

Pain Summit and Spring Conference Course Descriptions

Pain Summit Sessions

Introduction to the Human Rehabilitation Framework (HRF): A Process-Based Approach to Pain and Movement Problems – 1.5 CEUs

Protocol-based approaches to rehabilitation have been the mainstay of physical therapy since the birth of the profession. Advances in clinical reasoning and decision-making strategies in the last 10 years have seen the development of a process-based approach to psychological and medical practice, but little emphasis on this approach has been made in the rehabilitation world. A process-based approach better manages the nuances of motor behavior and tissue loading capacity than protocol-based approaches. Furthermore, a process-based approach is better suited for working inside of the biopsychosocial model and particularly well suited for complex pain and movement problems. The Human Rehabilitation Framework (HRF) is the first framework in the world for rehabilitation professionals to enter into a process-based approach to evaluation, decision making, intervention, and prognostication. This overview courses provides a broad overview of this approach for physical therapists and physical therapy assistants.



Leonard H. Van Gelder PT, DPT, ATC, TPS, CSMT, CSCS

Leonard Van Gelder is a physical therapist, athletic trainer, therapeutic pain specialist, spinal manual therapist, and strength and conditioning specialist. He has been involved in the movement and rehabilitation field for over 15 years. During this time, he has studied, published research, and presented at regional, national, and international conferences on the science of stretching, strength and conditioning, and therapeutic pain science interventions. He has explored a diverse spectrum of manual therapy and movement approaches, and emphasizes a biopsychosocial approach to manual therapy, movement, and education in his practice. He owns and practices clinically at Dynamic Movement and Recovery (DMR) in Grand Rapids, MI.

Three Keys to Active Pain Management: How to Let Go, Show Up, and Move On using ACT

2 CEUs

With an estimated 50 million people in the US dealing with chronic pain, many of the patients you work with are looking for tools they can use to get back to the life they love.

If you like straightforward explanations, illustrated teachings, and detailed case studies, then you'll enjoy this training session on how to help patients (and yourself) approach chronic pain and difficulty with flexibility.

The course will provide an easy-to-understand overview Acceptance and Commitment Therapy (ACT), using creative illustrations to convey complex topics. Specific examples of individuals who struggle with chronic pain will be used throughout the presentation to provide real life examples of the pain neuroscience and the strategies of pain management. Walk away with clear, actionable steps that you or your patients can begin using immediately to help manage pain more effectively and start to get back to normal life.



Evan Parks, Psy.D.

Dr. Parks is a clinical psychologist on staff at Mary Free Bed Rehabilitation Hospital and an adjunct assistant professor at Michigan State University College of Human Medicine. He is the author of the book "Chronic Pain Rehabilitation: Active Pain Management to Help You Get Back to the Life you Love". He is also a writer for Psychology Today, writing the blog "Pain Rehabilitation" and a mental health expert for WikiHow.

A Real Pain in the Pelvis – 1.75 CEUs

Pelvic pain is a very common healthcare issue, yet it can be a challenge to find effective diagnosis and treatment. Approximately 1 in 7 women suffer from pelvic pain, and 1 in 10 men. This course will discuss pelvic pain in a context applicable to any setting, regardless of experience with treating pelvic pain, including common diagnoses, potential impact of pelvic pain on other pain conditions, and treatment approaches any physical therapist could utilize.



Sarah J. Haag, PT, DPT, MS, Board Certified Specialist in Women's Health Physical Therapy.

Sarah graduated from Marquette University in 2002 with a Master's of Physical Therapy. Sarah has pursued an interest in treating the spine, pelvis with a specialization in women's and men's health. Over the years, Sarah has seized every opportunity available to her in order to further her understanding of the human body, and the various ways it can seem to fall apart in order to sympathetically and efficiently facilitate a return to optimal function. Sarah was awarded the Certificate of Achievement in Pelvic Physical Therapy (CAPP) from the Section on Women's Health. She went on to get her Doctorate of Physical Therapy and Masters of Science in Women's Health from Rosalind Franklin University in 2008. In 2009 she was awarded a Board Certification as a specialist

in women's health (WCS). Sarah also completed a Certification in Mechanical Diagnosis Therapy from the McKenzie Institute in 2010 and completed a 200 hour Yoga Instructor Training Program. Sarah looks at education, and a better understanding of the latest evidence in the field of physical therapy, as the best way to help people learn about their conditions, and to help people learn to take care of themselves throughout their lifespan.

Spring Conference Sessions

Implicit=Complicit? Addressing Implicit Bias in Physical Therapy Practice

2 CEUs

This course satisfies the new license renewal requirement for all health care professionals, however this course is in addition to the 24 PDR credits and cannot be counted as PDR credits for renewal.

What happens when physical therapy practitioners operate within their implicit bias? Current research shows the negative impact on health outcomes when implicit bias is not addressed. In this session, participants will have an opportunity to assess and reflect on their own biases, and how those biases operate in clinical and educational environments. Confronting personal and systemic bias is a critical

step in providing culturally competent care. Strategies to reduce disparities in access to and delivery of health care services will be addressed.



Robyn Afrik, MS, CQ

Robyn Afrik (she/her) is an accomplished diversity, equity and inclusion (DE&I) practitioner and thought leader. She holds a CQ Certification in Cultural Intelligence and Unconscious Bias. With more than a decade of experience leading DE&I in multiple industries across the U.S., which include for-profit, public and non-for-profit sectors, she has developed a deep expertise in identifying, evaluating and mitigating risks and opportunities as a business and community advisor to board and senior level management. Currently, Robyn serves as the first Director of Diversity, Equity and Inclusion for Ottawa County. With just over 290,000 residents and the fastest growing county in the State of Michigan, the office is responsible for removing implicit bias from policies, programs, and decision-making processes.



Brianna Chesser, PT, MPT, EdD

Brianna Chesser (she/her) is an Assistant Professor at Grand Valley State University. She earned her Bachelor of Science in Social Work from Loyola University Chicago, and Master of Physical Therapy degree from Northwestern University. As a practicing PT for over 15 years, Bree founded a multidisciplinary home and school-based pediatric therapy practice. 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 is passionate about engaging in diversity, equity, inclusion, and justice initiatives.

Throwing Athlete Rehabilitation and Biomechanics – 3.5 CEUs

This course will cover rehabilitation of the throwing athlete with emphasis on movement screening and sport specific assessment related to common pathologies in the overhead throwing athlete. The correlation of throwing biomechanical analysis and orthopedic examination will be explored with associated prescription of manual interventions and therapeutic exercise. This course will provide an overview to the specificity of corrective exercise and manual mobilization necessary for full return to sport.



Max Wardell, PT, DPT, CSCS, CAFS

Max is the Director of Throwing at the Overhead Athletic Institute (OAI), where he works with athletes through the ranks from professionals to youth athletes. He completed his Doctorate of Physical Therapy at Oakland University after pitching collegiately for Concordia University Ann Arbor. Shortly after Max's collegiate baseball career ended he began a three year apprenticeship under former professional pitcher, Ed Martel, MPT, OMPT, the founder of the Overhead Athletic Institute. Max has co-authored the book *Rehab to Throw Like a Pro: The Clinician's Guide* and directs the educational programs for the OAI.



Derek Brady, PT, DPT, MDN

Derek is a physical therapist at HealthQuest and a member of the Overhead Athletic Institute (OAI) where he works with a diverse population of athletes with

a focus on the overhead athletics. He completed his Doctorate of Physical Therapy at Oakland University, after playing soccer collegiately. Quickly into his career, he became enamored by the complexity of the biomechanical processes of the throwing motion and recognized a disparity in the field of how to properly rehab these athletes to return to sport full function and prevent injury. Through HealthQuest, he was introduced to Max and the OAI which further increased his exposure and reach with throwers. He participates in research and educational programs associated with the OAI.

Understanding the Vital in Vitals: PT's role in Managing Chronic Hypertension

1.5 CEUs

This course will discuss the importance of the physical therapist in the management of chronic hypertension. Studies have shown that blood pressure and other vital monitoring in outpatient clinics is infrequent despite understanding the importance of these important hemodynamic measures. Outpatient physical therapists have been called to routinely assess blood pressure in order to proactively address the hypertension epidemic in the United States. This course will review American Heart Association blood pressure guidelines, discuss how to respond to abnormal blood pressure values, and discuss the importance of monitoring and responding to blood pressure and heart rate measurements during or after exercise.



Leslie Smith, PT, DPT

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.

What You Need to Know About Your Patients with Cardiopulmonary Disease from Acute Care to Outpatient Care – 2.0 CEUs

Regardless of your setting or primary practice area, patients with one or more cardiac or pulmonary impairments are likely to be on your schedule. These patients require close monitoring and unique considerations. This presentation is aimed for new and experienced clinicians that are interested in a concise discussion that will assist them in navigating the essential components of evaluation and treatment for their patients with chronic obstructive pulmonary disease (COPD), interstitial lung disease, post-COVID-19, pulmonary hypertension, heart failure and coronary artery disease. This course will present best practices applicable across outpatient, home health, rehabilitation and acute care settings. At the conclusion, there will be a case study where attendees will have the opportunity to discuss and apply their knowledge for a patient with cardiopulmonary disease across these settings.



Crystal Gluch, PT, DPT, CCS

Crystal Gluch, PT, DPT is a Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy. Dr. Gluch earned her Doctor of Physical Therapy degree from Grand Valley State University and completed a Cardiovascular and Pulmonary Physical Therapy Residency from the Veterans Affairs Healthcare System. During her time as a resident, Dr. Gluch was recognized nationally by the American Physical Therapy Association with the Outstanding Physical Therapist Resident Award. Dr. Gluch currently practices across patient care settings including critical care, acute care, subacute rehab, outpatient care and Cardiac and Pulmonary Rehabilitation as a cardiopulmonary physical therapist at the VA in Ann Arbor, MI. In addition to Dr. Gluch's clinical care, she serves as faculty for the VA Residency Program, adjunct faculty for Grand Valley State University's DPT program and is APTA Michigan's Communications Director.



Jessica Vogt, PT, DPT

Jessica Vogt, PT, DPT is a Residency-Trained Cardiopulmonary Physical Therapist Specialist at the Veterans Affairs Health Care System in Ann Arbor, Michigan. Dr. Jessica Vogt graduated with her Doctor of Physical Therapy degree from the University of Cincinnati and completed the Cardiovascular and Pulmonary Physical Therapy Residency Program at the Ann Arbor VA. During residency, she practiced advanced clinical care in the medically complex veteran population with various cardiopulmonary diagnoses across settings including critical care, acute care, subacute rehab, outpatient, and in the cardiac and pulmonary rehab programs. Dr. Vogt recognized a need during the COVID-19 Pandemic in 2020 to meet the needs of vulnerable veterans with pulmonary disease and assisted in developing a virtual pulmonary rehabilitation program that she still oversees today. With her transition from resident to clinical specialist at the Ann Arbor VA, Dr. Vogt focuses on providing advanced clinical care to veterans with pulmonary impairments through pulmonary rehabilitation programs, post-COVID and post-ICU rehabilitation programs, and in the acute and subacute rehab units. Dr. Vogt is the coordinator of the VA Ann Arbor multidisciplinary pulmonary rehab programs, serves as faculty and mentor in the VA Cardiopulmonary PT Residency program and is a LEO Intermittent Lecturer with the DPT program at University of Michigan-Flint.

Setting the Stage: Introduction to Rehabilitation for the Performing Artist Patient – 3.75 CEUs

Performing Arts Physical Therapy is a combination of Occupational Health, Sports and Orthopedic Physical Therapy and Acute Injury Management. This course will present an overview of each performing arts discipline for the physical therapy student through professional. A barrier for most allied health professionals in treating this patient population is being able to speak their language and real-life examples of their movement patterns and positional demands will be explained in physical therapy terminology and context. Furthermore, the performing arts patient is a body-aware athlete, who requires understanding of how their body works and knowledge of how the different parts of their body work together to optimize their movement. This course will give a brief overview of the musculoskeletal anatomy and its association to movement, common performing arts injuries linked to specific anatomy, with interaction of physiological systems, which will facilitate understanding for the patient and physical therapist and enhance communication and therapy progressions. Injury risk screening will also be discussed to assess understanding of this material and its application to the

individual performer. Treatment techniques, progressions, and modalities will assist the physical therapist in creating and implementing plans of care for this patient population, which can also apply to other sports and general orthopedic patients.



Kristen Schuyten, PT, DPT, SCS, CSCS

Kristen is a Physical Therapy Clinical Specialist and Performing Arts Rehabilitation Program Coordinator at MedSport Domino's Farms with Michigan Medicine. Kristen holds her Board Certification in Sports and is a Certified Strength and Conditioning Specialist. Kristen received her undergraduate education from University of Michigan, and her Master's and Doctorate in Physical Therapy from Central Michigan University. Kristen performs staff training in the evaluation, screening, and treatment of Performing Arts patients; coordinates and performs on-site triaging, backstage treatment services, and has established referral network for the University of Michigan School of Music, Theatre and Dance (SMTD) students. She has collaborated in the creation of

return to dance post-operative protocol, gymnastic, instrumentalist, post-concussion return and figure skating injury risk screening for these specialized patient populations. For the past decade, she has coordinated injury risk screening for the UM SMTD including analysis of individual screenings and customized exercise prescription. She is on the US Figure Skating Team USA medical team and serves on their Sports Medicine Committee. Kristen supported the 2018 Olympic Team with physiotherapy coverage in Pyeongchang, South Korea and has traveled to Asia multiple times as Team Physiotherapist for Team USA at World Championship and International Figure Skating events. She was awarded the Michigan Medicine Learning Catalyst Award for Outstanding Staff Educator.



Phillip Schuyten, PT, DPT, FAFS, FGS

Phillip is a Site Director for Plymouth PT Specialists in White Lake, Mi. He graduated with a Bachelor of Science in Health Science from Grand Valley State University and a Doctorate of Physical Therapy from the University of Michigan. Phil has over 19 years of experience in the field of Physical Therapy. He began in the field in 2002 as a technician and learned about the PT prior to attending school for his Doctorate of Physical Therapy.

Phil is a medical director for local area high schools' athletic teams providing on and off-site coverage to student athletes. He maintains an Emergency Medical Responder certification and attends regular continuing education courses. He also devotes a good portion of his time lecturing around southeast Michigan to physicians, residents, and other practitioners about the use and effectiveness of Physical Therapy. He also provides information to local dance and gymnastics teams on injury prevention and screening. Phil has been active with U.S. Figure Skating since 2010 and has worked alongside many current and former Olympic athletes.

Orthopedic Considerations in Neurological Diagnosis – 1.75 CEUs

An overview of common and not-so common Neurological diagnoses and the impact this can have on orthopedic issues. This course is appropriate for both neuro and orthopedic clinicians and it will be a synthesis of diagnoses that may be seen in both clinics for very different reasons. The aim of this course is to provide a comprehensive way to treat the whole patient, with emphasis on how the neurological diagnosis may change the way you have to think about treatment. Additionally, the neurologic PT will gain framework for assessment and treatment of orthopedic concerns in their neurologic patients.

Collaboration between physical therapy specialists will be addressed, as well as a multidisciplinary model of care. Neurological diagnoses that will be included are: Parkinson's Disease, Multiple Sclerosis, Traumatic Brain Injury, Spinal Cord Injury, Stroke and a summary of "other" neurological diagnosis for example Charcot Marie Tooth. The learner will leave the course feeling comfortable with the ability to perform assessment of both the neurologic and orthopedic complaints your patient brings to their evaluation.



Katie Larsen, PT, DPT

Katie Larsen, PT, DPT graduated from Grand Valley State University Doctorate of Physical Therapy Program in 2009. She has worked as a physical therapist in a variety of settings which include outpatient neurological rehabilitation at the Rehabilitation Institute of Michigan (RIM) in Detroit, MI and Mary Free Bed Rehabilitation Hospital (MFB) in Grand Rapids, MI, inpatient rehabilitation on the Spinal Cord Unit at RIM and Mary Free Bed Rehabilitation Hospital (MFB) and outpatient Spine Center with MFB. She has worked with neurological patients who

have a variety of diagnoses including multiple sclerosis, stroke, parkinson's disease, lower extremity amputations, dizziness, brain injury, spinal cord injury and other neurological diagnoses. She became McKenzie Certified (MDT) in 2016. Her areas of interest include diagnoses which cross between the neurological and orthopedic worlds, such as cervical myelopathy and cervicogenic dizziness. In 2019, she started working at Thunder Bay Physical Therapy in Alpena, MI and continues her career treating patients with a variety of orthopedic and neurological issues. When she is not working, she enjoys spending time with her husband and 3 kids, running, biking, baking, reading and being outside.