

# 2024 Maine APTA Annual Conference

October 26th

8am – 4:30 pm

University of New England  
716 Stevens Ave  
Innovation Hall  
Portland, Me. 04103

**Approximately 5 contact hours awarded**  
**Continental breakfast and lunch included**

**Room assignments:**

*Neuro: Lecture Blewitt 027, lab Blewett 012L and 015.*

*Ortho: Innovation 102*

*Student: Innovation 101*

*Registration, Breakfast, Keynote, Lunch, and Closing Remarks: 104*

## Schedule

Time Slot	Neurological Track
	Title: Evidence-Informed, Practical Neurologic Physical Therapy Through the Continuum of Care: Stroke and Spinal Cord Injury
8:00-8:30	Registration
8:30-9:50	KEYNOTE: Gwen Simons <b>“The Evolution of Physical Therapy in Maine: Trends, Survival and a Future Outlook”</b>
10:00-11:30	<u>Lecture</u> : Discuss the progression of patients with various neurologic impairments through acute care and inpatient rehab settings
11:40-12:30	<u>Lab</u> : Demonstrate the appropriate handling techniques for individuals with high levels of debility and considerations for complex seating and durable medical equipment
12:30-1:30	Lunch
1:30-3:00	<u>Lecture</u> : Discuss the progression of patients with various neurologic impairments through home health and outpatient physical therapy
3:10-4:00	<u>Lab</u> : Apply the tenants of high intensity gait and balance training to the home and outpatient settings
4:00-4:30	CLOSING REMARKS



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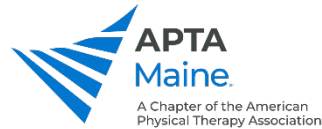
Time Slot	Student Track
8:00-8:30	Registration
8:30-9:50	<p>KEYNOTE: Gwen Simons</p> <p><b>“The Evolution of Physical Therapy in Maine: Trends, Survival and a Future Outlook”</b></p>
10:00-10:40	<p>Choosing a Job with a Culture of Education</p> <p>Terry Pratt PT, MS, OCS, COMT, FAAOMPT</p>
10:50-11:30	<p><b>Residencies, Fellowships, and Specialization Panel</b></p> <p>Marissa Lyon (Moderator)</p> <p>Panelists: Terrence Pratt, Lucas Davenport, Cara Lyon, Charlotte Allen</p> <p>Join us for an engaging panel discussion where professionals will share their personal journeys and experiences in the field of physical therapy. This session offers a unique opportunity for students to gain insights into career development, challenges, and growth within the profession.</p>
11:40-12:20	<p><b>Student &amp; Early-Career SIG Meeting</b></p> <p>Recorded Message from APTA President, Roger Herr</p>
12:30-1:30	Lunch
1:30-4:00	May Choose to join either Ortho or Neuro Track
4:00-4:30	CLOSING REMARKS



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Time Slot	Ortho Track Title: Evidence-Informed Practice in Orthopedic Physical Therapy: Pelvic Girdle Pain, Low Back Pain, and Neck Pain
8:00-8:30	Registration
8:30-9:50	KEYNOTE: Gwen Simons <b>“The Evolution of Physical Therapy in Maine: Trends, Survival and a Future Outlook”</b>
10:00-11:30	Low Back Pain (2021)
11:40-12:30	Neck Pain (2017)
12:30-1:30	Lunch
1:30-4:00	Pelvic Girdle Pain (Antepartum 2017 and Postpartum 2022)
4:00-4:30	CLOSING REMARKS



## **SPEAKER BIOGRAPHIES**

### **Neuro:**

#### **Dr. Cory Hall PT, DPT, NCS**

Cory is the nominating committee of Maine APTA's Neuro Special Interest Group. He is an Assistant Professor of Physical Therapy at Franklin Pierce University in Manchester, NH teaching curriculum related to Neuroanatomy, Motor Control, Kinesiology and Biomechanics. Dr Hall still treats patients as a physical therapist with a board certification in neurologic physical therapy in his home of Portland, ME focusing on balance and walking disorders secondary to neurologic impairments in the outpatient setting. He received his Doctorate in Physical Therapy from Virginia Commonwealth University as well as completing neurologic clinical specialist training while working in inpatient rehab with individuals with acquired brain injury and debility. Dr Hall is equally excited to talk to other about their areas of passion as he is to share his passion for managing balance and walking disorders.

#### **Dr. Kathryn Palano PT, DPT, MPH, NCS**

Katie is the chair of Maine APTA's Neuro Special Interest Group. She has been a PT for 9 years with a focus in neurologic and prosthetic rehabilitation. After graduating from MGH Institute of Health Professions, she worked on the general medical unit at Shirley Ryan AbilityLab and achieved a Clinical Specialty Certification in Neurologic Physical Therapy. She currently works in southern Maine for Rehab Without Walls, an intensive home and community neurorehab program and for Saco Bay Physical Therapy's multidisciplinary neurorehab clinic in Portland, where she leads their prosthetic training program. She is also a lab instructor for University of New England and Tufts University DPT programs. Motivated by her clinical experiences, she received a Master of Public Health in Parks & Recreation from Indiana University Bloomington in 2022. Because of her passion for promoting healthy communities through nature's health benefits, active living, equitable access to the outdoors, and cross sector collaboration, she works as an inclusive recreation and outdoor accessibility educator, advocate, and consultant.

#### **Dr. Heather-Pearl Eastty PT, DPT, NCS**

Heather is the vice chair of Maine APTA's Neuro Special Interest Group. Heather has been a PT with a focus in Neuro for her entire career. After graduating from Ithaca

College, she got her dream job at Magee Rehabilitation Hospital in Philadelphia (now Jefferson Moss-Magee Rehab Hospital - Center City). Heather achieved Board Certification in Neurologic Physical Therapy from ABPTS in 2019. Her areas of interest include acquired brain injury, CVA, and seating & positioning, with an extensive background in spinal cord injury. She now works at Maine Medical Center and is embracing the challenge of bringing high quality neuro physical therapy to individuals in the acute care setting.

#### **Ortho:**

**Chad Howland, PT, DSc, DPT, SMT, CMPT**

Certified Spinal Manipulative Therapist

Certified Manual Physical Therapist

[howlandc@husson.edu](mailto:howlandc@husson.edu)



Chad is a member of the Maine Chapter and served on the board of directors from 2015 to 2022. Chad is the co-founder of the Ortho-Manual SIG and currently serves as its vice chair. His clinical experiences include outpatient orthopedics and musculoskeletal rehabilitation with a concentration in orthopedic manual physical therapy. He maintains clinical practice at Dragonfly Therapy in Bangor, Maine.

Chad received his post-professional education from the University of St. Augustine for Health Sciences and Andrews University. Chad earned a certified manual physical therapist and spinal manipulative therapist credentials from the North American Institute of Orthopedic Manual Therapy (NAIOMT) and the Aspire OMT institute, respectively.

Presently, Chad is an assistant professor in the School of Physical Therapy at Husson University where he teaches gross anatomy and musculoskeletal rehabilitation. Chad's scholarly interests include teaching and learning in musculoskeletal anatomy and rehabilitation.

**J. Adrienne McAuley, PT, DPT, MEd (Content Contributor)**

Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Fellow of the American Academy of Orthopaedic Manual Physical Therapists

Certified Pelvic Health Practitioner

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Adrienne became interested in the relationship between lumbopelvic & hip disorders and pelvic floor dysfunction early in her career. She completed a residency in Manual Therapy through The Manual Therapy Institute in 2005 and went on to achieve Fellowship recognition in the American Academy of Orthopaedic Manual Physical Therapists in 2007 under the mentorship of Dave Ziegler, PT, MS, FAAOMPT. Passionate about teaching and learning, Adrienne pursued a parallel pathway in her professional development earning a Master of Arts in Education from George Washington University in 2005. Adrienne served as core faculty at Touro College (2006-2012) and the University of New England (2012-2024). Adrienne also teaches continuing education courses through the Institute of Advanced Musculoskeletal Treatments. Adrienne has published in JOSPT, JWHPHPT, and Musculoskel Science & Practice. Most recently Adrienne opened Adrienne McAuley Physical Therapy in Portland, Maine.

**Carla María Negrete Martínez, PT, DPT**  
**Board-Certified Orthopaedic Clinical Specialist**

Carla practices as a pelvic health physical therapist at InterMed, P.A. in South Portland. Her passion for the regional interdependence of the lumbar spine, the hips and the pelvic floor led her to complete a residency in Orthopaedic Physical Therapy through Select Medical in 2022 under the mentorship of Nicholas Adriance, PT, DPT, OCS, ATC, CCS, CDN. She obtained her orthopaedic clinical specialist board certification in 2023. Carla received her doctorate from Boston University and was lucky to find her way to Maine following graduation.

As a therapist she believes in addressing the whole person and evaluates folks keeping all body systems in mind to help them improve their quality of life. Outside of treating Carla likes to climb, run, and learn how to surf with her wife.