



OPTA PT ED Talk

June 27, 2019

Hyper-inflated, Hyper-tonic and Hyper-mobile: Using PRI to Modulate Respiratory, Neurological & Musculoskeletal Function

Presented by
Dr. Alex de la Paz, PT, DPT, ITPT
Thursday, June 27, 2019

6:30 p.m. Registration and Networking
7:00 – 9:00 p.m. Program

Continuing Education Hours: 2

Location:

Providence St. Vincent Medical Center
East Pavilion – Souther Classrooms
9155 SW Barnes Rd.
Portland, OR 97225

Registration Information

Course Registration Fees:

OPTA/APTA Member*	\$50
OPTA Service Member**	\$35
OPTA/APTA Student Member	\$25
PT or PTA Non-Member	\$70

* Member category eligibility includes any APTA member whether in Oregon or any other state. (APTA member number is required.)

**For members serving on the OPTA board or a committee.

Payment Policy:

We can only accept registrations in the following ways: online at www.opta.org, via fax at 503.253.9172 or mailed to OPTA at 147 SE 102nd Ave., Portland, OR 97216. We cannot accept emailed or phone in registrations.

Course Description:

This discussion will describe basic concepts of the Postural Restoration Institute and give practical applications for physical and occupational therapists to integrate breathing assessment and treatment into any rehabilitation program.

Individuals attending this course will be able to identify and recognize dominant patterns of breathing and how they contribute to common types of musculoskeletal, neurological and/or respiratory pathology. We will discuss how the spine's movement is dependent on ribcage, pelvis and cranial position and how we can influence change through exercise and behavior modification. Additionally, this course will discuss specific mechanisms on how elevated stress and anxiety can contribute to posture and pain (and vice versa).

Program Objectives:

- Identify basic concepts of the Postural Restoration Institute and how this may differ from traditional approaches to rehabilitation
- Discover how to assess breathing using objective measurements utilized by the Postural Restoration Institute
- Describe the implications of breathing dysfunction and how it may be contributing to commonly treated pathologies and syndromes
- Introduce basic exercises and manual techniques designed to counter and correct common breathing patterns

Speaker Bio:



Alex graduated with a BS in kinesiology from Western Washington University in 2009 and a DPT in physical therapy from Regis University in 2013. In 2015 he opened Root & Branch Physical Therapy, which specializes in treating individuals with chronic and complex pain patterns. Over the past six years he has attended 328 hours of continuing education courses, most of which were offered through the Postural Restoration Institute. In 2019 he was named Top Physical Therapist in Portland, as voted by his peers in Portland

Monthly Magazine's annual wellness issue. Alex's keys to success are patient education, engagement and empowerment through active listening, evidence-based practice and multidisciplinary integration.

CE & Course Information

Continuing Education Credit

CE Hours 2 – This course meets the Oregon Physical Therapist Licensing Board's requirements for continuing education. A Course Completion Certificate will be issued to registrants upon completion of the course. Oregon Licensed Therapists and Assistants are encouraged to consult Division 35 of the Licensing Board's Administrative Rules for complete information regarding CE requirements in Oregon.

Course Restrictions

Registrations must be received by June 20, 2019. Space is limited, so early registration is encouraged to secure your spot. 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. In the event of inadequate registration, weather problems or other events beyond OPTA's control, a meeting may be moved or cancelled. Should this occur, an attempt will be made to contact registrants and fees will be refunded.

Cancellation Policy

Cancellations received prior to June 20, 2019 will receive a full refund minus a \$10 administration fee. Cancellations received after June 20, 2019 will receive a 50% refund of their total fees. No-shows and same-day cancellations will not receive a refund.



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Only one registrant per form. Copy this form for additional registrants.

Mr. Ms. Mrs. Dr.

First Name: _____ Last Name: _____ Designations: _____

Badge First Name (if different): _____

*APTA Membership Number: _____ Oregon License Number: _____

Company Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Business Phone: _____ Fax: _____ Email: _____

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

Course Registration Fees – Please Check One:

- OPTA/APTA Member* \$50
- OPTA Service Member** \$35 **I serve on the following OPTA board position or committee: _____
- OPTA/APTA Student Member \$25 _____
- PT or PTA Non-Member \$70

*Member category eligibility includes any APTA member whether in Oregon or any other state. (APTA member number is required.)

PAYMENT OPTIONS (US FUNDS): Check, Payable to OPTA Visa/MasterCard American Express Discover

Card # _____ Exp. Date _____ Amount Authorized \$ _____

Name on Card _____ CVV: _____

Signature _____

Card Billing Address (required) _____ City _____ State _____ Zip _____

Email address to send credit card receipt to _____

Payment Policy:

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Confirmation:

Email confirmation will be sent for this event. Please retain the course information for future reference.

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Cancellations received prior to June 20, 2019 will receive a full refund minus a \$10 administration fee. Cancellations received after June 20, 2019 will receive a 50% refund of their total fees. No-shows and same-day cancellations will not receive a refund.

Registrant agrees to grant OPTA and Update Management the right to photograph or video Registrant during participation in the event. Registrant understands that any photographs or recordings may be used by OPTA and Update Management for marketing and promotional purposes, at their sole judgment and discretion, without compensation or credit to Registrant.

Send to OPTA via fax at 503.253.9172 or mail to 147 SE 102nd Avenue, Portland, OR 97216
Questions? Call 503.262.9247 or toll free at 1.877.452.4919 or email us at info@opta.org