## Basic Course Schedule*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:15am</td>
<td>Registration (Medical Sciences Lobby)</td>
</tr>
<tr>
<td>8:15-8:30</td>
<td>Welcome (Cole Hall)</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>Keynote speaker: Dr. Philip Sabes</td>
</tr>
<tr>
<td>9:30-9:45</td>
<td>Break</td>
</tr>
<tr>
<td>9:45-11:00</td>
<td>Timeslot 1*</td>
</tr>
<tr>
<td>11:00-11:05</td>
<td>Transition</td>
</tr>
<tr>
<td>11:05-12:20</td>
<td>Timeslot 2*</td>
</tr>
<tr>
<td>12:20-1:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00-1:50</td>
<td>Timeslot 3*</td>
</tr>
<tr>
<td>1:50-2:20</td>
<td>Posters</td>
</tr>
<tr>
<td>2:20-3:10</td>
<td>Timeslot 4*</td>
</tr>
<tr>
<td>3:10-3:15</td>
<td>Transition</td>
</tr>
<tr>
<td>3:15-4:30</td>
<td>Timeslot 5*</td>
</tr>
<tr>
<td>4:30-4:45</td>
<td>Closing remarks (Cole Hall)</td>
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</tbody>
</table>

*For each timeslot, please choose the room with presentations that appeal to you.*

- HSW-300: Orthopaedic
- HSW-301: Orthopaedic & Neurologic
- HSW-302: Neurologic & Pediatric
- HSW-303: Multi-Systems

### Orthopaedic – Room HSW-300

<table>
<thead>
<tr>
<th>Timeslot</th>
<th>Presentation topic</th>
<th>Presenter(s)</th>
</tr>
</thead>
</table>
| Timeslot 1 | - The Effect of Cognitive-behavioral Interventions on Patients with Osteoarthritis: A Systematic Review and Meta-Analysis  
- Do single-stage autologous chondrogenesis procedures improve pain and function in adults with chondral defects in the knee? A meta-analysis  
- The Effect of Mind Body Therapies on Pain, Function, and Psychosocial Factors in Adults with Chronic Neck Pain | Jessica McConahay  
Heather Armstrong  
Kelsey Coles |
| Timeslot 2 | - Does participation in proprioceptive training prevent the recurrence of ankle sprain in athletes with chronic ankle instability.  
- Outcomes of a Home Exercise-Based Program Versus a Traditional Rehabilitation Program Following ACL Reconstruction: A Systematic Review and Meta-Analysis  
- The Immediate Effects of Thoracic GPMV on Shoulder Range of Motion, Pain, and Function in People with Shoulder Pathology | Brett Lando  
Jessica Endo  
Sarah Whiteford |
| Timeslot 3 | - Is the Graston Technique more effective than joint mobilizations in the treatment of plantar fasciitis?  
- The acute effect of static vs dynamic stretching on power performance in athletes | Matthew Nobusada-Flynn  
Daniel Robeson |
| Timeslot 4 | - The effectiveness of bone marrow concentrate therapy on pain and function in patients with knee osteoarthritis.  
- Optimizing Fitness and Performance in the Tactical Athlete: A Comparison of the Effect of Non-Linear and Block Periodization | Dorian Danic  
Patrick Sullivan |
| Timeslot 5 | - The Effect of Trunk Stabilization Exercises on Functional Recovery in Patients Post-Stroke: A meta-analysis.  
- Diaphragm dysfunction in people with Chronic Low Back Pain | Brian Ziegler  
Ashley Sommers |

### Orthopaedic/Neurologic – Room HSW-301

<table>
<thead>
<tr>
<th>Timeslot</th>
<th>Presentation topic</th>
<th>Presenter(s)</th>
</tr>
</thead>
</table>
| Timeslot 1 | - Conservative Interventions for Task-Specific Focal Dystonia in Musicians: An Evidence-Based Review and Meta-Analysis  
- The Effectiveness of Aquatic Therapy vs. Land-Based Therapy on Pain and Function in Adults with Chronic LBP  
- The effectiveness of pelvic floor exercises on decreasing urinary incontinence in patients with strokes: An Evidence Based Review and Meta-Analysis | Jonathan Kretschmer  
Stacie Wong  
Jason Gee |
| Timeslot 2 | - Effectiveness of Retraining Jump Landing Performance Using Augmented Visual Feedback to Optimize Knee Kinematics in Healthy Individuals  
- Does pain during learning of a motor task impair retention in a healthy population?  
- The Effects of Cross Training on Performance and Its Applicability to Hotshot Firefighters: An Evidence Based Review | Sonja Kranzfelder  
Ellen Stück  
Anthony Harrell |
### Neurologic/Pediatric – Room HSW-302

| Timeslot 1 | - Does Adding Action Observation Training to Standard Physical Therapy Improve Gait Outcomes for Patients with Stroke? A Meta-Analysis  
- The Effectiveness of Split-Belt Treadmill Training on Gait in Patients s/p Chronic Stroke  
- The Effect of Mirror Therapy on Upper Extremity Sensorimotor Ability in Children and Adolescents with Cerebral Palsy: A Meta-Analysis  
- The effectiveness of dual task training on gait-related and cognitive outcome measures in patients with Parkinson’s disease. | Nikki Marini  
Arpita Vaidya  
Ashlee Eastman |
| Timeslot 2 | - Effectiveness of Task-Oriented Interventions in Functional Mobility for Children with Cerebral Palsy: A Meta-Analysis  
- The Effectiveness of Dual-task Training on Gait and Balance in Patients Post-stroke: A Systematic Review and Meta-Analysis  
- The effectiveness of dual task training on gait-related and cognitive outcome measures in patients with Parkinson’s disease. | Laura McIlvoy  
Christina Tsutsumi  
Merritt Fernandez |
| Timeslot 3 | - The Effects of Fitness Training on Cognitive Function in Patients with Multiple Sclerosis  
- The effectiveness of PNF on functional outcomes in patients with chronic stroke  
- The Effect of Patient-Centered Medical Homes on Cost and Health Outcomes in Adults: A Meta-analysis  
- Is Mirror Therapy an Effective Treatment for Pain in Complex Regional Pain Syndrome?  
- Effects of palliative exercise for patients with advanced cancer | Laura Plambeck  
Olga Nezhevenko  
Charllotte Anderson  
Julia Acker-Nielsen  
Jennifer Truong |
| Timeslot 4 | - Differing Varieties of Rest Soon After a Concussion or Mild Traumatic Brain Injury and Their Effect on Recovery: A Systematic Review and Meta-Analysis  
- The Effect of Positive Psychology Interventions on Pain Outcomes in Adults  
- The effect of guided imagery on self-efficacy, functional status, and pain perception for individuals with fibromyalgia  
- The Utilization of Physical Therapists in the Emergency Department and their Effects on Patient Satisfaction and Length of Stay | Seth Elliot  
Nicole Conley  
Val Brown  
Megan Yamashiro |
| Timeslot 5 | - The Effectiveness of the Central Sensitization Inventory at Identifying central sensitivity syndromes in a chronic pain population: A Systematic Review & Meta-Analysis  
- Does Preoperative Pelvic Floor Muscle Training Decrease Time to Urinary Continence After Radical Prostatectomy Surgery? A Meta-Analysis  
- Is Kinesio tape effective in reducing upper extremity lymphedema in women following breast cancer treatment? A Meta Analysis | Natalie Martinez  
Ciel Yogis  
Carolina Zubiri |
| Timeslot 6 | - Digital health and self management for chronic pain  
- Looking Within to Improve Outcomes for Our Patients: Can Implicit Bias Training for Providers Reduce Healthcare Disparities? An Evidence-Based Review | Dea Dauphinee  
Nicole Copti |