



OPTA Fall Workshop and Annual Business Meeting

Saturday, September 8, 2018

Innovative Techniques in Treating Chronic Pain: Correction of Breathing Dysfunction

Presented by
**Kathleen Burns PT, DPT, CMPT,
OCS, Certified Breathing
Behavioral Analyst - Therapeutic
Associates**

Saturday, September 8, 2018

**8:30 – 9:00 a.m. Registration and
Networking**

9:00 – 12:30 a.m. Program

Program includes Fall Workshop
& Annual Business Meeting

Continuing Education Hours: 2

Location:

OMEF Event Center
11740 SW 68th Parkway, Ste. 100
Portland, OR 97223

Registration Information

Course Registration Fees:

OPTA/APTA Member*	\$70
OPTA Service Member**	\$50
OPTA/APTA Student Member	\$35
PT or PTA Non-Member	\$90
Student Non-Member	\$60

* *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:

Join us to look deeper into an emerging approach to the treatment of persistent pain through breathing. We will explore the factors impacting breath control and its effects on human physiology. After this presentation, you will be able to help guide a client through observing, managing, and even correcting, their breathing habits to have a positive impact on their pain experience. Topics that will be addressed include:

- Understanding the acid-base balance of blood and its effect on oxygenation
- Understanding different breathing dysfunctions including hypercapnia and hypocapnia
- Be able to utilize the Nijmegen Questionnaire as an outcome measure to identify patients or clients who would benefit from breathing assessment and treatment
- Be able to use breath control, manual therapy, and exercise to treat appropriate breathing dysfunctions

Speaker Bio:



Kathleen (Kat) graduated with her Doctorate in Physical Therapy from Ithaca College in 2014 and graduated with a B.S. in Clinical Health Studies, also from Ithaca College in 2012. She is an orthopedic certified specialist and a certified manual physical therapist. She completed a 200-hour yoga teacher training certification in 2018. She is currently in the North American Institute of Manual Physical Therapy (NAIOMT) fellowship program and works as a certified mentor. Though Kat treats all parts of the body, she particularly enjoys treating scoliosis and using biofeedback for breathing dysfunction.

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 Sept. 1, 2018. 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 Sept. 1, 2018 will receive a full refund minus a \$10 administration fee. Cancellations received after Sept. 1, 2018 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* \$70
- OPTA Service Member** \$50 **I serve on the following OPTA board position or committee: _____
- OPTA/APTA Student Member \$35 _____
- PT or PTA Non-Member \$90
- Student Non-Member \$60

*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 _____ Signature _____

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

Email address to send credit card receipt to _____

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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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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