (OU), Rochester, MI. She received a bachelor's degree in physical therapy from Wayne State University (1978), a master's degree in physical therapy from OU (2002), and an Orthopedic Manual Physical Therapy certificate and Doctor of Science in Physical Therapy from OU (2004). She teaches courses in both the entry-level and post-professional physical therapy programs. Melodie is a nationally certified Youth Mental Health First Aid (YMHFA) instructor (2018). She teaches YMHFA certification courses for Oakland University students, faculty and staff, as well as members of the community. Melodie continues a part-time clinical practice working primarily with children, adolescents and young adults with orthopedic conditions. Her clinical and research interests include lumbar spine mobility in children and adolescents, hip dysplasia in adolescents and young adults, and mental health.