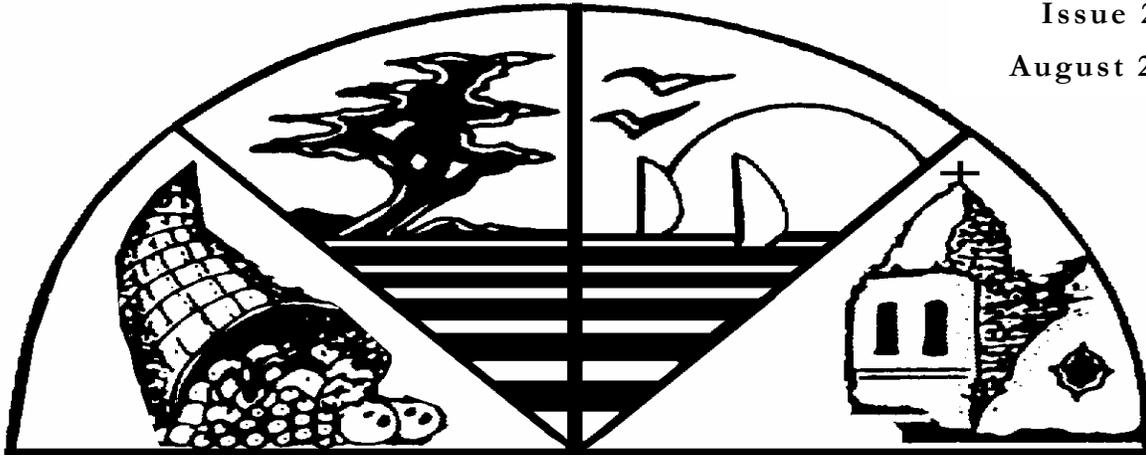


Issue 25  
August 2010



*San Jose District*  
California Physical Therapy Association

**NEXT DISTRICT MEETING:**

**AUGUST 10, 2010**

**DOMINICAN SANTA CRUZ HOSPITAL**

**REHAB GYM**

**610 FREDERICK STREET, SANTA CRUZ, CA**

**6:30—9:00PM**

LIGHT REFRESHMENTS PROVIDED

**PRESENTATION:**

**“CASTING FOR FOOT ORTHOTICS”**

**CHERYL TIBBETTS, PT, OCS**

Join us for a hands on meeting where we will be practicing making casts for custom foot orthotics.

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## 2010 DISTRICT EVENT CALENDAR

Be sure to mark these dates on your calendar!

| <u>August 10th: District Meeting</u>                         | <u>September 21st: District Meeting</u>                          | <u>November 9th: District Meeting</u>              |
|--|--|--|
| <b>Topic:</b> Casting for Custom Foot Orthotics              | <b>Topic:</b> Vestibular Rehabilitation Evaluation and Treatment | <b>Topic:</b> TBD                                  |
| <b>Location:</b> Dominican Santa Cruz Hospital; Rehab Campus | <b>Location:</b> Good Samaritan Hospital, San Jose               | <b>Location:</b> Balance Physical Therapy, Salinas |
| <b>Speaker:</b> Cheryl Tibbetts, PT, OCS                     | <b>Speakers:</b> Joyce Chadderdon, PT<br>Diron Cassidy, PT, MPT  | <b>Speaker:</b> TBD                                |



### THE SPEAKER'S CORNER FOR OUR August 10th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

**Cheryl Tibbetts, PT, OCS** Cheryl received a BA in Biology from the University of California at Santa Cruz in 1990. She then went on to receive her MPT from the University of Southern California in 1993 and her OCS in 2002. She purchased Valley Physical Therapy in Boulder Creek in June 1994 with fellow USC alum Anne Howard, PT. In January 2005 Cheryl became the sole owner of Valley Physical Therapy which had added a Scotts Valley location in 1998. Never one to shy away from new areas of practice, Cheryl begun casting her patients for custom orthotics in 1996. While some practitioners are very quick to insert a custom or over the counter orthotic in their patients shoes, Cheryl utilizes orthotics only as an adjunct to her overall treatment plan.

Being able to appropriately cast for custom orthotics is a wonderful tool to have in any therapist's arsenal. Attend this meeting and get a basic lesson in utilizing plaster casting materials to get an accurate representation of your patient's foot. Then you can send the cast to a fabricator and with their help, hopefully improve your patient's function.

The San Jose District newsletter welcomes any and all submissions including articles, letters to the editor and advertisements. For a list of advertising rates please contact the newsletter editor, Cheryl Tibbetts, PT at [cheryl@valleypt.net](mailto:cheryl@valleypt.net) or 831-438-4758.



## A FEW WORDS FROM OUR CHAIR...

**Cheryl Tibbetts, PT, OCS**

I want to take a moment to apologize to all of you for the lapse in this newsletter. I'm sure you've missed my motivational

messages of triumph in the face of adversity, eloquent dissertations on the trials and tribulations of our profession, hard-hitting journalism on the activities of the District, Chapter and Association and of course my rapier wit! Well, this time around I just have a simple story. One that took place in the span of about 2 hours.

Last week I had the fortune of having one of my professors from PT school come to my clinic and work on my neck. The experience was enlightening for several reasons. First, I was reminded of his supportive teaching style which has never made me feel like an idiot even when I was posing a really stupid question. Second, ours is an ever evolving practice and while some old standard treatments are still valuable we must continuously strive to do better for our patients. Third, the treatment ideas I had for myself were on track with what he suggested (I just needed to hear it from somebody else to actually do it!). Fourth, some of the most brilliant treatment techniques come from the simplest of ideas and utilize the most common objects. Fifth, he's a practicing PT just like me, he may have more experience and access to more equipment, but in the end we're both PTs with the same goals of improving our patients' lives.

When he left my neck was sore but better, and I had a plan to continue to improve on it. Most importantly I was inspired. Inspired to do my HEP for myself, inspired to be a better clinician for my patients, inspired to be a better mentor for my staff, and inspired to be a better leader for the District and Chapter.

My message for you this month is simple. Go be inspired!

### **CAL-PT-FUND 2010 Split Raffle**

Show Your Support for Research in Your Profession - Purchase a Raffle Ticket Today!

100 Tickets will be sold with two \$500 cash prizes - for every 50 additional tickets sold, we will add another \$500 prize! Tickets are \$100 and can be split by up to four people! Drawing will be held at CPTA's Annual Conference in Oakland in October at the Awards and Recognition Luncheon - you need not be present to win.

Visit [www.ccapta.org](http://www.ccapta.org) and click on the the CAL-PT-FUND page for a raffle order form.

If you would like to receive a hard copy of the newsletter please contact the newsletter editor:

Cheryl Tibbetts  
1220 30th Avenue  
Santa Cruz, Ca 95062

Or

[cheryl@valleypt.net](mailto:cheryl@valleypt.net)

### **Electronic Voting This Fall**

Don't forget the San Jose District is utilizing electronic voting for our fall elections. If you would like a paper ballot mailed to you, you need to contact:

Amy Folkins, PT, DPT

Nominating Committee Chair

1566 Hilby Avenue

Seaside, Ca 93955

Or

[afolkins@comcast.net](mailto:afolkins@comcast.net)

The nominating committee is in the process of putting together a slate of candidates and nominations will be officially opened at the September District meeting in San Jose. If you are interested in running or would like to nominate someone, please let us know. You do not need to get the person's consent to serve to nominate them, the Committee will do that.

The open positions and their terms are:

Chair-Elect (2 years)

Secretary (2 years)

Nominating committee (3 years)

Assembly Representative (2 years)

# MEMBER SPOTLIGHT

THIS AREA HIGHLIGHTS THE ACTIVITIES OF A SAN JOSE DISTRICT MEMBER.

The call to help in Haiti:

I remember hearing about the Jan 12<sup>th</sup> Haiti earthquake by radio the morning it had occurred. It wasn't until later that day that I actually saw the rubble, the injured, and the overall chaos on the Internet. My breath caught in my chest at the news stories, at the photos. I could hardly get my mind around that amount of devastation. I'd known very little about Haiti up to that point. Yes, I knew it was desperately poor—in fact I'd often heard the regular tag line about Haiti; “it's the poorest nation in the Western Hemisphere”. But, I didn't know why, and I had never really truly wondered why. That in itself is telling; a country that has been largely ignored by the outside world, such a history of poverty that it isn't even questioned. And, now with thousands of people trapped under tons of concrete rubble in a matter of seconds, the world had awakened to its plight.

As I watched and listened to news reports over the next few weeks, I began to feel a visceral urge; the need to do something, take action, help in some way. And, then it became obvious as the reports came rolling in about the growing number of amputees. People caught under rubble for hours, some for days. All with terrible crush injuries, turning to life-threatening infections, and finally amputations, some without anesthesia. As a physical therapist that specializes in treating people with amputations, I felt a special calling. I had to find a way to go to Haiti. But how?

I spoke with my husband, Dave, also a PT, and told him my thoughts. He encouraged me to pursue this seemingly crazy idea. He told me that he and our 12 year-old daughter, Sage, would be fine if I went. Having no idea about how to make it happen, I started with an Internet search. One of my first website hits was an organization called Physicians for Peace (PfP). I liked the name right away so I contacted them by email. Within a day, I received a reply from Mary Kwasniewski, Senior Director of Global Medical Programs, who said that yes, indeed, they were looking for qualified PTs to send to the new Hanger Clinic that was just built on the grounds of Hopital Albert Schweitzer (HAS) in Deschapelles, Haiti, about 3 hours outside of Port-au-Prince. The clinic is a collaborative effort between several organizations, including PfP, partnering with Hanger Prosthetics and others to provide prosthetic limbs for the long term. I submitted my resume, faxed my license, interviewed by phone with Shaun Cleaver, PT in Haiti who was busy trying to staff this new facility. I got my vaccinations, grabbed my passport, and flew out on March 19<sup>th</sup>.

I spent my two weeks in Haiti working at the Hanger Clinic where I ran, sometimes, non-stop for 8-10 hours a day, in the sticky heat of each very long day. And, sometimes after the clinic closed, I'd walk over to the temporary housing where many of the amputees were staying and work some more. When I started there, the clinic had just been open a few weeks. There were no real systems in place yet, and people were still reeling from the disaster of just 8 weeks ago.

I was fortunate and privileged to work with many dozens of beautiful Haitian people all struggling to reclaim their lives. People had lost their limbs for a variety of reasons; some due to the earthquake, some due to other tragedies months or years before. Anyone who could find their way to this clinic would receive a new limb, regardless of the cause. Finding one's way to the clinic was no easy feat—many people walked to the clinic, some for many hours, traversing rivers, mountains, ravines. Some came on horses, some on donkeys. Others rode tap-taps (Toyota pick-up truck with benches welded in the bed) or motorcycles for several hours in hopes of a new future, a new leg, a new arm. The face of poverty was everywhere, everyone was hungry. “Grangou, Mary Anne” as they patted their stomachs—“Hungry, Mary Anne”. Yet, through it all they taught me about resilience, grace and gratitude.

My days were busier than any work day at home, full of evaluations of people in all phases of amputee rehab. Some were just arriving and had not yet touched their residual limbs causing severe hypersensitivity, and needed some basic education around edema control and scar mobility before they could be casted. Others were there and being casted, some were coming for a first fitting, some were ready to be discharged, but had nowhere to go. My last day at the clinic was Good Friday. Everyone was excited because my group was the first to be discharged back to Port-au-Prince, back to tents, back to an unknown future that was at least more promising because of the new legs everyone had mastered. I looked at the beaming faces of the people I'd spent hours and hours with, watched them pile into the van headed for parts unknown, throwing kisses and waving. I felt like a mother bird watching my fledglings fly off for the first time. It hit me that I'd likely never see any of them again. I was exhilarated and exhausted all at the same time. I had been given the greatest gift—to share my experience to help people regain their lives. And, I would never be the same!

By Mary Anne Kramer-Urner, MPT  
Dominican Hospital, Santa Cruz, CA 95062

(Next installation—Dave Kramer-Urner, PT, volunteers at same clinic 2 months later...)

Below is information about opportunities to volunteer or work in Haiti.

Contact [www.physiciansforpeace.org](http://www.physiciansforpeace.org) for more information about short-term volunteer opportunities in Haiti and other countries.

## Hôpital Albert Schweitzer - call issued 22 June 2010

We are seeking a physical therapist to lead our prosthetic therapy services for amputees at Hôpital Albert Schweitzer, Deschapelles, Haiti.

This is a mixed clinical and managerial position that will preferably be filled by a person willing to commit to a year in rural Haiti. This position comes with a modest salary and some benefits.

Please contact [Shaun Cleaver](#) for the job description and/or to submit your CV.

We are also in need of short-term volunteer therapists to staff the prosthetic clinic, especially in the period up to 12 July. Please contact [Shaun Cleaver](#) for details.

### Background of organisation:

Hôpital Albert Schweitzer (HAS) Haiti was founded in 1956 in Deschapelles, which is located 90 miles north of Port-au-Prince (2 hours by car). HAS serves approximately 330,000 people in a 610 square-mile area in central Haiti's Artibonite Valley. The institution engages in both hospital and community-level programming to improve the health of the region's residents.

### Continuing Education Opportunities

The San Jose District would like to partner with its members to put on top quality, affordable continuing education courses. Now that the continuing competency the regulations have been finalized, the District's executive committee knows that all PTs and PTAs will be looking for CEU approved courses locally. We also know that local hospitals and clinics have been putting on or sponsoring excellent continuing education offerings for years. What we are now suggesting is that the District and these local hospitals and clinics partner to better meet everyone's needs. CPTA Districts receive a discounted rate on CEU approvals obtained through the CPTA. District sponsored courses are offered at a discounted rate for CPTA members. If you are interested in partnering with the San Jose District for a course please contact Ann Vivian, District Education Chair at [annvpt@sbcglobal.net](mailto:annvpt@sbcglobal.net)

### More Continuing Education Opportunities

The San Jose District is looking for members that work at hospitals or larger clinics in the District. The District Education Committee is often looking for locations to host continuing education courses. We are hoping to develop a list of contacts at these hospitals and clinics. These contacts would simply assist the District in obtaining a location to hold the course. You certainly could do more if you want to, but we really need folks to help us get the space to hold the courses. Please contact Ann Vivian, District Continuing Education Chair at [annvpt@sbcglobal.net](mailto:annvpt@sbcglobal.net).

The 2010 San Jose District Executive Committee is:  
 Chair - Cheryl Tibbetts  
 Chair Elect—Sara Furniss  
 Treasurer—Chris Reed,  
 Secretary—Cindy Walton  
 Chief Representative—Tom DeFranco

The 2010 Appointed Committee Chairs are:  
 Education—Ann Vivian  
 District Member Services Liaison—Tom DeFranco  
 Public Relations—Cheryl Tibbetts  
 PAC—Bob Williams