



APTA
LouisianaSM

A Chapter of the American
Physical Therapy Association

2023 Spring Sports Symposium

March 17-19, 2023
Doubletree By Hilton
Lafayette, LA

Featured Speakers:

Christopher West, PT, DPT
Emily Yanny, DPT, SCS, CSCS
Jeremy Burnham, MD
Mary Beth Foreman Mass, PT, DPT
Rebecca Troulliet, PT, DPT, SCS, CSCS
Andre Labbe, PT, MOMT
Emily Gilcrease, MS, LAT, ATC, OTC
Sara V. Bunemann MS, ATC, OTC
Samantha Termini MS, LAT, ATC, OTC
Mathew Mazoch, MD

Tentative Schedule of Events

Friday, March 17, 2023 — 4.5 Clinical, & 2 Jurisprudence CE Hours

9:00 am—1:00 pm	APTA Louisiana Board of Directors' Meeting	
10:00 am—12:00 pm	Jurisprudence hosted by Louisiana Physical Therapy Board	(2.0 CE hours)
12:00 pm—5:00 pm	Registration Opens	
1:00 pm—2:00 pm	Rehab for Dancers	(1.0 CE hour)
2:00 pm—3:00 pm	Extension-based LBP Rehab in the Gymnast	(1.0 CE hour)
3:00 pm—4:00 pm	Research Presentations	(1.0 CE hour)
4:00 pm—5:30 pm	Female Athlete Panel	(1.5 CE hours)
1:00 pm—5:00 pm	Exhibit Setup	
5:30 pm	Exhibits Open	
5:30 pm—7:00 pm	Welcome Reception with exhibitors	
6:30 pm—8:00 pm	Committee Meetings	

Saturday, March 18, 2023 — 7.0 Clinical CE Hours

7:00 am—5:30 pm	Registration	
7:00 am—8:00 am	Exhibits Open —Continental Breakfast in Exhibit Hall	
8:00 am—10:00 am	Return to Sport	(2.0 CE hours)
10:00 am—11:00 am	Exhibit Break	
11:00 am—12:00 pm	Bear Procedure	(1.0 CE hour)
12:00 pm—1:15 pm	APTA Louisiana Business Meeting with Lunch & Awards	
1:15 pm—2:15 pm	Sports Medicine Coverage, a Team Approach	(1.0 CE hour)
2:15 pm—3:15 pm	Common Shoulder Problems and Orthopedic Urgencies	(1.0 CE hour)
3:15 pm—3:30 pm	Break	
3:30 pm—4:30 pm	You've Got The Degree... Now What? Path to Fellowship and Opening an Out of Network Private Practice	(1.0 CE hour)
4:30 pm—5:30 pm	Rehab for Pregnant and Postpartum Athletes	(1.0 CE hour)
7:00 pm	PT Pub Night—Adopted Dog Brewing	

*ALL ARE WELCOME TO ATTEND!

***Schedule is subject to change**

Sunday, March 19, 2023 — 4 Clinical CE Hours

7:30 am—8:00 am	Continental Breakfast	
8:00 am—9:00 am	Rotator Cuff Surgery	(1.0 CE hour)
9:00 am—10:30 am	Pitching Mechanics	(1.5 CE hours)
10:30 am—10:45 am	Break	
10:45 am—12:15 pm	BFR Training in Sports Medicine	(1.5 CE hours)

***Schedule is subject to change**

Conference Information

ONLINE REGISTRATION NOW OPEN!

Please visit the APTA Louisiana website, www.apta.org, and follow the links to the online registration system.

ACCOMMODATIONS

DoubleTree by Hilton Lafayette
1521 West Pinhook Road
Lafayette, Louisiana 70503
(337) 235-6111

Rate: \$125.00 per night (Double)

Rate: \$145.00 per night (King)

Registrants must make their own room reservations. Please identify yourself with “APTA Louisiana” to receive the group rate (group code for online booking is LYI). Please reserve your room early. The hotel guarantees the availability of our room block, at the above rates, only for reservations made on or before March 1, 2023. Please call to verify availability regardless of when arrangements are made.

www.my-event.hilton.com/lftlddt-lyi-e54ofea2-4103-4275-b84f-e5cbc97fc6f4/

*Please note: you must edit your stay dates if needed

ELIGIBILITY/TARGET AUDIENCE

Physical Therapists, Physical Therapist Assistants, PT Students, PTA Students, Athletic Trainers, and other licensed healthcare professionals.

CONTINUING EDUCATION HOURS (19.5 HOURS AVAILABLE TOTAL)

Friday: 6.5 hours

Saturday: 7.0 hours

Sunday: 4.0 hours

Ethics: 2.0 hours

Conference Information

REGISTRATION

Register early to receive the discounted early bird registration rate. Enclose all registration fees with your form. Cancellations may be made through February 24, 2023 without penalty. After February 24, 2023, a \$50.00 cancellation fee will apply up to 48 hours prior to the Meeting, after which all fees are forfeit. Pre-Registration will close on March 10, 2023. On-Site Registration will be available.

Exhibit hall passes do not include drink tickets for the Welcome Reception. Drink tickets can be purchased at the registration desk. Although provisions will be made for unregistered members to attend the business meeting, lunch on Saturday will be served only to registrants and to non-registrants who purchase a luncheon ticket.

WELCOME RECEPTION

The Welcome Reception will be held on **Friday, March 17, 2023** from 5:30 pm till 7:00 pm in the exhibit hall. Take this opportunity to catch up with colleagues and visit with our exhibitors!

CONTINENTAL BREAKFASTS

Continental breakfast will be served on Saturday and Sunday morning. Saturday morning breakfast will be in the Exhibit Hall (Salons AD), and Sunday morning breakfast will be in Salon A.

COMMITTEE MEETINGS

Committee Meetings are scheduled on Friday from 6:30 pm—8:00 pm.

RESEARCH PRESENTATIONS

Research presentations will be held on Friday from 3:00 pm—4:00 pm.

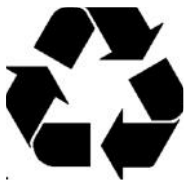
BUSINESS MEETING, LUNCHEON & AWARDS

The Business Meeting and Luncheon will be held on **Saturday, March 18, 2023** from **12:00 pm—1:15 pm**. The purpose of this meeting is to inform you of the accomplishments APTA Louisiana has made over the past year and the future direction of APTA Louisiana. Awards will be presented for the Dave Pariser Student Service Award.

DRESS/ATTIRE

During the Spring educational seminar and business meeting of APTA Louisiana, we will have several special guests in attendance. To help promote the Physical Therapy Community as a doctoring profession, and as independent practitioners, we are asking all attendees to dress similar to business casual attire for the weekend courses. Suggested attire would include: collared shirts, blouses, casual pants, or jeans in good repair with appropriate shoes or sandals. T-shirts, shorts, scrubs, and flip flops are discouraged.

WE ARE GOING GREEN!



We are pleased to announce that APTA Louisiana continues to Go Green! Accordingly, the Spring Meeting lecture notes will be emailed and available on the website ahead of time for you to download for reference and use. Note booklets are available onsite at an additional cost of \$20.

Call for Abstracts

APTA LA Spring Meeting Student Research Presentations Session

APTA Louisiana will host a Research Presentation section as part of the CEU session on the Friday evening of the upcoming Spring Meeting (March 17-19, 2023). The one-hour Research Presentations Session will consist of four platform presentations. All PT and PTA students are encouraged to apply for participation. Submissions will be reviewed and accepted by the Research Committee. Platform presentations will be accepted based upon quality of the work, and the desire to provide a diverse selection of presentations. Completed research projects are preferred; however, case reports and proposed studies/theory designs are acceptable. All submissions must be student-led projects.

Abstract Submission Deadline: Friday, February 17, 2023 by 11:59PM

All abstracts must be submitted via e-mail to Daniel Flowers, LPTA Research Chair:

daniel.flowers@lsuhs.edu.

Formatting Requirements for Abstracts:

A structured abstract of no more than 250 words, with references provided, is required. The word count does not include title, author names, or references. Citations may follow any professional guidelines, as long as they are consistent and correct. For formal research projects, the sections should include: Background, Methods, Results, and Discussion/Conclusions. For Case Reports or Proposed Study/Theory, the sections should include: Background, Design/Case/Theory, and Discussion.

The abstract should include a title, all authors, the abstract itself, and references. Only four platform submissions will be accepted due to time constraints.

All completed projects/reports with human participants must include a statement indicating the project received Institutional Review Board approval or exemption.

Respectfully submitted,
Daniel W. Flowers, PT, DPT, PhD
APTA LA Research Chair
daniel.flowers@lsuhs.edu

APTA Louisiana 2023 Spring Meeting

Name: _____ **Badge Name** _____

Spouse/Guest's Badge Name (if applicable): _____

Company: _____

Mailing Address: _____

Street City State Zip

Phone Number: (_____) _____ **Email Address:** _____

Licensure: ____ PT ____ PTA ____ PT Student ____ PTA Student ____ ATC ____ Other

Membership: ____ APTA/APTA LA Member ____ Non-member

Registration Fees	Full Conference (Excluding Ethics)		Friday & Saturday		Saturday & Sunday		Friday Only		Saturday Only		Sunday Only (Excluding ethics)		Ethics	
	Before 2/24	After 2/24	Before 2/24	After 2/24	Before 2/24	After 2/24	Before 2/24	After 2/24	Before 2/24	After 2/24	Before 2/24	After 2/24	Before 2/24	After 2/24
Register by February 24, 2023 for the Early Bird Rate!														
PT/PTA Members	\$420	\$445	\$315	\$340	\$330	\$355	\$105	\$120	\$270	\$285	\$125	\$140	\$35	\$45
PT/PTA Non-Member	\$560	\$585	\$435	\$460	\$440	\$465	\$135	\$150	\$340	\$355	\$140	\$155	\$60	\$70
APTA Life Member	\$280	\$295	\$225	\$240	\$220	\$235	\$60	\$75	\$165	\$180	\$70	\$85	\$25	\$35
Resident PT Member	\$280	\$295	\$225	\$240	\$220	\$235	\$60	\$75	\$165	\$180	\$70	\$85	\$25	\$35
Student Member	\$160	\$175	\$125	\$140	\$115	\$130	\$30	\$45	\$100	\$115	\$40	\$55	\$20	\$30
Student Non-Member	\$280	\$295	\$225	\$240	\$220	\$235	\$60	\$75	\$165	\$180	\$70	\$85	\$25	\$35
Athletic Trainers (Non-PTs)/Physicians/PA/Other Licensed	\$560	\$585	\$435	\$460	\$440	\$465	\$135	\$150	\$340	\$355	\$140	\$155	\$60	\$70

**Onsite fees will increase by \$5 to \$40 depending on registration category. Exact change requested for onsite cash payments.*

Item	Fee	=	Amount
Conference Registration	See Above	=	
Ethics Registration	See Above	=	
Spouse/Guest	\$45	=	
<i>For Attendees Not Otherwise Registered On Saturday:</i>		=	
Business Luncheon Ticket Only	\$35		
<i>For Exhibits-Only Registrants: *</i>			
Exhibit-Only Pass- Member	\$25	=	
Exhibits-Only Pass- Non-member	\$50	=	
Sippin' With the SSIG-Students	\$0	=	
PTs, PTAs, Other non-students	\$10	=	
Lecture Notes	\$20	=	
Please Pay Total Amount		=	

Credit Card (CIRCLE ONE):
 Am. Express Discover VISA Mastercard

Card number: _____

Expiration date: _____ CVV: _____

Cardholder's Name (Please Print):

Signature: _____

Date: _____

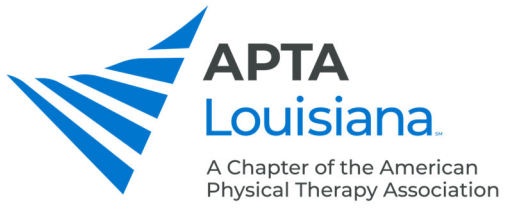
Registration by credit card may be made online or mail the registration form with credit card information or a check made payable to "APTA Louisiana" to:

Louisiana Physical Therapy Association
8550 United Plaza Blvd., Suite 1001
Baton Rouge, LA 70809

*Pass does not include drink tickets.

For the security of your data, please do not email credit card information.

Check here if you have a disability and may require an accommodation. You will be contacted to discuss your needs.



8550 United Plaza Boulevard, Ste. 1001
Baton Rouge, LA 70809

Rehab for Dancers
To the Pointe: Intro to Treating the Adolescent Dancer
Friday, March 17, 2023

COURSE DESCRIPTION:

Dance is a popular and increasingly competitive artistic sport, with millions of athletes participating each year. Growing interest and published literature in dance medicine is helping to improve longevity and wellness in dance careers. The aim of this presentation is to provide an introduction to treating the adolescent dancer, covering basic dance movements, common injuries, treatment strategies, and concepts surrounding return to sport.

COURSE OBJECTIVES:

Upon completion of the course, participants will be able to:

1. Describe types of dance, as it relates to style and skill level
2. Describe the basic design and terminology of a dance class
3. Review the epidemiology and causes of common injuries in dance
4. Present case studies to describe treatment strategies and return to sport for an adolescent dancer, from a biopsychosocial perspective

COURSE INSTRUCTOR:

Mary Beth Foreman Mass, PT, DPT received a Bachelors in Kinesiology from Louisiana State University in Baton Rouge, Louisiana, and a Doctorate of Physical Therapy from Louisiana State University Health Science Center in Shreveport, Louisiana. She completed an orthopedic residency at Cincinnati Children's in 2018, where she continued to work after becoming a board-certified specialist in orthopedic physical therapy. She currently practices in both Louisiana and Ohio for MBody You, where she is the owner, janitor, bookkeeper, secretary and sole PT. She has experience treating the whole spectrum of dancers, ranging from novice, recreational dancers to professional dancers on tour for So You Think You Can Dance and Dancing with the Stars. Mary Beth has presented research involving second ACL injury (2019) and a lecture for the Female Athlete SIG (2021) at the APTA's Combined Sections Meeting. Professionally, she is a member of the American Physical Therapy Association, the International Association for Dance Medicine and Science, and Doctors for Dancers. When Mary Beth is not in the dance studio, you can find her in the sun, traveling, or playing with her daughter, Ellie Rose.

Extension-based LBP Rehab in the Gymnast: More than just core strengthening

Friday, March 17, 2023

COURSE DESCRIPTION:

Extension-based low back pain is a common complaint within gymnasts and other performing artists, which can be highly debilitating. Oftentimes, coaches, physicians, and therapists' default to "core strengthening" to treat these pathologies, which is not always the most appropriate strategy. As the title alludes to, rehab for extension-based low back pain is much more nuanced than just core strengthening. We will dive into the important kinetic chain variables to assess and treat, provide clinically applicable tools for treatment and return-to-sport progression, and reference clinical case study examples to improve understanding of this specialized pathology and population.

COURSE OBJECTIVES:

Upon completion of the course, participants will be able to:

1. Audience will understand the pathophysiology of extension-based low back pain, including spondylolysis and spondylolisthesis.
2. Audience will be able to evaluate the kinetic chain variables that are relevant with extension-based low back pain.
3. Audience will understand treatment approaches to modulate impairments associated with extension-based low back pain.
4. Audience will understand appropriate return-to-sport load progression in gymnasts following extension-based low back pain.
5. Audience will apply learned knowledge to case studies.

COURSE INSTRUCTOR:

Emily Yanny, DPT, SCS, CSCS is a residency-trained and board-certified sports physical therapist who has been working for Ochsner since 2018, completed her sports residency training within the system in 2020, and is now the Sports Program Supervisor for the Northshore region. She was a Division 1 volleyball player at the University of Iowa and continued her physical therapy education there. She is passionate about injury reduction and works closely with Ochsner's community partners, including high schools, club sports, and dance studios to provide high quality preventative and reactive medicine as needed.

Research Presentations

Friday, March 17, 2023

COURSE DESCRIPTION:

This course aims to provide the learner with an overview of multiple research projects recently completed, or ongoing, within the Louisiana Chapter. Learners will have the opportunity to attend four platform presentations, each with a question-and-answer session. Poster presentations of additional projects will also be presented concurrently. Presentations from members, students, and faculty will all be included.

COURSE OBJECTIVES:

Upon completion of the course, participants will be able to:

1. Discuss the findings of local research projects and how they build upon previous evidence.
2. Recognize how clinical research improves evidence-based practice, and how to implement this in the clinical environment.
3. Discuss possible areas of future research, and how these studies can be built upon to create new research questions and hypotheses.
4. Summarize how clinical problems are translated into applicable research questions.

COURSE COORDINATOR:

Daniel Flowers, PT, DPT, PhD is an Assistant Professor of Physical Therapy at LSU Health – Shreveport, teaching in the entry-level DPT program and serving as the Program Director for the Orthopaedic Physical Therapy Residency Program. He has been an active member of APTA Louisiana since 2009, serving on the Governmental Affairs.

Female Athlete Panel

Friday, March 17, 2023

COURSE DESCRIPTION:

COURSE OBJECTIVES:

This course will be interactive to include lecture format, and all attendees, including students will be encouraged to participate. It will be a collaborative discussion with audience participation.

- 1.

COURSE INSTRUCTOR:

Dr. Melissa Thompson, PT, DPT, MTC is a board-certified Doctor of Physical Therapy with a specialty certification in Manual Therapy, which is a tool for hands on treatment. She is also a pelvic health specialist with an advanced certification in Fertility Awareness Mentoring. Dr. Thompson help women connect their menstrual cycle health to their pelvic health so they can heal pelvic pain, relieve bladder issues, and take charge of their fertility. Through her own struggles with pelvic pain & infertility, she has seen the gap in care for women's health. She could not find a practitioner to find the root cause of my pain until she began seeing specialized pelvic PT's who believe in finding the root cause. Dr. Thompson also had difficulty finding any doctor who would listen to her fertility concerns. This is why she has done so much specialist training and designed a practice to incorporate both pelvic floor treatments & fertility education so she can help women get the answers that took her years to find for myself. She earned her Bachelor's degree at LSU and followed up with her Master's Degree in Pharmacology at LSU Health Sciences Center. From there, she earned her Doctorate in Physical Therapy from LSU Health Sciences Center in New Orleans. Dr.

Thompson was born and raised in Louisiana and spent many years living and practicing in New Orleans. She now live in The Woodlands, TX with her husband, and they are enjoying getting to the know the community and giving back with Flow Physical Therapy and Wellness.

Emily Yann, DPT, SCS, CSCS is a residency-trained and board-certified sports physical therapist who has been working for Ochsner since 2018, completed her sports residency training within the system in 2020, and is now the Sports Program Supervisor for the Northshore region. She was a Division 1 volleyball player at the University of Iowa and continued her physical therapy education there. She is passionate about injury reduction and works closely with Ochsner’s community partners, including high schools, club sports, and dance studios to provide high quality preventative and reactive medicine as needed.

Mary Beth Foreman Mass, PT, DPT received a Bachelors in Kinesiology from Louisiana State University in Baton Rouge, Louisiana, and a Doctorate of Physical Therapy from Louisiana State University Health Science Center in Shreveport, Louisiana. She completed an orthopedic residency at Cincinnati Children’s in 2018, where she continued to work after becoming a board-certified specialist in orthopedic physical therapy. She currently practices in both Louisiana and Ohio for MBody You, where she is the owner, janitor, bookkeeper, secretary and sole PT. She has experience treating the whole spectrum of dancers, ranging from novice, recreational dancers to professional dancers on tour for So You Think You Can Dance and Dancing with the Stars. Mary Beth has presented research involving second ACL injury (2019) and a lecture for the Female Athlete SIG (2021) at the APTA’s Combined Sections Meeting. Professionally, she is a member of the American Physical Therapy Association, the International Association for Dance Medicine and Science, and Doctors for Dancers. When Mary Beth is not in the dance studio, you can find her in the sun, traveling, or playing with her daughter, Ellie Rose.

Rebecca Schnadelbach Troulliet, PT, DPT, SCS, CSCS is a Sports Physical Therapist from Hammond, LA who received her Clinical Doctorate in 2017 from LSU Health-New Orleans. She has a special interest in the lower extremity, post-op ACL rehabilitation and return to sport testing. Clinically her experience includes work with youth, high school, collegiate and semi-pro athletes from Basketball, Football, Tennis and other organized team sports to Bowling, Dancing, Marital Arts and Tactical Athletes. Team involvement includes former physical therapist for Southeastern Louisiana University and currently at St. Thomas Aquinas Athletics as a full-time physical therapist with Ochsner-Andrews Sports Medicine Institute. Administratively, she has worked in supervision and program development alongside Team Coaches, Athlete Trainers, Strength and Conditioning Specialists, Orthopedic Surgeons, and other Physical Therapists. Professionally, she is passionate about advocating for and progressing the profession of physical therapy by currently serving as the Vice-President of APTA-Louisiana. She received her Certified Strength and Conditioning Certification in 2017, completed AASPT’s Kevin Wilk Traveling Fellowship in 2019, obtained Board Specialization in Sports Physical Therapy in 2020 and most recently completed her term as Louisiana’s APTA Centennial Scholar for 2021-22. In her free time, she serves as adjunct faculty teaching with FranU DPT in Baton Rouge and a Guest Panelist for LSU DPT New Orleans as well as an active Clinical Instructor. Additionally, she is the owner of Victory Fitness + Physical Therapy, a concierge treatment and consulting business for active individuals in the health and wellness space. Through this business she hosts free community workouts “Coffee & Kettlebells” and “Ruck Club” events to promote fitness and movement in her community.

Return to Sport

Saturday, March 18, 2023

COURSE DESCRIPTION:

Objectives:

1.

COURSE INSTRUCTOR:

Rebecca Schnadelbach Troulliet, PT, DPT, SCS, CSCS is a Sports Physical Therapist from Hammond, LA who received her Clinical Doctorate in 2017 from LSU Health-New Orleans. She has a special interest in the lower extremity, post-op ACL rehabilitation and return to sport testing. Clinically her experience includes work with youth, high school, collegiate and semi-pro athletes from Basketball, Football, Tennis and other organized team sports to Bowling, Dancing, Marital Arts and Tactical Athletes. Team involvement includes former physical therapist for Southeastern Louisiana University and currently at St. Thomas Aquinas Athletics as a full-time physical therapist with Ochsner-Andrews Sports Medicine Institute. Administratively, she has worked in supervision and program development

alongside Team Coaches, Athlete Trainers, Strength and Conditioning Specialists, Orthopedic Surgeons, and other Physical Therapists. Professionally, she is passionate about advocating for and progressing the profession of physical therapy by currently serving as the Vice-President of APTA-Louisiana. She received her Certified Strength and Conditioning Certification in 2017, completed AASPT's Kevin Wilk Traveling Fellowship in 2019, obtained Board Specialization in Sports Physical Therapy in 2020 and most recently completed her term as Louisiana's APTA Centennial Scholar for 2021-22. In her free time, she serves as adjunct faculty teaching with FranU DPT in Baton Rouge and a Guest Panelist for LSU DPT New Orleans as well as an active Clinical Instructor. Additionally, she is the owner of Victory Fitness + Physical Therapy, a concierge treatment and consulting business for active individuals in the health and wellness space. Through this business she hosts free community workouts "Coffee & Kettlebells" and "Ruck Club" events to promote fitness and movement in her community.

Bear Procedure

Saturday, March 18, 2023

COURSE DESCRIPTION:

COURSE OBJECTIVES:

Following this presentation, the participant will:

- 1.

COURSE INSTRUCTOR:

Sports Medicine Coverage, a Team Approach

Clinical Evaluation of the Concussed Athlete - Sideline Concussion Management

Saturday, March 18, 2023

COURSE DESCRIPTION:

Given the variability of the clinical presentation associated with concussion, it is important to be able to perform a systematic and comprehensive sideline evaluation. The SCAT5 and Vestibular/Ocular Motor Screening (VOMS) are tools that can assist clinicians in identifying important symptoms, cognitive, and vestibular and oculomotor system deficits after a concussion. In this presentation, we will review the SCAT5 and VOMS and how to interpret findings. Additionally, we will discuss other important aspects of the oculomotor examination beyond the VOMS, including pursuits, saccades, vergence, accommodation, and ocular alignment testing. A review of abnormal findings, as well as when referral to another provider is needed, will be discussed.

COURSE OBJECTIVES:

1. Discuss immediate management of sports-related concussion
2. Compare differences in sports-related concussion and traumatic brain injury
3. Examine and implement the use of concussion sideline evaluation tools in the immediate management of a concussion
4. Analyze the findings from Vestibular Oculomotor Screening (VOMS) and its importance in future therapeutic management

COURSE INSTRUCTOR:

Emily Gilcrease, MS, LAT, ATC, OTC is a current Resident at the Ochsner Sports Medicine Institute SMA Residency Program in Baton Rouge, LA. She graduated cum laude with her Bachelor of Science in athletic training from Western Carolina University and her Master of Science in athletic training from the University of South Carolina in

2013. Prior to attending Residency, she spent 11 years as an Athletic Trainer at the high school and collegiate level. She enjoys spending time with her husband, son, and 2 dogs.

Sara V. Bunemann, MS, ATC, OTC is originally from High Point, North Carolina. She completed a Bachelor of Science Degree in Athletic Training at East Carolina University in Greenville, North Carolina. Sara went on to pursue a Master of Education during a two-year Graduate Assistant position at Union College in Kentucky. Sara is a recent graduate of UAB Heersink School of Medicine's Master of Science in Anatomical Science. She has clinical experience in the performing arts, secondary school and collegiate settings and has served on a variety of state and regional athletic training boards. Sara is currently completing an athletic training surgical residency at Ochsner Sports Medicine Institute. She resides in New Orleans with her dog, Nox.

Samantha Termini MS, LAT, ATC, OTC is a Sports Medicine Assistant Resident at Ochsner Health in Baton Rouge, LA. She received her Master of Science in athletic training from Texas A&M University in 2014. She currently serves on the athletic training education committee for the Ochsner Sports Medicine Institute Baton Rouge. Previously Samantha has served as an athletic trainer at the high school, division I, and professional levels.

Common Shoulder Problems and Orthopedic Urgencies

Saturday, March 18, 2023

COURSE DESCRIPTION:

Greater depth of knowledge in the shoulder and orthopedic condition.

COURSE OBJECTIVES:

Upon completion the participant will be able to:

- 1.

COURSE INSTRUCTOR:

MATHEW J. MAZOCH, M.D. is a Fellowship-trained orthopedic surgeon in arthroscopic surgery and sports medicine. He spent additional time after his orthopedic residency working with many of the internationally recognized leaders in the field of arthroscopic and minimally invasive surgery to master complex procedures in the shoulder, knee, hip, and elbow. He currently treats patients at The Bone and Joint Clinic of Baton Rouge. Dr. Mazoch grew up on a beef cattle farm and is an avid outdoorsman. He is an LSU fan and a Baton Rouge native. He graduated Valedictorian from Catholic High School. He then graduated Summa Cum Laude from LSU with numerous other awards and honors. He graduated at the top of his class in medical school at LSU, receiving Honors in all his clinical rotations and serving as president of the Alpha Omega Alpha Honors society. He completed his orthopedic residency at the University of Arkansas for the Medical Sciences where he consistently performed over the 98th percentile nationally on all his in-training and Board exams. He has ten peer-reviewed research publications and has presented his work at both national and international meetings. He completed Fellowship training at Mississippi Sports Medicine and Orthopedic Center and Tulane Institute of Sports Medicine where he received additional training from internationally renowned experts in arthroscopic and minimally invasive surgery. He is a member of the American Academy of Orthopaedic Surgeons, the Arthroscopy Association of North America, and the American Orthopaedic Society for Sports Medicine.

You've Got The Degree... Now What? Path to Fellowship and Opening an Out of Network Private Practice

Saturday, March 18, 2023

COURSE DESCRIPTION:

Have you ever wondered if attaining further training and/or certificates is something that will benefit you and your career? During this course, we will discuss my path to attaining a Fellowship in Orthopedics and Manual Therapy, how this has changed the way I treat patients, and the improved outcomes we're able to achieve. We will then delve into how changes in the profession led me to open an out of network/private pay clinic in Lafayette, LA and the steps it took to get to a successful practice.

COURSE OBJECTIVES:

Following this presentation, the participant will:

1. Discuss the routes to attaining Fellowship
2. Weigh the pros and cons of Fellowship
3. Discuss other certifications (i.e. OCS, Dry Needling, etc)
4. Discuss the process of opening an out of network/private pay practice

COURSE INSTRUCTOR:

Lauren Stone PT, DPT, FAAOMPT, TDN-C, CF-L1 is a local physical therapist and owner of Neaux Excuses Physical Therapy. She graduated from LSU in 2011 with a Bachelor of Science in Kinesiology: Human Movement and went on to graduate from PT school in 2015 from LSU-New Orleans. Shortly after graduation, she began a manual therapy fellowship through the Manual Therapy Institute in which she completed in 2019. In 2018, she founded Neaux Excuses Physical Therapy which is a private pay clinic with a focus on keeping active individuals healthy and involved in their respective sport, reducing injury likelihood, and educating people of the community on appropriate movement mechanics. Patient population includes Crossfitters, Powerlifters, avid runners, recreational exercisers, and weekend warriors. She is passionate about getting the community to move more and improve their overall health. When is not in the clinic, she enjoys spending time with her husband and two kids, weight lifting, cooking, and gardening.

Rehab for the Pregnant Athlete***Saturday, March 18, 2023*****COURSE DESCRIPTION:****COURSE OBJECTIVES:**

Following this presentation, the participant will:

1. Understand the role of the pelvic floor
2. Understand how the pelvic floor changes during pregnancy
3. Define the abdominal canister
4. Assessing the abdominal canister in the pregnant person
5. Developing a rehab strategy to train the abdominal canister with lifting

COURSE INSTRUCTOR:

Dr. Melissa Thompson, PT, DPT, MTC is a board-certified Doctor of Physical Therapy with a specialty certification in Manual Therapy, which is a tool for hands on treatment. She is also a pelvic health specialist with an advanced certification in Fertility Awareness Mentoring. Dr. Thompson help women connect their menstrual cycle health to their pelvic health so they can heal pelvic pain, relieve bladder issues, and take charge of their fertility. Through her own struggles with pelvic pain & infertility, she has seen the gap in care for women's health. She could not find a practitioner to find the root cause of my pain until she began seeing specialized pelvic PT's who believe in finding the root cause. Dr. Thompson also had difficulty finding any doctor who would listen to her fertility concerns. This is why she has done so much specialist training and designed a practice to incorporate both pelvic floor treatments & fertility education so she can help women get the answers that took her years to find for myself. She earned her Bachelor's degree at LSU and followed up with her Master's Degree in Pharmacology at LSU Health Sciences Center. From there, she earned her Doctorate in Physical Therapy from LSU Health Sciences Center in New Orleans. Dr. Thompson was born and raised in Louisiana and spent many years living and practicing in New Orleans. She now live in The Woodlands, TX with her husband, and they are enjoying getting to the know the community and giving back with Flow Physical Therapy and Wellness.

Rotator Cuff Surgery***Sunday, March 19, 2023*****COURSE DESCRIPTION:**

COURSE OBJECTIVES:

Following this presentation, the participant will:

- 1.

COURSE INSTRUCTOR:

Dr. Misty Suri

The Pitching Mechanism

Sunday, March 19, 2023

COURSE DESCRIPTION:

This lecture will discuss the biomechanics of the pitching motion. Participants will learn concepts of evaluation of the pitcher as well as treatment concepts.

COURSE OBJECTIVES:

Following this presentation, the participant will: At this end of this discussion, the learner will be able to

1. Describe the biomechanics of the pitching motion
2. Describe the components of an evaluation for pitchers
3. Describe treatment concepts specific to pitchers

COURSE INSTRUCTOR:

Andre' Labbe' P.T., M.O.M.T. – [Please click here for full CV that was too lengthy to paste in this document -](#)

Blood Flow Restriction Training in Sports Medicine

Sunday, March 19, 2023

COURSE DESCRIPTION:

Blood Flow Restriction Training (BFRT) is possibly the most interesting and effective modality to emerge in the physical therapy practice in recent history. Most clinicians at this point are at least familiar with some of the promises of BFRT, namely increased muscle hypertrophy, decreased atrophy, and increased muscular strength. Of course there are other benefits such as increased VO2 Max, and systemic upregulation of hormones that aid in muscular growth. Additionally, because BFRT involves exercise that is perceived by the patient to be very strenuous, it serves an additional role in framing the necessity of hard work early on and through the return to play/function phase. The use of BFRT also tends to have analgesic effects, which can be of vital use in our post op and load intolerant populations. This course will provide an evidence-heavy rationale for the effectiveness of BFRT in appropriate populations, while also providing the critical clinical reasoning for its use which goes beyond what can be easily quantified in the available literature.

COURSE OBJECTIVES:

Upon completion of this educational seminar, the participant will be able to:

1. Learners will be able to describe the history of Blood Flow Restriction Training as it relates to physical rehabilitation
2. Learners will be able to identify the safety risks associated with and the contraindications to BFRT
3. Learners will be able to describe the general theories for why BFRT is effective in a rehabilitation setting
4. Learners will be able to describe the populations that BFRT is most appropriate for
5. Learners will understand additional reasons for the inclusion of BFRT that may not be explicit in the available evidence

COURSE INSTRUCTOR:

Christopher West, PT, DPT is a local physical therapist with special interests in orthopedics, manual therapy, and providing clinical education. He graduated from Louisiana Tech in 2014 with an engineering degree and went on to graduate from PT school in 2017 from TWU in Dallas. He immediately enrolled in a manual therapy fellowship, which he completed in 2021. He was admitted into the Fellowship of American Academy of Orthopedic Manual Physical

Therapists earlier this year. Realizing a passion for teaching, he took a position at Louisiana Orthopedic Specialists (LOS) allowing him to provide occasional clinical mentorship for other therapists and teach continued education courses. He has since moved into a Clinical Education Coordinator role for the same company, where he organizes a continuum of courses for the staff, while also offering extracurricular courses on special topics for both the staff of LOS and other local clinicians. Chris is a strong advocate for life-long learning, idea sharing among all therapists, and appropriately using evidence, expertise, and experience in clinical practice.

Ethics Seminar

VIRTUAL PRESENTATION

COURSE DESCRIPTION:

This course is designed to integrate the core values and the code of ethics of our profession into everyday clinical interactions. The use of the core documents are the foundation of ethical decision making and are integrated into the decision making process. Current issues which challenge contemporary clinicians practice in areas such as telehealth, “hands on practice in a hands off world”, payment challenges, supervision, and practice ownership will be explored. Interactive discussions will focus on practical approaches to solving complex practice situations.

COURSE OBJECTIVES:

By the end of the presentation the participant should be able to:

1. Analyze a situation to determine if there is an ethical issue.
2. Apply the principles of ethical decision making to the ethical situations presented
3. Employ professional core documents in resolving ethical situations.
4. Evaluate a situation and determine the appropriate course of action to protect patients, improve care and elevate clinical practice.
5. Recognize the special challenges of contemporary practice

COURSE INSTRUCTOR:

Nancy R. Kirsch, PT, DPT, PhD, FAPTA is a professor of physical therapy and Vice Chairperson of the Department of Rehab and Movement Sciences at Rutgers, The State University of New Jersey. She currently serves on the Board of Physical Therapy Examiners, Division of Consumer Affairs in New Jersey. She is President of the Federation of State Boards of Physical Therapy, and previously served as President of the New Jersey Chapter of the APTA. She also served as Chair of the national APTA Reference Committee and Ethics and Judicial Committee. She is on the faculty of PROBE a national ethics remediation program. Dr. Kirsch presents on topics in ethics and risk management on the national level at APTA and other professional meetings. Her academic and research interest is professional behavior, moral injury, ethical decision making and ethical risk factors. Dr. Kirsch writes a column in APTA Magazine, called Ethics in Practice and is author of the text Ethics in Physical Therapy.