

Join Us!

See our Stimulus Plan for Discounted Registration for Members and a New Member Discount.



Oregon Physical Therapy Association

2010 Annual Conference

March 12-14, 2010 • Hilton Eugene Conference Center • Eugene, Oregon

Schedule*

Important Conference Information

Conference Location
Eugene Hilton & Conference Center
66 East 6th Avenue
Eugene, OR
800.937.6660 for reservations

Conference Lodging

A block of rooms have been reserved at a special rate at the Eugene Hilton & Conference Center. To make reservations, call the Hilton directly at 800.937.6660 and ask for the OPTA room block. Room reservations must be made by February 10, 2010 to insure availability and the group rate. The group room rate is \$129 plus state and local taxes (currently 10.5%) per room, per night, single or double occupancy. Check-in time is 3:00 pm. Check-out time is Noon.

Friday, March 12

6:00 – 7:30 pm

Registration, Reception & Exhibits

Join your colleagues for a reception, networking, and an opportunity to view and visit a variety of vendors that support the profession of physical therapy.

7:00 – 9:00 pm

A1) An Introduction to Evidence-Based Practice (EBP)

Presented by Ken Bush, PT, PhD & Erin Jobst, PT, PhD

Friday Only Course - 2 CE Hours

This presentation will give a brief overview of the process by which evidence can be integrated into clinical practice. The presentation will conclude with a one-hour presentation demonstrating how a clinical question can be examined expeditiously and the results incorporated into clinical decision making.

OBJECTIVES:

1. Participants will understand what Evidence-Based Practice (EBP) is.
2. Participants will understand the role of evidence in EBP.
3. Participants will understand the misconceptions of EBP and barriers to its implementation.
4. Participants will be able to formulate an answerable question.
5. Participants will recognize the application of research to clinical practice.



Kenneth Bush PT, PhD, (pictured left) is a professor in the School of Physical Therapy at Pacific University. He is responsible for teaching research, statistics and evidence-based practice.

Erin E. Jobst PT, PhD, is an assistant professor in the School of Physical Therapy at Pacific University. She is responsible for teaching patient care skills, physiology, pathophysiology, and pharmacology.

Saturday, March 13

7:30 – 8:30 am

Registration, Continental Breakfast & Exhibits

8:30 am – 5:30 pm Courses

B1) Grand Rounds: MDT, NAIOMT, and Kaiser/Maitland (Australian) – Comparing Experts in Low Back Pain

Presented by Scott Herbowy, PT, Dip MDT; Ann Porter Hoke, PT, DPT, OCS, FCAMT, FAAOMPT and Steve Ryan, PT, DPT, CSCS, FAAOMPT

Moderated by John Medeiros, PT, PhD

Saturday & Sunday Course - 9 CE Hours

Low back pain is one of our nation's most expensive and disabling diagnoses. Physical therapists have great potential to aid in reducing costs and restoring function to this critical population. While much research has been done on treating low back pain, a gold standard has yet to be established. The American Physical Therapy Association has credentialed fellowship programs designed to encourage physical therapists to use accepted, evidence-based practice in order to produce the most effective outcomes. Clinical experts in low back pain assessment and treatment use a combination of clinical experience, intuition, and advanced training to efficiently achieve positive outcomes. This two-day course is designed to give physical therapists an exposure to three approaches that lead to APTA fellowship programs. Faculty from the North American Institute of Manual therapy (NAIOMT), the McKenzie Institute (MDT), and the Kaiser (Australian/Maitland approach) program will each explain their approach, engage in debate, answer questions, and demonstrate evaluation and treatment of live patients. Course participants will come away with a better understanding of the differences between these approaches, and an appreciation of the value of advanced training in this field.

Course Objectives

1. Become familiar with MDT, NAIOMT and Kaiser approaches and their histories.
2. Observe experts evaluating and treating live patients.
3. Gain an understanding of evaluation and treatment skill sets of experts in MDT, NAIOMT and Kaiser approaches.
4. Appreciate the similarities and differences of MDT, NAIOMT and Kaiser.
5. Increase interest in manual therapy certification and fellowship programs.



Scott Herbowy, PT, Dip MDT is a graduate of the physical therapy program at State University of New York at Buffalo. Scott originally attended courses with Robin McKenzie in 1984 and completed his diploma in New Zealand in 1992. Appointed a US faculty member in 1993 and an international instructor in 1994, he brings a wealth of experience to his teaching. Scott has instructed more than 300 courses in MDT around the world and has participated in and is currently active in research pertaining to the field of MDT. He currently works as director of St. David's Physical Therapy & Spine Center in Austin, Texas and maintains an active clinical practice. Finally, Scott provides a clinical residency program in Austin, where he has trained over 70 MDT Diploma students from around the globe.



Ann Porter Hoke, PT, DPT, OCS, FCAMT, FAAOMPT trained and then worked with James Cyriax MD in London, England from 1967-72, with manual therapists in Vancouver, BC from 1972-82, and has been in clinical practice in Oregon since 1983, currently at New Heights Integrative Therapy in SE Portland. She received her transitional PT doctoral degree from Pacific University, OR in 2008. She is a Fellow of the Canadian and the American Manual and Manipulation Academies and was Oregon's first Board Certified Orthopaedic Specialist in 1989. Ann's special interests include complex disorders of the spine and limbs and the difficulties associated with chronic reoccurrences of dysfunction. She utilizes multiple hands-on and movement-training approaches derived from her many years of experience and her eclectic background. She has also been privileged to treat many physical therapists!

Ann enjoys sharing her expertise by teaching with the North American Institute of Orthopedic Manual Therapy. She is a senior faculty, senior examiner, clinical fellowship director and clinical instructor with NAIOMT, and has 34 years of teaching and 39 years of clinical experience. She has published on spinal clinical instability, and serves her profession on national and international standards committees for manual physical therapy. Her awards include the Mercedes Weiss Service Award, from the Oregon PT Association in 1996 and the John McM. Mennell Service Award from AAOMPT in 2006.



Stephen J. Ryan PT, DPT, CSCS, FAAOMPT received his Bachelor of Science and Master of Science degrees from Thomas Jefferson University in Philadelphia, PA. He is a graduate of the Kaiser Hayward Physical Therapy Fellowship and has a Doctor of Physical Therapy, from Thomas Jefferson University. Steve is a Fellow of the AAOMPT, is a Certified Strength and Conditioning Specialist, an instructor in kinesiology in the Dance Department at Mills College in Oakland, Assistant Clinical Professor at the University of California San Francisco School of Physical Therapy and Rehabilitation Science, member of the Kaiser Permanente Physical Therapy Fellowship in Advanced Orthopedic Manual Therapy, and is owner of Anjoe Fitness and Physical Therapy, where his focus is on the older adult population.



John M. Medeiros PT, PhD is a Professor of Physical Therapy at the School of Physical Therapy at Pacific University in Forest Grove, Oregon where he has been on the faculty since 1988. He received his PhD and MA from the University of Iowa. His areas of interest are: kinesiology of the musculoskeletal system, objective measurement of musculoskeletal function, and medical ethics. He has presented numerous times to PT groups, is frequently published, and an active member of the PT community.

(B2) Endurance Impairments – Exercising the Medically Complex Patient

Presented by Steven H. Tepper, PT, PhD

Saturday & Sunday Course - 9 CE Hours

Endurance...how do you know if your patient is safe to climb the stairs, walk across the room, or jog around the block? Is your exercise program effectively increasing your patient's endurance? Join your colleagues in the examination, selection, and administration of specific tests and measures for patients/clients with endurance impairment. Emphasis will be on differentiating the cause of endurance impairment. A case-based approach will be used to demonstrate the scientific basis of tests used in a variety of physical therapy settings to measure endurance across the continuum. Additional examination and interventions relevant to the cases will be discussed. A lab will enable participants to perform different tests of endurance, vascular insufficiency, pulmonary function, and body mass index.

Course Objectives

1. Differentiate the probable cause of the endurance impairment.
2. Realize the importance of physiological monitoring of patients while at rest and during exercise. Determine when referral to another health professional is warranted.
3. Recognize the absolute and relative contraindications for exercise (abbreviated).
4. Recognize the Signs/Symptoms of exercise intolerance (abbreviated).
5. Explain and perform* some common Endurance Tests:
 - 10 M Walk Velocity Test*
 - 6 Minute Walk Test*
6. Prescribe appropriate exercise training programs for the given cases.
7. Utilize spreadsheets for obtaining objective measurements of BMI, predicted walk distance in the 6 MWT, and walk velocity.

Note: This course has limited space and may sell out. For the second day of class, participants should wear appropriate clothing for walking or jogging.



Steven H. Tepper, PT, PhD directs the transitional DPT program at University of Montana. He is an adjunct professor with the University of Delaware, University of Maryland, George Washington University, University of Northern Arizona, Daemen College, Utica College, The Ohio State University and other programs. He is also the President of Rehab Essentials, Inc. Dr. Tepper received his BS in Physical Therapy and a PhD in Experimental Pathology from the University of Maryland. He taught at University of Maryland for 12 years and then spent 13 years Shenandoah University where he was a professor and Director of the entry-level and transitional-DPT programs. His fields of experience include an interest in endurance testing, differential diagnosis of endurance impairments, and the effects exercise training has on disease or the prevention of disease. He has authored several chapters

and peer reviewed journal articles on various topics. His professional highlights include President of the Cardiovascular and Pulmonary Section of the APTA, Task Force Member on Clinical Practice Guidelines III for the APTA, recipient of the Cardiopulmonary Sections Linda Crane Merit Award, University of Maryland Alumnus of the Year 2003, and Robert C. Bartlett Award for Innovation in Fundraising from the Foundation for Physical Therapy, 2005. Dr. Tepper has a passion for teaching.

Registration

The special discounted Stimulus Plan Registration ends on February 5, after which registration fees return to their regular levels. Stimulus Plan Registration does not apply to Friday Only registrations.

Space is limited. Early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis. Confirmation letters will be mailed to registrations received prior to March 5, 2010.

Cancellation Policy

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OPTA

503.262.9247
Toll Free 877.452.4919
Fax 503.253.9172
info@opta.org
www.opta.org

More →

OPTA Business Meeting

The OPTA business meeting will be held on Saturday, March 13 during the lunch break from noon to 2:00 pm. Full conference registrations include the business meeting & lunch. Individuals who wish only to attend the business meeting & lunch can do so by registering for an "Additional Meal" – see the registration form.

Exhibits

The exhibit area will be open Friday, March 12 from 6:00 – 7:30 pm and on Saturday, March 13 from 7:30 am – 4:00 pm. There will be no exhibits on Sunday. Please take advantage of the opportunity to visit with vendors during the exhibit hours and learn more about the products and services they offer.

Continuing Education Credits

OPTA CE courses and hours may be accepted by the Oregon Physical Therapy Licensing Board. A course completion certificate will be issued to registrants upon completion of the course. Oregon licensed therapists and assistants should consult Division 35 of the licensing board's administrative rules for CE requirements and note that there is no pre-certification of continuing education by the Oregon Physical Therapy Licensing Board.

Noon – 2:00 pm

OPTA Lunch & Business Meeting

This lunch meeting will feature an OPTA business meeting and will cover current OPTA activities and business as well as our spring elections. Elections will be held for the following positions: President Elect, Vice President, and Nominating Committee Member, as well as potential proposed bylaw amendments. Lunch will be held during this meeting which will be in the trade show hall.

6:00 – 8:00 pm

PT PAC Reception

Please plan to attend our PT PAC reception. This reception will feature hors d'oeuvres and a no-host bar. We will also cover current OPTA legislative issues and activities. Proceeds from this event will benefit the PT PAC.

Sunday, March 14

8:00 – 9:00 am

OPTA Networking Breakfast

Please plan to attend our networking breakfast. This buffet breakfast meeting will feature networking on current OPTA activities and topics of interest to therapists.

9:00 am – Noon Courses

B1) Grand Rounds: MDT, NAIOMT, and Kaiser/Maitland (Australian) – Comparing Experts in Low Back Pain - *continued*

Presented by Scott Herbowy, PT, Dip MDT; Ann Porter Hoke, PT, DPT, OCS, FCAMT, FAAOMPT and Steve Ryan, PT, DPT, CSCS, FAAOMPT

Saturday & Sunday Course - 9 CE Hours

This two-day course is a continuation from Saturday.

(B2) Endurance Impairments – Exercising the Medically Complex Patient - *continued*

Presented by Steve H. Tepper, PT, PhD

Saturday & Sunday Course - 9 CE Hours

This two-day course is a continuation from Saturday.

2010 Conference Stimulus Plan!

OPTA members can register now through February 5th and receive a 25% discount off their conference registration fees!!! Now that's a plan that all members can appreciate! OPTA has developed a special Stimulus Plan registration package for the 2010 conference. The Stimulus Plan conference rate of 25% off conference registration fees (excluding Friday only and Saturday lunch only registrations) is now available for OPTA members through February 5th. Not an OPTA/APTA member?? Join the OPTA/APTA as a PT or PTA member by February 5th and receive BOTH \$50 off OPTA chapter membership dues for a PT or PTA, and the 25% off the 2010 Conference registration. You must register for both new membership and the conference at the same time. To take advantage of this membership offer, call OPTA at 503.262.9247 or tollfree at 877.452.4919 to take advantage of this special offer. Please have your credit card ready, and please refer to the special Stimulus Plan offer when calling in.

OPTA 2010 Conference

Schedule at a Glance*

Friday, March 12

3:00 – 5:00 pm

Board of Directors Meeting

6:00 – 7:30 pm

**Registration, Opening Reception
& Exhibits**

7:00 – 9:00 pm

A1 Course

Saturday, March 13

7:30 am

Registration Opens

7:30 – 8:30 am

Continental Breakfast & Exhibits

8:30 am – Noon

B1 & B2 Courses

10:00 am

Course Breaks & Exhibits

Noon – 2:00 pm

**Lunch & OPTA Business Meeting
in Exhibit Hall**

2:00 pm

B1 & B2 Courses Resume

3:30 – 4:00 pm

**Course Breaks & Door Prizes in
Exhibit Area**

4:00 – 5:30 pm

B1 & B2 Courses Resume

6:00 – 8:00 pm

PT PAC Reception

Sunday, March 14

8:00 – 9:00 am

Networking Buffet Breakfast

9:00 am - Noon

B1 & B2 Courses Continue

**Subject to change*

*Conference schedule/program is subject to change

**Questions? Contact OPTA at 503.262.9247
or Toll-Free at 877.452.4919 or at info@opta.org**

Thanks to our OPTA Package Sponsors:

- Kaiser Permanente • PT Northwest
- PT on Call, PS • Salem & West Valley Hospital • Therapeutic Associates

OPTA

147 SE 102nd Ave.
Portland, OR 97216

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Oregon Physical Therapy Association

OREGON PHYSICAL
THERAPY ASSOCIATION
2010 Annual
Conference

March 12-14, 2010
Hilton Eugene Conference Center
Eugene, Oregon



2010 OPTA Annual Conference Registration Form

Please provide the following information to register: *(For additional registrants, please photocopy this form.)*

Name *(please include designations)* _____

Company/Work Facility _____

APTA Membership Number _____

Oregon License Number _____

Address Home Work _____

City _____

State _____

Zip _____

Phone _____

Fax _____

E-mail _____

Is the above information a database change? yes no

Liability Waiver: By registering for this conference, you waive all liability to OPTA for any injury that may occur during this conference.

Full Conference Registration - Friday, Saturday & Sunday

March 12-14, 2010

Full Conference registrations include the evening session on Friday, a session on Saturday and Sunday, session materials, Friday's Opening Reception, the business meeting, exhibits, Saturday's continental breakfast, Saturday's lunch, Saturday's reception, Sunday's networking breakfast, and all breaks.

Fees:

OPTA/APTA Member	Stimulus Plan Registration If Registered by February 5	Registration If Registered After February 5
<input type="checkbox"/> PT	\$270	\$360
<input type="checkbox"/> PTA	\$135	\$180
<input type="checkbox"/> Student	\$75	\$100
<input type="checkbox"/> OPTA Service Member*	\$225	\$300
OPTA/APTA Non-Member		
<input type="checkbox"/> PT	\$405	\$540
<input type="checkbox"/> PTA	\$270	\$360
<input type="checkbox"/> Student	\$135	\$180
<input type="checkbox"/> Other Healthcare Professional	\$405	\$540

Please choose one session for each day:

Friday Session

- A1) An Introduction to Evidence-Based Practice (EBP)

Saturday Sessions

- B1) Grand Rounds: MDT, NAIOMT, and Kaiser/Maitland (Australian) – Comparing Experts in Low Back Pain
- B2) Endurance Impairments – Exercising the Medically Complex Patient

Sunday Sessions

- B1) Grand Rounds: MDT, NAIOMT, and Kaiser/Maitland (Australian) – Comparing Experts in Low Back Pain - *continued*
- B2) Endurance Impairments – Exercising the Medically Complex Patient - *continued*

*OPTA Service Members - Committee and board members currently volunteering service to OPTA.

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Friday Only Registration - Friday, March 12, 2010

(Complete this section only if you are not registering for the Full Conference program.) Friday Only registrations include the evening session on Friday, session materials, the Opening Reception and exhibits.

Fees: All Categories \$40

Friday Sessions - Check Here for Friday Only Registration

- A1) An Introduction to Evidence-Based Practice (EBP)

Saturday Lunch Only Registration - Saturday, March 13, 2010

*Please register here if you wish to attend **only** the business meeting & lunch on Saturday and none of the educational sessions.*

Fees: All Categories \$30

Name(s): _____

TOTAL AMOUNT DUE \$ _____

Special Needs:

If you have any special requirements (i.e., vegetarian diet, food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: _____

Payment

Check here if you are enclosing a check made payable to OPTA or Visa MasterCard AMEX

If paying by credit card, please complete the following:

Is this a corporate card? yes no Corporate code: _____

Card Number _____

Expiration Date _____

Amount Authorized _____

Cardholder's Name _____

Cardholder's Signature _____

Credit Card Billing Address _____

City _____

State _____

ZIP _____

Please note that OPTA is managed by Update Management. When you receive your credit card statement, the charge will appear under Update Management, not OPTA.

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Please return registration form to:



Oregon Physical Therapy Association

Oregon Physical Therapy Association • 147 SE 102nd Avenue • Portland, OR 97216 • 503.253.9172 FAX
Questions? Contact OPTA at 503.262.9247, 877.452.4919 or via email at info@opta.org