

APTA Virginia

# SPRING CONFERENCE

## May 22, 2021

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### Speakers

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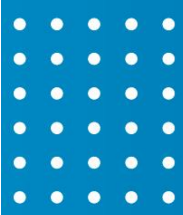
**Denise Swensen**  
PT, DPT



**Dana S. Reesman**  
PT, DPT



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# About SPRING CONFERENCE

Date: May 22, 2021

**Introduction to the Segmental Assessment of Trunk Control (SATCo) in Early Intervention and Preschool Practice**

**DENISE SWENSEN, PT, DPT**

3 Type 1 CEU

8:30 am until noon

**\$50 Members**

\$65 Non-Members

**Relative Energy Deficiency in Sport**

**DANA S. REESMAN, PT, DPT**

1.5 Type 1 CEU

1 pm until 2:30 pm

**\$25 Members**

\$40 Non-Members

***\$65 for Members Attending Both Courses***  
***\$80 for Non-Members attending Both Courses***

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## Introduction to the Segmental Assessment of Trunk Control (SATCo) in Early Intervention and Preschool Practice

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DENISE SWENSEN, PT, DPT



**Course Summary/Description:** The Segmental Assessment of Trunk Control (SATCo) is the only current measure that determines the stability of discrete levels of trunk control in children with motor disabilities. This course will provide an introduction to the principles and administration of the SATCo and the application of strategies to assist with positioning for improved postural control and participation during family and school routines and learning activities. We will discuss the development of a Community of Practice that is essential for the overall success of the implementation of SATCo positioning principles for children with moderate to severe motor impairments by all stakeholders across a variety of settings.

### Course Objectives:

Upon completion of this session, the learner will:

- Describe the segmental approach for the assessment of postural control and the importance of proper head, trunk and UE positioning for improving a child's participation in functional and academic activities.
- Discuss the development of a Community of Practice and identify the barriers and facilitators in the implementation of SATCo principles for all stakeholders in a variety of settings.
- Utilize segmental principles to adapt positioning equipment for optimal trunk support, improved upright function, & increased participation of children with moderate to severe disabilities in the home and classroom.
- Explore ways to incorporate the SATCo principles for children with moderate to severe disabilities before, during and after transition to preschool.

**Short Biography:** Denise Swensen received her Physical Therapy degree from New York University in 1980. She received her DPT degree from the University of Texas Medical Branch (UTMB) in 2012 with a certificate in Specialized Training for Occupational and Physical Therapists in Early Intervention and Related Services (STAIRS program). Since 1989 she has worked in the public schools in Maryland, in both Early Intervention and School-Based services. She has been the Part C to Part B transition specialist in Prince George's County Public Schools, MD for the past 10 years. She is an APTA CCI, a member of the MD Task Force for Evidenced-Based Practice and was the chairperson of two APTA Pediatric Section work groups that developed a Part C to Part B Transition Form for PT providers and a Part C to Part B Discipline-Free Guideline for Providers & Families. She is a member of both the EI and School-Based SIGs of the Academy of Pediatric Physical Therapy of the APTA and is the Maryland State Pediatric Advocate Liaison. She has presented on various pediatric topics on local and national levels.

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## Relative Energy Deficiency in Sport

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DANA S. REESMAN, PT, DPT



**Course Summary/Description:** This lecture is a discussion on the impact of relative energy deficiency in sport (RED-S) on health and performance. It will review both RED-S and the female athlete triad. The lecture will cover the performance and health-related implications of the low energy availability, who is most at risk, how RED-S is different than the Female Athlete Triad model, and the roles of various healthcare providers in identifying, educating, and treating affected patients.

**Objectives:**

- Define the Female Athlete Triad and describe the involved components
- Define RED-S and describe the involved components
- Discuss the performance-related impact of low energy availability in the athletic population
- Discuss the health-implications of low energy availability across athletes, non-athletes, males, and females
- Review the types of athletes who are most susceptible to RED-S
- Review the roles of various healthcare providers in identifying, educating, and treating patients suffering from RED-S or the Triad

**Short Biography:** Dana is a sports medicine physical therapist, recreational distance runner, and running coach. She earned a bachelor's degree in biochemistry from Virginia Tech in 2010 and her doctorate in physical therapy from Old Dominion University in 2013. Dana has been part of the sports medicine team with the Children's Hospital of the King's Daughters in Hampton Roads since 2014 where she works primarily with pediatric, adolescent, and young adult athletes. With a special interest in running, Dana specializes in rehabilitation of runners, running biomechanics, and video analysis to improve efficiency and performance and reduce injury risk. She is also the principle investigator in a clinical trial studying the efficacy of iontophoresis with dexamethasone in the treatment for knee apophysitis. Her interest in RED-S comes from her own personal experiences as a distance runner. Dana enjoys running and racing both roads and trails, all distances from the 5k to the 50k. She and her husband, Larry, have 2 rescue dogs and just had their first baby, Joey, in September.



**APTA**  
**Virginia**<sup>™</sup>

A Chapter of the American  
Physical Therapy Association

APTA Virginia

# SPRING CONFERENCE

## ABOUT APTA VIRGINIA

The mission of the APTA Virginia, a component of the American Physical Therapy Association (APTA), is to advance excellence, quality, and accessibility of physical therapy through advocacy, education, research, and services for its members and consumers.

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