



March 20, 2020 | Eagle Crest Resort, Ypsilanti

Let's Play Impact or Fiction the Concussion Discussion!

In this course, we will take a journey through the mind... literally. We will have an interactive discussion to dispel myths related to concussion and concussion treatment. We will discuss the pathophysiology behind concussions, Physical Therapy treatments related to acute concussion, Treatment for Post-Concussion Syndrome, Importance of Baseline testing, and Return to Play Protocols. Exercise with concussion, don't knock it til ya try it!



Karley Glashauser, PT, DPT, CBIS,CCI, SCCE, CF-L1

**Hippotherapy Trained
CrossFit Level 1 Trainer**

Karley graduated with her Bachelor's Degree from Central Michigan University in 2006 with a Major in Health Fitness in Preventative and Rehabilitative Programs with a double Minor in Psychology and General Science. She then continued on to graduate with her Doctorate of Physical Therapy from Central Michigan University in May of 2009. Karley has been employed at The Lighthouse, Caro location, since July of 2009. Karley is a Certified Brain Injury

Specialist (CBIS) and has continued education in the areas of Hippotherapy, NDT, and Concussion Management. Karley believes in furthering the future of the Physical Therapy profession and as so takes interns and function as a Clinical Instructor as well as works closely with the Universities as the Site Coordinator of Clinical Education at Caro location. Karley believes in practicing what she preaches so she leads a very active lifestyle and has been an active member of the CrossFit community for over 6 years. This led her to further her involvement and become a CrossFit Level 1 Trainer at Davison CrossFit and Flint CrossFit with a special certification in Adaptive CrossFit. Karley is married and has two young boys who also keep her on the go. Karley is passionate about neurological rehabilitation, children, and sports athletes culminating her involvement in implementing a Concussion Management Program here at the Lighthouse.

Specializing in the Throwing Athlete

The injury epidemic in throwers is well known but less known are the often dismal return play to rates. Getting athletes back on the field to stay requires assessment techniques that allow clinicians to identify impairments and potential compensatory patterns that can be correlated to a biomechanical analysis to discover how and why an athlete may recruit velocity in a specific sequence. In this presentation will use some case-based examples to demonstrate how an athlete can be progressed through a corrective exercise and motor learning progression to move towards biomechanical efficiency and full rehabilitation.



Max Wardell SPT, BS, CSCS, CAFS

Max is the Director of Medical Throwing at the Overhead Athletic Institute specializing throwing biomechanics and corrective exercise interventions. He is a Doctor of Physical Therapy student at Oakland University. Max pitched collegiately at Concordia University Ann Arbor. He completed his Bachelor of Science in Health Sciences with a concentration in Exercise Science at Oakland University and is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. Max also has a certification in Applied Functional Science (CAFS) through the Gray Institute and is a certified Human Movement Specialist (HMS)

through the Brookbush Institute. Max also co-authored Rehab to Throw Like a Pro: The Clinician's Guide with Ed Martel.



Kyle Suminski PT, DPT Kyle is an OAI Certified Physical Therapist and former collegiate outfielder playing 4 years at Ohio Dominican University where he earned a Bachelor of Science in Exercise Science. He earned his Doctor of Physical Therapy from Grand Valley State University. Kyle also currently coaches youth federation (travel) baseball. Kyle specializes in rehabilitation of injured throwing athletes.



Carter Kovalcik SPT, BS, PES

Carter is an OAI Certified Throwing Instructor and OAI Certified Trainer having 12 years of mentoring experience under the founder of the Overhead Athletic Institute and former professional pitcher Ed Martel MPT, OMPT. He is a Doctor of Physical Therapy student at Oakland University. Carter pitched at the NCAA Division 1 collegiate level at North Carolina Central University where he earned a Bachelor of Science in Exercise Science. Carter is also a certified through the National Academy of Sports Medicine as a Performance Enhancement Specialist (PES). Carter specializes in performance training and throwing biomechanics.

Physical Therapy Across the Oncology Continuum

Oncologic physical therapy is a rapidly growing domain in the profession, and regardless of your future clinical specialty, you will encounter patients with a history of cancer. The information in this presentation is paramount to effectively and holistically treat your future patients. The focus of this presentation will encompass the physical therapy interventions to treat the adverse effects resultant of medical management throughout the continuum of care.



Dr Deb Doherty PT, PhD

Deborah Doherty is an Associate Professor in the Physical Therapy Program at Oakland University and is an advanced practitioner in the treatment of patients diagnosed with cancer. Dr. Doherty co-developed the first international online Graduate Certificate for Oncology Rehabilitation Program at Oakland University for physical therapists which began fall of 2012. She developed the Comprehensive Oncology Rehabilitation Program at St. Mary's of Michigan in Saginaw Michigan and Hills and Dales Hospital in Cass City, Michigan. Her research focus is on Oncology Rehabilitation with an emphasis on Survivorship Programs and Prehabilitation. She is serving as the Michigan Physical Therapy Association representative for the Michigan Cancer Consortium serving on the membership committee, serving as the Survivorship Workgroup Chairperson and is serving her second term as a Board member. Dr. Doherty championed the development of the Oncology Rehabilitation Special Interest Group for the Michigan Physical Therapy Association and

now serves as the Research Committee Chairperson. The MPTA Oncology Rehabilitation Special Interest established the "Deborah Doherty Oncology Rehabilitation Excellence Award in 2018 and awarded Dr. Doherty with this award for 2018 and 2019. Dr. Doherty is the owner of a Physical Therapy Private Practice called Center for Survivorship. She treats patients diagnosed with cancer throughout the continuum of care. Dr. Doherty received her BS in Physical Therapy from Northwestern University, her MA Degree from Central Michigan University and her PhD from Michigan State University in Anatomy. She is a 13-year breast cancer survivor and a frequent lecturer on the topic of Oncology Rehabilitation to medical professionals and survivors



Lori Boright, PT, DPT, DScPT

Dr. Boright is a Rehabilitation Clinic Supervisor at Beaumont Health - Troy Hospital and part time faculty member at Oakland University. She also teaches in the DPT curriculum at the University of Michigan – Flint. She currently serves as the President for the Michigan Physical Therapy Association's Oncology Rehabilitation Special Interest Group (SIG), the first and only state-level rehabilitation SIG dedicated to advocacy and clinical best practice development for persons with oncology diagnoses. She also serves the MPTA as Eastern District Chair. Dr. Boright's clinical areas of expertise include oncology and geriatrics with a research focus aligned with prehabilitation for various oncology diagnoses, head and neck cancer and lymphoma among them.

Workshop: Guided Tour of Four Important Financial Topics

You're about to transition from student to a fairly respectable salary, what do you need to know?

The right start and decisions WILL make a huge impact.

David will lead a 4-module workshop (~15 minutes each) with facts, information and worksheets so you can be in charge of your own direction and financial goals. You'll be guided through financial planning in the following areas:

- A. Retirement, what will it take? (hint: You'll all need to be millionaires to retire!)
- B. Investing Fundamentals, easy version – big concepts and advice
- C. What's in a Job Offer? How to compare salary vs. benefits for my future
- D. Financial Planning: Top 5 mistakes to avoid and Top 5 life hacks to consider



Speaker Bio:

David Cushard, ChFC, CMFC

Dave is a 27 year veteran Financial Advisor based out of Jackson, MI, and the proud father of one of your DPT program peers at CMU. Dave advises successful people all over the country. Focusing on a relatable style of giving examples combined with facts, calculations and figures the goal is to deliver the message in the style and level that's appropriate and to make it a comfortable environment to ask questions, get clarification and study alternatives.

Dave believes that ultimately, you achieving YOUR financial goals is the ONLY goal.

Blood Flow Restriction Therapy and Clinical Applications

With increased limitations on physical therapy visits approved by third party payer systems we are being required to be more productive with our individual treatment sessions. Our field continues to grow and introduce more strategies to become effective at returning patients to prior functional level in a timely manner. One topic that has gained increased notoriety is Blood Flow Restriction Therapy (BFRT). This is the application of a personalized tourniquet system to an extremity to partial occlude venous outflow and arterial inflow. The presentation will include current literature on physiological effects and clinical application to patients with lower extremity impairments. The course will detail the physiologic effects that happens within the muscle with application of the BFR system. Information will be provided on current use in ACL rehabilitation. The course is ideal for physical therapists and student physical therapist.



Tyler Wilson, DPT OMPT

Tyler was born and raised in Mason, Michigan. He is a graduate of Michigan State University. He obtained his Doctorate of Physical Therapy from Wayne State University. After completion of his Doctoral degree he continued on to complete his certification in Orthopedic Manual Physical Therapy (OMPT) through Oakland University where he currently is a teaching assistant.

Tyler has a vast amount of experience treating spine and extremity dysfunction. In addition, he has had extensive training and education in sports and running-related injuries. His passion for learning continues as he prepares to take the Orthopedic Certified Specialist examination.

Recently, he attended the Owens Recovery Science certification course in Blood Flow Restriction Therapy. He is certified in an instrument-assisted soft tissue mobilization technique called Graston.

Tyler is the co-owner of Premier Rehabilitation in Holt, MI. He and Jeffrey Cook started the business in 2015, and have grown to be one of the largest PT providers in the Lansing Area. He and his wife reside in the Lansing area with their daughter. He is an avid golfer and sports enthusiast. He takes great pride in the quality of care his patients receive and is invested in empowering them to achieve their goals.

Certification & Awards: Board-Certified, Michigan Board of Physical Therapy, Graston-Trained and -Certified, Member of the American Physical Therapy Association, Michigan Physical Therapy Association, and The Journal of Orthopaedic & Sports Physical Therapy, Published research in The Journal of Aging Clinical and Experimental Research on Minimal Detectable Change in Physical Performance Measures in Older Adults.

Diastasis Rectus Abdominis Myth Buster

Are you familiar with the term Diastasis Rectus Abdominis? Do you know how to evaluate a person presenting with this diagnosis? Does it even matter? Are there times when DRA could be a good thing? Popular media had done a great job of scaring the crap out of pregnant and postpartum women to the point that they are afraid to exercise in their pregnancy or enjoy everyday life with their new baby. By participating in this course, you are setting yourself up to be part of the solution. You will leave this course well informed on the anatomy of DRA. You will learn that your words matter and carry weight. You will learn some key assessment and treatment strategies. And perhaps, most importantly, you will be able to critically evaluate some of the common advice and limiting exercise programs that are out there.



Emily Wilson PT, DPT

Emily Wilson is a Board Certified Women's Health Physical Therapist and Owner of New Seasons Physical Therapy and Wellness located in Kalamazoo, MI. She is a 2010 graduate of Oakland University and has been fortunate to continue her education in some truly awesome courses over the past decade. Emily is an active member of the Michigan Physical Therapy Association. Currently she sits on the Communications Committee and was instrumental in the production of direct to consumer marketing videos. She is also the President of the Institute for Education and Research where she is chair of Grants. Emily has experienced a shift in her practice over the past few years that has made it truly a blast to go to work every day. She wants to share this with you as she presents on the topic of Diastasis Rectus Abdominis.