



2025 FALL CONFERENCE

September 26th & 27th

Memphis, TN

University of Memphis

Maxine A Smith University Center
(3rd Floor)

499 University St., Memphis, TN



2025 FALL CONFERENCE SCHEDULE

FRIDAY, SEPTEMBER 26

7:45 AM - Registration Opens

General Track

8:30 AM - 10:00 AM (1.5 Contact Hours)

Integrating Technology in Physical Therapy: Enhancing Engagement, Remote Monitoring, and Staff Efficiency

10:15 AM - 11:45 AM (1.5 Contact Hours)

Improving Health and Well-being in Physical Therapy through Behavior Change and Telehealth

1:00 PM - 3:00 PM (2 Contact Hours)

Hospital Admin Updates and Reimbursement

3:15 PM - 5:15 PM (2 Contact Hours)

Acute Care from the PTA Perspective

12:00 PM - 1:00 PM - Lunch

12:00 PM - 1:00 PM - District Meeting

Orthopedic Track

8:30 AM - 10:00 AM (1.5 Contact Hours)

Shoulder Pain Assessment, Management and Return to Function

10:15 AM - 11:45 AM (1.5 Contact Hours)

Force Plates for Balance and Movement for ACL Rehab (with VALD)

1:00 PM - 3:00 PM (2 Contact Hours)

Dynamic Recovery: a Modern Approach to Tibial Bone Stress Injuries and Orthotic Innovation

3:15 PM - 5:15 PM (2 Contact Hours)

Foot and Ankle Clinical Practice Guidelines

Pelvic and Midlife Wellness Track

8:30 AM - 11:45 AM (3.5 Contact Hours)

Pelvic Health During Perimenopause and Beyond

1:00 PM - 5:15 PM (4 Contact Hours)

Promoting Resilience in Midlife: A Transdisciplinary Approach to Menopause and Functional Aging

SATURDAY, SEPTEMBER 27

8:00 AM - Registration Opens

7:30 AM - 9:00 AM

Delegates Meeting

8:00 AM - 9:00 AM

TNCAPT Meeting

General Session

9:00 AM - 11:00 AM (2 Contact Hours)

APTA TN Town Hall/APTA Road Show

11:00 AM - 11:30 AM

Meet the Exhibitors

11:30 AM - 12:45 PM

Chapter Business Meeting, Awards, and Lunch

General Track

1:00 PM - 3:00 PM (2 Contact Hours)

15 Useful Compliance Hacks for Therapy Providers

3:15 PM - 5:15 PM (2 Contact Hours)

The A Team: Fostering PT-PTA Relationships

Ethics and Jurisprudence Track

1:00 PM - 3:00 PM (2 Contact Hours)

Ethics in Physical Therapy Practice

3:15 PM - 5:15 PM (2 Contact Hours)

Jurisprudence

Orthopedic Track

1:00 PM - 5:15 PM (4 Contact Hours)

Diagnostic Musculoskeletal Ultrasound (MSK-US)
Guided Dry Needling (GDN) for Shoulder Pathologies

Leadership Track

1:00 PM - 3:00 PM (2 Contact Hours)

Motivational Interviewing

3:15 PM - 5:15 PM (2 Contact Hours)

Harnessing Core Motivators: The Hartman Personality Inventory as a Tool for Effective leadership



2025 FALL CONFERENCE COURSE BROCHURE

SEPTEMBER 26TH & 27TH

UNIVERSITY OF MEMPHIS

Friday, September 26

General Track

Integrating Technology in Physical Therapy: Enhancing Engagement, Remote Monitoring, and Staff Efficiency

The evolution of physical therapy requires clinicians to adopt innovative approaches to patient care that go beyond traditional in-clinic visits. Technology is no longer optional—it's a catalyst for improving outcomes, engagement, and operational efficiency. This session explores how physical therapists can utilize digital tools to implement Remote Therapeutic Monitoring (RTM), deliver personalized patient education, and automate routine workflows. Participants will gain practical insights into how to integrate technology without disrupting care, using real-world examples of successful implementation. The session will highlight how clinics are leveraging technology to enhance home exercise adherence, improve patient communication, reduce administrative workload, and unlock new revenue streams through RTM. Attendees will leave with a clear understanding of how to implement these tools ethically and effectively, supported by current CMS guidance, APTA recommendations, and real user outcomes.



Presenter: Audra Wallace PT, DPT, NCS

Audra Wallace PT, DPT, NCS is a board-certified neurological clinical specialist with extensive experience in inpatient physical therapy, and experience in outpatient and academic physical therapy settings as well. She currently serves as an adjunct professor at South College and a per diem physical therapist at Vanderbilt University Medical Center, where she specializes in vestibular and complex acute care rehabilitation. Audra also leads healthcare strategy and content development as Director of Healthcare at Subflow, Inc. Her career spans over a decade, also including roles at Massachusetts General Hospital and Spaulding Hospital, with a strong emphasis on clinical instruction, quality improvement, and evidence-based care.

Improving Health & Well-being in Physical Therapy through Behavior Change & Telehealth

Physical therapy outcomes can be influenced by a variety of comorbidities and biopsychosocial factors. What happens outside of the rehabilitation setting can facilitate or hinder success. The course will explore evidence-based research and clinical experiences related to behavior change interventions as well as technology such as telehealth that can be utilized in physical therapy to improve health and rehabilitation outcomes.



Presenter: Myra Meekins, PT, DPT, PhD, NBC-HWC

Myra Meekins, PT, DPT, PhD, NBC-HWC is an assistant professor in the physical therapy department at the University of Memphis Lambuth. She graduated from Tennessee State University with a BS in Physical Therapy, earned her DPT at Regis University, and completed her PhD in Orthopaedics and Sports Science at Rocky Mountain University of Health Professions. She is board certified as a clinical specialist in orthopaedic physical therapy. She also completed a movement system fellowship at Washington University and a manual therapy fellowship at the Manual Therapy Institute. In addition, she is a board-certified health and wellness coach. Current research interests include movement impairment analysis, clinical decision-making, and health and wellness coaching. Her current research interests include movement impairment analysis, clinical decision making, and health and wellness.



Presenter: Calandra White, PT, DPT, CCI, NBC-HWC

Calandra White, PT, DPT, CCI, NBC-HWC is a board-certified Health and Wellness Coach and Physical Therapist. She has worked in the health and fitness industry for over 20 years starting out as a certified aerobics instructor. She attended the University of Memphis and majored in Exercise Science and Health Promotion and earned her Doctor of Physical Therapy degree from the University of Tennessee Health Science Center. She furthered her studies at Emory University and Rocky Mountain University of Health Professions. Her areas of interests are health and wellness, chronic disease management, wound management, pre & post-operative rehabilitation, student success, and behavior change. She has worked in a variety of settings, including in-patient hospitals, outpatient clinics, academics, and she currently works as an online physical therapist for patients in TN and across the country. This innovative platform allows her to fully integrate health and wellness with patients who benefit from physical therapy services. She currently serves as Chair of the American Physical Therapy Association of Tennessee, Memphis District.

Hospital Admin Updates and Reimbursement

By the end of this session, participants will be able to:

- Understand the Administrator's role in overseeing PT services.
- Identify CMS regulatory requirements impacting PT delivery.
- Align documentation, billing, and staffing with compliance standards.
- Apply strategies for quality improvement and reimbursement optimization.



Presenter: Samuel Pieh

TBD



Presenter: Dr. Ambrosia Scott, PT, DPT, MHA

Dr. Ambrosia Scott is a healthcare leader with more than 16 years of experience advancing rehabilitation and post-acute services. She currently serves as Director of Rehabilitative Services, Cardiac Rehab, and Communications at St. Francis Hospital in Memphis, where she has expanded outpatient programs, transitioned cardiac rehab to an intensive model, and significantly improved staffing and retention.

Previously, she managed outpatient rehab and PMR practices at Regional One Health, a Level 1 Trauma Center, where she introduced specialized programs in Women's Health PT, Dry Needling, and Post-Rehab Wellness, and developed partnerships with athletic organizations including the University of Memphis, NFL, and XFL. Earlier, she directed clinics for Select Physical Therapy, launching innovative service lines and caring for professional athletes. An Adjunct Professor in the University of Tennessee Health Science Center's DPT Program, Dr. Scott is equally dedicated to academic mentorship and clinical leadership. She holds a Doctor of Physical Therapy from UTHSC and an MHA from LSU-Shreveport. Recognized as a Memphis Business Journal Healthcare Hero and Tenet Healthcare Top Performer, she continues to champion excellence, collaboration, and growth in rehab services.

Acute Care from the PTA Perspective

Full overview of current basic Acute care practice From chart review to implementing & moving patients through their plan of care



Presenter: Cynthia Travis, PTA

I've been a PTA since August of 2000 mostly in the acute care setting with minor roles in outpatient and wound care settings. I graduated with my Applied Science PTA associate's degree in August of 2000 from Davenport University in Lansing, Michigan & my Bachelor of Professional Studies with the Concentration of Leadership in August 2011 from University of Memphis. In my early career I worked as PTA in Michigan and Washington state in acute care prior to moving to Tennessee in 2002. I currently work at Methodist North Hospital in the acute care setting full time and Regional One Medical Center in a PRN capacity. Regional One is the level 1 trauma center in our area. For the Methodist healthcare system, I serve as a Disaster Assistance Response Team member and completed Hospital Emergency Response Training for Mass Casualty Incidents in 2018; Healthcare Leadership for Mass Casualty Incident in 2019 both at the FEMA Training center in Anniston Alabama. Currently I work full time at Methodist North Hospital where I round with intensivists in the ICU along the multidisciplinary team. I help communicate between the rehab team & the multidisciplinary team as well as request orders on the spot when appropriate as each case is presented. I have served as a Clinical Instructor for two local colleges for many years and have had the pleasure of welcoming many outstanding PTA's into the profession, most of whom work around the city of Memphis and the surrounding areas. I have been an APTA member since 2006. I completed the APTA Advanced Proficiency Pathway – Acute Care in 2021. I've been the PTA / SIG Vice-Chair since 2022 & was awarded the Outstanding PTA Award by the TPTA in 2024

Orthopedic Track

Shoulder Pain Assessment, Management and Return to Function

TBD



Presenter: Steven Chipman, PT, DPT, SSRC, Cert MDT

Steven Chipman is a licensed physical therapist with advanced certifications in sports-specific rehabilitation and mechanical diagnosis and therapy. He specializes in the rehabilitation of post-operative and non-post-operative knee, hip, and shoulder conditions. In addition to his clinical expertise, he is a Credentialed Clinical Instructor and a member of the American Society of Shoulder and Elbow Therapists.

Steven earned his Bachelor of Science in Biology and Professional Education from Union University before completing his Doctor of Physical Therapy at East Tennessee State University.

Outside of work, he enjoys running, weight training, and spending time with his wife, Lauren, and their four children, Tucker, Lydia, Luke, and Seth. His family is actively involved in their community through Grace Church in downtown Memphis and loves traveling together on family vacations.

Forces at Play: Integrating Biomechanics, Medicine, and Performance Insights

- Explain how force plates and dynamometers measure forces acting on the body during movement and demonstrate their application in assessing movement quality during functional tasks
- Apply force and strength measurement data in clinical decision-making to detect movement deficits and guide rehabilitation progression
- Understand potential uses of hand held dynamometry in the prevention* and care of injuries in the athletic population
- Understand Pros and Cons of using technology in the return to play process
- Provide performance KPIs used within athletic performance and decision framework of applying information to individual/position/team development.
- Insight to collegiate environment and how to practically apply assessment and evaluation within NCAA structure.



Presenter: Nic Higgins



Presenter: Shelby Peel



Presenter: Austin Fitzpatrick

Austin Fitzpatrick is starting his second year at the University of Memphis as a Senior Athletic Trainer where he oversees the daily healthcare of the Tiger's baseball program. Previously, Fitzpatrick served as an assistant athletic trainer at the University of Wisconsin-Milwaukee, working with the Panthers' baseball and cross country teams for 3 years.

Prior to arriving at Milwaukee, Fitzpatrick was a fellow athletic trainer for baseball at Mississippi State University, where he was a part of their national championship team during the 2020-21 season. Originally from La Crosse, Wisconsin, Fitzpatrick graduated from the University of Wisconsin - La Crosse with a Bachelor's of Science in Exercise & Sport Science in 2018. He then went on to earn his Masters' of Science in Athletic Training from Milwaukee in 2020."

Dynamic Recovery: A Modern Approach to Tibial Bone Stress Injuries and Orthotic Innovation

Tibial bone stress injuries (BSIs) are a common and often challenging condition encountered in clinical practice, particularly among athletes and active individuals. This course is designed to provide Physical Therapists, Physical Therapy Assistants, and students with a comprehensive understanding of tibial BSIs from a clinical perspective. Participants will explore the definition and classification of these injuries, review current diagnostic strategies including clinical assessment and imaging, and examine evidence-based approaches to management.



Presenter: R. Barry Dale, PT, PhD, AT (Retired), MBA, CSCS

R. Barry Dale, PT, PhD, AT (Retired), MBA, CSCS is a seasoned physical therapist and educator with a distinguished career dedicated to advancing the field of physical therapy through clinical practice, academic leadership, and research. His extensive background in kinesiology, exercise physiology, and physical therapy provides a strong foundation for his contributions to the study of biomechanics, injury prevention, and rehabilitation. He has developed and directed physical therapy programs at major academic institutions, gaining comprehensive experience in program management, faculty development, and research facilitation. Dr. Dale has Emeritus status with board certifications as Orthopedic Certified Specialist (OCS) and Sports Certified Specialist (SCS), and has been recognized with a clinical excellence award for his contributions to patient care. Dr. Dale's scholarly work includes a focus on overuse injuries, with multiple peer-reviewed publications in this area. His commitment to integrating innovative technologies and methodologies into both clinical practice and education continues to drive improvements in evidence-based care and patient outcomes.



Presenter: Perri Johnson Jr.

Perri Johnson Jr. is currently a PhD candidate in the Joint Graduate Program in Biomedical Engineering between the University of Tennessee Health Science Center (UTHSC) and University of Memphis working under the tutelage of Dr. Denis DiAngelo in the Department of Orthopedic Surgery and Biomedical Engineering. His research is concentrated in applied orthopaedic biomechanics and rehabilitation engineering. Perri is currently studying different treatment methods for overuse tibial bone stress injuries (TBSI) and is investigating the effects of a Dynamic Ankle Orthosis compared to a clinical Walking Boot. In particular, he plans to analyze the rate of bone union and amount of muscle atrophy in patients following TBSI treatment. In 2023, Perri's research on The Effects of a Dynamic Ankle Orthosis to Reduce Tibial Compressive Forces During Treadmill Walking Compared to a Clinical Walking Boot was published in the Medicine & Science in Sports & Exercise journal.

Foot and Ankle Clinical Practice Guidelines

This course will review strong and moderate evidence recommendations from the Foot and Ankle Clinical Practice Guidelines from the last five years. Heel Pain - Plantar Fasciitis 2023 and Ankle Stability and Movement Coordination Impairments - Lateral Ankle Sprain 2021 are the most recently updated guidelines. This will be a lecture and lab based two hour program. Lab will include objective assessment and measurement and include manual therapy and performance testing.



Natalie Wilson Abell, PT, DPT, MTC, OCS, FAAOMPT

Natalie is a graduate of the University of St. Augustine with a Doctor of Physical Therapy. She received her Manual Therapy Certification (MTC) from the University in 2017 and earned the designation of Board-Certified Orthopedic Clinical Specialist (OCS) in 2019. She completed her fellowship training in orthopedic manual therapy with Regis University in 2024. Natalie practices with Results Physiotherapy in Germantown, TN and serves as Regional Clinical Excellence Coordinator of the Memphis market. She is an active member of the American Physical Therapy Association (APTA) and APTA Tennessee. She is passionate about patient care and physical therapist education. She is lead instructor for the Orthopedic Manual Therapy curriculum for the Institute of Advanced Musculoskeletal Treatments (IAMT) and teaches weekend courses across the country. She spends her time mentoring and guiding physical therapists toward clinical excellence and constantly strives to provide patients with the world-class treatments they deserve.

Pelvic and Midlife Wellness Track

Pelvic Health During Perimenopause and Beyond

Menopause comes with a variety of symptoms such as hot flashes, night sweats, and irritability. However, beyond these noticeable changes, menopause also significantly affects pelvic health, causing bladder and bowel dysfunction, sexual dysfunction, and pelvic pain. Women may notice these symptoms during perimenopause, which typically starts years prior to menopause. An understanding of these changes by women and their healthcare providers is crucial so that treatment can be initiated to minimize these uncomfortable and often hidden symptoms of menopause. Physical therapists are important members of the team who can successfully treat these pelvic health issues! This is an introductory course on how perimenopause and menopause can impact pelvic health and how physical therapists can help.



Sara Lynn Fultz, PT, MS, MPT, ATC/L, CDNT, CSCS

Sara Lynn is a physical therapist with over 24 years of experience treating patients with a wide variety of pelvic health and orthopedic conditions. She developed a passion for helping women and men with pelvic health conditions and has focused her practice in this area for the last 15 years. She has extensive training in orthopedics and pelvic health with a focus on pelvic pain, post op pelvic dysfunction, bowel and bladder dysfunction, sexual dysfunction, and pregnancy/post partum conditions. Sara Lynn is the Co-Owner/Co-Founder of MOJO Pelvic Health in Memphis, TN, where she continues to treat in addition to developing and mentoring pelvic health therapists. Prior to MOJO, she developed the pelvic health physical therapy program for a large orthopedic group that had a presence in numerous states across the Southeast and worked with the group to successfully open and manage the first stand-alone pelvic health physiotherapy clinic in the Memphis region. She teaches a pelvic health course at the University of Tennessee Health Science Center in the Physical Therapy Program and has lectured on pelvic health in the local PTA programs. Her pelvic health training includes the completion of numerous courses through the Herman and Wallace Pelvic Rehabilitation Institute. Sara Lynn is a graduate of the University of Mississippi with a Bachelor of Science degree and a Master of Science degree in Exercise Science and Biomechanics. She completed her Master of Physical Therapy degree at the University of Tennessee Health Science Center. She is also a Certified Dry Needling Therapist, Certified Athletic Trainer with the National Athletic Trainer's Association, and a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. Sara Lynn is married to Aaron, and together they have two daughters who keep them moving! When not working with MOJO, Sara Lynn enjoys traveling, anything sports-related, and spending time with family.

Promoting Resilience in Midlife: A Transdisciplinary Approach to Menopause and Functional Aging

As the aging population grows, healthcare professionals must address both the physical and emotional well-being of older adults—especially women, who face increased mental health challenges and reduced quality of life post-midlife. Menopause marks a significant physiological and psychosocial transition, often coinciding with shifting roles, career changes, and societal pressures that heighten vulnerability to distress. This course adopts a transdisciplinary, biopsychosocial approach to menopause, exploring how physiological changes intersect with musculoskeletal health, mental resilience, and function. Through evidence-based education, case studies, and clinical applications, physical therapists will gain tools to identify and support the complex needs of women during this life stage. Emphasis is placed on culturally sensitive, healing-centered strategies to foster self-advocacy, interdisciplinary collaboration, and effective care. Participants will be equipped to promote mental well-being, positive aging, and functional longevity, ensuring meaningful support for women navigating this pivotal transition.



Presenter: Dr. Anna Evans, PT, DPT

Dr. Anna Evans, PT, DPT, is a Board-Certified Geriatric Clinical Specialist with over 35 years of experience spanning clinical care, administration, academia, and leadership. A Certified Exercise Expert for Aging Adults (CEEA) and active American Physical Therapy Association (APTA) member, she currently serves as Geriatric Co-Advocate for Tennessee and has held prior leadership roles within the Florida Physical Therapy Association (FPTA). She practices part-time in skilled nursing and assisted living with memory-care settings and holds certifications in Health Coaching, Mindset Life Coaching, and Yoga (RYT®) instruction, integrating Cognitive Behavioral Therapy (CBT), Neuro-Linguistic Programming (NLP), and Rational Emotive Behavioral Therapy (REBT), into a holistic, neuroscience-informed approach. Her expertise extends to professional education, with numerous presentations on geriatrics and neurology. Dr. Evans' work emphasizes the intersection of aging, mental health, and functional well-being, particularly in populations with dementia and other neurologic conditions.



Presenter: Dr. Preeti Jha, PT

Dr. Preeti Jha is a licensed physical therapist with over 18 years of experience in orthopedics, women's health, and integrative wellness. She is the Founder/CEO of Pure Rehab Yoga, where she combines strength training, pelvic health, breathwork, and mindfulness to support women in perimenopause and beyond. A board-certified Orthopedic Clinical Specialist, Dr. Jha is trained in manual therapy and the McKenzie Method. She co-leads the NJ APTA Special Interest Group for Integrative Physical Therapy and has presented at national conferences, led wellness retreats, and taught workshops for clinicians. Dr. Jha holds a Master's from Loma Linda University and a Doctorate from Evidence in Motion. Her work focuses on injury prevention, sustainable movement, and bridging traditional rehab with holistic care to empower clients with strength, self-awareness, and resilience.



Presenter: Dr. Anjali K. Parti, OTD, OTR/L

Dr. Anjali K. Parti, OTD, OTR/L, is Chair of the Department of Rehabilitation Sciences and Program Director of the Master of Occupational Therapy program at the University of Texas at Tyler. With nearly 16 years of experience in clinical practice and 12 years in academia, she brings expertise in geriatrics, pediatrics, and mental health. Dr. Parti maintains an active clinical practice and is a passionate advocate for occupational therapy's role in addressing mental health needs, including maternal health, social isolation, and the effects of community violence. She has held leadership roles in the Florida and Texas Occupational Therapy Associations and has presented at major conferences such as AOTA INSPIRE and the AOTA Education Summit. A published author, she contributed to Elsevier's Pediatrics for the OTA and has co-authored presentations for the American Physical Therapy Association.



Presenter: Gabriella Guerra-Valero, OTR/L, MS, LMT

Gabriella Guerra-Valero, OTR/L, MS, LMT, is an occupational therapist and licensed massage therapist specializing in geriatric care. She holds a Bachelor's in Rehabilitation Sciences and a Master's in Occupational Therapy from the College of Saint Mary. Based in Tennessee, she works with senior living communities, addressing cognitive, neurological, and mental health challenges in aging populations. Gabriella integrates massage therapy and hands-on techniques to support physical and emotional well-being in skilled nursing, assisted living, and long-term care settings. A dedicated advocate for holistic care and professional development, she is a member of AOTA and TNOTA. She actively shares her expertise, including presenting on mental health for rehabilitation professionals at the 2023 joint TN APTA/TNOTA conference. Passionate about advancing geriatric mental health, Gabriella seeks to collaborate with like-minded professionals and continue contributing to the field.

Saturday, September 26

General Session

APTA TN Town Hall/APTA Road Show



Kim Nixon-Cave, PT, PhD, MS, FAPTA Board-Certified Pediatric Clinical Specialist (PCS)- Emeritus

Dr. Nixon-Cave currently serves as Professor and Program Director of the Hybrid Doctor of Physical Therapy Program at the University of Pittsburgh. She earned her PhD in Education from Temple University and has dedicated her career to advancing both the clinical practice and academic preparation of physical therapists. Prior to her current role, she served as Program Director for the DPT and Post-Professional Programs at Thomas Jefferson University.

She is a Catherine Worthingham Fellow of the APTA, one of the highest honors in our profession, and a board-certified pediatric clinical specialist- emeritus. Her clinical expertise spans years of practice, most recently with infants in the neonatal intensive care unit. In addition, she served as Manager of the Physical Therapy Department at the Children's Hospital of Philadelphia, where she helped shape innovative approaches to pediatric care.

Dr. Nixon-Cave has held numerous academic leadership positions, including at Temple University—where she served as Program Director, Director of Clinical Education, and Interim Chair—as well as at the University of the Sciences in Philadelphia, Arcadia University, and the University of Montana as a visiting professor. Her leadership in education extends to the development of entry-level, residency, and fellowship programs, including spearheading the revalidation and development of the Description of Fellowship Practice for Neonatology Fellowship Programs. She has also been instrumental in designing curricula that cultivate clinical reasoning and reflective practice in future practitioners.

Her service to the profession is both deep and broad. She has served on the American Board of Physical Therapist Specialties as Chair, on the American Board of Physical Therapy Residency and Fellowship Education, on the American Council of Academic Physical Therapy, on the ACAPT National Equity, Diversity & Inclusion Commission, and on the APTA Pennsylvania Minority Affairs Committee, among numerous other committees, workgroups, and task forces. Her leadership has been recognized nationally—she has been honored as an APTA Innovator for her forward-thinking contributions to physical therapy practice in the context of health care reform. Dr. Nixon-Cave is also a prolific scholar and researcher. A trained qualitative researcher, she has contributed to multiple projects utilizing mixed methodologies. Her publications, presentations, and scholarship focus on clinical decision-making and reasoning, biopsychosocial influences on health, and the social determinants of health—particularly as they affect diverse patient populations. She is one of the authors of the Blueprint for Excellence in Academic Physical Therapy, which continues to shape the profession's vision for education.

In addition to her academic and clinical leadership, Dr. Nixon-Cave remains committed to professional formation, leadership development, and mentoring the next generation of physical therapists.

Currently, she is serving her second term as a Director on the Board of Directors of the American Physical Therapy Association as well as on the Executive Committee during her first term, where she continues to impact the profession at the highest levels.

General Track

15 Useful Compliance Hacks for Therapy Providers

This course provides therapy providers with a strategic and practical guide to navigating federal compliance requirements in outpatient settings. Through fifteen targeted “compliance hacks,” participants will gain actionable insights into documentation standards, billing protocols, supervision rules, and regulatory nuances that impact daily practice. Designed by seasoned compliance experts, the course demystifies complex Medicare policies, empowers providers to avoid costly denials, and equips them to maintain audit-ready records. Whether you’re a clinic owner, therapist, or administrator, this session delivers essential tools to elevate your compliance confidence and operational integrity.



Presenter: Jody Swearingen, PT, DPT, OCS, STC, COMT

Jody Swearingen, PT, DPT, OCS, STC, COMT, is a highly respected outpatient physical therapist and the Vice President of Client Compliance for Business and Clinical Management Services, LLC. He has most recently served as Chief Clinical Officer at TopPT, a leading outpatient clinic he co-founded and managed. With a career spanning over two decades, Jody is known for his expertise and commitment to advancing the field of physical therapy. He earned his Master's in Physical Therapy from the University of Tennessee at Chattanooga in 2002 and later completed his Doctorate at the University of St. Augustine. Jody holds Board Certification in Orthopedics and specialty certification in Sports Therapy, alongside his Orthopedic Manual Therapy Certification from Maitland Seminars. Jody's career includes a significant role as the Director of Clinical Compliance for a major outpatient physical therapy network in the Southeast, where he was responsible for overseeing the compliance of over 700 therapists and assistants. His work involved creating and implementing policies and procedures, training staff in billing, coding, and documentation, and managing audits and regulatory updates.

The A Team: Fostering PT-PTA Relationships

Discuss the history of PTAs in the profession (15 minutes)

Differentiate legal and ethical guidelines for PT/PTA teams (10 min)

Capture how many people have experience working with PT/PTA teams or felt prepared to be in those teams (5 min)

Review contributing factors to the various viewpoints of the PT/PTA team regardless of work setting (30 min)

Evaluate the impact of PTAs on patient care (20 min)

Assess options for giving good feedback between coworkers (15 min)

Develop ways to further build strong PT/PTA relationships (25 min)

Questions/Reflections (10 min)



Presenter: Mary Nell Young, PTA

Mary Nell Young, PTA graduated with her degree as a Physical Therapist Assistant from Shelby State Community College in 1995. She has worked in various settings over the last 30 years including outpatient, inpatient rehab, acute care, and skilled nursing facilities. She has experience in both pediatrics and adults with orthopedic, neurological, chronic pain, cardiopulmonary, and wound care diagnoses and currently works at Methodist North Hospital in their outpatient department. Mary Nell has served as a Clinical Instructor for PTA students, a mentor for Project Search Interns, and has co-instructed on APTA TN approved CEU courses.



Presenter: Krissi Moore, PT, DPT, OCS, CMP

Krissi Moore, PT, DPT, OCS, CMP received her DPT from the University of Alabama at Birmingham in 2010. Though she has treated patients with a variety of conditions, her focus has been on orthopedics. She earned her Orthopedic Specialty from the American Board of Physical Therapy Specialties in 2014 and received advanced manual training to become a Certified Mulligan Practitioner in 2019. Krissi also received training on dry needling, kinesiotaping, and IASTM. She served as a lab assistant at the University of Tennessee Health Science Center's PT program from 2015-2024. From 2020-2022, she also taught for the PTA program at Southwest Tennessee Community College. She has taught multiple CEU courses and served as an officer for the Memphis District of APTA TN for multiple years.

Orthopedic Track

Diagnostic Musculoskeletal Ultrasound (MSK-US) Guided Dry Needling (GDN) for Shoulder Pathologies

Course participants will use musculoskeletal diagnostic ultrasound to identify shoulder anatomy and guide the application of dry needling to specific shoulder anatomical structures. At the completion of this 3-hour hybrid (lecture & lab) course, participants will be able to: Understanding of MSK-US GDN applications/contraindications, probe orientation, dry needle placement, and sterile procedures, Apply knowledge of shoulder sonoanatomy to determine anatomical areas for MSK-US GDN and Practice scanning and dry needle applications for shoulder anatomy.



Presenter: Casey Charlebois, PT, DPT, PhD(c), FAAOMPT, MSc.

Casey Charlebois, PT, DPT, PhD(c), FAAOMPT, MSc., cert. MSKUS is the CMO and co-founder of Echo Mind Ai. Dr. Charlebois is a PhD candidate at Nova Southeastern University, has a Doctor of Physical Therapy degree from Arcadia University, a M.S. in Physical Therapy and a M.S. in Exercise Science from Arkansas State University. Dr. Charlebois has served as Adjunct Faculty in the Doctor of Physical Therapy program at Arkansas State University, has practiced in pediatric, outpatient and cash-based settings, is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT) and is a Certified Diagnostic Musculoskeletal Ultrasound Clinician (cert. MSKUS).



Presenter: Lesley Parrish, PT, DPT, PhD(c), SCS, FAAOMPT

Lesley Parrish, PT, DPT, PhD(c), SCS, FAAOMPT is a board-certified specialist in Sports Physical Therapy (SCS) and is currently on faculty at Troy University in Troy, AL. Dr. Parrish has over 22 years of clinical experience as a physical therapist and earned the Doctor of Physical Therapy degree from Belmont University in Nashville, TN and is a PhD candidate in Health Sciences at Faulkner University. Dr. Parrish is also a Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT).

Leadership Track

Motivational Interviewing

TBD



Presenter: Ryan McConnell, PT, DPT, DSc, OCS, COMT, FAAOMPT

Ryan McConnell, PT, DPT, DSc, OCS, COMT, FAAOMPT earned his Bachelor of Science in Education from the University of Tennessee at Knoxville and his Doctorate in Physical Therapy from the University of Tennessee Health Science Center. He completed a Postdoctoral Orthopaedic Residency and Fellowship in Orthopaedic Manual Physical Therapy through Upstream Rehabilitation Institute and holds Board Certification in Orthopaedic Physical Therapy. He is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists, and he also earned a Doctorate of Science in Physical Therapy from Bellin College.



Presenter: Dr. Michael Oliver

TBD

Harnessing Core Motivators: The Hartman Personality Inventory as a Tool for Effective Leadership

Understanding what truly drives team members is vital for effective leadership. The Hartman Personality Inventory (HPI), based on the Color Code model, identifies core motivators—power, intimacy, peace, and fun, that influence individual behaviors and workplace dynamics. This session will introduce the HPI and explore how leaders can apply its insights to improve communication, enhance team cohesion, and support more empathetic and strategic decision-making.



Presenter: Melody Murphy, MBA

Melody Murphy, MBA serves as the Director of Workforce & Continuing Education at Columbia State Community College. With over a decade of leadership experience and a passion for adult learning, she develops and facilitates innovative training solutions to help organizations enhance workforce performance. Melody holds an MBA and is currently pursuing an Ed.D. in Adult Education, with research focused on leadership and followership development. Her approach integrates emotional intelligence, motivational theory, and practical tools like the Hartman Personality Inventory to empower leaders.

Ethics and Jurisprudence Track

Ethics in Physical Therapy Practice

- Recognize the difference between personal and professional values
- Define common bioethical terminology
- Use the Code of Ethics and Guides to Conduct as tools for decision making
- Demonstrate through case analysis the ability to identify ethical conflicts and support a resolution to an ethical dilemma

Jurisprudence - The Legal Basis of Physical Therapy Practice

- Describe the purpose of the Practice Act and Rules
- Recognize the types of disciplinary action that may be taken against a licensee
- Describe offenses that may lead to disciplinary action
- Explain the rules of supervision for PTAs and other personnel
- Describe the Practice Act and Rules related to the definition & scope of practice, disclosures, & administrative requirements
- Recognize that there are legal issues and obligations in addition to the Practice Act and Rules that affect physical therapy practice



Presenter: Alan Meade PT, DScPT

Alan Meade PT, DScPT, MPH is currently Director of Rehab Services at Holston Medical Group in Tri-Cities Tennessee and Southwest Virginia, a position he has held for 20 years. In this role, Alan has participated in Holston's development of an Accountable Care Organization, and has been involved in developing a variety of value-based payment arrangements with several insurers. Alan is an active member of the Tennessee Physical Therapy Chapter, currently serving as President of the Tennessee Physical Therapy Association. He served as the TN. PT Licensing Board Consultant for 18 years in areas of Investigation, Foreign-Educated issues, and Continuing Competency. He is Adjunct Faculty at East Tennessee State University's Physical Therapy Program. He is very active in his community with the Covenant Counseling Center, Kingsport Parks & Recreation Advisory Committee and at First Baptist Church serving in many leadership roles. Alan has a Bachelor of Science in Physical Therapy degree from the University of Tennessee Center for Health Sciences, a Bachelor of Science degree in Community Health Education and Masters in Public Health and Industrial Education from East Tennessee State University. In 2012 he completed his Doctorate of Science in Physical Therapy (ScDPT) at the University of Tennessee Health Science Center.



Presenter: Jane David, PT, DPT

Jane David, PT, DPT, MS is the former program director for the physical therapist assistant program at Jackson State Community College (JSCC) in Jackson, TN. She is now Professor Emeritus with JSCC and continues to hold an adjunct faculty position with the college. Since her retirement from JSCC in 2022 she continued to be an actively practicing clinician with Sports Plus, a division of West Tennessee Healthcare, specializing in the area of vestibular rehabilitation. She retired from clinical practice in 2024 and has since worked as a consultant with the Commission on Accreditation of Physical Therapy Education.

Dr. David has undergraduate and/or post-graduate degrees from Murray State University, the University of Memphis, and the University of Tennessee Health Science Center. She has extensive clinical and teaching experience in various capacities including Ethics and Jurisprudence. In addition, Dr. David has many hours of continuing education related to the practice of physical therapy with many related to vestibular rehabilitation and balance.

Thank You to Our APTA TN 2025 Fall Conference Sponsors & Exhibitors



The College of
St. Scholastica
Transitional Doctor of Physical Therapy