



APTA
Tennessee

*A Chapter of the American
Physical Therapy Association*

2026 FALL CONFERENCE



SEPTEMBER
25-26, 2026



DOLLYWOOD'S
DREAMMORE
RESORT AND SPA
PIGEON FORGE, TENNESSEE

2026 FALL CONFERENCE SCHEDULE

FRIDAY, SEPTEMBER 25

7:15 AM - Registration Opens & Continental Breakfast

8:00 AM - 9:00 AM - PTA SIG Meeting

12:00 PM - 1:00 PM - Lunch

12:00 PM - 1:30 PM - TNCAPT Meeting

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

5:30 PM - 7:00 PM - PAC Event

Orthopedic 1 Track

8:00 AM - 12:10 PM (4 Contact Hours)

Edema Management for Your Practice: Don't Let Swelling Limit Patient Outcomes

Presenter: Dr. Andi Heinemann, PT, DPT, CLT-LANA

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

Two Perspectives, One Goal: Blood Flow Restriction for Better Patient Outcomes

Presenter: Rabekah Gramlich, PTA, BSPTA, MS
Kyle T. Boden, MD

Orthopedic 2 Track

8:00 AM - 12:10 PM (4 Contact Hours)

Manual Therapy Must Haves: The Tips, Tools & Techniques I "Won't Leave Home Without"

Presenter: Dr. Patricia King

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

Diagnostic Ultrasound of the Shoulder: A Shoulder Scanning Protocol Instruction and Clinical Application

Presenter: Graeme Keys, PT, Dip. MDT, RMSK, COMT, CMP

Specialty Track

8:00 AM - 10:00 AM (2 Contact Hours)

Down Syndrome, From a Clinical Parent Perspective

Presenter: Adam Burgess, PTA

10:10 AM - 12:10 PM (2 Contact Hours)

Movement Requires Regulation: Why PT and OT Work Better Together (Pediatrics)

Presenters: Cheyenne Allen, PT, DPT, CBS
Jessica Jones, OTR/L, CBS, CPRCS

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

Pelvic Floor Basics for Every PT: Pressure Management, Pain Science, and Practical Integration

Presenter: Katie Spruell, DPT, CSCS, PCES, BRM

SATURDAY, SEPTEMBER 26

7:45 AM - Registration Opens & Continental Breakfast

7:30 AM - 8:30 AM - Delegate Committee Meeting

11:30 AM - 12:30 PM - Lunch

General Session

8:30 AM - 10:30 AM (2 Contact Hours)

Keynote Speaker

Presenter: Dr. Kristi Anderson

10:30 AM - 11:00 AM

Mentor/Mentee Program Updates

11:00 AM - 11:30 AM

Exhibitor BINGO

11:30 AM - 12:30 PM

Chapter Business Meeting and Lunch

Vestibular Track

12:45 PM - 5:00 PM (4 Contact Hours)

Vestibular Rehab: An Everyday Guide

Presenter: Dr. Kathryn (Katie) Keck, PT, DPT, CDNT, AVPT

Specialty Track

12:45 PM - 2:45 PM (2 Contact Hours)

Your Most Overlooked Growth Lever: Maximizing Payment Through RCM Systems & Technology

Presenter: Jim Stoker, PT, DPT

3:00 PM - 5:00 PM (2 Contact Hours)

Kids Aren't Tiny Adults: Translating Exercise Science into Developmentally Appropriate Pediatric Rehabilitation

Presenter: Asylnn Halvorson-Weaver, EdD, CSCS

2026 FALL CONFERENCE COURSE BROCHURE

SEPTEMBER 25TH & 26TH
DOLLYWOOD'S DREAMMORE RESORT AND SPA

Friday, September 25th

Orthopedic Track

Edema Management for Your Practice: Don't Let Swelling Limit Patient Outcomes

This interactive course equips clinicians with practical, evidence-based strategies to effectively assess and manage edema across a variety of patient populations. Participants will explore the relationship between the cardiovascular and lymphatic systems and how their interaction influences recovery and functional outcomes. Emphasis is placed on differentiating types of swelling, applying appropriate clinical decision-making, and integrating edema management throughout the continuum of care. Through hands-on instruction, attendees will develop foundational manual therapy techniques for upper and lower extremities, as well as effective lower extremity compression bandaging skills designed for the generalist clinician. The course also reviews available compression products, including selection criteria and patient-specific application.



Presenter: Dr. Andi Heinemann, PT, DPT, CLT-LANA

Dr. Andi Heinemann, PT, DPT, CLT-LANA, is a physical therapist and certified lymphedema specialist with more than three decades of clinical and leadership experience. She is the founding program developer and former manager of the Mend Clinic at Prisma Health Blount Memorial Hospital, where she established an oncology-based, multi-disciplinary, integrated care model focused on treating lymphedema, cancer treatment impairments, wounds, and related therapy complications. Dr. Heinemann holds multiple degrees from the Medical University of South Carolina and has practiced in diverse healthcare settings across the Midwest and South.

Two Perspectives, One Goal: Blood Flow Restriction for Better Patient Outcomes

Blood Flow Restriction (BFR) training has emerged as a valuable rehabilitation tool for enhancing strength, minimizing muscle atrophy, and improving functional outcomes across a variety of orthopedic conditions. This interactive course brings together the unique perspectives of an orthopedic surgeon and a physical therapist assistant to explore the role of BFR throughout the continuum of care. Participants will gain an understanding of the physiological principles behind BFR, current evidence supporting its use, and the impact it can have on both post-operative and non-operative patient outcomes. The orthopedic surgeon will discuss the rationale for incorporating BFR into rehabilitation programs, including its influence on recovery, return to function, and patient outcomes from a surgical perspective. The clinical portion of the course will focus on practical implementation, including patient selection, indications, contraindications, precautions, safety considerations, and evidence-based treatment protocols. Participants will engage in hands-on learning by applying BFR cuffs, determining appropriate pressures, and participating in sample treatment protocols commonly utilized in orthopedic rehabilitation. Attendees will receive take-home resources including patient screening forms, informed consent materials, and protocol guides designed to facilitate safe and effective implementation in clinical practice. Through a combination of evidence, clinical reasoning, and hands-on application, participants will leave with the knowledge and confidence to integrate this cost-effective rehabilitation tool into their practice to improve patient outcomes across a variety of diagnoses and stages of recovery.



Presenter: Rabekah Gramlich, PTA, BSPTA, MS

Rabekah Gramlich, PTA, BSPTA, MS, is a Physical Therapist Assistant, educator, and advocate for evidence-based rehabilitation. She currently serves as a Professor in the Physical Therapist Assistant Program at South College in Knoxville, Tennessee, while maintaining part-time clinical practice at East Tennessee Spine and Sport. Rabekah earned her Associate of Science in Physical Therapist Assistant from South College, her Bachelor of Science in Physical Therapist Assistant from PIMA Medical Institute, and recently completed her Master of Science in Human Performance and Fitness from Trevecca Nazarene University. Rabekah has presented on topics including Blood Flow Restriction Training, fall prevention, and lower extremity injury prevention. She was named APTA Tennessee PTA of the Year in 2022 and an APTA Leadership Scholar in 2023. She currently serves as Secretary of APTA Tennessee and remains actively involved in professional leadership, education, and advocacy throughout the state.



Presenter: Kyle T. Boden, MD

Kyle T. Boden, MD, is a fellowship-trained orthopedic sports medicine surgeon with OrthoTennessee in Knoxville, Tennessee. He earned his medical degree from East Tennessee State University Quillen College of Medicine before completing his orthopedic surgery residency at the University of Kentucky and a sports medicine fellowship at Case Western Reserve University. Dr. Boden has served as an orthopedic sports medicine provider for athletes at the high school, collegiate, and professional levels, including fellowship appointments with the Cleveland Browns and Cleveland Monsters. His clinical interests include sports-related injuries, knee and shoulder preservation, and return-to-sport care. An active researcher and educator, Dr. Boden has authored numerous peer-reviewed publications and presentations focused on sports medicine, orthopedic outcomes, and injury management.

Manual Therapy Must Haves: The Tips, Tools & Techniques I “Won’t Leave Home Without”

In the fast-paced environment of outpatient orthopedics, a reliable “utility belt” of manual assessments and interventions that deliver fast, reliable results emerges for most clinicians. This session moves beyond complex, multi-step protocols to focus on the high-yield, time-proven, evidence-informed techniques that provide the “biggest bang for your buck” from the instructor’s perspective of 30+ years practicing, training and teaching orthopedic manual physical therapy. Through a combination of clinical reasoning and hands-on demonstration, this session highlights a curated selection of manual examination techniques, joint mobilization/manipulations, soft tissue techniques, and clinician-assisted movements. There will be an emphasis on clinician ergonomics that may be particularly useful to smaller and female therapists, but applies to all, ensuring therapists protect their own joints while maximizing patient comfort and outcomes. Whether you are a new graduate or a seasoned orthopedic manual therapist, this course provides an opportunity refine your “hands-on” toolkit for the cervical, lumbar, and peripheral joints and to join in discussion and debate with the instructor on the benefits of the selected techniques and discuss your favorites as well.



Presenter: Dr. Patricia King

Dr. King is an orthopedic manual physical therapist & medical anthropologist with 30+ years in clinical practice, research, university administration, teaching & association leadership. Her academic experience spans state, private, for-profit & non-profit institutions, and training in public health as well as physical therapy and anthropology. Clinical practice/teaching experiences cover interprofessional university faculty practices, clinical residencies, public health, home health, hospital-based clinics, corporate & private practices. Dr. King is currently Chair of the Department of Physical Therapy at Tennessee State University in Nashville. Outside the university she serves as a member of the Accrediting Council for Orthopedic Manual Physical Therapy Education (ACOMPT), Chair of the Membership Growth and Innovation Task Force for the American Academy of Orthopedic Manual Physical Therapy and as President of The Museum of Health Care in Appalachia, an organization that preserves the history of medicine and health care in the Appalachian Highlands of Tennessee through historical collections.

Diagnostic Ultrasound of the Shoulder: A Shoulder Scanning Protocol Instruction and Clinical Application

This four-hour course combines didactic instruction with extensive hands-on laboratory experience to introduce participants to a standardized diagnostic musculoskeletal ultrasound examination of the shoulder. Attendees will learn key ultrasound principles, including image optimization, anisotropy, and common sonographic artifacts, while developing proficiency in identifying normal shoulder sonography. The course will focus on a systematic shoulder scanning protocol, including evaluation of the long head of the biceps tendon, rotator cuff tendons and musculature, subacromial-subdeltoid bursa, rotator interval, posterior glenohumeral structures, and selected dynamic assessments. Participants will gain exposure to common sonographic findings associated with shoulder pathology and discuss how diagnostic ultrasound findings may influence clinical decision-making and treatment planning. Hands-on instruction will be performed in small groups utilizing portable Clarius ultrasound systems, allowing participants to practice scanning techniques under direct guidance. As time permits, additional high-yield musculoskeletal ultrasound applications relevant to outpatient orthopedic practice may also be presented.



Presenter: Graeme Keys, PT, Dip. MDT, RMSK, COMT, CMP

Graeme Keys, PT, Dip. MDT, RMSK, COMT, CMP, is the owner and clinical director of East Tennessee Spine & Sport Physical Therapy in Farragut, Tennessee. With more than 30 years of experience as a physical therapist, he specializes in the evaluation and treatment of musculoskeletal and orthopedic conditions with an emphasis on evidence-based practice, clinical reasoning, and patient-centered care. Graeme holds the Diploma in Mechanical Diagnosis and Therapy (Dip. MDT) from the McKenzie Institute International, and is Registered in Musculoskeletal Sonography (RMSK®). He is also a Certified Orthopedic Manual Therapist (COMT) and a Certified Mulligan Practitioner (CMP). Throughout his career, Graeme has integrated advanced orthopedic assessment, Mechanical Diagnosis and Therapy, manual therapy, and evidence-based practice to enhance patient outcomes and clinical decision-making. During the past six years, he has expanded his practice to include diagnostic musculoskeletal ultrasound, utilizing sonography to improve diagnostic confidence, guide treatment planning, and enhance patient understanding of their condition. As a clinician, educator, and practice owner, Graeme is passionate about advancing physical therapists’ diagnostic and assessment skills through practical, clinically relevant education. His teaching emphasizes the integration of musculoskeletal ultrasound into everyday orthopedic practice, providing clinicians with immediately applicable skills that can enhance both patient care and clinical confidence.

Speciality Track

Down Syndrome, Down Syndrome, From a Clinical Parent Perspective

This course will cover the basis of Down syndrome, history and types and talk about language/interactions for individuals and families that have individuals with Down syndrome, as well as look at PTSD as it relates to caregivers. It will also cover a case study of an individual with Down syndrome from a parent/clinician’s vantage point. Content covering 2 hours.



Presenter: Adam Burgess, PTA

Adam Burgess has been a Physical Therapist Assistant for nearly 15 years. He is also the proud parent of Addie, his 11-year-old daughter who has Down syndrome. Over the past decade, Adam’s experiences as a parent have shaped how he approaches and interacts with patients and families facing any diagnosis. While he is not a pediatric clinician, his firsthand perspective on navigating medical care for his daughter provides him with a unique insight and story to share with others.

Movement Requires Regulation: Why PT and OT Work Better Together

Pediatric movement is not solely a motor output problem—it is shaped by sensory processing, postural control, attention, and nervous system state. This presentation explores how PT and OT perspectives overlap in clinical practice and how collaborative, regulation-informed care can improve engagement, motor learning, and functional outcomes in infants and children. This presentation explores a collaborative model of care where regulation and functional movement are addressed as overlapping systems rather than separate domains. Clinical examples will include early infant feeding and oral-motor concerns, co-treatment approaches in outpatient pediatrics, and intensive therapy models for children with complex neurodevelopmental needs. A practical framework will be presented for integrating regulation-informed OT strategies with task-specific PT intervention to support engagement, motor learning, and functional participation.



Presenter: Cheyenne Allen, PT, DPT, CBS

Dr. Cheyenne, PT, CBS is the founder and owner of Milestones Therapy + Wellness, where she is passionate about helping babies and children thrive through a whole-child, family-centered approach to care. She earned her Doctorate in Physical Therapy and specializes in pediatric physical therapy with advanced training in breastfeeding support, tethered oral tissues, craniomandibular and airway development, head shape concerns, body work, and Dynamic Movement Intervention (DMI). Known for blending evidence-based practice with a compassionate, relationship-focused approach, Dr. Cheyenne works closely with families to uncover the root causes of feeding, developmental, and movement challenges. Her goal is to empower parents with the knowledge and tools they need to support their child's growth and development. Outside the clinic, Cheyenne is a proud mom of two, an Army wife, a national park enthusiast, and a tiny-house dweller who loves adventure, travel, and making meaningful memories with her family.



Presenter: Jessica Jones, OTR/L, CBS, CPRCS

Jessica is a pediatric occupational therapist who is passionate about helping children build the skills and confidence they need to participate fully in everyday life. She has advanced training in primitive reflex integration, sensory processing disorders, breastfeeding support, and bodywork for infants with tethered oral tissues. Her clinical approach focuses on looking at the whole child, helping families understand the connections between development, regulation, feeding, and functional skills. Jessica enjoys partnering with parents to create individualized treatment plans that support each child's unique strengths and challenges. She is committed to providing compassionate, evidence-informed care that empowers families and celebrates every milestone along the way. Outside the clinic, Jessica is a proud girl mom to one daughter and two beloved pups. A lefty married to a fellow lefty, she is a lifelong Tennessee Volunteers fan and a firm believer that connection, community, and a little bit of fun make everything better.

Pelvic Floor Basics for Every PT: Pressure Management, Pain Science, and Practical Integration

Pelvic floor dysfunction is more common than many clinicians realize, yet many providers feel intimidated or underprepared to address it in practice. This course is designed to simplify pelvic floor concepts and provide orthopedic and general physical therapists with practical, approachable tools they can immediately apply in the clinic. Participants will gain a foundational understanding of pelvic floor anatomy and function, the core canister and pressure management system, and how these concepts influence movement, pain, breathing, lifting, and exercise tolerance. The course will also explore the role of pain science and nervous system-informed care in treating both orthopedic and pelvic floor conditions. Additionally, participants will learn how to recognize common pelvic floor symptoms that may present alongside orthopedic complaints, how to confidently begin conversations surrounding pelvic health, and when referral to a pelvic health specialist may be appropriate. This session is intended to reduce fear and increase confidence for providers who want to better support patients without feeling like they need to be pelvic health specialists.



Presenter: Katie Spruell, DPT, CSCS, PCES, BRM

Dr. Katie Spruell is the owner of Amplify Physio, an out-of-network orthopedic and pelvic health physical therapy practice located in Maryville, TN, focused on helping active individuals build strength, confidence, and long-term resilience. She specializes in orthopedics, pelvic floor dysfunction, return to exercise, and strength-based rehabilitation. Katie is a Certified Strength and Conditioning Specialist (CSCS), Pregnancy and Postpartum Corrective Exercise Specialist (PCES), Herman & Wallace trained pelvic floor therapist, and Barbell Rehab Method (BRM) certified provider. Her treatment approach blends evidence-based rehabilitation, strength training, movement education, pain science principles, nervous system-informed care, and individualized programming to help patients return to the activities they love with greater confidence and resilience.

Saturday, September 26th

Keynote Speaker

Beyond Burnout: Reclaiming Purpose, Wellbeing, and Healthy Culture

The term "burnout" is widely used in our society, but what does it really mean? We will discuss the science behind this phenomenon, why it is particularly prevalent in healthcare settings, and why it leads to poor workplace cultures.

By learning signs, stages, & symptoms of burnout, as well as ways to reduce prolonged stress, we can help promote individual well-being and thriving working environments.



Presenter: Kristi Miller Anderson, PhD, MDiv, ThM, PMHNP-BC

Dr. Kristi Anderson is an educator, researcher, nurse practitioner (PMHNP-BC), and PhD-trained scholar with expertise in theology, nursing, mental health, and faith-integrated whole-person care. Kristi serves as an Associate Professor of Nursing at Carson-Newman University and provides psychiatric services for the student body through the C-N Wellness Center. In addition, she has a private mental health practice (kristimilleranderson.com). Kristi has a longstanding commitment to serving vulnerable populations and has worked for change through various ministry contexts and through reform projects within the American prison system. Her research has resulted in nationally recognized faith-based rehabilitation programs and a comprehensive wellness plan for the Correctional Workforce. Her current research and content development focuses on the integration of evidence-based psychiatry with spiritual care for human flourishing.

Orthopedic Track

Vestibular Rehab: An Everyday Guide

This course will discuss an overview of the anatomy and function of the vestibular system, as well as common conditions that are seen in clinics that are not necessarily a vestibular clinic. We will discuss at risk populations and how to properly examine our patients for differential diagnosis and give the best care to decrease symptoms and fall risk.



Presenter: Dr. Kathryn (Katie) Keck, PT, DPT, CDNT, AVPT

My name is Kathryn Keck, and I have been a doctor of physical therapy for over 11 years. I have been in the outpatient, orthopedic setting during that time while specializing in vestibular rehab in those clinics. I have recently started my own mobile, concierge practice in Cookeville, TN. I earned my degree from East Tennessee State University (Go Bucs!), which is where I discovered my passion for vestibular rehab. I have a certificate of competency in vestibular rehab from Emory University, and more recently received my Advance Vestibular Physical Therapy Certification from The University of Pittsburgh. I love treating patients as a whole and using my education and experience in orthopedics, vestibular, and dry needling to give the best, complete care that I can.

Specialty Track

Your Most Overlooked Growth Lever: Maximizing Payment Through RCM Systems & Technology

Practice Owners track productivity, referrals, and visit volume. But the revenue you've already worked for, the money you don't want to lose to denials, missed units, no-reply claims, and payments that never get found, usually goes unmeasured, and it's one of the most controllable levers you have.

Jim Stoker, PT, DPT, has sat in your chair. Before running Medical Billing Center, he grew his own practice from 3 to 30 clinics. With AI and automation reshaping how healthcare gets paid, he'll walk the full life of a claim: verification, charge capture, clean submission, finding and posting payment, denial management, and patient collections. At each step, he'll show the specific technology his highest-performing clinics use to keep more of what they earn. You'll leave able to grade your own revenue cycle against the benchmarks that matter, starting with the 95%+ first-pass clean claim rate that separates top practices from everyone else. And you'll know exactly which upgrades to make first.



Presenter: Jim Stoker, PT, DPT

Jim Stoker, PT, DPT, is the CEO of Medical Billing Center (MBC), an outpatient therapy-specific billing and collections company founded by physical therapists in 2001. What sets Jim apart in the revenue cycle space is where he comes from: before he was optimizing billing for practices nationwide, he was a practice owner himself. Across more than 25 years of healthcare leadership, Jim served as Managing Partner and SVP of Clemson Sports Medicine and Rehabilitation and as South Carolina VP of Operations for ATI Physical Therapy. He and his partners grew their practice from 3 to 30 clinics, culminating in its acquisition by ATI in 2016. That operator's experience—spanning financial reporting, billing and collections, compliance, payer relations, and strategic planning—is exactly what he brings to MBC, where the mission is simple: help therapy practices stop leaving earned revenue on the table. His session reframes revenue cycle management as one of the most controllable levers a practice owner has for protecting and growing the bottom line. Jim is a member of PPS and its Government Affairs Committee, and previously served as SC-APTA President, Vice President, Legislative Chair, and Reimbursement Chair. He is a Founding Board Member of the Clemson Free Clinic and Co-Founder of PlaySafe, a 501(c)(3) that provides Certified Athletic Trainers to secondary schools, and has lectured nationally in physical therapy clinical education for 10 years. Jim holds a DPT from the University of Montana, an MA and BA in Exercise Science from Furman University, and a BS in Physical Therapy from the Medical University of South Carolina. When he's not helping practices recover revenue, you'll find him on the golf course, on the water fishing, out on the lake with his wife and kids—and, if the story's true, occasionally wrestling an alligator.

Topic: Kids Aren't Tiny Adults: Translating Exercise Science into Developmentally Appropriate Pediatric Rehabilitation

Upon completion of this session, participants will be able to:

1. Differentiate exercise and rehabilitation considerations across childhood and adolescence based on growth, maturation, physical literacy, training experience, and participation goals.
2. Apply principles of long-term athletic development and exercise prescription to pediatric patients across a continuum from developing physical literacy and lifelong physical activity to recreational and competitive sport participation.
3. Design and modify therapeutic exercise to preserve the intended clinical and physiological stimulus while increasing developmental appropriateness, engagement, and meaningful participation for pediatric patients.



Presenter: Asylnn Halvorson-Weaver, EdD, CSCS

Presenter Bio

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