Practice Accelerator Forum:

From Capacity to Performance – Measuring, Motivating, and Moving Toward Better Function

Register anytime

Mentoring December 2, 2026 at 12 PM ET

Course Summary

Rehabilitation clinicians often face the challenge of translating inclinic gains into meaningful improvements in daily life. This Practice Accelerator Forum provides a practical, evidencebased approach for understanding and addressing the gap between capacity (what a person can do in a structured setting) and performance (what they actually do in daily contexts).

Participants will examine activity performance through the lens of the ICF framework, learn how to identify and measure realworld performance, and implement strategies that promote sustainable behavior change. Through case examples, clinical tools, and guided discussion, clinicians will gain practical methods for enhancing everyday functional outcomes.

Key Benefits for Participants

- Understand the clinical distinction between capacity and performance
- Identify sources of measurement noise in activity tracking tools
- Learn how to monitor real world performance with low burden methods
- Strengthen interdisciplinary communication using performance data
- Improve patient engagement through evidence based behavior change strategies
- Apply performance focused reasoning to case examples
- Connect in clinic interventions to real world occupational performance

What's Included

- **2 hours** of ondemand online education
- **1 hour** live mentoring session
- Case-based clinical applications
- Practical implementation tools and activity logs
- Strategies for integrating performance data into therapy planning
- Downloadable resources and references

Course Dates & Format

Online modules: available now

Live mentoring session: December 2, 2026, at 12 PM ET **Format:** Distance Learning-Interactive (asynchronous + realtime mentoring)

Cost: $199

BBundle offer: Any 2 PAFs for $350 (available only at initial purchase)

Bundle all 3 PAFs for $500

Group discounts: Contact us for details

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Description

Improving a patient's capacity in the clinic does not always lead to improved performance in daily life. This course equips clinicians with evidence-based strategies to understand and address this critical gap. Through the ICF framework and realworld tracking tools, clinicians will learn how to capture activity performance data, interpret patterns, and integrate these findings into meaningful therapeutic plans.

The course combines two hours of online asynchronous instruction with a onehour live mentoring session focused on applying concepts to participant cases, reviewing activityperformance trends, and troubleshooting implementation challenges in outpatient rehabilitation.

Target Audience

Occupational therapists, certified occupational therapy assistants, physical therapists, and physical therapist assistants.

Educational Level

Intermediate

Prerequisites

None

Learning Outcomes

Upon completion of this course, participants will be able to:

- Differentiate between capacity and performance within the ICF framework and explain how each construct informs clinical assessment and goal setting.
- Identify at least three common sources of measurement noise or variability when using activity tracking tools (e.g., accelerometers, step counters, activity logs).
- Select appropriate performance monitoring tools and interpret the resulting data for use in clinical documentation and interdisciplinary communication.
- Develop measurable, performance focused goals that connect in clinic therapeutic activities to improvements in real world occupational performance.
- Apply one evidence-based behavior change strategy to support improved daily activity performance.
- Design an individualized intervention plan that integrates performance data to support meaningful functional outcomes across home and community contexts.
- Analyze a case example and justify clinical decision-making based on activity performance trends, environmental factors, and patient identified priorities.

Instructor

Carey L. Holleran, MPT, DHS, NCS

Associate Professor of Physical Therapy & Neurology Assistant Director of Student Assessment and Program Evaluation Washington University in St. Louis School of Medicine.

Dr. Holleran is a neurologic physical therapist and educator whose work focuses on stroke and spinal cord injury recovery, rehabilitation science, learner assessment, and the translation of evidence into practice.

TimeOrdered Agenda (3 Hours Total) Online Education (2 Hours)

Time	Topic
0–10 min	Setting the stage: Why measurement matters
10–25 min	Foundations of measurement & the ICF framework
25–40 min	Understanding capacity vs. performance in clinical context
40–60 min	Applying measurement to practice
60–80 min	Integrating activity tracking & technology
80–100 min	Interventions to support behavior change
100–120 min	Case example and synthesis

Live Mentoring Session (1 Hour)

- Applying concepts to participant cases
- Communicating performance data while preserving hope
- Identifying barriers and facilitators to behavior change
- Guided discussion and realworld implementation

Instructional Methods

- Lecture
- Case-based application
- Guided discussion
- Live mentoring

Completion Requirements

- Complete all online learning modules
- Attend the live session or watch ≥80% of the recording
- Complete all knowledge checks and the postcourse evaluation

Disclosures

The instructor reports **no financial** or **nonfinancial** conflicts of interest.

CEUs and Contact Hours

0.3 AOTA CEUs
Distance Learning — Interactive
Educational Level: Intermediate
Category: OT Service Delivery

Required AOTA Provider Statement:
Institute for Knowledge Translation is an AOTA Approved Provider of professional development.

PD activity approval ID# 0000001673.
This Distance Learning—Interactive activity is offered at 0.3 AOTA CEUs (Intermediate level; OT Service Delivery category).

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

APTA Indiana Approval:
This course has been approved by APTA Indiana for **3.0 Contact Hours.**
Approval Number: **006987887C3390.**

Cancellation Policy

Cancellations must be submitted in writing at least 30 days prior to the course start date. Refunds will be provided minus a 15% administrative fee. The Institute for Knowledge Translation (iKT) reserves the right to change programs or cancel for due cause. If iKT cancels the program, a full refund will be issued.

Registration Information

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Provider Statement

Institute for Knowledge Translation www.knowledgetranslation.org/

Accessibility Contact

For accommodation requests related to disabilities, please contact: **info@knowledgetranslation.org**