Comprehensive Concussion Management: Need to Know Information for Physical Therapists
September 12-13, 2015
Emory University Physical Therapy School
1462 Clifton Road, NE; Lab 311
Atlanta, GA 30322

Course Description and Objectives

Concussion is a common and potentially disabling condition that affects people of all ages as a result of trauma sustained in sport, motor vehicle crashes, military service, work and recreational accidents. The multifaceted nature of concussion requires a comprehensive view of physical, cognitive and psychological functions. Physical therapists play a key role in facilitating recovery after concussion and identifying concussion in patients referred for other reasons; however necessary expertise spans multiple areas including sports medicine, orthopedics, neurology and vestibular function. Intervention for individuals who do not recover quickly after concussion has not been well described in the literature; therefore, best practice is not clear.

The purpose of this course is to focus on “need to know” information for physical therapists to identify concussion, and to examine and intervene with adolescents and adults with concussion who do not recover with rest alone. Embedded in the described approach is the need to identify the primary triggers of ongoing symptoms and recognize the need for referrals to maximize and expedite recovery.

Upon completion of this course, the participants will be able to:
1. Correctly describe current practice in concussion diagnosis and discuss related neuroimaging and other diagnostic testing during group discussion and/or case study analysis.
2. Correctly summarize the pathophysiology of concussion and implications for clinical management during post-test assessment and/or case study analysis.
3. Independently describe 3-5 risk factors that contribute to prognosis and outcome following concussion during analysis of a case study.
4. Independently describe 3-5 common symptom profiles post-concussion and characteristics that indicate likely impairment categories, such as cervical involvement, visual disturbances, and vestibular dysfunction, in order to streamline assessment, during the analysis of a case study.
5. Demonstrate with supervision 3 select methods for assessment of identified impairments within categories of cervical, oculomotor, and vestibular dysfunction, during a lab-based practice session.
6. Justify 3 treatment strategies to address cervical spine, oculomotor/vestibular pathology, headache, exertional and psychogenic issues post-concussion, during analysis and discussion of a case study.
7. Correctly highlight 3-5 characteristics of guidelines to progressively return to activity, as reflected by published guidelines and current best practice, during post-test assessment and/or case study analysis.
8. Independently identify 3-5 means to increase the interdisciplinary and holistic nature of intervention for individuals with concussion who have persistent symptoms during analysis of a case study.

Instructor Biographies

Karen H Lambert, PT, MPT, NCS
Karen Lambert graduated in 2000 with her Master of Physical Therapy degree from MCP Hahnemann University (Philadelphia, PA) and has worked for the past 12 years with an emphasis on neurologic physical therapy. As an activated Army Reservist, she developed and served as the Officer In Charge of the Traumatic Brain Injury Section of the Physical Therapy Service at Walter Reed Army Medical Center, Washington D.C. from 2007-2010. Karen developed and co-instructs “Military Vestibular Assessment and Rehabilitation” as well as “Military Vestibular Treatment” which are designed to teach the principles of vestibular rehabilitation to military providers. Karen’s research interests include balance function specific to the military population and rehabilitation of balance after blast injury. She currently works in an outpatient physical therapy clinic in Wilmington, NC.

Anne Mucha PT, DPT, MS, NCS
Dr. Mucha is the Coordinator of Concussion Vestibular Programming for Centers for Rehab Services and the UPMC Sports Concussion Program. She has over 20 years of clinical experience in treating individuals with neurologic and vestibular conditions and is actively involved in clinical research. She was recently appointed a member of the CDC panel of experts to develop clinical guidelines for diagnosis and management of mild traumatic brain injury among children and adolescents.

Course Developers:
Karen Heide Lambert, PT, MPT, NCS; Karen McCulloch PT, PhD, NCS; Anne Mucha PT, DPT, MS, NCS; James M. Elliott, PT, PhD; Susy Halloran, DPT; Airelle Giordano, PT, DPT, OCS, SCS; Kim Gottshall PhD, PT, ATC; Nicole Miranda, PT, DPT; Michael R. Borich, DPT, PhD; Susan Linder, PT, DPT, NCS.

Program Agenda

Day 1: September 12, 2015
8:00-9:00 Introduction/Imaging
9:00-10:30 Symptom Patterns
10:30-10:45 Break
10:45-12:15 Dizziness & Cervicogenic dizziness
12:15-1:15 Lunch (on your own)
1:15-2:45 Cervical involvement, whiplash parallels
2:45-3:15 Headache & Migraine
3:15-3:30 Break
3:30-4:30 Lab focused on dizziness
4:30-5:00 Lab continued
5:15 Adjourn

Day 2: September 13, 2015
8:00-8:45 Lab focused on cervical issues
8:45-9:45 Exertional symptoms
9:45-10:45 Psychogenic & PPPD
10:45-11:00 Break
11:00-11:30 Outcome Measures
11:30-12:00 Return to Activity-Practice Guideline Resources

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12:00-1:15   Lunch (on your own)  
1:15-2:30  Case examples with small group work  
2:30-3:30  Discussion and feedback on cases  
3:30-3:45  Break  
3:45-4:15  Essential features of concussion management  
4:15-5:00  Returning patients to activity & participation  
           Clinical pearls & Question & Answer  
5:15  Adjourn

Intended Audience
Course is open to licensed physical therapists, physical therapy assistants and physical therapy students who are currently enrolled in an accredited physical therapy program.

What to Bring
- Course material & handouts downloaded and printed from link provided 2-weeks prior to course date.  
- Comfortable clothing that allows for unrestricted movement. A light sweater or jacket.  
- Lunch meal, or you may dine out during the lunch break  
- Individual Maddox Bar, Headband laser, and Brock String. Below are suggested retailers*:  
  Maddox Bar: Bayou Ophthalmic Instruments, Inc.: 504-734-9399  
  Brock string (10 feet): Bernell VTP: http://www.bernell.com/product/3202/143  
  Headband with laser pointer: http://calcellular-store.stores.yahoo.net/  
*Emory University Division of Physical Therapy and Neurology Section of the APTA have no conflict of interest or financial incentive with the above retailers.

Tuition and Fees
Tuition and fees cover breakfast and break snacks as well as a link to the course materials for individual download. Please note that course materials will not be printed for registrants, unless the registrant indicates the “print materials” option during registration for an additional $20.00 fee.

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<th>Register on or before August 10, 2015</th>
<th>Register after August 10, 2015</th>
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<tr>
<td>APTA Section Member*</td>
<td>$375.00</td>
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<td>Emory University Physical Therapy Alumni</td>
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<td>Emory University or Healthcare Employee Group Rate of 3+ registrants**</td>
<td>$375.00</td>
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<td>Other Professionals (e.g. OT, MD, ATC)</td>
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*  APTA Section Member rate applies to members of the following: Neurology, Ortho, Pediatrics & Sports Section  
** Group is defined as 3+ individuals from a single institution or facility  
*** Student must be currently enrolled in an accredited physical therapy or physical therapy assistant program. Student registration is limited to 6 participants total.
Continuing Education Units

Course documentation has been submitted to ProCert, the Federation of State Board’s comprehensive continuing education certification program. ProCert uses the Standards for Continuing Competency Activities for purposes of awarding Continuing Competence Units (CCU). The following States accept ProCert approved courses: AL, AK, AZ, DC, GA, KY, NC, SC, TN, and VA. Other States, not listed here, are included on the ProCert website: https://pt.fsbpt.net/aPTitude/content/public/FSBPTCertification

Non-physical therapy professionals (e.g. OT, MD, ATC) will assume responsibility for gaining continuing education/competency approval through their specific licensing boards or professional accreditation agencies.

CEU Certificates will be emailed after attendees have completed the online course evaluation form and have submitted their results. The link to the online course evaluation will be provided on the 2nd day of the course.

All registrants will receive a complimentary 6-month subscription to the Journal of Neurologic Physical Therapy. A link to your subscription will be provided once you have completed your online course evaluation and have received your CEU certificate.

Registration and Payment Policies

• All registration must occur using the online registration/payment portal (see below link).
• Full payment is due at time of online registration
• Payment may be made by credit card or by check
• Check payments, payable to Emory University School of Medicine,” must be received in our office within 10 business days, or your spot within the course will be forfeited. Checks should be mailed to the following address:
  Emory University School of Medicine
  Office of Continuing Medical Education (CME)
  ATTN: Tommy Wilson
  1462 Clifton Road, NE
  Suite 276
  Atlanta, GA 30322
• Cancellations prior to August 15, 2015 will result in a full refund, less $100.00 per person/cancellation.
  Refunds will be issued within 30 days of the course’s end date.
• Cancellations after August 15, 2015 will result in loss of full tuition
• Cancelled or bounced checks will result in a $100.00 charge
• Emory University reserves the right to cancel this course without penalty up to 2-weeks prior to the event. In the event of cancellation by Emory University or the The Neurology Section due to unforeseen circumstances, participants will be refunded their full registration fee. We encourage participants to purchase trip insurance.

Registration and Payment Link: http://www.rehabmed.emory.edu/pt/ce/courses.shtml

Travel and Visitor Information

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Flight Information: Flights into Atlanta will arrive at Hartsfield Jackson International Airport, which is located 25-30 minutes from Emory University. Please do not schedule a departure flight from Atlanta before 7:00 PM EST on the final day to ensure adequate time to arrive at the airport.

Ground Transportation: Please contact any of the below hotels directly for information about their shuttle service to/from Hartsfield Jackson International Airport.

Local Accommodations:
- Emory Conference Center Hotel (0.6 miles from course location)
  1615 Clifton Road, Atlanta, GA 30329
  (404) 712-6000; 800-933-6679
  http://www.emoryconferencecenter.com/

- Courtyard by Marriott – Downtown Decatur (2.25 miles from course location)
  130 Clairemont Avenue, Decatur GA 30030
  (404) 371-0204

- Courtyard by Marriott – Executive Park/Emory (2.9 miles from course location)
  1236 Executive Park Drive, Atlanta, GA 30329
  (404) 728-0708

- Double Tree by Hilton – North Druid Hills (3.5 miles from course location)
  2061 N. Druid Hills Road, NE, Atlanta, GA 30329
  (678) 681-7101

Local Restaurants
- Emory Pointe: Retail and Restaurants (0.6 miles from course location)
  http://emory-point.com

- Emory Village: Retail and Restaurants (0.5 miles from course location)
  http://www.emoryvillage.org/

- City of Decatur: Retail and Restaurants (2.5 miles from course location)

Driving and Parking Directions (see map on page 6)

Parking
- Michael Street Parking Deck, located at 550 Houston Mill Road, NE, Atlanta, GA 30329.
- Parking is free after 5:00 PM EST Monday through Friday and all day on Saturday and Sunday
- Click on the below link for driving directions to the Michael Street Parking Deck:
  http://www.rehabmed.emory.edu/pt/ce/Directions.pdf

Driving
- Click on the below link for driving and walking directions to the course location: 1462 Building or “Dental Building”
  http://www.rehabmed.emory.edu/pt/ce/Directions.pdf