7:15 am-8:00 am
Registration

8:00 am-9:00 am
Opening addresses by VPTA President Bailey, PT, DPT & APTA Student Assembly Past President Cameron Massumi, DPT

9:00 am-10:00 am
Keynote: *The Great Now What: Life After a Brainstem Stroke* by Maggie Whittum

10:00 am-10:30 am
Break with exhibitors

10:30 am-12:00 pm
Breakout Sessions:
- *What is Advocacy?*
- *Your Student Loan Investment*
- *PT Applications and Clinical Pearls: A review of select case studies including concussion*
- *The Rehab Team: Stop, Collaborate, and Listen*

12:00 pm-1:30 pm
Lunch

1:30 pm-3:30 pm
Breakout Sessions:
- *Perspectives on Adaptive Sports: A Panel Discussion with Athletes, Coaches, and Volunteers*
- *I’m a PT/PTA, now what?*
- *Your Student Loan Investment*
- *Residency Panel*

1:30 pm-3:30 pm
Breakout Sessions:
- *Perspectives on Adaptive Sports: A Panel Discussion with Athletes, Coaches, and Volunteers*
- *I’m a PT/PTA, now what?*
- *Your Student Loan Investment*
- *Residency Panel*

3:45 pm
Annual Members Meeting - All members are welcome to attend the business meeting at 3:30 but it is not required

4:00 pm-8:00 pm
PT Pint Night at Casa Del Barco
11800 West Broad St. Suite 2516

Location
South University
2151 Old Brick Rd
Glen Allen, VA 23060

Free parking in garages within 1 block of university
Session choices are FINAL and have maximum capacities.

Registration must be completed by Friday November 1.

Onsite registrations will not be permitted.

Paper /Mail/Email Registrations are not permitted. Online registration only.

Full Name: ____________________________  
APTA Membership #: ____________________  
Email Address & Phone #: ___________________

Registration Rates:  
Pick one.

Student Member: $75.00  
Student Non-Member: $90.00  
Total: ____________________________

Morning Courses:  
Pick one session (a, b, c, or d) below.

10:30 am - 12:00 pm
A. What is Advocacy? (Room 324)
B. Your Student Loan Investment (Room 323/325)
C. PT Applications and Clinical Pearls: A review of select case studies including concussion (Room 309)
D. The Rehab Team: Stop, Collaborate, and Listen (Room 314)

Afternoon Courses:  
Pick one session (a, b, c, or d) below for each time slot.

1:30 pm - 2:25 pm
A. Perspectives on Adaptive Sports: A Panel Discussion with Athletes, Coaches, and Volunteers (Room 323/325)
B. I’m a PT/PTA, now what? (Room 324)
C. Your Student Loan Investment (Room 314)
D. Residency Panel (Room 309)

2:30 pm - 3:25 pm
A. Perspectives on Adaptive Sports: A Panel Discussion with Athletes, Coaches, and Volunteers (Room 323/325)
B. I’m a PT/PTA, now what? (Room 324)
C. Your Student Loan Investment (Room 314)
D. Residency Panel (Room 309)

Questions:  
VPTA@VPTA.org  
866.364.VPTA (8782)
**Opening Address**

by

Joshua Bailey, PT, DPT, OCS, CSCS, CPed

Cameron Massumi, DPT

Dr. Bailey completed his MPT and DPT degrees at Shenandoah University. He is a Board Certified Orthopedic Clinical Specialist, Board Certified Pedorthist as well a Board Certified Strength and Conditioning Specialist. He is the President and Chief Executive Officer of Rehabilitation Associates of Central Virginia, a 14 site orthopedic physical therapy center, in Lynchburg, Virginia, where he practices managing foot and ankle cases. Dr. Bailey is also the Director of the Rehabilitation Associates of Central Virginia’s Foot and Ankle Specialty Team. He is an adjunct faculty member with Lynchburg College Doctoral Physical Therapy program and The Jackson Clinics Foot and Ankle Fellowship. In addition, Dr. Bailey is a Principal owner of the Physical Therapy Management Group of Virginia where he provides Physical Therapy management and consulting services. Dr. Bailey is the President of the Virginia Physical Therapy Association as well as University of Lynchburg Doctor of Physical Therapy Advisory Panel.

Dr. Massumi graduated with a Bachelor's Degree in Kinesiology from the University of Maryland in 2012. Afterwards he spent several years in the business world in a variety of sales and marketing positions. Feeling unfulfilled with his career he decided to return to school to pursue his Doctorate in Physical Therapy. While a student at Marymount University he quickly became engaged with APTA at the suggestion of the Department Chair. As a second year student he served as a member of the Professional Advocacy Committee and helped organize National Advocacy Dinners. During his third year of school he was elected President of the APTA Student Assembly Board of Directors. During his tenure he worked tirelessly to help improve student relations with professional members at large, generate an increase in membership, and provide more opportunities for students to get involved. Cameron is now working in Northern Virginia with a focus on orthopedics and sports. He plans on opening his own private practice within the next 4 years.
Keynote: The Great Now What: Life after a Brainstem Stroke
by
Maggie Whittum

Course Description
A 40 minute PowerPoint project with 85 slides detailing my life before stroke, thorough descriptions of my ER admission, ICU stay, brain surgery, rehab hospital time, and discharge to home. Further discussion of hypoglossal nerve transfer surgery and strabismus surgery. Replete with many pictures and video, and an honest, empathetic, and human examination of disability and identity in the aftermath of a stroke.

Maggie Whittum survived a hemorrhagic stroke, caused by a brainstem cavernous angioma, at age 33. She has presented on the topic of stroke recovery at Johns Hopkins, Georgetown, GW Hospital, Denver University and Marymount University, among others. She enjoys making art, riding her recumbent trike, and performing with Phamaly Theatre Company, which exclusively casts actors with disabilities! Maggie lives with many challenges including facial paralysis, visual impairments, and chronic pain. She is creating a documentary film on stroke, disability, loss and resilience entitled 'The Great Now What'. Maggie is a graduate of Colorado College.
What is Advocacy?

by

Tom Bohanon, PT, DPT
Elizabeth Higgs, SPT

Course Description

This course will cover the role of Physical Therapists in advocacy for our profession. Dr. Bohanon will speak regarding his role in the VPTA and the importance of being actively engaged in advocating for both our profession and our patients. Elizabeth Higgs will discuss her role on the Advocacy Project Committee, as well as her experience at Federal Advocacy Forum and Lobby Day last spring. They will discuss opportunities for students to get involved, from a 5-minute opportunity to year-long positions on various boards, and provide hand-outs with student involvement opportunities.

Dr. Bohanon is the owner and Physical Therapist at InMotion Physical Therapy. He received a Master's degree in Physical Therapy from the University of the Sciences in Philadelphia, PA in 2001 and his Doctor of Physical Therapy in 2008 from Virginia Commonwealth University. He has extensive post-graduate training and clinical experience in orthopedics, sports medicine and treatment of the spine. He became a Board Certified Orthopedic Specialist in 2004 and was recertified in 2014. In 2004, he completed the Long Term Maitland/Australian Approach to Manual Therapy course, with a focus on treating the spine and extremities. Tom worked for HealthSouth Sports Medicine and Orthopedics from 2001 to 2006. During his time at HealthSouth he worked with professional athletes including golfers, football, baseball, and hockey players. He opened InMotion Physical Therapy in 2006 with the mission of providing quality direct care to patients, with a focus on research based treatments current treatment techniques, and a superior customer experience. He also assisted in co-founding PTWEBUCATION.com an online Physical Therapist focused continuing education company in 2013. He is active in the Virginia Physical Therapy Association working to improve Direct access and workmen's compensation laws and working to improve access to Physical Therapist services for Virginians. Tom served as Chapter President 2012 - 2016 and Delegate to the American Physical Therapy Association's House of Delegates. He currently serves as Legislative Chair for the VPTA. Having served as President and delegate to the association and as a private practice owner He has a unique perspective on the challenges facing the profession on a state an national level.

Elizabeth Higgs is a third year DPT student at Virginia Commonwealth University. She serves on her class’s Executive Board and fulfills the roles and responsibilities of APTA representative. Elizabeth has truly taken this role to heart and has spent the last several years networking within the APTA on a national basis. She served on the Advocacy Project Committee of the Student Assembly in 2019, and hosted her school’s first National Advocacy Dinner last April. Elizabeth is currently serving as Virginia’s Core Ambassador, acting as a liaison between the Student Assembly Board of Directors and the VA Student Special Interest Group. She attended Federal Advocacy Forum last year, as well as Virginia Lobby Day this fall, and had the opportunity to speak to legislative officials regarding current physical therapy policies and educate the public on our professions current endeavors. Elizabeth is thrilled to be attending and speaking at this year’s Virginia Student Conclave, and is happy to answer any questions you may have regarding getting involved in our fabulous profession!
Your Student Loan Investment
by
Joseph Reinke, CFA, CEO of FitBux, Inc.

Course Description
In this course, you will learn how to have your student loans compliment your life post-graduation instead of dictate it. We will review how to set up a plan that includes student loan repayment, retirement planning, family planning, among others. By the end of the course you will have peace of mind knowing that you have options when it comes to repaying student loans.

Joseph Reinke is a Chartered Financial Analyst (CFA) Charterholder and is the founder of FitBUX. In the past 2 years, FitBUX has helped more than 6,500 physical therapist manage over a $750 million in student loans and has recently released a new finance course for PTs. Joseph has appeared on numerous industry podcast, been an author for various industry publications, and has done over 100 student loan workshops at university graduate programs, SIGs, Conclaves, and annual conferences throughout the country. In 2017 he was named as one of the top 40 influencers in physical therapy by UpDoc Media.
Course Description

The course will present a variety of select orthopedic, sports medicine, and concussion cases. PT and PTA students will be exposed to common as well as unique cases some with multiple diagnoses and comorbidities. Focus will be on applications of evidence based PT treatment interventions.

Paul L. Lastova, PT, DSc has practiced orthopedic and sports physical therapy in various clinical practice settings. He has more than 30 years of clinical, teaching, and research experience. He has enjoyed rehabilitating joint replacement and traditional orthopedic patients as well as providing physical therapy to athletes at the high school, collegiate, and professional levels including athletes in the NFL, Major League Baseball, and the U.S. Tennis Association. He has extensive experience working with athletes in all sports and at all levels in rehabilitation and sports performance training. The past 7 years he has specialized in concussions and is a member of the concussion clinic at INOVA Loudon Hospital. In addition, he specializes in evaluating and instructing in lower extremity mechanics and injuries in runners along with effective physical therapy interventions such as foot orthotic treatment and gait retraining. He has assisted as adjunct faculty and most recently for Shenandoah University instructing physical therapy students. He received his Doctor of Science in Physical Therapy from the University of Maryland in 2008.
The Rehab Team: Stop, Collaborate, and Listen
by
Tawny Chamberlain, PT, DPT

Course Description

Coming together is a beginning, staying together is progress, and working together is success. Henry Ford

As a student, you have spent years learning the intricacies of the human body. You understand how impairments can lead to activity limitations and how interventions can be utilized to optimize movement to improve the human experience. Kudos. Along the way, however, you also learned that collaboration leads to the best patient care. It’s easy to say, but much harder to do. This session will help provide you with the tools you need to be a successful member of the rehab team. The roles and responsibilities of the PT and PTA will be reviewed, highlighting misconceptions. We will discuss when and how to delegate, utilizing case scenarios and games to integrate the information and have a little fun along the way.

Course Objectives:
1. Discuss the direction and supervision of the physical therapist assistant and other support personnel as appropriate for a patient situation.
2. Explain and respect the expertise, background, knowledge and values of the PTA, the aide, and other members of the rehabilitation team.
3. Identify 7 “keys to success” to working as an effective member of the rehab team.

Dr. Tawny Chamberlain serves as a Department Chair for South University’s ten (10) PTA programs, as well as a Program Director and Associate Professor for the Richmond campus. Prior to joining the University in 2011, Dr. Chamberlain primarily practiced in acute and subacute settings and is a Board-Certified Clinical Specialist in Geriatric Physical Therapy (GCS). She has presented at several conferences, including the APTA Combined Sections Meeting, has served as a textbook contributor and reviewer, and she has worked with the FSBPT as both an Item Writer and as a Practice Analysis Task Force member. She has a passion for traveling, home improvement projects, and teaching Body Pump!
Perspectives on Adaptive Sports: A Panel Discussion with Athletes, Coaches, and Volunteers
by
Ryan Cusack, PT, DPT
Josh Sloan, Volunteer and Outreach Coordinator for Sportable

Course Description
Sportable Adaptive Sports and NOVA Mutiny Wheelchair Rugby present a panel discussion on the impact and benefit of adaptive sports, access to adaptive sports in Virginia, and ways to get involved as a volunteer, coach, or athlete. Ryan Cusack, PT, DPT, will moderate a round table discussion with Josh Sloan, adaptive athlete and Volunteer and Outreach Coordinator for Sportable, Brenden Cunningham and Pete Cotugno of Mutiny, and Robin Yoder, adaptive triathlete and advocate for people living with amputations.

Ryan Cusack is currently entering his second season as head coach of the Northern Virginia Mutiny Wheelchair Rugby Team. He graduated in 2014 from Penn State with a BS in Kinesiology and in 2017 from George Washington University as a Doctor of Physical Therapy. He currently practices as a full-time outpatient neuro physical therapist and seating specialist for the Inova Health System in Leesburg, VA. Ryan started volunteering with the Northern Virginia Mutiny in March 2018 and realized the impact that wheelchair rugby had on his patients and himself. He since has become head coach of the team and continues to enjoy learning from members of the team every day.

Josh Sloan is the Outreach and Volunteer Coordinator for Sportable, an adaptive sports club in Richmond, Virginia. Josh speaks to community partners, corporate and business groups, and schools advocating for disability awareness and adaptive sports all over central Virginia. He speaks on topics such as the power of adaptive sports, disability etiquette, accessible design, and diversity and inclusion in the workplace. As an adaptive athlete, Josh is able to speak firsthand to the impact of adaptive sports on the lives of individuals with disabilities.
I’m a PT/PTA, now what?

by

Kala Flagg, MPT, ATC, CSCS

Course Description

A discussion about how to:

1. Find the passion again after completing the program
2. Fit your personality into your profession and merge your interests so you can love what you do
3. Prepare yourself to shift with changing healthcare needs
4. Break the mold and get out of the traditional box
Residency Panel

Course Description

Panelists will discuss their experience in residency from the perspective of both current resident and practicing PT following residency. Specialties represented will include orthopedics, sports, pediatrics, and neuro. Panelists will engage in Q&A discussion following introductions. Students are encouraged to arrive to this session prepared with questions and open to learning something new about the PT residency experience.

Cameron Bolton PT, DPT - Orthopedics

Dr. Bolton earned her bachelor of science in Kinesiology at William and Mary. She attained her DPT from Shenandoah University in 2014. She completed her residency at the Virginia Orthopedic Manual Physical Therapy Institute and became board certified in Orthopedics in 2016. She has also completed a certificate in human anatomy and physiology through the College of Medicine at the University of Florida. She joined Shenandoah University in 2016 and teaches anatomy, musculoskeletal, and research. She has published a clinical summary on conservative treatment of knee osteoarthritis on the American Physical Therapy Association (APTA) PTNow website and is a member of the American Association of Anatomists as well as an APTA member, including section memberships in orthopedics, education, and research. She is a founding member of the Virginia Anatomical Advisory Board and sits on the Best Practices and Policies Committee for cadaveric anatomical education for the state of Virginia. Her research interests include the evaluation and treatment of lower extremity injuries.

Erik Kreil, PT, DPT - Orthopedics

Dr. Kreil earned his Doctor of Physical Therapy degree from Lynchburg College in Virginia, where he conducted clinical research pertaining to concussions in college athletes. This grew his curiosity in the provision of expert care for sport-related injuries, and he earned his Strength and Conditioning Specialty, adding to his understanding of these cases. Responding to a growing need for affordable healthcare locally, Erik led a student-run team providing free physical therapy services in an active learning environment for students while attending the Lynchburg College School of Physical Therapy. He values quality patient care, guiding his decision to work in a fitting environment in Los Angeles and his recent decision to begin his Residency education through the Virginia Orthopaedic Manual Physical Therapy Institute here in Richmond with Progress Physical Therapy. Prior to pursuing a graduate degree in PT, Erik earned his Bachelor's degree in Kinesiology from Pennsylvania State University while playing rugby as a flanker.
Kiley Gibbs, PT, DPT - Pediatrics

Dr. Gibbs earned her doctorate in physical therapy from Nova Southeastern University in Ft. Lauderdale, Florida. She then continued to pursue her passion for pediatrics at the University of Michigan treating children at C.S. Mott Children’s Hospital. Dr. Gibbs completed advanced pediatric training through the accredited Pediatric Physical Therapy Residency program at the University of Michigan-Flint, after which she earned a Post-Doctoral Professional Certificate in Pediatric Physical Therapy and her specialty as an ABPTS Board-Certified Clinical Specialist in Pediatric Physical Therapy. Dr. Gibbs brings experience from many aspects of pediatrics including the pediatric and neonatal intensive care units, pediatric oncology, children who are ventilator-dependent, early intervention, inpatient and outpatient rehabilitation, and outpatient care. Dr. Gibbs owns a private practice in Sterling, VA, specializing in infant and toddler development, and pediatric pelvic floor dysfunction. Dr. Gibbs has contributed to the advancement of pediatric physical therapy with peer reviewed publications in national journals regarding pediatric pelvic floor dysfunction, presentations at national conferences, and educational material for professionals. Dr. Gibbs serves as an Adjunct Faculty for pediatric coursework in the Doctor of Physical Therapy Program at Shenandoah University. Dr. Gibbs has been an item writer for the NPTE since 2018, and is an active member of the specialty committee for revalidation of the Pediatric Description of Specialty Practice.

Chase Edwards, PT, DPT - Orthopedics

Chase Edwards, a native of Unicoi, TN, recently completed his Orthopaedic Residency at East Tennessee State University at the Mountain Home Veterans Affairs hospital and medical centre in Johnson City, TN as of August 2019. Here he served as a physical therapist in both the outpatient and inpatient settings as well as a faculty member within the ETSU Doctor of Physical Therapy Program. Chase is a recent graduate from Emory & Henry College: School of Health Sciences Doctor of Physical Therapy Program in May 2018. Chase is a graduate from the East Tennessee State University Department of Kinesiology and Sport Studies with a Master of Arts in Exercise Physiology and Human performance from the Olympic Training Centre with a concentration in rehabilitation, and a Bachelor of Science degree in athletic training from Emory & Henry College and continues to maintain his ATC credential. He is currently a Fellow in Training through East Tennessee State University’s Orthopaedic Manual Physical Therapy Fellowship Program. His key interests are bridging the gap between human performance and sport science principles into the rehab setting across all populations. He also carries an avid interest in mentorship, pain science, strength training and performance development, and the advancement scientific literacy and communication.
Hayden Smith, PT, DPT - Neuro

Hayden Smith, PT, DPT is a current resident in the VCU-Sheltering Arms Neuro Residency program. He attended Allegheny College where he majored in Neuroscience and was a member of the baseball team. He received his DPT from VCU in 2019, as well as the Susanne Hirt Leadership Award. During his time at VCU, he was involved with the program’s contributions to the Marquette Challenge to support the Foundation for Physical Therapy. He has experience in all phases of Neuro rehab including in the ICU, acute care, in-patient rehab, and outpatient therapy. The VCU-SA Neuro residency will allow him to gain further exposure to all diagnoses and patient populations in a variety of settings, as well as pursue board certification for Neuro specialty practice (NCS). His areas of interest include movement disorders (particularly Parkinson’s Disease), strokes, and spinal cord injuries. Outside of work, he enjoys playing baseball and basketball, and snowboarding.

Katie Greenberg, PT, DPT - Sports

Katie Greenberg, PT, DPT is the sports physical therapy resident at Virginia Commonwealth University. Katie grew up in Miami, Florida and received her Bachelor of Arts degrees in Exercise and Sport Science and Biology from the University of North Carolina at Chapel Hill in 2016. She earned her Doctorate in Physical Therapy from VCU in 2019. During her time at VCU, she explored her interest in pediatrics by volunteering in the Motor Development Lab, and was selected to present her research at CSM in January 2019. Katie is pursuing a specialty in sports physical therapy and intends to merge her interests in sports and pediatrics by working with young athletes. While she has many aspirations for her career, one goal is to be a musculoskeletal professor in a physical therapy program.