

# SPONSORED BY

*Match One*  
Medical Marketing Consultants



**APTA WI/WOTA MEMBERS - \$250**  
**NON-MEMBERS - \$350**  
**STUDENTS - \$125**

*Register online at [aptawi.org/events](http://aptawi.org/events)*

*Registration received after October 29 will be subject to an additional \$25 processing fee.*

## **NOVEMBER 5-6, 2021 - TWO DAY SCHEDULE**

**7:30 am - Registration and Breakfast**

**8 am - Noon - Courses**

**Noon - 1 pm - Lunch**

**1 - 5 pm - Courses**

**5:30 - 6:30 pm, November 5 - North Central District sponsored Happy Hour  
(includes snacks and 1 drink ticket)**

*Registration includes continental breakfasts and lunches*

## **Jefferson Street Inn - 201 Jefferson Street, Wausau**

A room block has been reserved at the Jefferson Street Inn. Secure your overnight room no later than October 11, 2021 by calling 715/845-6500 and indicating you are attending the APTA Wisconsin Pain Conference.

Check-in is after 3 pm and check-out is at noon.

# SPEAKERS AND COURSES

## FRIDAY, NOVEMBER 5

### *Psychological and Sociological Contributing Factors to Diseases of Despair | 8 - 10 am*

Dr. Ashbeck will bring historical perspective and academic vigor to the study of social stratification and its effects on pain, well-being and diseases of despair. Together, we will take a walk through US history, viewing well-being through race, gender, and socioeconomic class. Historical perspective on this topic will give us clarity on how economic despair in both urban and rural areas have affected diseases of despair. "Despair" becomes the common denominator amongst different groups of Americans. Changing job markets, artificial intelligence and global pandemics will continue to affect us socially and psychologically and affect our well being in obvious and not-so-obvious ways. The resulting social stratification plays strongly into our understanding of the opioid epidemic as well as the related suicide epidemic.

**Kelly Ashbeck, DPT, OCS**, has a strong interest in the psychosocial factors affecting health and well-being. He is a 2008 graduate of UWL's DPT program, previously graduating with a B.S in sociology in 2005. He has mentored orthopaedic residents on pain mechanisms and spoken on the topic of the Opioid Crisis. Dr. Ashbeck currently resides in Neenah, WI with his wife and two girls and practices clinically within the Fox Valley with a special interest in Persistent Pain.

### *Sleep Hygiene and Pain Outcomes | 10 am - Noon*

Ever wake up on the wrong side of the bed? Sleep deprived, cranky, drowsy, possibly inflamed ...at some point most of us can relate to the side effects of poor sleep. Without quality sleep, a person lacks the ability to repair, recover and control inflammation throughout the body. This course will explore the current literature related to the physiology and endocrinology of sleep hygiene, and the cyclical relationship between sleep and chronic pain. The second hour of the course will provide practical strategies to improve sleep quality and how to successfully implement these strategies into clinical practice.

**Hanni Cowley PT, DPT, SCS**, is an Assistant Clinical Professor in the Program of Physical Therapy at the University of Wisconsin-La Crosse. She maintains an active clinical practice at Dynamic Performance and Therapy and is an adjunct faculty member for Specialized Physical Therapy Education. Her special interest areas include community wellness, lifestyle influence on health, and injury prevention.

### *The Person in Front of You: Developing our Ability to Care for the Modern Pain Patient | 1 - 5 pm*

This session will include content and active learning opportunities centered around neuro-endocrine-immune contributions to pain, the Covid-19 pandemic, health literacy, and social determinants of health. Participants will have an opportunity to integrate these topic areas and ethical considerations, to determine how therapeutic interactions and client-centered care can be improved for patients experiencing pain. ***This course fulfills the 4 hour State of Wisconsin ethics requirement for licensure.***

**Susan Wenker, PT, PhD, GCS-Emeritus**, is an Assistant Professor (CHS) in the UW-Madison Doctor of Physical Therapy Program, Department of Family Medicine and Community Health, School of Medicine and Public Health. She earned her BS at UW-La Crosse and her Master's and PhD degrees at UW-Madison through the School of Education. She is actively involved in the American Physical Therapy Association Academy of Geriatrics (APTA Geriatrics) as the Director of Education and teaches in the University of Wisconsin-Madison DPT program along with other regional and national presentations. She serves on multiple campus committees for teaching, leadership, and interprofessional programming including her current role as co-chair of the UW-Madison Teaching Academy and the co-coordinator of the Healthy Ageing Initiative through the Center of Interprofessional Practice and Education. She received the Joan M. Mills award and the Distinguished Educator Award from the APTA Geriatrics in 2020 and the UW-Madison School of Medicine and Public Health Dean's Teaching Award in 2021.

# SPEAKERS AND COURSES

## FRIDAY, NOVEMBER 5

### *Friday Speaker Bios Continued...*

**Eric Rebne, PT, DPT**, Pain Science Fellow has practiced as a Physical Therapist since 2008. Currently, he works for Holy Family Memorial, in affiliation with Froedtert and the Medical College of Wisconsin. His role is the “Spine Navigator,” triaging and coordinating care for clients seeking treatment from an outpatient multidisciplinary spine team. In addition, he assists in the development of Pain Neuroscience Education programs for staff and clients. Eric received his Bachelor of Science Kinesiology-Movement Science in 2004, as well as his Master of Physical Therapy in 2007, from the University of Wisconsin-Madison. After finishing a certification in dry needling through Myopain Seminars in 2014, he completed his Doctor of Physical Therapy (Post-professional) degree and the Therapeutic Pain Specialist Certification through Evidence in Motion (EIM) in 2018. Eric joined the EIM faculty team in 2021 after completing EIM’s Fellowship in Pain Sciences.

**Alexia Rebne OTD, MS, OTR/L**, is the Admissions Coordinator and a Clinical Instructor in the Doctor of Occupational Therapy Program at the UW-Madison. Lexi completed the MS-OT Program at UW-Madison in 2007, and she has worked in clinical settings offering post-acute, outpatient, and home health services. Lexi currently holds a PRN position with SSM Health in acute care and inpatient rehabilitation. Lexi graduated from the post-professional Doctor of Occupational Therapy Program at UW-Madison in 2020, and she is an active board member of the Coalition of Occupational Therapy Advocates for Diversity (COTAD). Within COTAD, Lexi primarily focuses on the creation of resources for occupational therapy educators related to diversity, equity and inclusion.

## SATURDAY, NOVEMBER 6

### *An Introduction to Graded Motor Imagery | 8 am - 5 pm*

This course will focus on the use of graded motor imagery (GMI) to treat complicated pain conditions. We will cover the basic physiology of central sensitization and how to identify it in your patients during your evaluation. We will also identify which patients would benefit most from GMI. The approach to using GMI techniques including pain neuroscience education, left/right discrimination, motor imagery/visualization, sensory retraining, and mirror therapy will be described and specific techniques will be practiced in a brief hands on lab session. Time will be dedicated to applying treatment interventions to a variety of diagnoses including complex regional pain syndrome, phantom limb pain, adhesive capsulitis (“frozen shoulder”), low back pain, and others of interest to the participants.

**Lindsay Marth, MA, OTR/L, BCPR, BCB, TPS**, received her BS in biology from the University of MN and master’s degree from St. Catherine University. After starting her career in mental health, she joined the Minneapolis VA in 2013 working as a pain clinical specialist and becoming board certified by AOTA in physical rehabilitation and BCIA in biofeedback. In 2020, she accepted the position of Amputation Rehabilitation Coordinator for the Minneapolis VA Regional Amputation Center. Lindsay serves as an instructor for Evidence in Motion, adjunct professor and pain consultant to local universities, and co-coordinator of the upcoming OT Physical Rehabilitation Fellowship program in development at her facility.

**Becky Vogsland, PT, DPT, OCS**, is the Rehabilitation Director and the Program Director of the Headache Center of Excellence at the Minneapolis VAHCS. Her clinical experience spans 14 years at the Minneapolis VAHCS as a Clinical Specialist in the areas of TBI/Polytrauma, and pain. Becky serves as Adjunct Faculty within Bellin University, St. Catherine University and Evidence in Motion. Additionally, Becky has contributed to the creation of Clinical Practice Guidelines for both VA/DoD and the APTA. Becky’s research activity includes grant funded studies on TBS and post-traumatic headaches, mindfulness interventions for headaches, and exercise and functional status of Veterans with PTSD.

## Register online at [aptawi.org/events](https://aptawi.org/events)

*Refunds less a 25% administrative fee will be given if requests are received prior to October 29, 2021. No refunds will be given after October 29, 2021. All refunds will be issued after the completion of the conference.*