



CALU

**EVIDENCE
INFORMED.
COMMUNITY
DRIVEN.
COMING
TOGETHER.
CHANGING
THE GAME.**

EVENT PROGRAM

CALU Virtual Summit

Sept 30th-Oct 2nd



With endless amounts of conflicting research and dogmas, clinicians are feeling frustrated and confused about how to help their patients.

The CALU Summit is your solution to gain confidence and clarity with key rehab principles including ExRx, Pain Science, and Communication

Who is CALU?

We know what you're thinking. Who is [CALU](#)?

CALU is the collaboration of two complementary education and community based platforms, [Clinical Athlete](#) and [The Level Up Initiative](#).

Clinical Athlete specializes in providing high quality education around Exercise Prescription in musculoskeletal (MSK) rehab, with an emphasis on critical thinking and through the lens of a robust Biopsychosocial (BPS) model.

Level Up specializes in providing high quality education around critical thinking and communication within MSK rehab, with an emphasis on building up an empowerment driven model founded in exercise and education.

CALU is the collaborative and comprehensive effort to bring you a blend of what we consider to be best practice: Strong Exercise Foundations paired with Strong Communication Skills all within biopsychosocial considerations.

What is the CALU Summit?

The CALU summit was designed to be an interactive, **engaging**, educational **experience** to help you improve your exercise knowledge and communication skills.

This three day weekend event will go deep covering three major presentations across MSK rehab:

- Low Back Pain Rehab
- Shoulder Rehab
- Hip Pain Rehab

Each theme will have TWO, 2-hour, sessions. One will focus on the Exercise prescription side, with the other focusing on the communication & psychosocial considerations, all tied together through a BPS lens.

Both sessions will have strong elements of critical thinking and communication embedded within it.

The goal of the weekend summit is to use these common rehab populations as a vehicle to drive home key themes and principles of high value care.

Each session will be comprised of a main lecture, followed by two breakout sessions in small groups of 6 to facilitate critical thinking & communication via given prompts.

Session Breakdown + Structure

Main Presentation	35'
Case Study 1 + Breakout Prompt	10'
Breakout 1	15'
Group Q&A + Main Takeaways	5-15'
Case Study 2 + Breakout Prompt	10'
Breakout 2	15'
Group Q&A + Main Takeaways	5-15'
Final Q&A + Main Takeaways	5-10'
TOTAL TIME	~ 2 hrs

- Utilizing our software platform, REMO, attendees will be sorted into tables of 6.
- For the main presentation and group Q&A, attendees will be automatically guided into a webinar style format, and for the group breakouts, attendees will be automatically guided into their small group breakouts.
- For more questions on Remo, check out our page below dedicated to on boarding exactly what to expect when using this platform.

Remo Overview

Remo

Welcome to a conference like you've never experienced it before!

The entire reason to go to summits like this is beyond the education (which is going to be fire by the way). A big reason that we wanted to do this in the first place was the networking and meeting people that we value so much. Being able to interact with your peers is a top priority in making this experience worthwhile.

That's why we decided to use REMO to bring the conference feel and experience to you, ONLINE. Here's what you can expect when you log in.

Interactive Tables:

You will be in a group of 6 at your table for discussion and networking opportunities.

Interactive Breakouts:

Like a real life conference, our speakers and other hosts will be able to jump into your discussions during breakouts to aid in learning and help add even more context.



(Live look at the CALU team having a blast during the small group breakout)

CALU

LEVEL UP X CLINICAL ATHLETE

Friday Session #1: Low Back Pain Rehab

Fri Sept 30 4:00-6:00pm EST

ExRx Considerations through a BPS Lens with Sam Spinelli



Samuel Spinelli
DPT, SCS

Main Theme:

When choosing the optimal exercise or intervention for an individual with back pain, you need to consider their beliefs, preferences, self identity, and goals to narrow down your hierarchy of selection.

Session Learning Objectives:

1. Compare and contrast the evidence on lower back pain management, being able to appraise the common variables that encourage success with respective interventions.
2. Evaluate an individual experiencing lower back pain, assessing the various underlying components which guide success in the different intervention strategies for low back pain.
3. Analyze the optimal intervention hierarchy and provide prescription for the individual through the evaluation of the individual's beliefs.

Friday Session #2: Low Back Pain Rehab

Fri Sept 30th 6:30-8:30pm EST



Claire Zai
MS - Strength
Coach

Communication and Psychosocial Considerations with Claire Zai

Main Theme:

Discussing the emotional and psychological challenges individuals face after rehab.

Session Learning Objectives:

1. Identify and discuss possible feelings patients may experience after the conclusion of rehab (fear of reinjury, returning to activity).
2. Help patients develop self concept around other areas of their life and focus on worth away from performance.

Saturday Session #1: Shoulder Pain Rehab

Sat Oct 1st 11:00am-1:00pm EST



Sam Oft
DPT

Communication and Psychosocial Considerations with Sam Oft

Main Theme:

We can instill confidence in our patients with our education despite the “scary” language they’ve already been exposed to. If we don’t understand our patients’ realities, we cannot build an effective care plan.

Session Learning Objectives:

1. After attending this session, attendees will be able to identify and discuss communication strategies around shoulder pathology beyond the biopsychosocial model.
2. After attending this session, attendees will be able to prioritize patient goals to ensure care plans meet *actual* life/work demands.
3. After attending this session, attendees will be able to acknowledge and understand the difficulties and inconsistencies of shoulder pathology, image findings, and patient clinical presentation and how these impact patient outcomes.

Saturday Session #2: Shoulder Pain Rehab

Sat Oct 1st 1:30-3:30pm EST

ExRx Considerations Through a BPS Lens with Chris Juneau



Chris Juneau
PT, DPT, SCS, CSCS

Main Objective:

There's no such thing as a rotator cuff specific exercise and you can train your rotator cuff heavy.

Session Learning Objectives:

1. After attending this session, attendees will be able to discuss shoulder exercise principles around tissue specific adaptations.
2. After attending this session, attendees will be able to understand the concepts of robustness and resilience and how they apply to ExRx (dosage and intensity).
3. After attending this session, attendees will understand how to apply heavy supraphysiologic load to the rotator cuff.

Saturday Session 3: OPTIONAL



If you like networking and want an opportunity to meet and hangout with the incredibly inspiring and passionate people that make up this community, you will not want to miss out!

Our happy hour will consist of mini breakouts that will allow you to meet and connect with 6 people at a time as we provide question prompts to guide the conversations.

We will also be providing some sweet giveaways for those that attend. Everyone knows the best part of any conference is the going out afterwards! So do not miss out!

More instructions to come.

Sunday Session #1: Hip Pain Rehab

Sun Oct 2 11:00am-1:00pm EST

Communication and Psychosocial Considerations with Lindsey Plass



Lindsey Plass
PT, DPT, OCS,
FAAOMPT

Main Theme:

Being a patient with FAI/labral tear related hip pain & trying to navigate the medical system can be a frustrating experience. As physical therapists, we have the unique ability to change the way our patient's view their hip & imaging results. It's time that we level up our communication skills for these patients & really understand what it means to 'treat the person, not just the image'.

Session Learning Objectives:

1. The attendee will learn ways you might consider recognizing the individuality of the patients you treat with hip pain related to FAI/labral tears.
2. The attendee will understand how to communicate FAI/labral tear terminology to patients using the C.L.E.A.R. principles:
 - a. Consistent language
 - b. Epidemiological information
 - c. Assessment of relevance
3. The attendee will understand more about personal experiences related to hip pain and why you should 'treat the person, not just the image'.

Sunday Session #2: Hip Pain Rehab

Sun Oct 2 1:30-3:30pm EST



Michael P. Reiman
PT, PhD, MEd, ATC,
SCS, FAAOMPT, CSCS

ExRx Considerations Through a BPS Lens with Mike Reiman

Main Theme:

Surgical rates for hip arthroscopy are skyrocketing. Conservative treatment strategies are limited in scope of evidence support. The take-aways for this topic course will be how to utilize basic science and strength and conditioning foundations to apply to patients with hip pain regardless of the activity they desire.

Session Learning Objectives:

1. The attendee will appraise and interpret the current evidence as it relates to training principles that can be utilized in exercise prescription for an athlete with hip pain.
2. The attendee will examine the framework of a rehabilitation training program based on the individual athlete's situation.
3. The attendee will contrast various athlete monitoring strategies during the athlete's rehabilitation program.

FAQs:

Q: Will replays be available?

A: Yes, replays will be available up to two months.

Q: Refund Policy?

A: We will provide a full refund for any urgent medical or family reasons

Q: CEUs?

A: This event will not be providing CEUs at this time

Q: What if I am a student and I'm worried I won't be able to bring value to my breakout group?

A: Fret not, we have a floor dedicated *strictly* for students, so that you will have a safe space to interact with other students!

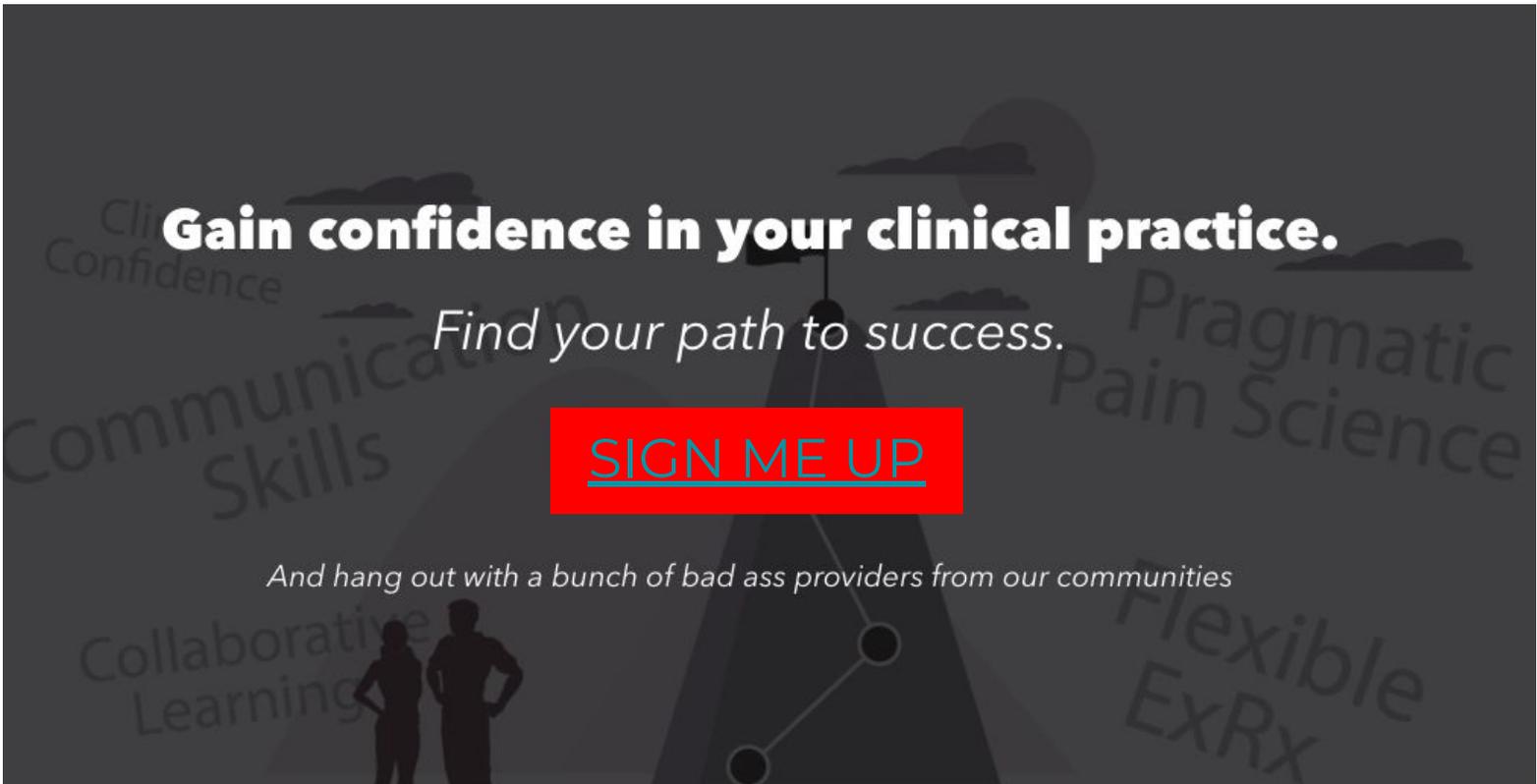
Q: Do I need to attend all three days?

A: You do not need to attend all three days, but we highly recommend it. Replays will be available.

Still Need to Buy a Ticket?

If you haven't claimed your spot yet, you can visit

[Purchase Here](#)



Gain confidence in your clinical practice.

Find your path to success.

[SIGN ME UP](#)

And hang out with a bunch of bad ass providers from our communities