

Hardin-Simmons University Lunch and Learn Series 2020-2021

1- hour educational seminars for PT, PTA, OT, OTA, ST, PA, ATC, and students of these disciplines. Provided from 12-1 on these dates:

| DATES 2020-2021 | TOPIC | PRESENTER |
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| September 8th (2nd Tuesday) | Top 10 Conditions and Injuries of the Hand | Dr. Brian Sager, MD |
| October 13th (2nd Tuesday) | A Show of Hands: Therapeutic Interventions for Common Hand Injuries | Dr. Donna Walls, OTD, OTR, CHT Erin Bailey, OTR, CHT |
| November 10th (2nd Tuesday) | SFMA: A Systematic Approach for Movement Dysfunction | Jodi Hierholzer, PT, DPT, CSCS |
| December 1st (1st Tuesday) | Foot Loose: Foot Review | Matt McCreary, PT, DPT, OCS |
| January 12th (2nd Tuesday) | Mnemonics: The Fun Way to Learn | Dr. Marsha Rutland, PT, ScD, OCS, COMT |
| February 9th (2nd Tuesday) | Strain/Counter Strain | Gary Collins II, PT Carl Prudhome, PT |
| March 2nd (1st Tuesday) | Deciphering Heart Murmurs | Tina Butler, PA |
| April 13th (2nd Tuesday) | Visceral Restrictions | Dr. Kathryn Norton, MD, FACS, MBA |
| May 11th (2nd Tuesday) | Sport-Specific Movement Analysis: Working together beyond linear movement | Megan Smart, DAT, LAT, ATC, CSCS, CES, CNC |

SEPTEMBER 8, 2020; Tuesday, 12-1 pm

Program: Top 10 Conditions and Injuries of the Hand

Presenter: Dr. Brian Sager, MD

Learning Objectives: *At the conclusion of this presentations, the learner will be able to:*

1. Verbalize at least 5 hand condition/ injuries that require rehabilitation
2. Discuss the etiology of various hand conditions/ injuries
3. Describe the anatomy of the hand
4. Relate concerns health professional may have with hand injuries

Dr. Brian Sager, MD, is employed at Abilene Bone and Joint and specialized in Hand Orthopedics. He attended Medical School at University of Texas @ San Antonio and served as chief orthopedic resident at the University of Texas Southwestern where he was awarded the Resident Teachign award by his peers. Following his residency, he completed a hand and upper extremity fellowship at New York University-Lagone Medical Center. He is a member of the Big Country Medical Society and the Texas Medical Association

OCTOBER 13th, 2020: Tuesday, 12-1 pm

Program: A Show of Hands: Therapeutic Interventions for Common Hand Injuries

Presenter: Donna Walls, OTD, OTR, CHT

Erin Bailey, OTR, CHT

Learning Objectives: *At the conclusion of this presentations, the learner will be able to:*

1. Note signs, symptoms, and causes of common hand injuries
2. Identify functional limitations of common hand injuries
3. Discuss effective interventions for common hand injuries

Erin Bailey, OTR, CHT, is a senior occupational therapist at Hendrick Center for Rehabilitation in the outpatient Hand Therapy department. She has been an occupational therapist for 21 years and a Certified Hand Therapist for 15 years. Her educational background is a Bachelor of Science in Psychology from the University of Indianapolis in 1997 and Master of Science in Occupational Therapy from the University of Indianapolis in 1999.

Donna Walls, OTD, OTR, CHT is an assistance professor at Abilene Christian University in the Department of Occupational Therapy. She has 34 years of experience with 28 years as a Certified Hand Therapist. For the past five years, Donna has taught courses in Hand and Upper Extremity Conditions as well as other courses related to treating the adult population with physical impairments. Her educational background is a BS in Occupational Therapy from Texas Woman's University, MS in Clinical Practice Management from Texas Tech University Health Sciences Center, and a post-professional Doctorate of Occupational Therapy from Texas Woman's University.

NOVEMBER 10th, 2020: Tuesday, 12-1 pm

Program: "SFMA: A Systematic Approach for Movement Assessment"

Presenter: Dr. Jodi Hierholzer, PT, DPT, CSCS

Learning Objectives: *At the conclusion of this presentations, the learner will be able to:*

1. Verbalize what SFMA stands for and how it can be used for movement assessment
2. Define SFMA Top Tier Scoring System and screening rules
3. Identify the SFMA Breakouts and how they can be utilized to diagnose movement dysfunction

Dr. Jodi Hierholzer, PT, DPT is the owner/founder of BODY WORX Physical Therapy in Abilene, TX. She received her bachelor's degree in Exercise Science from Hardin-Simmons University (2011) and her Doctorate of Physical Therapy (2013) from HSU. She also played collegiate softball for Hardin-Simmons University and Concordia University-Austin while pursuing her bachelor's degree. Before opening BODY WORX PT in February 2020, Jodi worked 6 years in the adult outpatient PT setting where she treated a variety of orthopedic and neurological diagnoses. She has obtained several post professional certifications including: Dry Needling Certification,

Certified Strength and Conditioning Specialist (CSCS), Blood Flow Restriction, SFMA, FMS, Graston Technique, TRX, LSVT Big, and CrossFit L2 Coach. Jodi is an avid CrossFit athlete and has enjoyed coaching and training at CrossFit Abilene for the past 7 years. She takes pride in keeping her patients and athletes healthy and active so they can continue to do the things they love for the rest of their lives.

DECEMBER 1st, 2020: Tuesday, 12-1pm

Program: "Foot Loose"- Foot Review

Presenter: Matt McCreary, PT, DPT, OCS

Objectives: *At the conclusion of this presentations, the learner will be able to:*

1. Identify at least 3 movements of the Ankle/Foot Dynamic during Gait
2. Discuss least 3 Injuries that occur in the arches of the Foot
3. Define at least 3 treatment solutions for foot injuries
4. Verbalize Vasyli and Dananburg Orthotic Fitting

Matt McCreary, PT, DPT, OCS received his Doctorate of Physical Therapy degree from Texas Tech University Health Sciences Center (TTUHSC) in Lubbock in 2012. Since April 2018, Matt has worked at Hendrick Center for Rehabilitation in Abilene. Previously, he worked at a small rural hospital near San Antonio for 2 ½ years, as well as in an outpatient rehab facility connected to a 300-bed hospital in South Carolina for 3 years. Matt's main focus of patient care is on orthopaedics, but he also has experience in acute, SNF, LTAC, swing bed and rehab settings through his jobs and multiple PRN jobs. In 2018, he received his Orthopaedic Certified Specialist (OCS) Certification through the American Board of Physical Therapy Specialist (ABPTS). He is an active member of the APTA, TPTA and APTA Orthopaedic sections. He serves as a Faculty Associate and the APTA Clinical Partner for TTUHSC DPT program. In 2015, he was an adjunct faculty in the exercise sciences department at the University of South Carolina-Sumter. Currently, Matt is serving as the program director for the new orthopaedic physical therapy residency program that is in the development stages. The Abilene Physical Therapy Orthopaedic Residency program is slated to enroll its first residents in late 2020 upon approval. The program is a collaboration between Hendrick Medical Center, West Texas Rehabilitation Center and Hardin Simmons Physical Therapy Program

JANUARY 12th, 2021: Tuesday, 12-1pm

Program: Mnemonics: The Fun Way to Learn

Presenter: Marsha Rutland, PT, ScD, OCS

Objectives: *At the conclusion of this presentations, the learner will be able to:*

1. Verbalize 3 different teaching strategies for anatomical concepts.
2. Relate how mnemonics help the student learn and retain anatomical concepts
3. Create and/ or teach a learning strategy for anatomical knowledge.

Marsha Rutland, PT, Sc.D., MEd, OCS, COMT, CSCS, C-DN is a professor of Physical Therapy at Hardin-Simmons University DPT program. She received her BS in Physical Therapy from the University of Texas Health Science Center at Dallas (1979), Master of Education degree from Hardin-Simmons in Sports & Recreation Management (2002) and an Sc.D. in Physical Therapy with emphasis in Orthopedics from Texas Tech University (2008). She earned her certification as an orthopedic manual therapist (COMT) for extremities through IAOM (2007). She was certified as an Orthopedic Clinical Specialist (OCS) through the APTA (2003) and recertified in 2011. Additionally, she is a Certified Strength and Conditioning Specialist (2003). Dr. Rutland has 40+ years of clinical experience in a variety of settings, with mainly outpatient orthopedics x last 20+ years. Her teaching responsibilities include Clinical Anatomy, Healthcare Management, and Diagnostic Imaging. She is a member of the APTA, TPTA, Sports, Orthopedic, and Education Section of APTA and Midwest District of the TPTA, serving as the newsletter editor. She is actively involved with the HSU PT Ministries program and taught 23 years at the Region XIV Coaches clinic from 1994-2018. She also teaches for Motivations, Inc. Dr. Rutland's research interests' center around orthopedic assessment, anatomy and treatment issues.

FEBRUARY 9th, 2021: Tuesday, 12-1pm

Program: Strain-Counterstrain

Presenter: Gary Collins, PT, and Carl Prudhomme, PT

Objectives: *At the conclusion of this presentations, the learner will be able to:*

- 1) Recite the history of Strain and Counterstrain technique and its evolution to Fascial Counterstrain
- 2) Verbalize the physiological basis of the mechanism of Counterstrain
- 3) Define Counterstrain technique as a good choice modality for the correction of pain and dysfunction within a wide patient population.
- 4) Relate how treatment points must be examined, proximal to the area of dysfunction and contralateral, for effective results.

Gary Collins, PT, MS received his Master of Science degree in Physical Therapy from TWU in 1991. He worked at Hendrick Inpatient Rehab Unit for 20 years. He became a NDT specialist. He went into private practice in 2014, specializing in light touch Fascial techniques. Gary was introduced to Counterstrain technique in '97, then to the CranioSacral technique in 2003. In 2014 I returned to Counterstrain for a refresher course, and in 2018 I took my first Fascial Counterstrain course.

Carl Prudhomme, PT, received his Bachelor of Science degree in Physical Therapy from Cal State Northridge in 1983 after completing duty with the United States Air Force. He has focused in outpatient orthopedics x past 30 years and has practiced in California and Nevada. He is currently employed with Hendrick Medical Center since 2017. He was introduced to Strain Counter Strain approximately ten years ago. Since being introduced, he has been educated in multiple facets of the Strain Counter strain treatment techniques as well as utilizing Mulligan and Maitland in therapy treatments. For the past 2 years, Carl has found a new passion in Fascial Counterstrain.

MARCH 2, 2021: Tuesday, 12-1pm

Program: Deciphering Murmurs

Presenter: Tina Butler, PA

Objectives: *At the conclusion of this presentations, the learner will be able to:*

1. Identify common murmurs encountered in clinical practice.
2. Differentiate benign murmurs from pathologic murmurs.
3. Recognize warning signs associated with valvular heart disease.

Tina Butler, PA is the Associate Program Director for the Hardin-Simmons University Physician Assistant Program. She graduated from the University of Texas Southwestern Medical Center as Dallas Physician Assistant Program in 1998, and obtained her Master's degree in Physician Assistant Studies, with an emphasis in cardiology, from the University of Nebraska in 2007. She is currently working on her Doctorate of Medical Science degree from the Rocky Mountain University of Health Professions. PA Butler has practiced clinically as a PA for over 20 years in cardiology, urgent care, and family medicine. PA Butler served on the Board of Directors for the Texas Academy of Physician Assistant for the past 10 years, to include serving as the President from 2017-18. PA Butler is a published author in both educational and professional journals and has presented numerous occasions at CME conferences. She also writes for the Physician Assistant Education Association Rotation Exam Review Committee under the Internal Medicine / Family Medicine exam. For relaxation, PA Butler enjoys reading, gardening, and spending time with her husband of 20 years and their two children.

APRIL 13th, 2021: Tuesday, 12-1 pm

Program: Visceral Restrictions

Presenter: Dr. Kathryn Norton, MD, FACS, MBA

At the conclusion of this presentations, the learner will be able to:

1. Understand what visceral manipulation involves
2. Identify anatomy of abdominal cavity
3. Verbalize 3 things affecting the viscera
4. State 3 ways to treat visceral restrictions

Kathryn S. Norton, MD, FACS, MBA is the medical director and an assistant professor for the PA program at Hardin Simmons University. Additionally, she is a private practice general surgeon. She received her BA in Biology from Schreiner College in 1994. She graduated from Texas Tech Health Sciences Center with her Doctorate of Medicine in 1998. She completed a surgery residency at Louisiana State University Health Sciences in Shreveport from 1998-2004. Since that time, she has practiced general surgery here in Abilene with a focus on the care of breast cancer patients.

MAY 11th, 2021: TUESDAY, 12-1pm

Program: Sport-Specific Movement Analysis: Working together beyond linear movement

Presenter: Megan Smart, DAT, LAT, ATC, CSCS, CES, CNC

At the conclusion of this presentations, the learner will be able to:

1. Describe the 4 anatomical slings
2. Recognize and distinguish 3 common impairments.
3. Recognize and verbally correlate these movement factors to sport-specific movement analysis.
4. State 2 exercises to assist in the correction of these 3 common impairments.

Megan Smart, DAT, LAT, ATC, CSCS, CES, CNC, is in her 12th year as an athletic trainer. She graduated from Louisiana College with a B.S. in Athletic Training before moving onto acquire a MEd from Baylor University and a Doctorate of Athletic training from A.T. Still University. She worked as an athletic trainer at Baylor University from 2008-2016 as a graduate assistant, graduate teaching assistant, and then Assistant Director of Athletic Training. During that time, she served as a clinical preceptor and adjunct instructor for the CAATE Accredited Athletic Training program. She moved on to be an Associate athletic trainer at East Texas Baptist University from 2016-2019. Along with being a nationally certified and state licensed athletic trainer, she is a Certified Nutrition Coach and Correctional Exercise Specialist from the NASM, a Certified Strength and Conditioning Specialist from the NSCA, and approved for Dry needling through Structure and Function Education. She is currently an Assistant Professor in the Athletic Training Program at Hardin-Simmons University in Abilene, TX.
