

NATIONAL ASSOCIATION OF BLACK PHYSICAL THERAPISTS

ANNUAL CONFERENCE 2024



JUN 21- 22

WASHINGTON
UNIVERSITY IN ST. LOUIS

WELCOME

Dear Esteemed Members and Guests,

It is with immense pleasure and excitement that we welcome you to the 4th Annual Conference of the National Association of Black Physical Therapists. After navigating the challenges of virtual gatherings, we are overjoyed to reunite in person and seize this invaluable opportunity to connect, learn, and advance together.

Our organization is a catalyst for change and inclusion, with a primary focus on increasing opportunities for the African Diaspora in physical therapy. We are deeply committed to promoting diversity, equity, and excellence within our field, while supporting the provision of culturally competent health care services in all communities.

This conference is a testament to our collective dedication and resilience. We have an inspiring lineup of speakers, workshops, and networking sessions designed to enrich your professional journey and empower you to make a significant impact in our field. Our mission is to provide opportunities for increased visibility, networking, community service, advocacy, career development, and mentorship for Black physical therapists and physical therapist assistants.

Thank you for your unwavering support and participation. We look forward to a productive, enlightening, and inspiring conference with all of you.

Warm regards,

Oluremi Onifade and DeAndrea Melvey

President and Vice President, National Association of Black Physical Therapists



NABPT

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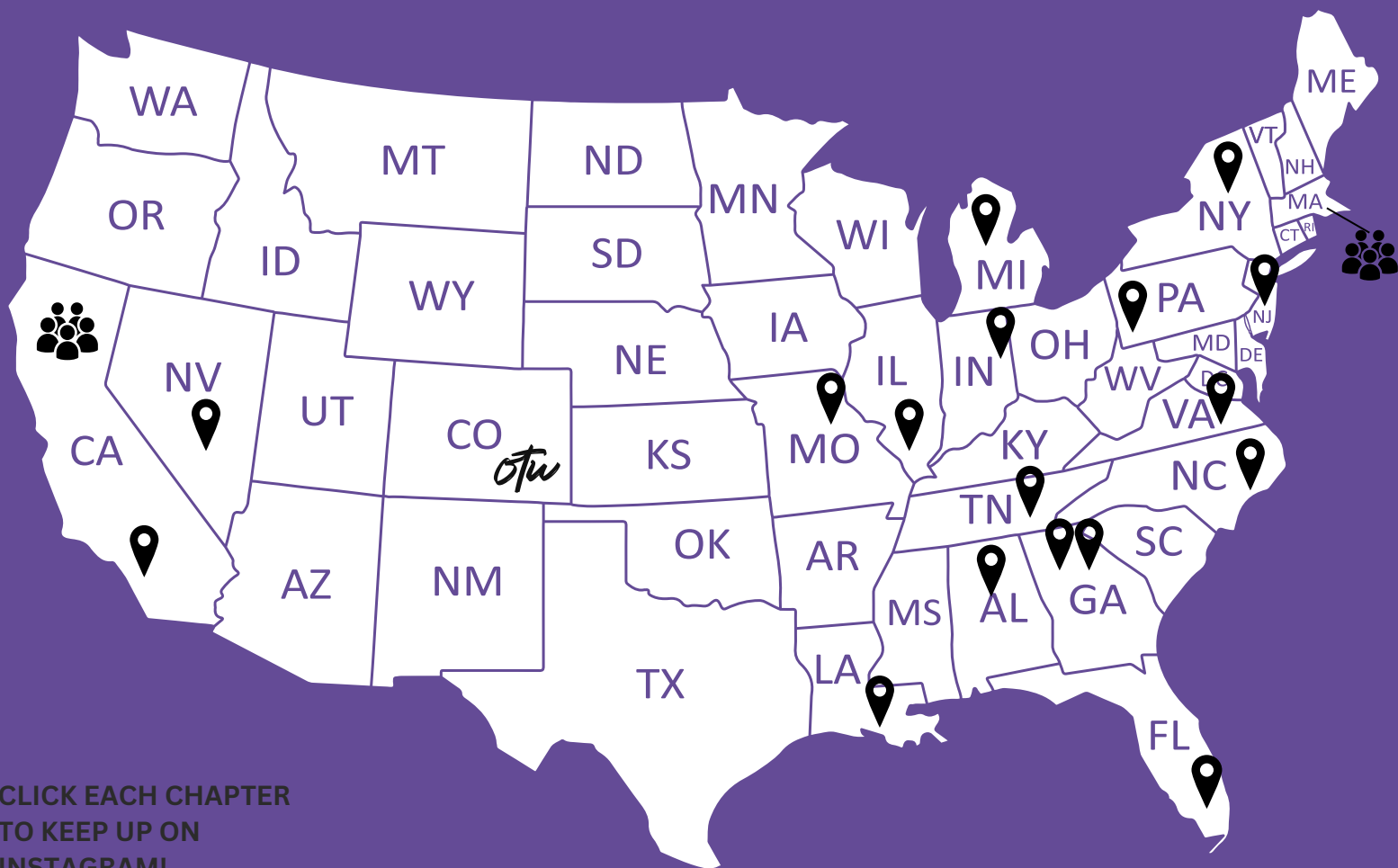


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CLICK EACH CHAPTER TO KEEP UP ON INSTAGRAM!

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SCHEDULE

FRIDAY

- 4pm** WELCOME
- 5:30pm** SHIFTING THE PERSPECTIVE IN OUTPATIENT ORTHOPEDICS
- 6:45pm** MINDFULNESS: A CATALYST FOR CHANGE IN THE CLINIC AND IVORY TOWER
- 8pm** CONFERENCE MIXER : @ OPEN CONCEPT

SATURDAY

- 8am** MORNING MEDITATION
- 9:15am** BUILDING YOUR BUSINESS AS A REHAB SPECIALIST
- 9:15am** BLACK CHILDREN IN PT (EARLY INTERVENTION) - BREAKING BARRIERS WITH EDUCATION
- 10:30am** 15 MINUTE BREAK
- 10:45am** FROM DISMISSED TO EQUIPPED
- 10:45am** ADMISSIONS IN TRANSITION: MEETING THE CHALLENGE OF EQUITY AND ACCESS IN PT EDUCATION IN A POST-AFFIRMATIVE ACTION ERA
- 12:15pm** EMPOWERING THE HEALERS: NAVIGATING FINANCIAL WELLNESS FOR PT PROFESSIONALS
- 1:30pm** LUNCH AND LEARN - NPTE WON'T STOP ME!

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SCHEDULE (CONTINUED)

SATURDAY

- 2:50pm** **MERGING DEI INITIATIVES IN TELEHEALTH: DRIVING CHANGE TOWARDS HEALTH EQUITY**
- 2:50pm** **MAKING SENSE OF EXERCISE PRESCRIPTION: NAVIGATING THE OBSTACLES IN DECISION MAKING**
- 4:15pm** **THE KEY TO LEADERSHIP WITH THE FOUNDING BOARD**
- 5:40pm** **CONCLUSION CEREMONY**

**DETAILED SESSION
DESCRIPTIONS AND
SPEAKER BIOGRAPHIES
FOLLOW**

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MEET THE SPEAKER

SAMI AHMED, PT, DPT, CMTPT

SHIFTING THE PERSPECTIVE IN OUTPATIENT ORTHOPEDICS



Originally from Prince Georges County Maryland, Sami earned his undergraduate degree in Kinesiology with a specialization in Biomechanics from the University of Maryland in 2012. He furthered his education by completing a Doctorate in Physical Therapy from Marymount University in Arlington, Virginia.

With over a decade of experience in the field, Sami has held significant roles within Orthopedic Associates of Central Maryland (OACM). Initially serving as a Clinic Director across various locations, he has transitioned into the role of Director of Therapy Business Operations. Currently, Sami oversees a team of more than 40 providers spanning eight locations in Howard, Carroll, and Baltimore counties.

Throughout his professional journey, Sami has been dedicated to assisting athletes of diverse backgrounds and ages in their return to sports following injury. His extensive background in competitive martial arts, as well as gymnastics and acrobatics, provides him with a unique perspective and skill set that benefits the Orthopedic Associates of Central Maryland Physical Therapy Team.

Beyond his professional commitments, Sami is actively involved as a Lecturer and Instructor at the University of Maryland School of Public Health. His instructional focus encompasses topics such as Neurophysiology, Motor Control, and advanced practices tailored to Athlete-specific training principles. Additionally, Sami has recently taken on the role of Director of Diversity, Equity, and Inclusion (DEI) at the American Physical Therapy Association Maryland Chapter, further exemplifying his commitment to supporting the growth and development of healthcare professionals.



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PROGRAMMING

SHIFTING THE PERSPECTIVE IN OUTPATIENT ORTHOPEDICS

FRIDAY 5:30-6:45 PM

SPEAKER: SAMI AHMED, PT, DPT, CMTPT

Description: Foster a Comprehensive Awareness of the Ever-Evolving Landscape of Medicine Among Clinicians, Both Novice and Seasoned. Acknowledge the Prevalence of Frustrations in the Medical Field, Unifying New and Experienced Practitioners in Their Concerns. Inspire a Mindset Shift Emphasizing Problem-Solving over the Pursuit of Constant Change. Illuminate the Role of Perspective Alteration in Enhancing Outcomes and Alleviating Stress in Healthcare. Dissect Common Misconceptions Surrounding Insurances and Billing in the Medical Domain. Advocate for a Surge in Clinician Leadership and a Transformative Shift in Mindset to Address Contemporary Healthcare Challenges.

Target Audience: PT/PTA, SPT/SPTA, department chairs/program directors, other: healthcare administrators, Clinic Directors, and Clinic Managers



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MEET THE SPEAKER

KIAANA HOWARD, PT, DPT



MINDFULNESS: A CATALYST FOR CHANGE IN THE CLINIC AND THE IVORY TOWER

Kiaana Howard, PT, DPT is an Assistant Professor in the Program of Physical Therapy and Department of Orthopedic Surgery within the Washington University School of Medicine and member of the DEI-B committee as the Clinical Division Lead with a focus on clinical practice and community engagement. Kiaana is also a practicing physical therapist with experience in the outpatient and Acute/Rehabilitation settings. Her focus is community engagement with an emphasis to increase awareness of health disparities, social inequities, and educate various individuals on DEI-B focus content that is prevalent among underrepresented minority (URM) groups. Kiaana has also been a featured speaker on TEDx TEDTalk titled “The Lack of Diversity in Healthcare: A Health Disparity” discussing the need to improve visible diversity in physical therapy and other healthcare professions. She also holds memberships with the nationally recognized American Physical Therapy Association and the National Association of Black Physical Therapists.



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MEET THE SPEAKER

LAVERENE GARNER, PT, DPT, EDD, NCS

MINDFULNESS: A CATALYST FOR CHANGE IN THE CLINIC AND THE IVORY TOWER



LaVerene Garner, PT, DPT has been a licensed physical therapist since 2001 and is a board certified neurologic clinical specialist. During her 15 years as a full time clinician, she played a key role in the development of an interdisciplinary yoga and meditation program in a concussion recovery program at a military treatment facility. Dr Garner has over 6 years of teaching experience as a core faculty member and has presented at the state and national level. Her current research focuses on evidence-based PA promotion in people with Multiple Sclerosis and older adults and also the implementation of a clinical reasoning tool with physical therapy students.



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MINDFULNESS: A CATALYST FOR CHANGE IN THE CLINIC AND THE IVORY TOWER

FRIDAY 6:45-7:45 PM

SPEAKERS: KIAANA A. HOWARD, PT, DPT AND
LAVERENE GARNER, PT, DPT, EDD, NCS

Description: Mindfulness, or the act of choosing to pay attention intentionally, is an area of study that has recently garnered increased attention in the literature. The increasing demand for academic professionals in DPT programs is ever-growing, and the need for Clinical practitioners to transition into these sectors is equally as pertinent as DPT academics continues to evolve over time. The purpose of this session is to highlight the importance of mentorship and necessary onboarding for current practitioners to transition into PT academics. This session will also utilize various mindfulness techniques while navigating the decision-making process as it relates to career change and new spaces as a novel academician. As a conclusion, the participants should leave this session with a better understanding of mindfulness practice as well as the ability to generate and identify strategies in seeking mentorship and advice when transitioning from clinical care to DPT academics.

Target Audience: PT/PTA, SPT/SPTA, academic faculty, residents/fellows, department chairs/program directors, clinical instructors, other healthcare professionals and educators



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PROGRAMMING

MORNING MEDITATION

SATURDAY 8-9AM

Start your morning off right with meditation!



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MEET THE SPEAKER

BRIAN K. WALLS, DPT, FINANCIAL ADVISOR

BUILDING YOUR BUSINESS AS A REHAB SPECIALIST



Born and raised in Philadelphia, Brian earned a bachelor of science degree from Wake Forest University and a doctorate in Physical Therapy from the New York Institute of Technology. After creating numerous healthcare businesses, Brian created his financial practice, BKW Financial, through Northwestern Mutual in 2019. As a licensed financial advisor, Brian's mission is to be a light, path and bridge for clients to help build generational wealth and to provide financial education.



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PROGRAMMING

BUILDING YOUR BUSINESS AS A REHAB SPECIALIST

SATURDAY 9:15-10:30AM

SPEAKER: BRIAN K. WALLS, DPT, FINANCIAL ADVISOR

Description: This topic will focus on the importance of therapists seeing themselves as a self contained business separate from the facility that they may work. This is important because in this current healthcare environment, therapists are seen as easily replaceable. If therapists see themselves as a business then there are decisions that need to be made so that no one is dependent on a facility and are able to thrive regardless of what happens within the industry.

Target Audience: PT/PTA, SPT/SPTA, academic faculty, residents/fellows, department chairs/program directors, clinical instructors



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MEET THE SPEAKER

JENNETTA SPEARS, PT, DPT

BLACK CHILDREN IN PT (EARLY INTERVENTION) - BREAKING BARRIERS WITH EDUCATION



Jennetta Spears, PT, DPT is a licensed physical therapist who has served primarily the pediatric population since 2014. She received her Doctor of Physical Therapy degree at Winston Salem State University in 2013. She has experience in the following conditions: children with medically fragile and complex conditions, delayed developmental milestones, equipment assessments and LMNs for children, Duchenne muscular dystrophy, hypertonia, hypotonia, generalized muscle weakness, HIE (hypoxic ischemic encephalopathy), prematurity, cerebral palsy and other neurological conditions. Jennetta Spears, PT, DPT is an entrepreneur who provides services to clients in North Carolina in Wake and Johnston Counties. She loves working with children, especially babies and toddlers. Dr. Spears is also founder and CEO of EJ Kicks LLC, which is an adaptive shoe brand for children and teens who wear foot orthotics. She has created a patent pending shoe design that allows space and is a better fit for children that wear bulky foot orthotics. Dr. Spears is also an adjunct faculty for Winston Salem State University to help teach typical development in children. Dr. Spears is a wife and mother of 2 amazing children. She loves her family dearly. Instagram: @jspearsptllc and @ejkicksllc.



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BLACK CHILDREN IN PT (EARLY INTERVENTION) - BREAKING BARRIERS WITH EDUCATION

SATURDAY 9:15-10:30AM
SPEAKER: JENNETTA SPEARS, PT, DPT

Description: Black children have less participation in early intervention services. This is disproportioned in comparison to prevalence of conditions that would require early intervention services. During this presentation we will discuss the research behind participation of black children in early intervention services. We will also discuss various conditions that impact black children and discuss the importance of early intervention for their conditions. There are various factors that seem to impact why a family decides whether to have their child participate in early intervention services. As physical therapists, we must do our part to educate families in our community about the importance of early intervention services. Explaining to parents that the "Wait and See" method is not good for children when you have concerns about their gross motor skills. We must educate and provide resources to our communities in regards to the process of obtaining an evaluation through early intervention services. Educating local pediatrician offices can help bring awareness about resources that local doctors may not be aware of. Discussion will be on how we can help bring awareness to our communities about early intervention services to impact more participation in our communities to help improve functional outcomes in black children's lives. We will bring about change to our communities through education in comfortable settings for black children.

Target Audience: PT/PTA, SPT/SPTA



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MEET THE SPEAKER

JASMINE BLOCKER, PT, DPT



FROM DISMISSED TO EQUIPPED

Dr. Jas earned her Doctorate of Physical Therapy Degree from Shenandoah University in 2021. During the same year, she completed an Early Intervention Certificate Course via Georgetown University. With a profound commitment to pediatrics, Jasmine has dedicated her career to serving the birth-to-3 years age group. She also brings valuable experience from her work in an inpatient rehabilitation hospital, where she treated both adult and geriatric patient populations. Jasmine's career has taken her on an exciting journey into travel pediatric PT, with stints in Arizona and Maui. She's not only dedicated to her work but also to lifelong learning. In pursuit of this passion, she completed the Medical University of South Carolina's "Lend Program," aimed at improving healthcare access and services for children and families with disabilities. Jasmine is enthusiastic about her profession and enjoys educating others about the diverse field of physical therapy through her Instagram blog, "DPTANDME." She has authored an interactive book titled 2.76, sharing her personal challenges and triumphs throughout her PT school journey. In her free time, Dr. Jas loves to be around family and friends, participate in karaoke, and travel!



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FROM DISMISSED TO EQUIPPED

SATURDAY 10:45AM-12PM
SPEAKER: JASMINE BLOCKER, PT, DPT

Description: This session will center on overcoming failure, a topic close to my heart. I'll delve into the hurdles I encountered, notably my dismissal from the PT program due to a GPA merely 0.04 shy of the required average. This experience has inspired me to pen a book titled "2.76." Our discussion will encompass various subjects, from effective study techniques to exploring diverse PT career paths, as well as navigating student loan forgiveness and more.

Target Audience: PT/PTA, SPT/SPTA, Academic Faculty, Prospective Students



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MEET THE SPEAKER

**KWAKU A. KANKAM, PT, DPT, EDD
BOARD CERTIFIED NEUROLOGIC PHYSICAL
THERAPY SPECIALIST**



ADMISSIONS IN TRANSITION: MEETING THE CHALLENGE OF EQUITY AND ACCESS IN PT EDUCATION IN A POST- AFFIRMATIVE ACTION ERA

Dr. Kankam is a core faculty member with THE Tennessee State University Department of Physical Therapy who formerly held the position of core faculty member at Lincoln Memorial University-Knoxville, in Knoxville, Tennessee, and adjunct professor at the University of St. Augustine-Austin campus. He is actively involved in admissions, student enrichment, curriculum development, and chairs the neurorehabilitation coursework for the DPT curriculum. Dr. Kankam has recently completed his Educational Doctorate (EdD) at Lincoln Memorial University with a concentration in Higher Education. His dissertation on Appalachian region DPT admissions faculty's perceptions of the holistic nature of their admissions requirements was successfully defended in the Spring of 2024. Dr. Kankam earned his Doctor of Physical Therapy (DPT) degree from Emory University in Atlanta, Georgia, in 2011, following the completion of his Bachelor of Science (BS) in Bioengineering at the University of Toledo in 2008. Dr. Kankam began his career in the inpatient rehabilitation setting with a focus on a CVA population, prior to traveling as a contract-assignment therapist and eventually settling in Austin, Texas where he practiced in the acute care setting while beginning his career in academia. In 2018, Dr. Kankam was recognized as a Board Certified Neurologic Physical Therapist (NCS) by the ABPTS, and he also holds a Certification in Clinical Instruction from the Texas Consortium for PT Clinical Education.



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ADMISSIONS IN TRANSITION: MEETING THE CHALLENGE OF EQUITY AND ACCESS IN PT EDUCATION IN A POST-AFFIRMATIVE ACTION ERA

SATURDAY 10:45AM-12PM

SPEAKER: KWAKU A. KANKAM, PT, DPT, EDD
BOARD CERTIFIED NEUROLOGIC PHYSICAL THERAPY
SPECIALIST

Description: The recent Supreme Court ruling has introduced another hurdle in our pursuit to achieve equity within our profession. How can we address the challenge of enhancing diversity when we are restricted in our ability to consider race in the selection of DPT program applicants? Black students, on average, grapple with greater socioeconomic challenges, resulting in disparities in precollegiate education, thus making their path to graduate level programs, such as Doctor of Physical Therapy (DPT) programs, much more challenging. In 2013, the American Council of Academic Physical Therapy (ACAPT), which is a not-for-profit association dedicated to excellence in DPT programs, recognized the pressing need for diversity in our profession and commissioned a Diversity Task Force. This Diversity Task Force concluded a need for a clearer and more proactive plan to increase the number of Underrepresented Minorities (URMs) in DPT programs and thus the profession; a plan which identified admissions policies and practices at the DPT educational level as a barrier. Researchers have encouraged DPT programs to review their current admissions practices to incorporate more holistic admissions review processes to capture this diversity. This presentation will explore the historical context of diversity in admissions and discuss future ways to improve diversity through actionable practices within physical therapy education admissions based on the research which exists in the field of socially equitable admissions.

Target Audience: PT/PTA, Academic Faculty, Department Chairs/Program Directors, Prospective Students



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MEET THE SPEAKER



AMBER N. BROWN, PT, DPT, WCS, CD(DONA), PCES, CLT, RYT

EMPOWERING THE HEALERS: NAVIGATING FINANCIAL WELLNESS FOR PHYSICAL THERAPY PROFESSIONALS

Amber Brown is a dynamic entrepreneur and dedicated healthcare professional with a multifaceted career in the Dallas-Fort Worth area. She holds a Bachelor's degree from Washington University in St. Louis, a Doctorate in Physical Therapy from Tennessee State University, and completed her Women's/Pelvic Health Residency Training through Baylor Rehab and Texas Woman's University. As a Doctor of Physical Therapy and Board-Certified Pelvic Health Specialist, she brings extensive expertise and compassionate care to her patients.

By day, Amber serves as a Registered Yoga Teacher and Birth Doula, providing comprehensive maternal health support through her venture, Root Physical Therapy and Wellness. As the co-founder of Pelvic PT Doula, she extends her impact by providing an educational platform for pelvic health experts aspiring to contribute to the intrapartum journey. Committed to education, Amber actively mentors physical therapy students globally as a guest lecturer and contributing faculty member, shaping the next generation of healthcare leaders.

By night, Amber transitions into her role as a money mentor and business coach through BalanceCare Wealth Odyssey. Recognizing the importance of financial stability in reducing stress, she specializes in financial wellness for healthcare professionals. With certifications as a financial, business, and health coach, Amber merges these disciplines to foster resilience and fulfillment, helping professionals avoid burnout.

She serves in leadership roles in her local Chapter of Delta Sigma Theta Sorority, Inc., the Texas Physical Therapy Association, and as a Founding Board member and former Conference Chair for The National Association of Black Physical Therapists

Email: hello@dramberbrown.com

Website: www.dramberbrown.com

Instagram: [dr.amberbrown.com](https://www.instagram.com/dr.amberbrown.com)



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EMPOWERING THE HEALERS: NAVIGATING FINANCIAL WELLNESS FOR PHYSICAL THERAPY PROFESSIONALS

SATURDAY 12:15- 1:30PM

SPEAKER: AMBER N. BROWN, PT, DPT, WCS,
CD(DONA), PCES, CLT, RYT

Description: In alignment with the 2024 conference theme, "Breaking Barriers and Empowering Change," this presentation aims to shed light on the often-overlooked financial challenges faced by physical therapy professionals. The purpose is to empower us by providing insights, strategies, and a renewed perspective on our financial well-being, ultimately fostering positive change in both our personal and professional lives.

Target Audience: PT/PTA, Academic Faculty, Residents/Fellows, Department Chairs/Program Directors, Clinical Instructors, Prospective Students



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MEET THE SPEAKER

DAVID FRIEDBERG, PT, DPT



LUNCH AND LEARN NPTE WON'T STOP ME!

David Friedberg, PT, DPT is a physical therapist and a graduate from Russell Sage College DPT program in Troy, New York. While in his undergraduate program at State University of New York at Oneonta, he was a division 3 NCAA wrestler. He learned many of his life lessons while on the wrestling mat.

David currently works in an outpatient private practice in Long Island, New York. While not inside of the clinic, he works for an NPTE preparation course called NPTE Final Frontier as Course Coordinator (<https://www.npteff.com>). He has found a true passion for assisting both PTA and PT students in passing their NPTE. He is also one of the hosts of the NPTE Final Frontier Podcast, which helps to provide further guidance to students.

David currently serves on the Board of Directors for the Foreign Academic Credentialing Tools & Services (<https://www.factspt.org>). FACTS PT is a 501 (c)(3) non-profit organization assisting foreign-trained students with the PT and PTA licensure process in the United States.

David has presented at the APTA Combined Sections Meeting, the California Physical Therapy Association Tri-State Conference, and the World Physiotherapy Congress. David was selected as an APTA Association Leadership Scholar for 2024.

You can connect with David at:

Email: DavidPTDPT@yahoo.com

Facebook: <https://www.Facebook.com/DavidPTDPT>

Instagram: <https://www.Instagram.com/DavidPTDPT>

LinkedIn: <https://www.Linkedin.com/in/DavidPTDPT>

Twitter: <https://www.Twitter.com/DavidPTDPT>



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MEET THE SPEAKER

CHIDINMA CHRISTABEL OJUKWU, PT, DPT, MS



LUNCH AND LEARN NPTE WON'T STOP ME!

Dr. Chidinma Christabel Ojukwu is a licensed physical therapist in Maryland, USA and Canada. She earned her Doctor of Physical Therapy degree from the University of Montana in 2022 and her Master's degree in International Adapted Sports and Physical Activity from Katholieke Universiteit Leuven, Belgium.

She has extensive experience in serving people with visual, physical and intellectual disabilities in Special Olympics and Paralympic Games. She enjoys working with diverse people and is currently employed at a private athletic performance centre in Canada.

Dr. Christabel is also passionate about helping and training students for their academic and licensure examinations. She is a dedicated team member for NPTE Final Frontier where she assists both PTA and PT students in their NPTE exams.

In her personal time, Dr. Christabel enjoys running, biking, hiking and cooking, activities that reflect her commitment to a healthy and active lifestyle.

Instagram: @dinmachris

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LUNCH AND LEARN NPTE WON'T STOP ME!

SATURDAY 1:30- 2:45PM

SPEAKERS: DAVID FRIEDBERG, PT, DPT AND CHIDINMA
CHRISTABEL OJUKWU, PT, DPT, MS:

Description: Breaking barriers and empowering change is the only way for anything to progress. The best way to start breaking barriers and empower change is to start at the beginning when someone is a student. NPTE Won't Stop Me is a presentation on NPTE tips and how someone can design a plan for their NPTE success. You have to empower those sitting for the NPTE so that they can know how to be able to rise to the occasion throughout their careers, as the NPTE won't be the only obstacle they face. They will learn accountability, structure, and recognition as to what they aren't doing. This NPTE is a barrier for many foreign-educated students and US-educated students alike. Some foreign-educated students may have not been exposed to a multiple choice question examination in their schooling. This NPTE will serve as a barrier for them, as they will not know how to necessarily overcome and address studying properly. This presentation will serve to educate the faculty, PTs, PTAs, prospective PTs and prospective PTAs on the importance of structure and accountability in order to properly overcome the NPTE. Once they are capable of overcoming the NPTE, they will be able to continue to break barriers and empower change for the future of our profession

Target Audience: PT/PTA, Academic Faculty, Residents/Fellows, Department Chairs/Program Directors, Clinical Instructors, Prospective Students



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MEET THE SPEAKER

CAITLIN SHAW, PT, DPT, SCS, BCS

MERGING DEI INITIATIVES IN TELEHEALTH: DRIVING CHANGE TOWARDS HEALTH EQUITY



Dr. Caitlin Shaw has been a physical therapist for over 10 years, working primarily with orthopedic conditions. Originally born in North Carolina as an Army brat, she spent most of her childhood and school-age years in New Jersey. She graduated from University of the Sciences in 2013 with her Doctorate of Physical Therapy. While in school, she played four years on the women's basketball team, amassing over one thousand points and was honored with All-American status and conference Player of the Year her senior year. She would later be inducted into her college Hall of Fame. Since graduating, Cait has worked as both a staff physical therapist and facility manager in various parts of Philadelphia serving primarily urban communities. While working in South Philadelphia, she participated in multiple health events within the surrounding neighborhoods such as a community walk and health fair, providing resources and information on affordable healthy food options within the community. In 2017, Cait passed the test to become a board certified specialist in Sports Physical Therapy. In 2021, she joined Hinge Health, and has since taken a more direct approach to fighting for health equity. Seeing an opportunity to both educate as well as bring attention to a systemic issue, Cait worked with learning and development teams as well as the DEI team at Hinge Health to create a learning track on unconscious bias for the clinical team. She has created internal resources for both unconscious bias as well as microaggressions for Hinge Health. In addition to her board certification in sports physical therapy, she has obtained a behavior change certification and strives to understand what drives behavior change with regards to rehabilitation across race and ethnicity. She currently serves as a Physical Therapist and co-lead of the Faith in the Workplace-ERG at Hinge Health.



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MERGING DEI INITIATIVES IN TELEHEALTH: DRIVING CHANGE TOWARDS HEALTH EQUITY

SATURDAY 2:50-4PM

SPEAKER: CAITLIN SHAW, PT, DPT, SCS, BCS

Description: Key points of this presentation will include multiple examples of disparities that exist within the healthcare field, the history of how these disparities came to be, and strategies to combat them within our workplace. The theme Breaking Barriers and Empowering Change is so fitting for this topic, because we are in the midst of a culture that is a dichotomy of both denying that bias plays any role in the healthcare system and admitting that hundreds of years of racist ideals and laws have placed Black and Brown individuals in the most vulnerable of situations. The Covid-19 pandemic created a magnifying lens type of atmosphere that had many institutions and individuals backpedaling and grappling to develop responses to overt racism in our field, however, we must take this time to keep our foot on the gas pedal of empowering change. To conclude, I would like to highlight that having anti-racist ideology is not enough to empower and incite real change. We must take what was once considered a passive tool of hope for change and make it an active tool. The goal will be to walk away from this presentation with ideas and inspiration for actions that will serve as a catalyst for real change without our respective fields and workplaces.

Target Audience: PT/PTA, SPT/SPTA, Clinical Instructors, Prospective Students



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MEET THE SPEAKER

MARIO BELTRAN, PT, DPT, CSCS

MAKING SENSE OF EXERCISE PRESCRIPTION: NAVIGATING THE OBSTACLES IN DECISION MAKING



Mario Beltran is a physical therapist and performance coach. He runs a self-named business in Miami that combines digital and in-person services to deliver rehab and wellness promotion. Mario received his Bachelor's degree in Applied Physiology & Kinesiology at the University of Florida, and his Doctorate in Physical Therapy at Florida International University. Since graduating, his experience has been through multiple outpatient ortho settings, including a clinic that mostly treated people with persistent pain; an occupational health facility; a clinic that helped treat a wide variety of orthopedic impairments; and a sports boutique clinic that mostly treated professional football athletes. With his current business, Mario focuses on working with 30+ year-olds as a chance to both treat impairments and change the narratives about aging that create barriers to improved long-term health. His current professional interests include the interaction of exercise, pain, and human behavior. Mario hopes to use a combination of evidence and perspective to facilitate better decisions regarding care for both patients and providers.



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PROGRAMMING

MAKING SENSE OF EXERCISE PRESCRIPTION: NAVIGATING THE OBSTACLES IN DECISION MAKING

SATURDAY 2:50-4PM

SPEAKER: MARIO BELTRAN, PT, DPT, CSCS

Description: This presentation aims to improve understanding and intention of exercise prescription in musculoskeletal rehab by navigating the narratives that dominate our decision making. Active exercise has (arguably) become a leader among our choices of orthopedic rehab interventions. As we continue to try to understand the complexities of musculoskeletal pain and injury, we have also created various reasons to justify exercise prescription. It's not uncommon to see applications or discussions on exercise prescription include: "Right/wrong" exercises, "Right/wrong way" to do the exercises, "The one exercise you're missing", "Top 3 exercises for ___ pain", Different types of programs all having success for similar issues, Depending on specific pre-determined protocols. Although these narratives are often well intentioned, they can create barriers around our clinical reasoning. Lack of context from these narratives limit our ability to understand and process exercise prescription. By understanding mechanisms, risk factors, potential benefits, and the interaction of multiple factors, we can then create context to help make sense of the relationship between pain and rehab to better facilitate the decisions behind exercise prescription.

Target Audience: PT/PTA, SPT/SPTA



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PROGRAMMING

THE KEY TO LEADERSHIP WITH THE FOUNDING BOARD

SATURDAY 4:15-5:30PM

REMI ONIFADE, PT, DPT, M. ED, CCI, CDP

DEANDREA MELVEY, PT, DPT, CCI, CDP

AMBER BROWN, PT, DPT, WCS, CLT, RYT-200, PCES, CD(DONA)

KRYS HINES, PT, DPT, MBA, CEAS II

MICHAEL ROBINSON, PT, DPT, OCS

RHIANNA REDDEN, PT, DPT, CSCS

BREANA RICHARDSON, PT, DPT

Description: This panel discussion will feature several members of the founding board of the NABPT. The theme will be to provide leadership gems based on lived experience.

Target Audience: PT/PTA, SPT/SPTA



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