

## **Orthopaedic Clinical Practice Guidelines: Knee OA and Adhesive Capsulitis with Implications for Physical Therapist Practice**

### **Course Description:**

Presently the country is locked in a heated debate over healthcare reform. No matter what side of the debate you are on, all involved parties agree that something has to be done in order to control costs. It is generally accepted that healthcare reform will focus on clinical outcomes, patient satisfaction, and value. Third party payers will no longer reimburse for services for which no proof of efficacy is reported and the efficacy of treatments will be constantly monitored and updated. As physical therapists we are not immune to these new practice guidelines and must ensure we are delivering appropriate and cost-effective treatments.

Clinical practice guidelines are a common way of summarizing the evidence based recommendations for the management of disorders and conditions. The evidence is mounting and each year more and more guidelines come into existence. Most healthcare practitioners as well as 3<sup>rd</sup> party payers think these well researched guidelines are an excellent idea.

This program will focus on the value of evidence based treatment guidelines and present the guidelines for the management of Knee OA and adhesive capsulitis. Utilizing multimedia and lecture the guidelines will be described in detail with accompanying relevance to the practice of physical therapy. By the conclusion of this course the participant will be able to implement a physical therapy plan of care for patients with knee OA and adhesive capsulitis based on the best available evidence.

### **Course Objectives:**

At the conclusion of this course the participant will:

- Understand the etiology, prevalence, risk factors, and healthcare utilization related to OA of the knee
- Understand common radiographic assessments and changes related to OA of the knee.
- Understand the current AAOS guidelines for the non-arthroplastic treatment of OA of the knee with rationale and implications for physical therapist practice.
- Be able to implement a physical therapy plan of care for patients with OA of the knee based on the best available evidence.
- Understand the etiology, prevalence, risk factors, and healthcare utilization related to adhesive capsulitis.
- Understand the current clinical practice guidelines developed by the orthopaedic section of the APTA for the treatment of adhesive capsulitis with rationale and implications for physical therapist practice.
- Be able to implement a physical therapy plan of care for patients with adhesive capsulitis based on the best available evidence.

**Course Outline: 8 CEUs (8AM – 4PM)**

- 8:00-8:20 Introduction, Healthcare Reform, Clinical Practice Guidelines
- 8:20-9:15 Knee Anatomy Review, Knee OA Background, Radiographic Assessment and Changes Indicating OA of the Knee
- 9:15-9:25 Break
- 9:25-9:35 Research Review, Levels of Evidence and Implications
- 9:35-10:00 Group Discussion
- 10:00-11:25 Presentation of the Knee OA Guidelines with Detailed Analysis and Implications for the Practice of Physical Therapy.
- 11:25-11:45 Summary of the Guidelines with Suggestions for the Physical Therapy Plan of Care, When Conservative Measures Fail?
- 11:45-12:00 Q&A, Knee OA Wrap Up
- 12:00-1:00 Lunch on Your Own
- 1:00-2:00 Adhesive Capsulitis Background, Measuring Outcomes for the Shoulder
- 2:00-2:10 Break
- 2:10-2:30 Group Discussion
- 2:30-3:30 Presentation of the Adhesive Capsulitis Guidelines with Detailed Analysis and Implications for the Practice of Physical Therapy.
- 3:30-3:45 Summary of the Guidelines with Suggestions for the Physical Therapy Plan of Care, When Conservative Measures Fail?
- 3:45-4:00 Q&A, Adhesive Capsulitis Wrap Up

**Teaching Methods:** Lecture, Interactive Discussion, Video (Require Audio Support)

## References:

### Knee Osteoarthritis References

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### Adhesive Capsulitis References

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### **Biographies:**

**Ryan J. Grella, PT, DPT, OCS** is director of rehabilitation at Florida Hospital North Pinellas. He completed his undergraduate degree at the University of South Florida graduating Summa Cum Laude with a bachelor of arts in psychology. His psychology major taught him an appreciation of interpersonal relationships, motivation, and perception, which was very influential towards his future career as a physical therapist. At the University of South Florida School of Physical Therapy he received his entry level training and upon graduation he decided to continue his education with a transitional doctor of physical therapy through the University of St. Augustine for Health Sciences. He is an orthopaedic certified specialist through the American Board of Physical Therapy Specialties and a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

A passionate advocate for physical therapists, Ryan is chair of the FPTA Government Advocacy Committee and has been to Washington D.C. and Tallahassee on behalf of the profession in addition to setting up physical therapy PAC fundraisers attended by political candidates. He has contributed numerous articles and editorials to the various physical therapy trade magazines on the topics of advocacy, professionalism, and management, and his research has been cited in the APTA Choosing Wisely Campaign. He recently published *Direct Access to Physical Therapists: An Advocates Handbook*, which is available through the Kindle platform on Amazon.com. Ryan was the recipient of the 2014 President's Service Award from the FPTA. In his spare time he enjoys college football, political banter, traveling, becoming a better husband and father, and stress reducing bike rides along his beloved Dunedin causeway. He reports that he is on a perpetual quest to find the "it factors" that allow the good physical therapists to become great.

**Juan Jose Villeda, PT, OCS**, has worked at the James A. Haley Veterans' Hospital since 2005. He received his bachelor of science in rehabilitation services at the University of Florida. While in school he volunteered hundreds of hours at the local VA where he developed a strong sense of commitment to the veteran healthcare system and later the drive to work with polytrauma patients returning from war. He pursued his Master of Science in Physical Therapy at the University of South Florida. Currently he is helping to foster a direct access approach to PT care in the VA system. This motivated him to begin his studies for his transitional doctorate in physical therapy from Temple University in 2013. Mr. Villeda is a board certified clinical specialist in Orthopaedic Physical Therapy and a faculty member of the James A. Haley Veteran's Hospital orthopaedic physical therapy residency program. He is an APTA Credentialed Clinical Instructor and a member of the American Physical Therapy Association and the Florida Physical Therapy Association where he serves on the government advocacy committee, and is Treasurer for the West Central District.

As a first generation American Juan Jose feels it is everyone's civic duty to take part in the political process and thus his strong advocacy for patients and physical therapists at the state and federal levels. Never short on opinions he is a proponent of healthcare reform and the elimination of government waste. He takes a keen interest in the intersection of healthcare economics and the behaviors that drive it. In his spare time he enjoys college football, cycling, traveling the world, good food and culture, and has recently taken up mountaineering with his close PT colleagues.