

REVITALIZE

Your Path. Your Passion. Your Profession.

The APTA Maryland and APTA DC Premier Physical Therapy Conference, is about advancing physical therapy practice by showcasing evolving, evidence based, and innovative topics.

Hybrid Event (In Person at Howard Community College & Virtual Options)

Special Keynote from Lisa VanHoose, PT, DPT, MPH - Structural and Social Determinants of Health and Education Are Changing Our Profession. How will APTA MD and DC Respond?

Special Welcome from APTA President, Roger Herr

The Courses

Utilizing BFR After ACL Surgery

Following ACL surgery, athletes and other individuals endure lengthy rehab periods in order to return to their sport. Overwhelming evidence demonstrates a high incidence of contralateral ACL tear or recurrence if quadriceps strength is not restored. Recent evidence demonstrates that while there are changes to one's neurophysiology following ACL injury and reconstruction that may impair return to play, there are also morphological adaptations of skeletal muscle that clinicians should consider and have a means of intervention. Implementing BFR may comprise a portion of this elusive solution. This talk will identify the physiologic targets of concern and describe how BFR might contribute to solving the larger problem.

Post-Exertional Malaise/Post-Exertional Symptom Exacerbation: An Energy System First Aid Approach

PEM or PESE refers to a constellation of signs and symptoms, including profound fatigue, which is functionally disabling. The functional disability, as well as the individual symptoms of PEM/PESE, may be a reason patients present to physical therapy clinics. This presentation will discuss the recognition, underlying physiology, and clinical management of PEM/PESE. Webinar participants will acquire new knowledge and skills applicable for people with Post COVID-19 Condition (Long Covid) and myalgic encephalomyelitis (ME), which will be applicable on the next clinic day.

Concepts in Concussion Management

Current Concussion evaluation and treatment is a rapidly evolving field that is commonly misunderstood. Outdated information and principles plague the multiple disciplines that may work with those suffering from concussion. The aim of this presentation is to educate listeners on updated best practice recommendations and provide a framework for making informed and objective return to sport decisions for athletes post-concussion. This course will include both lecture & lab to assess and treat post-concussive symptoms in coordination with other professionals in the health care system.

Visceral Manipulation: the vagus nerve's impact on digestion

This class is designed to enhance your understanding of the ANS and it's influence on the upper digestive track. We as manual therapists can support the function of the digestive system through VM techniques, giving input via the vagus nerve and the fascial connective tissues of the organs. Lecture on anatomy and physiology of the upper digestive system will comprise 30% of our time, allowing 70% for student participation and practice! This class includes lecture and lab.

REVITALIZE

Your Path. Your Passion. Your Profession.

Conference Fees

Live Event only on October 22 (Earn up to six (0.6) CEUs)

Member \$100
Non Member \$175
Student \$25

Live and On Demand Access *Full Conference Catalog* (Earn up to twelve (1.2) CEUs)

Member \$150
Non Member \$225
Student \$30

Members SAVE \$75

Non Maryland and DC APTA Members
can call or email us to receive the member rate.
800-306-5596 | aptamd@aptamd.org

Fall Conference Schedule

Courses are 3-4 hours. They begin at 10:15 am and end at 3:00 pm. See the full schedule below for details.

7:15–8:00 am Registration & Exhibit Hall Open
8:00–8:45 am Welcome & Townhall w/ Roger Herr
8:45–9:45 am Keynote w/ Lisa VanHoose
9:45–10:15 am Break & Platform Presentations in Exhibit Hall
10:15–12:15 pm Education Sessions
12:15–1:00 pm Lunch w/exhibitors & Posters (Door Prize)
1:00–3:00 pm Education Sessions Continued
3:00 – 3:15 pm Break & Platform Presentations in Exhibit Hall

Special Events

3:00 pm – 3:15 pm Also in the Exhibit Hall, we will have:

PhyzioTrivia (A game to help leaders, students, and aspiring professionals to be able to learn, grow, achieve, and have fun.)
Special Table to Learn about Chapter Volunteer Opportunities
Scavenger Hunt Door Prize
3:15 pm – 4:30 pm

APTAMD Annual member meeting and awards presentations.

Exhibitors and Sponsors



Have a unique idea to engage with our audience at the APTAMD and APTADC Annual Conference? Contact us at aptamd@aptamd.org or 800-306-5596.