



Fall Summit 2019
South University
Richmond, VA
Sat., Nov. 9, 2019

6 CEUs

[Register Here](#)

Schedule

Friday Nov. 8

1:00–4:00 pm
Board Meeting

7:00 pm

PAC Event with special guests @ InMotion Physical Therapy
See Page 2 for details

Three Course Offerings to Choose From

Power of Presence: The Key to Effective Leadership
by
Jamey Schrier, PT, DPT

*Central Vestibular Dysfunction as Related to Concussion, CVA , and
Brain Injury: Focal and Global Lesions*
by
Jeffrey Hoder, PT, DPT
Board-Certified Clinical Specialist in Neurologic Physical Therapy

*Clinical Biomechanics of the Lower Extremity: The Intersection of Muscle,
Joint, and Function*
by
Curt Kindel, PT, PhD
Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
AND
Bill Stodart, PT, DPT
Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Location

South University
2151 Old Brick Rd
Glen Allen, VA 23060
Free parking in garages within 1 block of university

Saturday Nov. 9

7:15 am-8:00 am
Light Breakfast & Registration

8:00 am-10:00 am
Education Sessions

10:00 am-10:15 am
Break w/light refreshments

10:15 am-12:15 pm
Education Sessions

12:15 –1:30 pm
Luncheon w/exhibitors & posters
(Meal included with paid registration)

1:30 pm-3:30 pm
Education Sessions

3:45 pm - 5:30 pm
Annual Membership Meeting

6:00 pm
PT Pint Night
[Casa Del Barco](#)
11800 West Broad St.
Suite 2516
Richmond, VA 23233

VPTA PAC Fundraiser Event

Conservative and Surgical Management of Posterior Tibialis Dysfunction

Presented by

Jacqueline Gooden, PT, DPT

Joseph Spagnolo, PT, DPT

**Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
and**

Joe Sparks, MD

Friday, November 8, 2019

7:00 pm

InMotion Physical Therapy-West End

3001 Hungary Spring Rd, Ste D

Henrico, VA 23228

Registration Required!!! Space is VERY Limited!

If attending the courses on Saturday **AND the PAC event on Friday, [register here](#).**

If attending the PAC event **ONLY, [register here](#).**

Course Objectives

- Review anatomy of the foot and ankle and functions of the posterior tibial tendon
- Identify a systematic approach of when to refer patients to physical therapy versus surgery for posterior tibial tendon dysfunction
- Describe phases of conservative rehab for posterior tibial tendon dysfunction and determine when foot orthoses and shoe recommendations are indicated
- Discuss surgical procedures to address various stages of posterior tibial tendon dysfunction
- Describe phases of post-surgical rehab for posterior tibial tendon dysfunction with emphasis on return to function

Session Description

This lecture takes a unique approach to discuss the conservative, surgical and post-surgical management of posterior tibial tendon dysfunction from the perspective of a Fellowship trained Foot and Ankle Orthopedic surgeon and a physical therapist. It will briefly review anatomy and function of the posterior tibial tendon and progressive phases of posterior tibial tendon dysfunction. It will highlight the systematic approach for referral to physical therapy versus surgical intervention for treatment. It will describe the phases of conservative management including rehab, shoe recommendations and orthotic intervention. It will discuss surgical procedures to address various stages of posterior tibial tendon dysfunction and then the phases of post-surgical rehab with a focus on return to function. This course will provide the attendees with a framework of knowledge for conservative and post-surgical management of posterior tibial tendon dysfunction with a behind the scenes look at surgical interventions.

Thank you Clinicient for supporting the VPTA advocacy efforts!



Conservative and Surgical Management of Posterior Tibialis Dysfunction

Presented by

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and

Joe Sparks, MD



Joseph Park, MD

Joseph Park, MD, is an associate professor and chief of the Foot and Ankle Division in the Department of Orthopaedic Surgery at UVA. Dr. Park graduated magna cum laude from the University of Pennsylvania and earned his medical degree from UVA. He completed his residency in orthopedic surgery at New York University Hospital for Joint Diseases, followed by a fellowship in foot and ankle surgery at Union Memorial Hospital in Baltimore. He joined the UVA orthopedic faculty in 2010. He is the associate director of the Foot and Ankle Fellowship at UVA and is the team foot and ankle surgeon for UVA Athletics. Dr. Park's research interests include sports-related injuries to the foot and ankle, tendon reconstruction, ankle replacement, bone grafting for complex arthrodesis

procedures and biomechanical properties of orthopedic implants. Away from the hospital, Dr. Park enjoys soccer and tennis and spending time with his family.



Jacqueline Gooden, PT, DPT

Jacqui, a New England native and a 2009 graduate of Liberty University, received her Doctor of Physical Therapy degree from Old Dominion University in 2012. As a student, she worked with the Liberty University Athletics Department to develop a school-age swim team program and during the summer months acted as the head coach for the Falling River Frogs Swim Team. Jacqui is working towards an orthopedic clinical specialty with a special interest in the foot and ankle. She is a member of the Rehab Associates Foot and Ankle Team specializing in post-surgical foot/ankle rehabilitation, lower extremity biomechanical evaluation, custom orthotic fabrication, diabetic shoe/

orthotic assessment and video running analysis.



Joe Spagnolo, PT, DPT

Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Joe Spagnolo received a Master of Science degree in Physical Therapy from the Medical College of Virginia and his Doctoral degree in Physical Therapy (DPT) from University of St. Augustine. He is a Board-Certified Clinical Specialist in Orthopedics and a certified manual therapist. His areas of interest include general orthopedics, manual therapy, foot and ankle as well as sports injury and rehabilitation.

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VPTA PAC Fundraiser Event

WHY should YOU attend?

First, there's an awesome keynote presentation! The VPTA depends on the support of people like you in order to pursue legislation that will benefit our profession or stop bills that will restrict us. Did you know that associations cannot use member dues for legislative activities—It's the law! That is why political action committees (PAC) are formed by associations. And, great news! VPTA has one, but they need your support. Their only income to fight or support legislation comes from fundraiser events like this and from generous [donations from supporters like you!](#)

What is a PAC?

PAC stands for Political Action Committee. They are political entities designed to support political ideas and initiatives for a specific group, like the VPTA. Our PAC and association are not party affiliated. We support physical therapy initiatives and candidates that support physical therapy initiatives and those that are good for Virginians.

Why do we need a PAC?

The VPTA PAC supports our legislative and practice protection activities at the state level. In the most simple sense it is our main mechanism for license and scope of practice protection and growth.

Why should I donate to VPTA PAC?

To protect your ability to practice to the maximal level of your license. Membership money cannot be used to support political candidates or initiatives. The PAC funds enable us to have a voice on Capitol Hill in Richmond with the Senate and House of Representatives and enable us to advance initiatives that are positive for our profession and the people of Virginia by improving access to our services.

What has PAC done to warrant donations?

VPTA PAC is responsible for many things that are not seen by the public that help us gain recognition and further our initiatives such as paying for members to attend delegate or senator's functions to have our voice heard or donations to campaigns of elected officials. Notably PAC has been responsible for the following victories in the last few years:

- Direct access
- Term protection
- Protection of dry needling practice capacity and proper regulations
- Passage of the Interstate Compact
- Limiting the impact of a workers compensation bill (initially it was to be at Medicare payment levels)
- Multiple defenses of our scope of practice in the last 10 years from encroachment or limitation by other professions.

What are the plans for the VPTA PAC for 2019/2020?

Over the next 2 years the VPTA plans to begin multiple initiatives to improve practice and access to physical therapist services in Virginia. Such as:

- Expanding Direct access to remove legal limitations
- Pursuing Fair copay legislation to reduce the burden on Virginians who seek our care
- Disability placards – Making PT's able to issue based on tests and measure in clinic

Interesting fact about the VPTA PAC and its donations.

One company represents a majority of the donations to the VPTA PAC annually. This needs to change. Large donations are not necessary but will happily be taken. We have about 3,000 members of the VPTA if each member gave \$20.00 it would enable us to have a more equal footing on Capitol Hill with other professions such as the Chiropractors, Physicians and other groups who may influence legislators and impact our practice capacity.

SO PLEASE [DONATE TODAY!](#)

Thank you Clinicient for supporting the VPTA advocacy efforts!



Power of Presence: The Key to Effective Leadership

by

Jamey Schrier, PT, DPT

Session Description

What is effective leadership? More importantly, how does being an effective leader translate into more meaningful relationships, a positive office environment and a happier place to work, resulting in a financially viable company?

Great PT practices don't just happen, they are intentionally created. Great practices are the result of powerful leaders who inspire others and persuade them to believe in the vision of the business. Fortunately, great leaders aren't born this way, they are made.

During this workshop, you will discover the key components of powerful leadership including communication, rapport, gratitude and empathy, and how these qualities are used to create better relationships with patients and colleagues and create amazing energy in the workplace.

This workshop is for clinic owners, managers and clinical leaders who believe a positive work environment begins with powerful leadership.

Course Objectives

- Describe and understand “presence” and how it affects our ability to lead and influence others.
- Understand the difference between a company’s vision and a vision statement and why this is critical for setting expectations and agreements among the team.
- Understand how gratitude impacts all relationships and demonstrate the Begin In Gratitude concept with colleagues, staff, patients and referral sources.
- Describe the different types of communication in the workplace and understand how to have more powerful conversations with people.
- Define “systems” and understand how to implement effective systems in any work setting.



Jamey Schrier, PT, DPT
Founder, Practice Freedom U

Dr. Jamey Schrier is a physical therapist, former private practice owner, author of *The Practice Freedom Method* and founder of Practice Freedom U, a company solely focused on helping physical therapists build highly profitable practices while becoming “operationally irrelevant”, allowing them to live a more fulfilled and balanced life.

After expanding and successfully selling his own PT business, Jamey began teaching practice owners and their teams his proven business building methodology that shows physical therapists’ step by step how to overcome their immediate challenges to create a financially stable practice they love and a well-balanced life they deserve.

He has helped hundreds of private practice owners and their teams achieve this level of success and is on a mission to help thousands more!

Central Vestibular Dysfunction as Related to concussion, CVA , and Brain Injury: Focal and Global Lesions

by

Jeffrey Hoder, PT, DPT

Board-Certified Clinical Specialist in Neurologic Physical Therapy

Session Description

Accurate information and interpretation of our vestibular input is essential to answering the questions of where am I going and which way is up. We utilize this information to keep our visual world in focus and to maintain control of our body in space. What if our peripheral vestibular sensory organs that sense movement are intact, but the parts of our brain that interpret this information are damaged? This 6-hour, one day course, designed for both the novice and experienced clinician, will cover the examination and management of central vestibular dysfunction. Participants will first review the neuroanatomy of the vestibular system, including sensory information sent to the spinal cord, cerebellum and cortex. Next, participants will review critical elements of the physical therapist examination to identify central vestibular dysfunction. We will review potential causes of central vestibular dysfunction with particular attention to comparing and contrasting focal and global lesions related to stroke and brain injury. Finally, through discussion of clinical cases, we will discuss prognosis for recovery and clinical rehabilitation management. This course promises to break down complex topics into knowledge and skills you will take back and utilize in your clinic on Monday morning!

Course Objectives

- To explain the role of the vestibular system with regards to perception of movement, gaze stability and postural control.
- To review and discuss the neuroanatomy of the peripheral vestibular system and its central projections to the spinal cord, cerebellum and cortex.
- To perform the critical elements of the physical therapist examination of the vestibular system with regards to gaze stability:
 - The cranial nerve exam with thorough examinations of the oculomotor system
 - Examinations of vestibular function, including the head impulse test and tests of dynamic visual acuity
 - Tests of cerebellar function, including coordination and VOR cancellation.
- To perform the critical elements of the physical therapist examination of postural control and postural vertical.
- To recognize the clinical significance of central findings related to the physical therapist examination.
- To compare and contrast mechanisms of central vestibular dysfunction, including vascular, trauma, degenerative changes and space occupying lesions.
- To compare and contrast the prognosis and management of clients with central vestibular dysfunction through clinical cases.



Jeffrey Hoder, PT, DPT

Board-Certified Clinical Specialist in Neurologic Physical Therapy

Associate Professor

Doctor of Physical Therapy Division

Duke University School of Medicine

Dr. Hoder is an Associate Professor within the Doctor of Physical Therapy Program at Duke University, where his primary responsibilities are teaching adult neurologic rehabilitation and gait analysis content across the curriculum. He received both his DPT and MS degrees in Physical Therapy from the University of Medicine and Dentistry of New Jersey (UMDNJ)/ now a part of Rutgers University. Additionally, he received his clinical specialist board certification in Neurology through the American Board of Physical Therapy Specialties in 2003 and was recertified in 2013. Dr. Hoder has significant experience in neuro-rehabilitation that he obtained while working as a Neurologic Clinical Specialist at the Rusk Institute of New York University Medical Center and at the Kessler Institute in New Jersey. He has previously held faculty appointments at Emory University within the Division of Physical Therapy and at Virginia Commonwealth University within the Department of Neurology. At Duke, his clinical

areas focus on the management of gait and balance issues for individuals with movement disorders and central vestibular dysfunction. He also supervises and coordinates DPT students for the Duke Health Inter-professional Education (IPE) Clinic within the Emergency Department. Additionally, he has been a faculty member for over 13 years in the "Vestibular Rehabilitation: A Competency-Based Course", now co-sponsored by the Duke University Doctor of Physical Therapy Division and the APTA. He has lectured nationally and internationally on topics related to Movement Disorders and central vestibular dysfunction.

Clinical Biomechanics of the Lower Extremity: The Intersection of Muscle, Joint, and Function

by
Curt Kindel, PT, PhD, OCS
AND
Bill Stodart, PT, DPT, OCS

Session Description

Instruction in mechanics of the musculoskeletal system is an integral part of physical therapists' and physical therapist assistants' education. In practical application, however, many of those foundational concepts are not soundly or fully implemented. In addition, research is constantly identifying new insights that should inform and improve the effectiveness of evaluation and treatment. This course will review established biomechanical concepts, introduce new ones, and apply them specifically to the movement system of the lower extremity. Evaluative techniques and therapeutic interventions of the lower extremity will be discussed and analyzed.

Course Objectives

- Identify characteristics of the musculoskeletal system and how they relate to movement or restoration of movement
- Explain mechanics of the lower extremity and how they relate to function
- Apply biomechanical principles to common diagnoses and pathologies of the joints of the lower extremity
- Discuss common compensations individuals make when pathologies interfere with normal motion or function
- Apply and analyze evaluative techniques of the lower extremity based upon biomechanical principles and concepts
- Evaluate therapeutic exercises based on characteristics of muscle, joint mechanics, and functional relevance for the lower extremity



Curt Kindel, PT, PhD

Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
Associate Professor of Physical Therapy
Anderson University, Anderson, South Carolina

Dr. Kindel graduated from St. Francis University with a Bachelor of Science in 1999 and a Master of Physical Therapy in 2001. He worked full time in outpatient orthopedics for six years. In 2007, Dr. Kindel received his board certified specialization in Orthopaedics from the American Board of Physical Therapy Specialties. He began teaching full time in the Department of Physical Therapy at St. Francis in August of 2007. In May of 2015, Dr. Kindel graduated with his PhD in Biomechanics from Penn State University. He currently is an Associate Professor of Physical Therapy at Anderson University in Anderson, South Carolina. As well as teaching, he also

continues a part-time practice in outpatient orthopedics. He is married and has two teenage daughters.



Bill Stodart, PT, DPT

Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
Associate Professor of Physical Therapy
St. Francis University, Loretto, Pennsylvania

Bill Stodart PT, DPT, OCS received his BS degree in Physical Therapy from the University of Pittsburgh in 1989 and his DPT degree from Chatham University in 2007. He became a Board Certified Orthopedic Clinical Specialist in 2008. He currently holds the rank of Associate Professor of Physical Therapy at St. Francis University where he has taught full-time since 2011. His primary teaching focus is extremity and spinal orthopedic management. He continues active clinical practice at a local outpatient facility. In addition to his teaching

commitments, he enjoys running, fitness, and recreational sports.

Clinical Biomechanics of the Lower Extremity: The Intersection of Muscle, Joint, and Function

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Curt Kindel, PT, PhD, OCS
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Curt Kindel, PT, PhD, OCS

Experience in Presenting

- “Clinical Biomechanics of the Lower Extremity: The Intersection of Joint, Muscle, and Function” Kindel CC, Stodart W; PA Physical Therapy Annual Conference, October 20, 2018
- “Functional Mechanics: A Return to the Intricacies of Movement and How Rehabilitation is Affected” Kindel CC, DiSepio Institute for Rural Health and Wellness, St. Francis University, June 30, 2017
- “Mechanics of the Lower Extremity and Its Influence on Effective Rehabilitation” Kindel CC, Conemaugh Health Systems, Sunnehanna Country Club; June 10, 2017
- “Is it the Hip?” Kindel CC, DiSepio Symposium, St. Francis University; May 2016
- “Mechanics of the Lower Extremity and Shoulder Complex” Kindel CC, Conemaugh Health Systems, Sunnehanna Country Club; April 11, 2015
- “Advanced Mechanics of the Knee and Shoulder” Kindel CC DiSepio Symposium, St. Francis University; May 2014

Bill Stodart, PT, DPT, OCS

Experience in Presenting:

- “Clinical Biomechanics of the Lower Extremity: The Intersection of Joint, Muscle, and Function” Kindel CC, Stodart W; PA Physical Therapy Annual Conference, October 20, 2018
- DiSepio Symposium Series, Keynote Speaker, Stodart W “Current Concepts in the Management of the Lumbar Spine” May 22, 2015



**Fall Summit 2019
Registration Form**
[Register online by clicking here](#)

Sat. Nov. 9, 2019 / 6 CEUs

Advance registration closes on Tuesday, October 29, 2019.

Full Name:	
APTA Membership #:	
Email Address & Phone #:	
My signature means I agree to the liability & photo release on page 10 of this brochure:	

Registration Rates:

Circle one.

Retired Member?

Your rate is \$100

Cancellation Policy: 1/2 the early bird rate.

\$20 fee to switch registrants or courses.

	PT Member	PT Non-Member	PTA Member	PTA Non-Member	Student Member NOT Student Conclave!	Student Non-Member NOT Student Conclave!
Early Bird By 8.31.19	\$196	\$272	\$131	\$184	\$65	\$80
Advance Rate By 10.29.19	\$218	\$302	\$146	\$204	\$72	\$90
Rate After 10.29.19	\$242	\$339	\$162	\$227	\$80	\$100

Saturday Session:
(Pick One)

- Power of Presence: The Key to Effective Leadership.* Lunch & Refreshments included.
- Central Vestibular Dysfunction as Related to Concussion, CVA and Brain Injury: Focal and Global Lesions.* Lunch & Refreshments included.
- Clinical Biomechanics of the LE: The Intersection of Muscle, Joint, and Function.* Lunch & Refreshments included.

Extra Activities:

- I am attending the Friday Night PAC event \$20.00
- I am attending the Annual Business meeting at 3:45 pm—no cost!
- I am attending the PT Pint Night - no cost!
- I am only attending the Poster Presentations & Exhibit Hall with Lunch \$18.00

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.** This is for your protection and ours. You may call to register by phone and pay by credit card.

Mail to: VPTA
5810 Kingstowne Center Dr
Ste 120-779
Alexandria, VA 22315

Questions:
admin@vpta.org
866-364-VPTA (8782)

Liability and Photo Release Form

I am aware that it is my responsibility to only apply therapeutic interventions within my scope of practice (PT) and scope of work (PTA) as determined by the state practice act governing the location where healthcare is provided.

I hold VPTA and their employees, contractors, volunteers and members harmless from any injury I may sustain arising out of or in any way related to my attendance at and participation in the conference. I further agree that VPTA, its agents and employees shall not be liable for any claims, demands, injuries, damages, actions, or causes of action whatsoever arising out of, or connected with the use of any of its services, facilities or equipment. I hereby expressly forever release and discharge VPTA, its agents and employees from all such claims, demands, injuries, damages, actions or causes of action, and from all acts of active or passive negligence on the part of VPTA, its agents or employees.

I recognize that participation in this conference is entirely voluntary, and I agree to refrain from participating if I have any health problems or conditions that are contraindications for participating in any aspect of the conference or activities planned by VPTA. I assume all risk of injury, including but not limited to injury related to health problems and conditions whether known by me, or unknown.

I recognize that this conference may involve participation in movement, hands-on activities, and physical therapy interventions with other conference participants. I acknowledge that these procedures may be physically demanding. I am aware that conference participants have varying degrees of expertise and different aptitudes for learning and applying conference material, concepts, and treatment strategies taught at the conference.

I will not photograph or video any of the conference content and proceedings without express permission from the instructors and/ or fellow participants. I grant VPTA permission to the rights of my image and sound via photography and video without payment or other considerations. I understand my photo may be used by VPTA on the internet, print, social media, and other media and marketing outlets.