Arcadia Faculty Speakers

Ryan Zarzycki, PT, PhD
Philip McClure, PT, PhD
Kshamata Shah, PT, PhD
Shailesh Kantak, PT, PhD
Brian Eckenrode, PT, DPT
Philip Malloy, PT, PhD
Elliot Greenberg, PT, DPT, PhD

Guest Speakers

Dustin Grooms PhD, ATC
(Ohio University)
Jean-Sébastien Roy, PT, PhD
(Université Laval, Quebec, Canada)
Mary Barbe, PhD
(Temple University)

Body Meets Brain: Applying Neurophysiology to Orthopaedic Rehabilitation

Saturday November 2, 2019
8:00am - 5:00pm

Held at Arcadia University, Glenside, PA 19038

Earn 7.75 contact hours for PA and NY.
Arcadia University is an approved sponsor for CEU’s in PA and NY. Pending approval by State boards of NJ and DE for 7.75 contact
Registration Form

Body Meets Brain: Applying Neurophysiology to Orthopedic Rehabilitation

Name: __________________________
Address: __________________________
________________________
Phone #: __________________________
Email: __________________________
State licensed to practice in: _______
Dietary Restrictions (Please specify): ____________

Registration Deadline: October 25, 2019

☐ Arcadia University, Beaver College, University of Pennsylvania Physical Therapy Alumni $200
☐ Arcadia PT Adjunct Faculty/Current Arcadia DPT Clinical Instructors $200
☐ Other Physical Therapists/PTA’s $250
☐ Arcadia Orthopedic Residents $100
TOTAL……………………… $_____

Space is limited, so early registration is encouraged

Online registration available through: Eventbrite
Link: arcadiaptfallfacultycourse.eventbrite.com
(Small processing fee applies to online registration)

OR
Make Checks Payable and Mail To:

ARCADIA UNIVERSITY PT DEPARTMENT
Attn: Taylor Sloat
450 S. Easton Rd
Glenside, PA 19038
Address questions to: tsloat@arcadia.edu

Confirmation emails and directions will be sent out when payment is received.

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COURSE AGENDA

Saturday November 2, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Activity</th>
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</thead>
<tbody>
<tr>
<td>7:30 – 8:00</td>
<td>Registration and Check-in</td>
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<tr>
<td>8:00 – 8:30</td>
<td>Zarzycki: Neurophysiologic Alterations After ACL Injury: Part I</td>
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<tr>
<td>8:30 – 9:00</td>
<td>Grooms: Neurophysiologic Alterations After ACL injury: Part II</td>
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<tr>
<td>9:00 – 9:30</td>
<td>Grooms and Zarzycki: Novel Treatment Approaches to ACL Rehabilitation</td>
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<tr>
<td>9:30 – 10:00</td>
<td>Kantak: Integrating Motor Control into Sports/Orthopaedic Rehabilitation</td>
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<td>10:00 – 10:15</td>
<td>BREAK</td>
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<tr>
<td>10:15 – 10:45</td>
<td>Greenberg: ACL Rehabilitation with Pediatric Athletes, Re-injury, and Return to Sport</td>
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<tr>
<td>10:45 – 11:15</td>
<td>Zarzycki: Post-traumatic OA after ACL: Can we do better?</td>
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<tr>
<td>11:15 – 11:45</td>
<td>Coper/Non-coper and Non-operative management</td>
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<tr>
<td>11:45 – 12:15</td>
<td>Malloy: Alterations in movement control in patients with femoroacetabular impingement syndrome</td>
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<tr>
<td>12:15 – 12:30</td>
<td>PANEL (Q &amp; A)</td>
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<tr>
<td>12:30 – 1:15</td>
<td>LUNCH</td>
</tr>
<tr>
<td>1:15 – 1:45</td>
<td>Kantak: Pain and the nervous system</td>
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<tr>
<td>1:45 – 2:15</td>
<td>Barbe: Tendinopathy, and related peripheral inflammatory conditions, and the nervous system.</td>
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<tr>
<td>2:15 – 2:45</td>
<td>McClure &amp; Shah: Neurophysiologic Alterations in chronic rotator cuff related shoulder pain</td>
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<tr>
<td>2:45 – 3:15</td>
<td>Roy: Brain reorganization in chronic rotator cuff related shoulder pain</td>
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<td>3:15 – 3:30</td>
<td>BREAK</td>
</tr>
<tr>
<td>3:30 – 4:00</td>
<td>Roy: Rehabilitation of the sensorimotor deficits associated with rotator cuff related shoulder pain</td>
</tr>
<tr>
<td>4:00 – 4:30</td>
<td>Eckenrode: Optimal management for overuse injuries of the knee and ankle through exercise, education, and affecting the nervous system</td>
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<tr>
<td>4:30 – 5:00</td>
<td>PANEL (Q &amp; A)</td>
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COURSE OVERVIEW

The purpose of this 1-day course is to integrate neurophysiologic concepts into sports and orthopaedic clinical practice. The first session will review new cutting-edge research examining the central nervous system (CNS) in athletes after ACL reconstruction (ACLR) and present novel treatment techniques to mitigate alterations in the CNS including concepts related to motor learning. Speakers will also discuss ACLR for the pediatric athlete, return to sport following ACLR, evaluation and treatment of individuals with femoral-acetabular impingement and post-traumatic osteoarthritis. The second session will introduce cutting edge research regarding CNS alterations in individuals with tendinopathy with focus on rotator cuff pathology, emerging therapies to mitigate neurophysiologic alterations related to rotator cuff pathology, and management of lower extremity tendinopathy.

COURSE OBJECTIVES

- Discuss current evidence regarding neurophysiologic alterations in individuals after ACL injury/reconstruction, individuals with rotator cuff pathology, and tendinopathies
- Discuss novel treatment approaches to address neurophysiologic alterations after ACL injury/reconstruction and rotator cuff pathology
- Discuss pediatric considerations, return to sport, and development of post-traumatic OA after ACL reconstruction
- Discuss evidence regarding altered movement control in individuals with femoral-acetabular impingement
- Discuss factors contributing to overuse-induced central sensitization with emphasis on tendinopathies
- Describe how chronic overuse injuries of the knee and ankle may affect the sensitivity of the nervous system and evidence based management