

Concussion Protocols and Knee Injury Rehab: A CME Event



Session Objectives:

1. Define closed-pack position of the knee, and discuss gender norms for extension ROM.
2. Look at functional outcomes in ACL-R with regards to knee extension post-op.
3. Look at knee osteoarthritic changes post-surgical and extension research.
4. Discuss PFPS predictors and research findings.
5. Define 'deconditioned' knee and its relationship to predictors of anterior knee pain per research.
6. Discuss Regional Interdependence & effect in knee rehabilitation.
7. Extension ROM measurements.

-
1. Understand basic anatomy, biomechanics of injury, and pathophysiology of concussion.
 2. Be able to identify primary and secondary symptoms after concussion.
 3. Understand the potential dangers of second impact syndrome.
 4. Understand how physical therapy treatment aids in concussion recovery.
 5. Understand return to play protocols and guidelines.



Brad Simpson, PT, DPT, CSCS, COMT, FAAOMPT

Brad Simpson graduated from Pacific University in 2005, with a Doctorate of Physical Therapy (DPT). Since then, Brad has been a full-time clinician in outpatient therapy. During that time, Brad also worked at Pacific University as an Adjunct Faculty in spinal and peripheral orthopaedics between 2008-2012.

He successfully completed the North American Institute of Orthopaedic Manual Therapy (NAIOMT) Fellowship Program in 2012 and is a certified Orthopaedic Manipulative Therapist (COMT), and became a Fellow of AAOMPT in 2012. He is also a certified Sports & Conditioning Specialist (CSCS) from the NSCA since 2016.

Brad has been published in the Journal of Manual & Manipulative Therapy (JMMT) in 2012 with a regional interdependence case study in the lower quadrant, as well as the Practical Pain Management (PPM) Journal on treating patients with chronic lumbar pain in physical therapy. He has spoken at numerous symposiums on the evaluation and management of lower extremity injuries.

Currently, Brad is the Regional Director of Clinical Excellence (RDCE) for OR ATI Clinics, coordinating the clinical growth for OR clinicians, the OR ATI clinical mentorship program, and OR Orthopedic Residency Program.



Evan Snyder, PT, DPT

Evan graduated from the University of Delaware in 2012 with an Honors Bachelor of Science degree in Exercise Physiology and returned to earn his Doctor of Physical Therapy degree in 2015.

Evan has worked in the outpatient setting for 3 years with a philosophy of treating the entire person to address the root cause of pain or limitation and improve the patient's overall quality of life. He has experience treating athletes and a variety of orthopedic injuries, with interest in lower extremity injuries and concussion.

Evan moved to Oregon with his wife, Dana, and enjoys watching sports (especially soccer), sampling local beer, and spending time with their 3 pets!