

THE AGING AND PHYSICAL PERFORMANCE LABORATORY  
PRESENTS A CONFERENCE ON:

“PHYSICAL FUNCTIONAL PERFORMANCE AND DISABILITY  
IN CHRONIC DISEASE AND OLDER ADULTS”



WEDNESDAY, JUNE 4, 2008 - FRIDAY, JUNE 6, 2008

ASHFORD MANOR BED AND BREAKFAST  
WATKINSVILLE, GEORGIA



Sponsored by:

The University of Georgia Institute of Gerontology  
College of Public Health  
Athens, Georgia

## CONFERENCE OBJECTIVES



The validation paper on the Continuous Scale Physical Functional Performance Scale was published twelve years ago. Since then, over twenty-five original research papers have been published using the CS-PFP used in a broad range of ages and physical abilities.

Data on over 1,100 baseline cases provide information on the function of people from 23 to 103 years of age. Data has been gathered on people with diagnoses of: Parkinson's Disease, low back pain, congestive heart failure, myocardial infarction, stroke, total knee arthroplasty, and osteoarthritis. Most of these papers have included disease specific measures in addition to the performance based functional assessment with the CS-PFP.

This conference brings together the most knowledgeable and capable researchers to discuss functional assessment and clinical significance of these assessments. The focus of this conference is neuromusculoskeletal disorders and the goal is to establish clinical meaning to the CS-PFP scale as provided by independent parallel assessments with valid general health related quality of life (SF-36) and disease specific assessments.

The objective for this conference is to publish a monograph on physical function across several self reported health quality of life and disability measures.

## CONFERENCE SCHEDULE

### Wednesday, June 4, 2008

6:00 – 8:00 PM      *Welcoming Remarks*  
*Opening Session: Overview of CS-PFP Normative Data and Health Status in Older Adults*  
M. Elaine Cress, Ph.D.

*Dinner*  
Ashford Manor catered by Girasoles Restaurant

### Thursday, June 5, 2008

7:00 – 8:30 AM      *Breakfast*  
Ashford Manor Bed & Breakfast

9:00 – 10:00 AM      *Physical Performance and Health Related Quality of Life in Older Adults*  
Robert Wood, Ph.D.

10:00 – 10:15 AM      *Break*

## CONFERENCE SCHEDULE

Thursday, June 5, 2008 (continued)

- 10:15-11:00 AM *Osteoarthritis: Exercise Intervention Impact on Physical Function and Disability in Older Women*  
Dawn Hayes, Ph.D.
- 11:00 AM – 12:00 *Discussion*
- 12:00 – 1:30 PM *Lunch*  
Ashford Manor catered by Girasoles Restaurant
- 1:30 – 2:30 PM *Total Knee Arthroplasty: Physical Performance and Impact of TKA on Self-Reported Disability*  
Tiina Garrison, Ph.D.
- 2:30 – 3:00 PM *Total Knee Arthroplasty: Physical Performance Recovery with TKA Intervention and Impact on Disease Specific Disability*  
John Petrella, Ph.D.
- 3:00 – 3:15 PM *Break*
- 3:30 – 5:00 PM *Discussion*
- 7:00 – 9:00 PM *Dinner*  
Catered by Girasoles Restaurant

Friday, June 6, 2008

- 7:00 – 8:30 AM *Breakfast*  
Ashford Manor Bed & Breakfast
- 8:45 – 9:30 AM *Parkinson's Disease: Impact of Physical Therapy Intervention on CS-PFP and Disability*  
Margaret Schenkman, Ph.D.
- 9:30- 9:45 AM *Break*
- 9:45-10:30 AM *Fibromyalgia: CS-PFP Assessment of Function and FIQ Assessment of Disability in Women with Fibromyalgia*  
Lynn Panton, Ph.D.
- 10:30 – 11:30 AM *Discussion and Closing*

## ABOUT THE CONFERENCE SPEAKERS



**M. Elaine Cress, Ph.D.** is a professor at the University of Georgia and a fellow in the American College of Sports Medicine. Dr. Cress has worked in the field of gerontology for over 30 years. As an exercise physiologist, she has received advanced degrees from the University of Colorado and the University of Wisconsin in Madison. She developed and validated the Continuous Scale Physical Functional Performance (CS-PFP) measure while in her post-doctoral work at the University of Washington. As a professor at the University of Georgia, she has continued her research into the underlying determinants of functional independence in older adults, and teaches in the Departments of Kinesiology and in the Gerontology Graduate Certificate Program for the Institute of Gerontology. Her work has provided a means to quantify the concept of physical reserve as it relates to functional ability and physical capacity. She has most recently turned her attention to understanding the interaction between a person's functional ability, physical reserve, and quality of life in different living environments. Her research is internationally respected. She has active research programs in Switzerland and Italy, and the CS-PFP is used in several European countries as well as Canada and the United States. Dr. Cress has published forty peer review articles and six book chapters with over 2,500 citations of her work.

M. Elaine Cress, Ph.D., FACSM Professor, Department of Kinesiology, University of Georgia, Athens, GA 30602-6554/Department of Kinesiology: (706) 542-2202/Institute of Gerontology: (706) 425-3222/mecress@uga.edu



**Tina Garrison, Ph.D.** is the president and co-founder of the American Musculoskeletal Research Institute (AMRI). Dr. Garrison's research investigates the physical functional performance of total knee arthroplasty patients before and after surgery. Dr. Garrison earned both her doctorate and master's degrees in Exercise Physiology from Louisiana State University (LSU) in Baton Rouge, LA, and completed her undergraduate work at the University of Alabama at Birmingham (UAB). She is also a Certified Strength and Conditioning Specialist (CSCS) through National Strength and Conditioning Association (NSCA) and is a faculty member at the Biology and Fitness & Wellness Departments at Louisiana College in Pineville, LA. Dr. Garrison directs the Cincinnati Sports Medicine and Education Foundation's Sportsmetrics™ injury prevention and performance enhancement program for female athletes in Central Louisiana, and coordinates the pre- and post-program data collection for the program. Through the American Musculoskeletal Research Institute, Dr. Garrison hopes to promote bridging the gap between basic scientific research and clinical practice of medicine and provide the community programs that will enhance wellbeing and knowledge.

Tina T. Garrison, M.S., CSCS, Ph.D./American Musculoskeletal Research Institute, 224 Pecan Park Avenue, Alexandria, LA 71303/(318) 487 9838/tgarrison@musculoskeletalinstitute.org



**Dawn M. Hayes, PT, Ph.D.** earned her BS Physical Therapy degree from Georgia State University (GSU) in 1990. She recently received a Doctor of Philosophy in Exercise Science and a post-graduate Certificate in Gerontology at the University of Georgia. She has practiced physical therapy for 18 years in acute care, inpatient rehabilitation, and home health settings. Her areas of interest include geriatrics, chronic disease, health and wellness, and clinical research. Her dissertation research investigated the effect of an elastic resistance training program on physical function using the CS-PFP10, muscular strength, and arthritis-related pain in older adult women diagnosed with osteoarthritis. Other research experience includes physical performance evaluation of chronic heart failure patients and hip fracture patients during post-operative recovery. Her current research is examining the effect of a pre-operative resistance training program on physical reserve and post-operative functional outcomes in older adults having total joint replacement. Additionally, she is investigating how to quantify physiologic parameters, and the effect of the Nintendo Wii gaming system on determinants of physical function. Dr. Hayes is currently a member of APTA and serving on the BOD of PTAG. Her other professional memberships include Gerontological Society of America (GSA) and American College of Sports Medicine (ACSM). Dr. Hayes is currently an Assistant Professor of Physical Therapy at North Georgia College & State University.

Dawn M. Hayes, PT, Ph.D./Assistant Professor, 82 College Circle, Dahlonega, GA 30057/(706) 864-1899/dmhayes@ngcsu.edu

## ABOUT THE CONFERENCE SPEAKERS



**Lynn Panton, Ph.D.** graduated from Emory University in Atlanta, Georgia with a BS in Psychology. She received her Master's Degree and Ph.D. from the University of Florida in Exercise Science. Dr. Panton's research interests are in the area of strength training, and the effects on the physiological measurements of strength, body composition, and functional outcomes of healthy elderly adults and chronically diseased populations. She is using the CS-PFP test to assess functionality in women with Fibromyalgia and in individuals with Chronic Obstructive Pulmonary Disease.

Lynn Panton, Ph.D., FACSM/Associate Professor, Department of Nutrition, Food and Exercise Sciences, 436 Sandels Building, Florida State University, Tallahassee, FL 32306/(850) 644-4685/lpanton@mailers.fsu.edu



**John Petrella, Ph.D.** is an assistant professor in the Department of Exercise Science at Samford University in Birmingham, Alabama. He is also the director of the Human Performance Lab. Prior to his current employment, Dr. Petrella was a Postdoctoral Fellow in the Muscle Physiology Lab at the University of Alabama at Birmingham. He continues to be a research consultant for this lab and is also an associate scientist for the Center for Aging at UAB. Dr. Petrella completed his graduate work in exercise science (Ph.D., 2003; M.Ed., 1999) as well as gerontology (Graduate Certificate, 2003) at the University of Georgia. He received a bachelor's degree from the Georgia Institute of Technology (B.S., 1993). Dr. Petrella has studied the CS-PFP and reduced version in older populations with varying degrees of physical function and cognition. He has also utilized the CS-PFP in the performance of individuals with osteoarthritis and subsequent total knee replacements. He is married to Katie and has two children, Mary Ellen and Caroline.

John K. Petrella, Ph.D./Assistant Professor/Director, Human Performance Lab, Department of Exercise Science and Sports Medicine, Samford University, Box 2244/(205) 726-4548/jkpetrel@samford.edu



**Margaret Schenkman, PhD, PT** is a Professor of Rehabilitation Medicine and Director of the Program in Physical Therapy at the University of Colorado Health Denver. She has worked with individuals with Parkinson's disease for over 20 years and has conducted a number of studies with these individuals, including exercise studies, cost studies, kinematic analyses of daily functional tasks, and examination of psychometric properties of measures applied to individuals with Parkinson's disease. She has applied the CS-PFP in a variety of studies, including validation of the test for people with Parkinson's disease as well as application of the CS-PFP as an outcome measure for exercise studies conducted with people who have Parkinson's disease and lower back pain. Currently, she is principle investigator of a \$1.25 million NIH funded randomized controlled trial comparing three approaches to exercise for individuals in early and mid-stages of Parkinson's disease.

Margaret Schenkman PT, Ph.D./Professor and Director, Physical Therapy Program, Mailstop C-244, Department of Physical Medicine and Rehabilitation, Assistant Dean for Allied Health, University of Colorado at Denver, School of Medicine - Physical Therapy Program, PO Box 6508, 13121 E. 17th Ave, Aurora, CO 80045/(303) 724-9375/Margaret.schenkman@uchsc.edu



**Robert Wood, Ph.D.** is an associate professor in the Department of Physical Therapy at Husson College in Bangor, Maine. He received his graduate education at Louisiana State University in Baton Rouge, where he joined the faculty to develop a well-respected and well-funded research program. His area of focus is physical function in older adults, and he established several sites for using the CS-PFP to test physical function. His studies include ethnically and socioeconomically diverse populations as well as centenarians. With his students, he has published several studies using the CS-PFP, ranging from health-related quality of life to aerobic energy utilization. He joined the faculty at Husson College in 2007.

Bob Wood, Ph.D./Associate Professor, Department of Physical Therapy, Husson College, Bangor, ME 04401/(207) 941-7059/woodr@husson.edu



The University of Georgia  
College of Public Health

*Institute of Gerontology*

255 E. Hancock Ave.  
Athens, Georgia 30602-5775  
Telephone (706) 425-3222  
Fax (706) 4258-3221

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