

Spring Conference  
Radford University  
Saturday, March 3, 2018

### Schedule

**7:30 am-8:00 am**

Registration

**8:00 am-10:15 am**

Course

**10:15 am-10:30 am**

Break

**10:30 am-12:30 pm**

Course

**12:30 pm-1:00 pm**

Break

**1:00 pm-3:00 pm**

Course

**3:00 pm-3:15 pm**

Break

**3:15 pm-5:00 pm**

Course

### **Two Course Offerings to Choose From:**

*The Functional Integrative Process:  
Optimizing the Treatment Strategy*

by

Jacob McCrowell, PT, DPT, CMTPT, SFMA

AND

*Alternatives to Opioids:  
Interprofessional Conference on Complex Pain*

by

Wil Kolb, PT, DPT, OCS, FAAOMPT

### **Exact Location**

Radford University Program in Physical Therapy

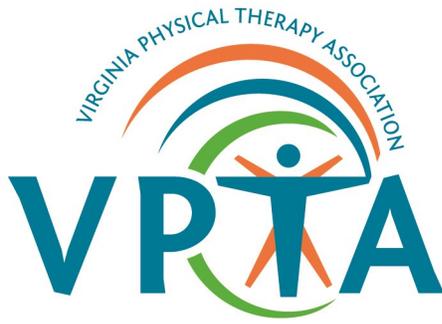
Located in Roanoke at

Carilion Roanoke Community Hospital

101 Elm Avenue, Suite 8A, 8th floor

Rooms 838 & 840

Roanoke, VA 24013



# Spring Conference

## Registration Form

Register online by [clicking here!](#)

**Advance registration closes on Tuesday, February 20.**

*Onsite registrations will be permitted should you miss this deadline. Just bring this form!*

Full Name:	
APTA Membership #:	
Email Address & Phone #:	

### Registration Rates:

Circle one.

Retired Member?

Your rate is \$100

	PT Member	PT Non-Member	PTA Member	PTA Non-Member	Student Member	Student Non-Member
Early Bird By 2.1.18	<b>\$160</b>	<b>\$225</b>	<b>\$110</b>	<b>\$150</b>	<b>\$55</b>	<b>\$80</b>
Advance By 2.20.18	<b>\$180</b>	<b>\$250</b>	<b>\$120</b>	<b>\$170</b>	<b>\$60</b>	<b>\$90</b>
Onsite	<b>\$200</b>	<b>\$280</b>	<b>\$135</b>	<b>\$190</b>	<b>\$65</b>	<b>\$100</b>

### Pick One Session:

- The Functional Integrative Process: Optimizing the Treatment Strategy
- Alternatives to Opioids: Interprofessional Conference on Complex Pain
- Lunch @ \$12.00 Dietary Notes: \_\_\_\_\_

### Payment:

**Check #** \_\_\_\_\_ (Make checks payable to "Virginia Physical Therapy Association")

If paying by credit card, please consider [registering online](#). Please note: **Credit card information should NOT be sent via email.** APTA email servers will not permit the email to transmit. This is for your protection and ours. You may call to register by phone and pay by credit card.

**Mail to:** VPTA  
1055 N. Fairfax St.  
Alexandria VA, 22314

**Questions:**  
VPTA@apta.org  
800/765-7848 x7125

# *The Functional Integrative Process: Optimizing the Treatment Strategy*

by

Jacob McCrowell, PT, DPT, CMTPT, SFMA



Dr. Jake McCrowell earned his Doctor of Physical Therapy degree with honors from Old Dominion University in 2010 and his B.S in Human Nutrition, Food, and Exercise with an emphasis on Exercise Promotion from Virginia Tech in 2007.

Jake specializes in manual techniques, including spinal manipulation, joint mobilization, and trigger point dry needling, as well as movement and mechanical analysis. He combines his certifications with current evidence-based research in order to provide the best possible care to his patients who range from recreational athletes to CrossFit competitors and marathoners and professional athletes.

Beyond the practice, Jake has lectured at several professional seminars to therapist and medical doctors regarding movement assessment and interventions for athletes and

is a continuing medical education instructor for rehabilitation professionals, specifically on integrative manual with functional exercise techniques to maximize patient outcomes. In addition, Jake has traveled with high level athletes to national weightlifting events to provide care and optimize movement prior to competition.

## **Session Description**

The purpose of this course is to teach Licensed Practitioners (PT, PTA, ATC, Strength coaches, Chiropractors) to integrate clinical problem solving with key concepts in the Rehabilitation realm to improve outcomes and success. While allowing clinicians to work together, this course is designed to develop the clinician's treatment skills while implementing evidence-based research.

Topics covered include the effective exercises progression, integrative exercises to transition from manual techniques to exercise, functional loading with Kettlebells, Kinesiotaping to improve posture and many easy to implement hands-on manual therapy techniques to improve motor control and mobility.

## **Learning Objectives**

1. Discuss the current concepts to improve examination efficiency and to improve rapport with patient.
2. Perform and develop proficiency/competency in using safe and appropriate integrative techniques of the upper and lower quarter.
3. Understand clinical reasoning skills in conjunction with the best available evidence (evidence-informed) in regards to selection of most appropriate exercise and exercise progression.
4. Demonstrate proper psychomotor skills with the dead lift and Turkish Get Up
5. Demonstrate efficient taping techniques to improve postural proprioceptive cueing.

*Alternatives to Opioids:  
Interprofessional Conference on Complex Pain*  
by  
Wil Kolb, PT, DPT, OCS, FAAOMPT



Dr. Kolb earned the Masters of Physical Therapy from Old Dominion University in 1996 and practiced in a variety of settings (Acute, Outpatient Ortho-Neuro, Pain Management, Wound Care) before returning to school and completing the Clinical Doctorate (DPT) in 2012 from Regis University, followed by board certification in Orthopedics in 2013 and the Fellowship in Orthopaedic Manual Physical Therapy (FAAOMPT) in 2014.

Currently Dr. Kolb teaches as full time faculty for the Radford University Doctor of Physical Therapy program as an associate professor including content areas of orthopedics, complex case management & health policy. His research interests include Knowledge Translation, Clinical Decision Making, Spinal Manipulation and Lower Extremity Joint Replacement. He has received grant funding for Implementation of Evidence-Based Physical Therapy Practice Guidelines for Low Back Pain from

Carilion Clinic of Roanoke, Virginia. Dr. Kolb has presented nationally for the American Physical Therapy Association (APTA) Combined Sections meeting and regionally for the Virginia Chapter of APTA (VPTA).

### **Session Description**

Opioid overdose deaths now exceed fatalities from gun violence or car crashes in the commonwealth of Virginia. The opioid epidemic beckons all health professionals to get out of our individual professional boxes and take action. This conference invites attendees from multiple professions to collaborate and learn about the opioid epidemic and alternatives to opioid prescription. Speakers from different professions will address the evaluation and management of the patient with a complex pain presentation in their unique area of expertise. Topics include how to recognize opioid abuse, classification of pain presentations, the opioid tapering process and the application of neuroplasticity and exercise. Case based clinical reasoning will be used in a format for interprofessional collaboration and problem solving. Alternatives to opioid prescriptions including hands on techniques and neuroscience pain education as applied to a patient with complex pain will be demonstrated.

### **Learning Objectives**

1. Appraise the current status of the opioid epidemic in Virginia
2. Distinguish between dependence and addiction behaviors in the patient with a complex pain presentation
3. Classify a patient's pain presentation through the efficient use of interview and outcome measures
4. Evaluate your clinical decision making for referral needs to other health professionals in a patient with complex pain
5. Understand the opioid taper process and the opportunity for interprofessional collaboration
6. Apply the evidence of neuroscience pain education for management of the patient with complex pain
7. Critique the effectiveness of alternative interventions to opioids