The University of South Alabama
Department of Physical Therapy Continuing Education Series

2019
The USA Department of Physical Therapy

**Faculty**
Richard Cahanin, DPT, PhD  
Barry Dale, PT, PhD, OCS, SCS, CSCS  
Kareaion Eaton, PT, DPT, CWS  
Jeremy Fletcher, PT, DPT, OCS  
Heidi McDermott, PT, DPT, OCS  
Blair Saale, PT, DPT, NCS  
Andy Waldhelm, PT, PhD, SCS, CSCS  
Preston Warren, DPT, MD

**Facilities**
Our facilities include over 18,000 square feet of space, including:
- Two dedicated PT classrooms with open access Wi-Fi throughout the department
- Ample laboratory space for practical learning sessions, including a Musculoskeletal PT Lab, Neuromuscular PT Lab, Integumentary/Physical Agents Lab, Cardiovascular/Pulmonary PT Lab, Anatomical Sciences Lab, Motor Performance Research Lab, Movement Analysis Research Lab, and Hydrotherapy Lab

**Course Location**
All courses will be held in room 2048 in the USA Allied Health building located at the southwest corner of University Blvd. and USA Drive North. This room is located on the second floor in the Department of Physical Therapy. Signs will be posted. Lab sections and activities may be held in adjacent classrooms.

**Office Staff**
Jennifer Patterson  
Angela Smith

**Emeritus Faculty**
Charles Gray, PT, DPT  
Elisa Kennedy, PhD, PT, PCS  
James Wall, PhD

University of South Alabama  
Department of Physical Therapy  
5721 USA Drive North  
Mobile, AL 36688  
(251) 445-9330
## 2019 CEU Courses

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<thead>
<tr>
<th>Course Title</th>
<th>Instructors</th>
<th>Date and Time</th>
</tr>
</thead>
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<td>Basic Pharmacology Review for the Rehabilitation Professional (0.4 CEU)</td>
<td>P Warren</td>
<td>Thursday, August 15, 5:45-9:45 pm</td>
</tr>
<tr>
<td>Introduction to Pelvic Floor for the Orthopaedic Physical Therapist (0.4 CEU)</td>
<td>K Mowdy</td>
<td>Tuesday, August 20, 5:45-9:45 pm</td>
</tr>
<tr>
<td>A Manual Therapy Approach to Managing the Complex Shoulder Patient (0.4 CEU)</td>
<td>M Broussard</td>
<td>Thursday, August 29, 5:45-9:45 pm</td>
</tr>
<tr>
<td>Multiple Sclerosis: Evidence Based Examination and Intervention (0.4 CEU)</td>
<td>B Saale, T Andrews</td>
<td>Thursday, September 5, 5:45-9:45 pm</td>
</tr>
<tr>
<td>Neuroanatomy, Neuroplasticity, Movement System Intervention</td>
<td>D Fell</td>
<td>Tuesday, September 10, 5:45-9:45 pm</td>
</tr>
<tr>
<td>Movement System Diagnoses and Functional Interventions for Sit-to-Stand and Upright Mobility</td>
<td>B Saale, D Fell</td>
<td>Thursday, September 12, 5:45-9:45 pm</td>
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<tr>
<td>Documentation and Payment Principles Update 2019</td>
<td>E Strunk</td>
<td>Wednesday, September 18, 5:45-9:45 pm</td>
</tr>
<tr>
<td>Joint Mobilization with Lateral Elbow Tendinopathy (0.4 CEU)</td>
<td>B Dale</td>
<td>Friday, September 20, 5:45-9:45 pm</td>
</tr>
</tbody>
</table>
Contact Hours
4 Contact Hours = 0.4 CEU

Course Open to:
PT, PTA, OT, COTA, ATC

Prerequisite course:
None

Attire:
No special attire is required

Maximum Registration
30 Participants

General Information
Registration and light meal at 5:30 pm
Mobile phone with WiFi is recommended

Course Objectives
Upon completion of the course, participants will be able to:

1. Define medication absorption, distribution, metabolism, and excretion.
2. Recognize common routes of medication administration and dosing schedules.
3. Identify mechanisms of action of commonly prescribed medications encountered by the rehabilitation professional.
4. List common side effects associated with specific medication classes and how these effects may impact therapy plans of care.

Course Instructors
Preston Warren, DPT, MD is an Assistant Professor of Physical Therapy in the DPT program at the University of South Alabama. He earned his DPT and MD degrees from the University of South Alabama. He has clinical experience in acute care, skilled nursing, and outpatient physical therapy.

Course Description
Basic pharmacology principles will be reviewed with a focus on the rehabilitation professional. Specific diagnosis-based medications will be discussed to include mechanism of action, route of administration, dosing schedule, and potential side effects which may affect therapeutic plans of care. The instruction will include patient cases to encourage participant discussion and knowledge application.

Course Schedule
Following registration and light meal at 5:30 pm

5:45 pm Welcome/Warm Up
6:00 pm Discussion of basic principles of pharmacology
7:00 pm Review commonly prescribed medications, their mechanism of action, and potential side effects
7:45 pm Break
8:00 pm Continue review of medications
9:00 pm Application of knowledge via clinical case discussion
9:45 pm Conclusion

Register by August 1st for early registration discount

Thursday, August 15, 2019, 5:45-9:45 pm
### Course Objectives

Upon completion of the course, participants will be able to:

1. Understand anatomy of the lumbopelvic region
2. Understand pelvic floor as part of lumbopelvic core
3. Identify and discuss incontinence including
   a. Types: Stress urinary, urge urinary, mixed urinary, and fecal
   b. Causes
   c. Treatments: Kegel vs. Relaxation, Coordination
4. Identify and discuss pelvic floor pain and referral patterns
5. Understand bowel function and its role in patient health and wellness
6. Identify modifications of usual interventions for the pregnant or post-partum patient
7. Identify patients that should be referred to a pelvic health specialist for treatment

### Course Description

This course is designed to introduce the pelvic floor musculature and disorders to physical therapists treating patients in the outpatient environment. It is designed to help PTs make the connection between pelvic floor disorders and patient complaints of back or hip pain and their close relationship. It will help these clinicians be comfortable discussing pelvic health topics, treating simple presentations of pelvic floor dysfunction, and recognizing when to refer to a pelvic health specialist. This course is appropriate for male or female clinicians and male and female conditions will be discussed.

### Course Instructors

**Kayla Mowdy, PT, DPT, OCS,** is an adjunct professor at the University of South Alabama and an outpatient therapist for Results Physiotherapy in Daphne specializing in pelvic floor dysfunction. She is ABPTS Board Certified Clinical Specialist in Orthopaedic Physical Therapy.

### Course Schedule

*Following registration and light meal at 5:30*

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45 pm</td>
<td>Opening remarks, Course objectives</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>Discussion of pelvic floor anatomy, incontinence, pain and referral patterns, bowel function, modifications for pregnant or post-partum patient</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>Break</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>Lab including evaluation, demo, palpation, case study, subjective history practice</td>
</tr>
<tr>
<td>9:45 pm</td>
<td>Conclusion</td>
</tr>
</tbody>
</table>

Register by August 6th for early registration discount
A Manual Therapy Approach to Managing the Complex Shoulder Patient

Course Objectives
Upon completion of the course, participants will be able to:

1. Demonstrate a simple and logical approach to shoulder examination to determine highest priority treatments
2. Demonstrate a variety of specific manual therapy treatment techniques to reduce pain and improve mobility
3. Design and develop a specific exercise program to maximize functional limitations noted in the complex shoulder
4. Demonstrate a variety of taping techniques to assist in guiding good movement patterns

Course Description
This course is designed to present common challenges and solutions in treating patients with both non-operative and post operative shoulder problems that may not have responded to a traditional approach. A logical, structured approach to assessing and treating the complex shoulder patient will be taught. A variety of manual therapy, exercise and taping techniques will be taught to restore full function in the patient with limited mobility, pain and/or decreased function. The majority of this session will be spent learning and practicing these techniques that can be utilized on a variety of shoulder/upper quarter patients including post surgical patients. Following the course the participants will be able to utilize and integrate these techniques easily into their daily practice.

Course Objectives
Following registration and light meal at 5:30

5:45 pm Opening remarks, Course objectives
6:00 pm Shoulder anatomy/Biomechanics
6:45 pm Shoulder Assessment/Treatment (Lecture/Lab)
9:00 pm Supporting Evidence
9:45 pm Conclusion

Course Instructors
Matt Broussard, PT, DPT, OCS, COMT, is the District Clinical Quality Leader for Results Physiotherapy in Mobile, AL. A 2010 DPT graduate of Texas Woman’s University, he earned his OCS (Orthopedic Clinical Specialist) and COMT (Certified Orthopedic Manual Therapist) through Maitland Australian Seminars both in 2012. He has been practicing in the orthopedic outpatient setting with all populations with an emphasis on manual therapy, progressive exercise prescription and direct access since 2010. He also serves as adjunct faculty at the University of South Alabama’s DPT program and teaches with the Institute of Advanced Musculoskeletal Treatments.

Contact Hours
4 Contact Hours = 0.4 CEU

Course Open to:
PT, PTA

Prerequisite course:
None

Attire:
Please wear lab attire. Sports bras for women is recommended.

Maximum Registration
30 Participants

General Information
Registration and light snack at 5:30 pm

Register by August 15th for early registration discount

Thursday, August 29, 2019, 5:45- 9:45 pm
Course Objectives
Upon completion of the course, participants will be able to:

1. Review the clinical features of Multiple Sclerosis
2. Describe the pathophysiology of Multiple Sclerosis
3. Discuss PT examination/evaluation procedures for individuals with Multiple Sclerosis
4. Identify core set of outcome measures recommended for patients with Multiple Sclerosis
5. Describe evidence based physical therapy intervention for individuals with Multiple Sclerosis

Course Description
This course will assist the therapist to understand the medical and therapeutic management of individuals with Multiple Sclerosis. This will include a detailed discussion of considerations related to medical diagnosis, to PT examination/evaluation, to choice of outcome measures, and to intervention strategies.

Strategies discussed will include the most recent evidence related to Multiple Sclerosis rehabilitation.

Course Schedule
Following registration and light meal at 5:30

5:45 pm Opening remarks, Course objectives
6:00 pm Clinical features of MS and Pathophysiology
7:00 pm Examination/ Evaluation of patients with MS
7:30 pm Core set of outcome measures recommended for use with individuals with MS
8:00 pm Break
8:15 pm Interventions for MS
9:45 pm Conclusion

Register by August 22nd for early registration discount
Course Objectives
Upon completion of the course, participants will be able to:

1. Describe factors impacting upright mobility from the perspective of the learner, the task and the environment.

2. Explore the tenants associated with MSDx.

3. Acknowledge the interdependency that exists between the task, the environment, the learner and the MSDxs observed.

4. Apply the framework for infusing MSDx into the clinical management of patients with disorders of sit-to-stand and upright mobility.

5. Design and modify interventions using functional mobility activities to address a patient’s specific MSDx.

Course Description
Neuroplasticity is the basis of all neurorehab. The course will focus on evidence for neuroplasticity with specific applications to implement in clinical practice, and how the PT can actually enhance the degree of neuroplasticity.

The course will start with a review of neuroanatomy and neurophysiology in the healthy human model, as well as pathologic changes to the brain including display of brain specimens with specific diseases.

Recent discoveries about the function of the human brain will be linked with intervention techniques that physical therapists can use to create positive change in the brain (adaptive neuroplasticity) as the basis for rehabilitation of functional ability.

Additionally, key principles of experience-dependent neuroplasticity will be reviewed, with an emphasis on post-stroke recovery. Principles of motor learning to enhance neuroplasticity will also be summarized, including discussions of how to best set up practice schedules to promote motor learning. Opportunities to discuss clinical implications will be embedded throughout, and an opportunity will be given to review neuroanatomic structures in the human anatomy lab.
### Course Objectives
1. Describe factors impacting upright mobility from the perspective of the learner, the task and the environment.
2. Explore the tenants associated with MSDx.
3. Acknowledge the interdependency that exists between the task, the environment, the learner and the MSDxs observed.
4. Apply the framework for infusing MSDx into the clinical management of patients with disorders of sit-to-stand and upright mobility.
5. Design and modify interventions using functional mobility activities to address a patient’s specific MSDx.

### Course Description
Functional mobility, including sit-to-stand, walking, stair climbing and obstacle negotiation require some basic features: forward propulsion, postural control and balance, and adaptation to environmental conditions (Patla, 1997; Shumway-Cook, 2007). The ability to effectively achieve these skills is determined by an essential interaction of the individual’s unique abilities and resources, the requirements of the task, and the characteristics of the environment. When these goals are not successfully met, the therapist must identify factors contributing to the problem.

Utilizing a framework such as “Movement Systems Diagnosis” (MSDx) offers pediatric and neurologic physical therapy clarity and consistent terminology to identify factors, critical signs and symptoms impacting the execution of functional activities. By employing MSDxs, careful examination of interventions strategies can be conducted. Movement system diagnoses must emerge from what is observed during functional activities in order to effectively address the interdependence which exists between the learner, the task and the environment. This presentation will offer a framework to guide therapists in integrating MSDxs and Functional Upright Mobility Activities.

### Course Schedule
- 5:45 pm  Movement system and the complexity and organization of function
- 6:00 pm  Approaching Function in a Holistic Context
- 6:20 pm  Explore tenants of MSDx in both pediatric and adult neurologic patients
- 6:55 pm  Framework to guide PTs in integrating MSDxs & Functional Activities
- 7:30 pm  BREAK
- 7:50 pm  Sit-To-Stand
- 8:20 pm  Upright Mobility
- 8:50 pm  Lab Activity: Designing Interventions to Promote Neuroplasticity
- 9:35 pm  Q/A

Register by August 29th for early registration discount
Wednesday, September 18, 2019, 5:45- 9:45 pm

Documentation and Payment Principles

2019 Update

Contact Hours
4 Contact Hours = 0.4 CEU

Course Open to:
PT, PTA, OT, COTA, SLP, Office Managers

Prerequisite course:
None

Attire:
Casual Business Attire

Maximum Registration
40 Participants

General Information
Registration and light snack at 5:30 pm

Course Objectives
Upon completion of the course, participants will:

1. Effectively document the delivery of medically necessary, skilled rehab services in all therapy settings: hospital, home health, skilled nursing facility and outpatient clinics.

2. Understand the coding methods used to represent therapy services and how to use them to accurately bill for services.

3. Discuss the most recent changes to therapy services payment and how business practices might be impacted.

4. Discuss the most recent policy & payment landscape including maintenance therapy, health care reform, and quality-based payment systems for therapy services in all settings.

Course Instructors
Ellen Strunk, PT, MS, GCS, CEEA, CHC, is the owner of Rehab Resources & Consulting, Inc. Ms. Strunk specializes in helping clients understand the Medicare prospective payment systems for skilled nursing facilities and home health agencies, as well as the Medicare conditions of participation and fee schedule for rehab agencies. Ms. Strunk lectures nationally on the topics of coding, billing and documentation to meet medical necessity guidelines and payer regulations, value based-purchasing and incorporating clinical outcomes into your practice, pharmacology for rehabilitation professionals, and developing meaningful exercise programs for older adults.

Course Description
The pace of change in healthcare is rapid, and 2019 has been no different. Regulations and guidelines for the practice settings in which PTs and PTAs find themselves have experienced considerable disruptions. While understanding how payment and practice may be different from a payment perspective is important for getting paid, it is also important to maintaining your professional integrity. This course will assist the participant in navigating and applying the rules, including the key components of documentation and recent audit trends. The participant will also learn about sweeping regulatory changes that may change how some settings deliver therapy services, such as: the Merit Incentive Payment system for outpatient therapists, payment differentials, insurance coverage policies, and Medicare Advantage programs.

Register by September 4th for early registration discount
Contact Hours
4 Contact Hours = 0.4 CEU

Course Open to:
PT, PTA, OT, OTA, ATC

Prerequisite course:
None

Attire:
No special attire is required

Maximum Registration
30 Participants

General Information
Registration and light snack at 5:30 pm

Course Objectives
Upon completion of the course, participants will be able to:

1. Identify LET with various physical examination procedures.
2. Recognize neovascularization of the wrist extensor tendons.
3. Describe the findings of various literature reviews of various interventions.
4. Perform manual therapy interventions for LET.

Course Instructors
R. Barry Dale, PT, PhD, DPT, MBA, OCS, SCS, ATC, CSCS, is Professor and Chair of the Department of Physical Therapy at the University of South Alabama. He has received degrees from South Alabama (BSPT, 1994), the University of Alabama at Birmingham (MAE, 1997), the University of Alabama (PhD, 2002), and the University of Tennessee at Chattanooga (DPT, 2009). He has an eclectic interest with biomechanics and exercise physiology, and his research background relates these areas to Orthopaedic and Sport rehabilitation.

Course Description
There is no clear consensus as to which physical therapy interventions are the most efficacious to treat sequela associated with lateral elbow tendinopathy (LET). Research suggests that manual physical therapy in the form of joint mobilizations may assist in the recovery of patients with LET. The purpose of this course is to present the current evidence for manual therapy for patients with LE.

Course Schedule
Following registration and light meal at 5:30

5:45 pm Welcome, Introductions, Warm-up

6:00 pm Etiology of Lateral Epicondylalgia

7:00 pm Physical Examination

7:30 pm Break

7:40 pm Literature review of manual therapy

8:00 pm Manual therapy techniques

9:00 pm Break

9:10 pm Summary information/Case/questions and answers

9:45 pm Conclusion

Register by September 6th for early registration discount
Mail or Deliver to:
USA PT CEUs, University of South Alabama PT
5721 USA Drive North, HAHN, Rm 2011
Mobile, AL 36688

Registration

Name ________________________________________________________________     Circle One (PT     OT     PTA     COTA     Other __________)

Home Address _______________________________________________________     City________________     State_______     Zip_________

Home Phone_____________________ Email ________________________________________________________________

Employer_____________________ Address_______________________________________________________________________

City__________________________     State_________     Zip___________     Phone__________________    Fax____________

USA Graduate?   Yes_____     No_____     Year_____

Other Information

- Course registration checks should be made payable to USA PT
- Make separate MAPTO membership checks payable to MAPTO ($25 for PTs and $15 for PTAs for the remainder of the year)
- You must pre-register and pay to have handout material
- Fees include course instruction, handout materials, CEU certificate, and a light meal for four hour courses.
- Courses are designed to meet the regulations for continuing education for the Alabama Board of PT

Cancellation/Refund Policy: All requests for refunds must be submitted in writing and postmarked at least 4 weeks before the course date. Requests after this time will be met, withholding a 50% administrative fee. Courses may be cancelled if pre-registration is insufficient. Registrants will be notified.

Fees:

<table>
<thead>
<tr>
<th>Date</th>
<th>Hrs</th>
<th>Course Title</th>
<th>Early fee due</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/15/19</td>
<td>4</td>
<td>Basic Pharmacology Review for the Rehabilitation Professional</td>
<td>8/1/19</td>
<td>$100  $115</td>
</tr>
<tr>
<td>8/20/19</td>
<td>4</td>
<td>Introduction to Pelvic Floor for the Orthopaedic Physical Therapist</td>
<td>8/6/19</td>
<td>$100  $115</td>
</tr>
<tr>
<td>8/29/19</td>
<td>4</td>
<td>A Manual Therapy Approach to Managing the Complex Shoulder Patient</td>
<td>8/15/19</td>
<td>$100  $115</td>
</tr>
<tr>
<td>9/5/19</td>
<td>4</td>
<td>Multiple Sclerosis: Evidence Based Examination and Intervention</td>
<td>8/22/19</td>
<td>$100  $115</td>
</tr>
<tr>
<td>9/10/19</td>
<td>4</td>
<td>Neuroanatomy, Neuropasticity, Movement System Intervention</td>
<td>8/27/19</td>
<td>$100  $115</td>
</tr>
<tr>
<td>9/12/19</td>
<td>4</td>
<td>Movement System Diagnoses and Functional Interventions for Sit-to-Stand and Upright Mobility</td>
<td>8/29/19</td>
<td>$100  $115</td>
</tr>
<tr>
<td>9/18/19</td>
<td>4</td>
<td>Documentation &amp; Payment Principles: 2019 Update</td>
<td>9/4/19</td>
<td>$115,  $130</td>
</tr>
<tr>
<td>9/20/19</td>
<td>4</td>
<td>Joint Mobilization with Lateral Elbow Tendinopathy</td>
<td>9/6/19</td>
<td>$100  $115</td>
</tr>
</tbody>
</table>

SUBTOTAL

Discounts (Note: You can only use one of the following discounts)

MAPTO Member _____Yes ___ No ____ I would like to join and check included
(join now and receive a $20 discount per course by including MAPTO membership fee)
** To be considered a current member of MAPTO, you must have paid your membership dues for calendar year 2019**
# courses x $20 = Discount amount

USA PT Clinical Instructor Discount:
** Clinical instructors that have had a student from Fall 2018 through planned student Fall 2019 are eligible for a 50% discount for all USA CEU Courses**
Student Name: ______________________     Dates: __________________________
Subtotal Amount (__________) x 50% = Discount Amount

Bundle Option: $199 allows you to attend as many CEU courses as you would like. Please circle the courses that you will be attending.

TOTAL AMOUNT ENCLOSED
(Subtotal Less Discounts or Bundle Amount Only)

For Office Use ONLY

Receipt #_________ Date Received_________ CEU Check #_________ Amount $________ MAPTO Ck #_________ Amount $________