Course Description
Are the tools in your PT toolbox for exercise progression rusty, outdated, or obsolete? UDPT presents this continuing education course to introduce new exercise ideas and clinical pearls, and to help refashion what you already have! It will also include review of relevant anatomy and biomechanics to allow you to select more effective evaluation techniques and design targeted treatment interventions. This course has been designed with consideration of current clinical practice guidelines.

Course Objectives
1. Select tests and measures for specific body regions and conditions that align with current clinical practice guidelines.
2. Demonstrate proficiency in accurately performing and interpreting reliable and valid clinical tests and measures.
3. Devise and implement evidence-based exercise progressions based on objective findings and practice guideline recommendations.

Who Should Attend
This weekend course will be open to physical therapists, physical therapist assistants, and athletic trainers.

Course Cost
Early-Bird Special (before October 15): $350
Late Registration (up until Nov 1): $425
*If course is cancelled for any reason, fees will be fully refunded.
Registration includes meals, snacks, and mini “tool” kit (i.e. therabands, cervical exercise props, stimulation pads).

To Register
We accept payment in the form of cash or check only. Checks can be written to “UDPT Club”.
*All profits will support UDPT students’ fundraising efforts for the Marquette Challenge, which is an annual fundraiser hosted by the Foundation for Physical Therapy to help support physical therapy research.

Register online:
1. Complete the online registration form at:
   https://goo.gl/forms/Iou5ABt4ke2eEObh2
2. Mail check to:
   Stephanie Michael, Administrative Assistant III-
   Clinical Education Team
   University of Delaware Physical Therapy Program
   STAR Health Sciences Complex
   540 S. College Avenue, Rm 210 B
   Newark, DE 19713
   OR pay upon arrival to the course on 11/9/2018.

Register by mail:
1. Mail check and registration form below to Stephanie Michael at the address listed above.

Registration Form
Name: __________________________
Occupation: _______________________
Employer: _________________________
Home Address: _______________________
Preferred Phone: ____________________
Fax: _______________________________
E-mail: _____________________________
Sports or Geriatrics during Breakout Session: _______________________
Dietary Restrictions: ___________________
Instructor Biographies

**Megan Sions, PT, PhD, DPT, OCS**

Megan is an Assistant Professor in the Department of Physical Therapy at the University of Delaware with an active research agenda in evaluation and management of adults with low back pain. She has published over 15 peer-reviewed articles in this area and has a special interest in the management of spine pain in older adults. She teaches in the UD DPT program in Clinical Gross Anatomy, Biomechanics, Spine Management, and Movement Science at UD. Megan completed her Master of Physical Therapy at West Virginia University (2004), her DPT at Temple University (2009), and her PhD in Biomechanics and Movement Science at UD (2012). She has been a Board Certified Orthopedic Clinical Specialist since 2008. Megan presents nationally and internationally on orthopedic-related physical therapy care.

**Tara Jo Manal, PT, DPT, OCS, SCS, FAPTA**

Tara Jo received a MPT from the University of Delaware in 1993, and a DPT in 2006. Tara is the UD Director of PT Clinical Services and Director of the UD Residency Training Programs. She has been involved in Residency training since 1996 and helped multiple programs develop, in addition to the 4 at UD that she oversees. She is dual-certified as a Sports and Orthopedic Physical Therapy Clinical Specialist and Associate Professor in the PT Department. Tara has received numerous awards at the national level for Excellence in Teaching and Service and is an international speaker on areas of rehabilitation. She publishes in the area of injury and rehabilitation of the spine and knee. Tara was founding co-chair of the APTA initiative, PTHnow, a clinician portal aimed at bringing evidence to the front line of clinical practice, and the Choosing Wisely campaign, “Too 5 things Physical Therapists should not do”, an American Board of Internal Medicine initiative to improve healthcare outcomes. Dr. Manal was the 2017 John HP Maley lecturer for the APTA and is also on the State of Delaware Innovation in Healthcare Practice, Education Committee.

**Airelle Hunter-Giordano, PT, DPT, OCS, SCS**

Airelle is the Associate Director of Clinical Services and Sports and Orthopedic Residency Director at the University of Delaware PT Clinic. She is Board Certified as a Sports and Orthopedic Clinical Specialist and an Assistant Professor in the Doctor of Physical Therapy Program. Airelle completed her Masters’ in Physical Therapy from the University of Delaware in 2003, her Sports Residency from UD in 2004, and her DPT in 2007. She has clinical expertise in rehabilitation and treatment of those with post-concussion symptoms and those recovering from knee or performing arts injuries. She has presented nationally and internationally on topics related to rehabilitation of Orthopedic and Sports conditions.

**Anthony Carroll, PT, DPT, OCS, CSCS, FAOMPT**

Anthony graduated from the University of Delaware with a DPT in 2007. He then pursued the UD Orthopedic PT Residency in 2011. In 2012, Anthony completed the Kaiser Permanente’s Orthopedic Manual Physical Therapy Fellowship program in Los Angeles, CA. Upon completion of his fellowship program, Anthony returned to the University of Delaware as a PT, residency mentor, and Assistant Professor in the DPT program. Anthony is also the Center Coordinator of Clinical Education and Director of the UDPT Orthopedic Manual Fellowship that is currently in development. He is a Fellow of the American Academy of Orthopedic Manual Physical Therapists, a Board Certified Orthopedic Clinical Specialist, a Certified Strength and Conditioning Specialist, and a Certified Clinical Instructor.

**Karin Silbernagel, PT, ATC, PhD**

Karin is an Assistant professor at the Department of Physical Therapy, University of Delaware. At UD, she runs the Tendon research lab, together with colleagues from mechanical and biomedical engineering. The Tendon Research Group at UD is an interdisciplinary group working to advance understanding of tendon injuries and repair so that tailored treatments can be developed. She received her BS in PT from Boston University and her PhD in Orthopedics from University of Gothenburg. Karin has been a clinician, researcher, and educator in the U.S. and Sweden. She has been a practicing PT for over 25 years, mainly in orthopedics and sports medicine. Her research focuses on tendon injuries, especially the clinical aspects of treatment, and evaluation. Her research approach is to evaluate tendon health and recovery by quantifying tendon composition, structure, and mechanical properties, as well as patients’ impairments and symptoms. The focus is on how to prescribe exercise and physical activity as treatment in patients with painful Achilles tendinopathy and complete Achilles tendon ruptures. Research is funded by the NIH, Foundation for Physical Therapy, Swedish Research Council for Sport Science, and Swedish Research Council. She has published over 40+ articles in peer-reviewed journals, has written several book chapters and has presented nationally and internationally. She is also an editor for the Journal of Orthopedic and Sports Physical Therapy.

**Jeffrey Miller, PT, DPT, SCS, OCS**

Jeff received his Bachelor’s degree in Exercise Science in 2008 and Doctorate in Physical Therapy in 2010, both from the University of Delaware. Upon graduating, he began practicing as an outpatient orthopedic physical therapist in Washington, DC. He returned to the University of Delaware in 2013 to complete a Sports Physical Therapy Residency, and transitioned into the role of a full-time physical therapist at the UD Sports and Orthopedics Clinic in July 2014. He currently treats patients and serves as a clinical instructor for UDPT graduate students and as a residency mentor in the Sports and Orthopedic Residencies. He is a Board Certified Specialist in Sports and Orthopedics, and has a particular area of interest in treating upper extremity injuries in overhead athletes.

**Agenda (Day 1)**

**Friday evening, November 9 (3 direct-contact hours)**

- 5:30-5:40 Introduction
- 5:40-6:30 Lumbar Lecture
- 6:30-7:00 Break and Dinner (provided)
- 7:00-8:00 Lumbar Lab
- 8:00-9:00 Cervical Lecture

**Day 2**

**Saturday, November 10 (7 direct-contact hours)**

- 8:00-9:00 Cervical Review/Lab (Sions)
- 9:00-9:10 Break
- 9:10-10:40 Shoulder Lecture/Lab (Carroll, Miller)
- 10:40-10:50 Break
- 10:50-12:05 Foot/Ankle Lecture/Lab (Silbernagel)
- 12:05-1:00 Knee Lecture/Lab (Manal)
- 1:00-2:15 Break
- 2:15-2:30 Breakout session-
  - Sports (conclusion; Hunter-Giordano)
  - OR Geriatrics (screening and prevention of falls; Sions)
- 5:15-5:30 Wrap-up