



Fall Summit 2018

South University

Nov. 2-3, 2018

Saturday Nov 3, 2018 / 6 CEUs

[Register Here](#)

Schedule

Friday Nov. 2

1:00–4:00 pm
Board Meeting

7:00 pm
PAC Event with special guest:
Jamey Schrier, PT

Saturday Nov. 3

7:15 am-8:00 am
Registration

8:00 am-10:00 am
Education Sessions

10:00 am-10:30 am
Break

10:30 am-noon
Education Sessions

12:00 -2:30 pm
Annual Members Meeting
and Luncheon
(Included with paid registration)

2:30 pm-3:30 pm
Education Sessions

3:30 pm - 4:00 pm
Break
Poster Presentations

4:00 pm - 5:30 pm
Education Sessions

Approximately 6:15 pm
PT Pint Night
[Keagan's Irish Pub](#)
2251 Old Brick Road

Two Course Offerings to Choose From:

Perfecting the Runner's Evaluation: Learning the Nuances of
Assessing Runners from a Multimodal Approach

by

Miriam Salloum, MPT, COMT, OCS

AND

Geriatrics - Nothing to be afraid of: Evidence-Based Physical
Therapy for Older Adults

by

Tamara Gravano, PT, DPT, EdD, GCS

Location

South University

2151 Old Brick Rd

Glen Allen, VA 23060

Free parking in garages within 1 block of university

Perfecting the Runner's Evaluation: Learning the Nuances of Assessing Runners from a Multimodal Approach

by

Miriam Salloum, MPT, COMT, OCS



Miriam Salloum was born in Gulfport, MS, and attended the University of North Carolina at Chapel Hill, graduating with a BS in Biology. She completed her Masters of Physical Therapy at East Carolina University. Miriam later completed a post-graduate internship at Mayo Clinic's biomechanics and motion analysis lab in Rochester MN. She has practiced orthopedic and sports physical therapy since 2000 while residing in Asheville, NC.

Miriam is owner and director of The Runner's Mechanic Physical Therapy Clinic. She specializes in the treatment of running injuries with a background in foot and ankle rehabilitation, foot orthoses fabrication, taping techniques, spine and lumbopelvic neuromuscular reeducation, spinal manipulation, and the biomechanical analysis of running gait. This includes video motion analysis and real-time gait retraining. Miriam also specializes in dry needling techniques, also known as Intramuscular Manual Therapy (IMT), to reduce pain and restore normalized

function of the neuromuscular system appropriate for most patient populations. In 2015 Miriam had the distinct pleasure to complete course training with Sue Falsone, head of Athletic and Sport Performance Training for the US Soccer's Men's National team, for advanced techniques in systemic dry needling for treatment of myofascial pain and chronic tendon disorders in high level athletes and runners. In 2016 Miriam became the physical therapist for the Olympic Training Site under the Center for Excellence for Sports Science in Johnson City, TN where she rehabilitated Olympic athletes in bobsled and track and field sports.

Miriam Salloum received her certification of orthopedic manual therapy (COMT) for spine and peripheral joint disorders through Maitland-Australian Physiotherapy and is an orthopedic certified specialist (OCS) through the American Physical Therapy Association. She has been a national presenter for North American Seminars for the past 7 years which allows her to educate health professionals in the most recent techniques for treatment of running related injuries. She models her approach to runners' rehabilitation after the Speed Clinic & Center for Endurance Sports at UVA and Spaulding National Running Center at Harvard, which has allowed her to utilize the most effective techniques for real time gait re-training.

Session Description

This is a one-day course focused on the comprehensive treatment of the injured runner. During this unique course, emphasis will be on an evidence-based approach to rehabilitation for both the physical and emotional success of running clients. Treating physical therapists will learn how to conduct interviews specific to runners and glean the best information to direct treatment interventions. Live demonstration of functional screening and objective testing techniques pertinent to running mechanics will be performed. Nuances of test findings will be discussed that will help fine-tune evaluation sessions. Video analysis, real time gait re-training, and corrective exercise prescription will be outlined, and productive ways to discuss future injury

prevention and long-term programming will be presented. This a great opportunity to combine the most current techniques in running rehabilitation with the clinical experience of an instructor working specifically in this field for over 18 years. This course is designed to allow a thorough understanding of how a physical therapist can successfully work with a running client on both a physical and cognitive level. Attending this course will not only yield positive outcomes and rapid symptom resolution with patients, but also inspire client trust and loyalty to help grow a physical therapy practice in the fast -growing and in-demand field of running rehabilitation.

Course Objectives

1. Perform a comprehensive intake of a runner's history for key information which will effectively direct diagnoses, evaluation, and treatment for optimal outcomes with return to sport.
2. Conduct functional movement screens and special tests for running clients to formulate hypothesis for mechanism of injury, treatment interventions, and prevention of future injury.
3. Treat running athletes using skilled manual therapy and taping techniques for hip and ankle to change symptoms, posture, and mobility and allow successful motor control training with running gait.
4. Learn how to perform video analysis in the clinic setting to accurately observe running gait and identify specific injurious movement patterns responsible for client symptoms.
5. Implement the appropriate gait re-training cue for correcting dysfunctional gait patterns to allow healing and symptom resolution.
6. Practice strengthening and neuromuscular retraining activities for patient home exercise routine to complement their return to running program.

Geriatrics - Nothing to be afraid of: Evidence-Based Physical Therapy for Older Adults

by

Tamara Gravano, PT, DPT, EdD, GCS



Dr. Gravano is an Associate Professor in the Doctor of Physical Therapy program and the Director of Survey Research at Rocky Mountain University of Health Professions. She earned her BHS, MSPT, and transitional DPT from the University of Miami in Coral Gables, Florida and completed her EdD in Leadership Studies (emphasis in Higher Education Administration) from Marshall University in 2017.

Gravano is one of the first two graduates of the first Geriatric Physical Therapy Residency Program (2004), and earned the APTA Emerging Leader award in 2007, Lucy Blair Service award in 2017, and is a Joan Mills award recipient from the Academy of Geriatric Physical Therapy. She currently serves her profession on many American Physical Therapy Association (APTA) committees: Editorial review board member for the Journal of Geriatric Physical Therapy, Board member of the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE), Board of Directors of the Academy of Geriatric Physical Therapy (AGPT), and was founding Chair of the AGPT Residency and Fellowship Special Interest Group. She is a past (2010-2012) Chair of the American Board of Physical Therapy Specialties Geriatric Council, and is a former Item Writer for the National

Physical Therapy Board Examination of the Federation of State Boards of Physical Therapy (FSBPT). Dr. Gravano is also the co-director and faculty member for the AGPT Certified Exercise Expert for Aging Adults (CEEAA) course series and a Certified Clinical Instructor Trainer for the APTA.

Dr. Gravano's teaching interests are in geriatrics and the integumentary system, and her clinical practice is in skilled nursing and inpatient rehabilitation. Current research interests are Leadership in Higher Education, PT Clinical Education, & Fall Prevention.

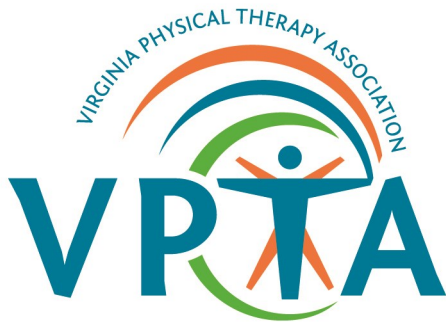
Session Description

Physical Therapists treat older adults in nearly every setting. Yet, many PTs feel unprepared to manage the aging patient, especially those individuals with multiple comorbidities. This often leads to missed opportunities to provide specific and intensive interventions. Learners in this course will be provided with the tools necessary to identify common functional deficits and prescribe a safe and effective plan of care in order to make

Course Objectives

By the end of this course, the learner will:

1. Discuss the demographics of aging adults and their risk factors for disease.
2. Distinguish the normal age-related changes of the body systems from pathological changes.
3. Understand the use of evidence-based tests and measures commonly used with aging adults.
4. Develop an exercise prescription to meet the needs of various systems, as well as any modifications.
5. Given a case scenario, design an evidence-based plan of care to improve function.
6. Discuss readiness for change and how to handle barriers to a plan of care.



Fall Summit 2018

Registration Form

[Register online by clicking here](#)

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Advance registration closes on Tuesday, October 9, 2018.

Max registration is at 32 registrants per course

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

Registration Rates:

Circle one.

Retired Member?

Your rate is \$100

Cancellation Policy: \$60 fee if cancelled before 10.9.18.

Cancellation after that date, no refunds for any reason.

\$20 fee to switch registrants or courses.

	PT Member	PT Non-Member	PTA Member	PTA Non-Member	Student Member	Student Non-Member
Early Bird By 8.15.18	\$180	\$250	\$120	\$170	\$55	\$75
Advance By 10.9.18	\$200	\$280	\$135	\$190	\$60	\$85
Onsite	\$220	\$310	\$150	\$210	\$75	\$95

Pick One Session:

- The Perfecting the Runner's Evaluation: Learning the Nuances of Assessing Runners from a Multimodal Approach. Business Lunch included.
- Geriatrics - Nothing to be afraid of: Evidence-Based Physical Therapy for Older Adults. Business Lunch included

Business Meeting:

Annual Business meeting open to all members. Registration required.

- Annual Business meeting only. Lunch purchase: \$15.00
- Annual Business meeting only. No lunch purchase: \$0

Dietary Notes: _____

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

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Alexandria VA, 22314

Questions:
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800/765-7848 x7125