

APTA CSM | APTA Immersive with VALD

Finalized Course Agenda

Day 1 | Assessment Foundations & Practical Testing

Time	Format	Session
8:00–8:30	Opening	Welcome & The Objective Practice — Why measurement matters; course objectives; introduction to the clinical decision-making framework.
8:30–9:30	Module 1	From Subjective to Objective: Measurement in Modern PT Practice — Selecting meaningful measures, establishing baselines, and tracking change.
9:30–10:15	Module 2	Measurement Principles That Actually Matter — Reliability, validity, measurement error, standardization, and interpreting meaningful change.
10:15–10:30	Break	Break
10:30–12:00	Lab 1	Force Plate Assessment Lab — Hands-on data collection, testing procedures, common errors, and interpreting force plate outputs.
12:00–1:00	Lunch	Lunch
1:00–1:45	Module 3	Strength & ROM: Moving Beyond Manual Assessment — Dynamometry, objective strength testing, ROM, and movement assessment.
1:45–3:00	Lab 2	Strength + ROM Assessment Lab — Hands-on dynamometry, ROM, and movement testing with clinician/patient rotations.
3:00–3:15	Break	Break
3:15–4:00	Module 4	From Numbers to Decisions — Normative data, asymmetry, limb comparisons, trends, and choosing actionable metrics.
4:00–5:00	Lab 3	Clinical Case Lab: Test → Interpret → Decide — Groups receive patient scenarios, perform testing, interpret findings, and determine next clinical steps.

Day 2 | Interpretation & Clinical Application

Time	Format	Session
8:00–8:30	Interactive Recap	Day 1 Data Review — Review actual data collected during Day 1 and discuss interpretation differences.
8:30–9:30	Module 5	Tracking Change Over Time — Longitudinal assessment, outcomes tracking, and determining whether the patient is actually improving.
9:30–10:15	Module 6	Interpreting Clinical Data — Reference data, thresholds, variability, asymmetry, and avoiding common interpretation traps.
10:15–10:30	Break	Break
10:30–12:00	Lab 4	Data Interpretation Workshop — Multiple patient datasets; identify impairments, meaningful change, and clinical priorities.
12:00–1:00	Lunch	Lunch
1:00–1:45	Module 7	Return to Activity: Building an Objective Testing Battery — Selecting tests based on patient demands rather than using one universal metric.
1:45–3:00	Lab 5	Return-to-Activity Clinical Lab — Build and execute testing batteries for different patient scenarios.
3:00–3:15	Break	Break
3:15–4:00	Module 8	Building a Data-Driven Practice — Integrating testing into workflow, communicating results to patients/referrers, demonstrating value, and outcomes.
4:00–4:45	Capstone Lab	The Complete Patient Journey — Assessment → intervention → reassessment → return-to-activity decision.
4:45–5:00	Close	Assessment / Certification / Key Takeaways.