



Rehab Series Mini Conference

Friday, April 11, 2025 • Indian Hills Community College

Schedule:

Attendees will have the opportunity to select one of two tracks each the morning and the afternoon session. Available tracks include: Physical Therapy or Occupational Therapy.

Adult sessions will be 3 hours in length. All sessions have a 15-minute built-in break or break between sessions.

Sessions will be eligible for 3.5 CEUs per session, totaling 7 CEUs for each morning/afternoon combination.

Time Slot	Discipline	Speaker	Topic	Length
7:30-7:55am	Sign-In			
8:00-11:15am	PT	Trina Huber	Lymphedema - Getting the Diagnosis – Recognizing and Treating Symptoms	3 hr.
8:00-11:15am	OT	Karen Speicher	Putting “OCCUPATION” Into Occupational Therapy	3 hr.
11:15-11:45am	Lunch			
11:45am-3:00pm	PT	Dustin Briggs	Instrument Assisted Soft Tissue Mobilization for Musculoskeletal Conditions	3 hr.
11:45am-3:00pm	OT	Sydney Marshman	Rehab Therapists as Aging in Place Experts: Enhancing Independence and Safety at Home	3 hr.

Presentation and Speaker Information:

Lymphedema - Getting the Diagnosis – Recognizing and Treating Symptoms

This class will focus on Lymphedema intervention and understanding this condition. This will address the disparities of how to obtain a diagnosis, recognizing symptoms, and how to treat both the condition and underlying secondary conditions that are common with lymphedema. This course will give basic understanding, facilitate hands on interventions, and initiate treatment of a commonly misdiagnosed and under-diagnosed condition.

Speaker: Trina Huber, ME, OT, CLT

Trina has been an Occupational Therapist for 10.5 years. She completed her schooling in Milwaukee at Mount Mary University, moved to rural Iowa and married a farmer. She has 3 kids - 6, 4, and 2. Between kids, the farm, and other adventures she's constantly busy. She lives in Albia, practices in Ottumwa, and has multiple PRN positions as well to keep her passions and change the pace to keep her from getting bored.

As for practice, she considers herself a "jack of all trades but master of none." Despite this, she has many passions including lymphedema, pediatrics, and whatever other specialty spikes her interest at the time. She has been a CLT for 8+ years but has been practicing this since she was a student. She has done quite a bit of advocacy in the lymphedema world from provider education, patient education, and trying to get early referrals.

Putting "OCCUPATION" Into Occupational Therapy

Occupational therapy should be client-centered and culturally relevant. We consider client factors, culture, and social context to address areas of occupation and performance skills. Our approach aims to reduce participation deficits and enhance overall well-being by focusing on the promotion, creation, and modification of suitable interventions. In occupational therapy, it is crucial to assess, grade, and modify how a person or group performs occupations and activities. This involves analyzing and adapting processes, modifying environments, applying ergonomic principles, and implementing assistive technology or adaptive equipment. Tailored interventions aim to reduce participation deficits and enhance overall well-being. Processes are continually adapted to reflect the changing needs of the client. The purpose of this course is to help you enhance occupational performance with your clients. You will learn tools and skills to facilitate improving clients' abilities to perform everyday activities and work tasks and achieve greater independence and participation in their daily lives.

Speaker: Karen Speicher, OT

Karen Speicher, OTR/L, CHT, CIEE was graduated with Bachelor degrees in Exercise Science and Finance from Iowa State University and a Masters degree in Occupational Therapy from St. Catherine University. She passed the rigorous Hand Therapy Certification Examination, earning the Certified Hand Therapist designation. She completed the Fall Prevention Specialist Certification and is a Certified Ergonomics Assessment Specialist. Ms. Speicher specializes in hand therapy and industrial rehabilitation/work conditioning and has completed extensive training and certification in Ergonomic Evaluations, Job Demands Analysis, and Functional Capacity Evaluations. Ms. Speicher has completed comprehensive home and worksite assessments and conducted ergonomic consulting for diverse businesses including industrial, manufacturing, public service (police, firefighter, EMT), office/data entry, and health care. She enjoys being creative in developing meaningful activities of daily living and job simulation tasks for her clients to help them regain optimal performance and function to return to meaningful life occupations.

Instrument Assisted Soft Tissue Mobilization for Musculoskeletal Conditions

The presentation will cover Instrumented Soft Tissue Mobilization. We will describe how to utilize current evidence and research to discuss tendinosis and IASTM, identify the principles related to dynaments and the importance of a global assessment, identify current trends and evidence for the treatment of tendinosis, justify the use of IASTM for the treatment of tendinosis with current research, define the goals for treatment of the tendinosis with IASTM, analyze the level of evidence related to the different interventions used to treat different tendinosis, and ascertain what the literature suggests relating to stopping activity during treatment. We will also focus on how to apply different techniques and instruments for various parts of the body.

Speaker: Dustin Briggs, MS, ATC, LAT, CSCS, AEMT

Dustin has been an athletic trainer for 21 years working in a variety of settings. Most recently he has worked for Kinetic Edge Physical Therapy in Pella and works mainly with work comp patients and injury prevention for various companies.

Rehab Therapists as Aging in Place Experts: Enhancing Independence and Safety at Home

This course explores the pivotal role of rehabilitation therapists in empowering older adults to remain safe and independent in their homes. Participants will learn how to conduct comprehensive assessments, recommend adaptive equipment, and collaborate with families and community resources. The course will also cover strategies for integrating evidence-based practices, addressing environmental and functional needs, and leveraging technology to optimize aging-in-place outcomes. Perfect for occupational, physical, and speech therapists looking to expand their expertise in this dynamic and rewarding area of care.

Speaker: Sydney Marshman, OTD, OTR/L

Dr. Sydney Marshman is an occupational therapist and the founder of Happy at Home Consulting. She earned her Bachelor's Degree in Kinesiology and Health with a focus on community and public health from Iowa State University. Sydney went on to graduate from Drake University with a Doctorate of Occupational Therapy. Additionally, she holds credentials as a Certified Ergonomic Assessment Specialist I (CEAS I), Certified Health Education Specialist (CHES), Certified Geriatric Care Professional (CGCP), and Certified Home Assessment and Modification Professional (CHAMP).

Sydney has been invited to speak at numerous events, including presenting on national stages like the Kitchen and Bath Industry Show. Her expertise has been featured in prestigious publications such as Forbes online. Currently, she serves as the president of the Iowa Occupational Therapy Association, showcasing her leadership and influence within the field.

Her passion is helping individuals to live their best life, and she approaches work with creativity, enthusiasm, and a strong sense of determination. Sydney and her husband reside in Des Moines, Iowa with their two boys and Boston Terrier.

It is the policy of Indian Hills Community College not to discriminate in its programs, activities, or employment on the basis of race, color, national origin, sex, disability, age, sexual orientation, gender identity, creed, religion, and actual or potential family, parental or marital status.

If you have questions or complaints related to compliance with this policy, please contact Associate Dean, Student Development, 525 Grandview Ave, Ottumwa, IA 52501, (641) 683-5155, equity@indianhills.edu (students, faculty and staff); Executive Dean, Centerville Campus and Academic Services, (641) 683-5181, disabilityservices@indianhills.edu (students with disabilities); or the Director of the Office for Civil Rights U.S. Department of Education, John C. Kluczynski Federal Building, 230 S. Dearborn Street, 37th Floor, Chicago, IL 60604-7204, phone number (312) 730-1560, fax (312) 730- 1576, ocr.chicago@ed.gov.