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2009 DISTRICT EVENT CALENDAR

Be sure to mark these dates on
your calendar!

March 10th: District Meeting

Topic: Diabetic Considerations for PT Practice

Location: CHOMP, Monterey

April 14th: District Meeting

Topic: Total Shoulder Replacement/Reverse Total Shoulder Replacement

Location: Agile PT, Palo Alto

July 18-19th: Con Ed Course:

Topic: Osteoporosis Level I

Speaker: Sara Meeks

Location: Kaiser Santa Clara

August 11th: District Meeting

Topic: TBA

Location: Dominican Santa Cruz Hospital, Santa Cruz

September 15th: District Meeting

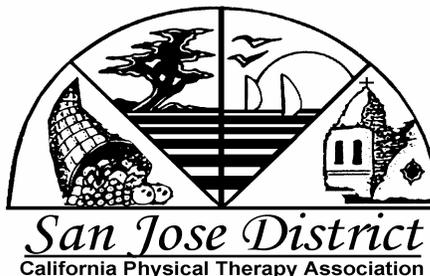
Topic: TBA

Location: Good Samaritan Hospital, San Jose

November 10th: District Meeting

Topic: TBA

Location: Salinas Valley Memorial Hospital, Salinas



Issue 20
February 2009

A FEW WORDS FROM OUR CHAIR...

Eric Folkins, PT, DPT, OCS



Direct Access

I am writing this article on the evening of the inauguration of our new president Barak Obama. Sixty years ago nobody would have dreamed that an African American would be president of the United States. Whether you agree with his politics or not, everyone has to agree this is a great accomplishment. You might be asking yourself what does this have to do with physical therapy in the state of California?

President Obama accomplished his political dreams by starting at the grass roots level and having an incredible number of people and a substantial amount of money (donations) to become president. Everyone in his campaign pulled together both with volunteer time and financial contributions.

Sixty years ago we would have never dreamed of achieving consumer direct access. Physical Therapists have been striving to achieve complete direct access in the state of California. Last year we pulled AB 1444 because it was not going to make it out of committee. This year a new bill (number not yet issued) will be introduced and authored by Assemblymember Pedro Nava of District 35 from Santa Barbara/Ventura area.

What needs to be done to get this bill passed? Just like President Obama, we have to start at the grass roots level and need financial contributions. First go to www.ccapta.org and click on legislative action center (right side of home page) and find your legislators. Contact their office and schedule a meeting. If you need help with scheduling a meeting, Alyse in the chapter office (800-743-2782 ext 104) can assist you in the details. Also, March 24th is PT Legislative Day (Leg. Day) in Sacramento. The goal is to have at least 150 physical therapists there to meet with legislators.

(Continued next page)

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 or 831-338-4458.



THE SPEAKER'S CORNER FOR OUR March 10 MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

This month we are lucky to have a member of the Diabetes Team from Community Hospital of the Monterey Peninsula (CHOMP) speaking to us about Diabetes and how it relates to physical therapy practice. CHOMP's Diabetes education program has been recognized by the American Diabetes Association for being a high-quality education program for patient self-care.

Diabetes effects 23.6 million people in the US. Chances are some of those folks are attending physical therapy for something related or unrelated to their Diabetes. All physical therapist need to understand how Diabetes effects our patients and their ability to participate and progress with our physical therapy interventions.

A Few Words From Our Chair

(Continued...)

Most of us have not done this before and the CPTA will instruct us on the issues and partner you up with a more experienced person to show you the ropes. Our goal for the San Jose District to have at least 9 members attend Leg. Day. The district will pay for your travel and we can all carpool up to Sacramento. Email me and let me know you will be attending efolkins@comcast.net.

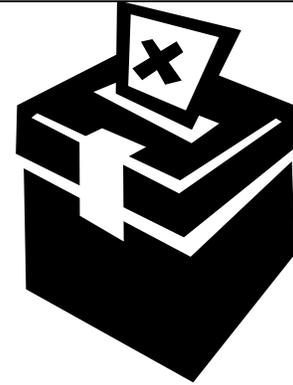
Another way to show your support for direct access in California is to write a thank you letter to Pedro Nava for authoring the bill and write your local legislators supporting direct access. The CPTA website makes this very easy.

Finally, the last way is to contribute to the PAC (Political Action Committee). If every member contributed 40 dollars to the PAC we would have the funds to support this direct access bill and monitor any other bills that might impact physical therapy in California. The San Jose District raised \$6255.00 last year for the PAC. If everyone gets involved, hopefully this year we can reach our District goal of \$11,415.00.

If we, as physical therapists, truly want consumer direct access in the state of California we all have to pull together with a little time and a little financial support to achieve this goal.

After seeing the millions of people supporting Obama at our Nation's capitol in hopes of making a change to improve our country, I am inspired that PTs can come together to make a change for our profession. Direct access is our future and we will obtain this goal with your support. Change **IS** possible

Hope to see everyone at the District Meetings.



The Election Results are in...

Following are the results from the
Fall 2008 elections

CHAIR ELECT.....Cheryl Tibbetts

SECRETARY.....Cindy Walton

NOMINATING COMMITTEE

.....Amy Folkins

.....Cheryl Tibbetts

DISTRICT REPRESENTATIVE

.....Stuart Katzman

.....Tom DeFranco

.....Eric Folkins

.....Robert Williams

.....Amy Folkins

.....Barbara Merrill

CPTA and San Jose District Special Events 2009

March 24th- Physical Therapy Legislative Day

This is the day when we as PTs, PTAs and student travel to Sacramento to meet “en masse” with our legislators. The goal is to have 150 PT professionals participate in this event. The San Jose District is hoping to have at least 9 District members attend this event. We already have 5 District members who have committed to attending. If possible we would like to carpool to the Capitol so please let us know if you are planning on participating. You can contact either Eric Folkins at efolkins@comcast.net or Cheryl Tibbetts at Cheryl@valleypt.net.

April 24th & 25th– Big Sur International Marathon Expo

This year the San Jose District is promoting physical therapy by sponsoring booths at some of the wonderful athletic events that happen in our district. The Big Sur International Marathon draws 12,000 participants and the free Expo draws 20,000 people! Racers must pick up their packets at the Expo so the 80+ vendors have a guaranteed audience. The vendors offer a variety of fitness apparel and equipment as well as health and fitness related demonstrations. **We will need volunteers for this event!** Please contact our PR Chair, Cheryl Tibbetts at Cheryl@valleypt.net if you are interested in helping out at the booth.

April 29th- CPTA Capitol Event

This event is held on the lawn at the Capitol and is designed to be an opportunity to educate legislators and their staff about physical therapy. In 2008 this event happened around Leg Day, this year CPTA is spreading the two out to try to get more exposure. The event will include: Golf swing analysis, Gait analysis (running or walking), Blood pressure/heart rate analysis, grip analysis, and an exercise station with weights, balls and resistive bands. Volunteers are still needed. If you feel you have an expertise in one of the above mentioned activities or would just like to help out, please contact Heather Pino at the CPTA office at hpino@ccapta.org.

July 18th & 19th– District Continuing Education Course: Sara Meeks, PT

Osteoporosis: A Comprehensive Treatment Strategy (Level I)

In this two day, 17.5 hour course, Sara presents a comprehensive approach to the management of persons with osteoporosis, osteopenia, and postural problems which is also useful for spinal stenosis and back pain. Included is regularly up-dated information on definitions, pathology and epidemiology of osteoporosis. The program includes a complete patient assessment, site-specific exercise program, postural correction, balance, gait, body mechanics during activities of daily living, use of foam rollers for balance and core strengthening, scapular stabilization exercises with resistance band, information on use of treatment modalities as they pertain to osteoporosis, and guidelines for advanced exercises (e.g., in the gym, Yoga, Pilates etc.) Therapists who take this course can then give good advice to patients seeking information about safety in movement in environments other than the physical therapy clinic.

October 2nd & 3rd– San Jose Rock and Roll 1/2 Marathon Expo

The San Jose Rock and Roll 1/2 Marathon also has an Expo where the race participants pick up their race packets and tour booths from over 80 vendors. The race draws 12,000 participants and the Expo is free so it draws up to 25,000 people! What a fabulous way for us to promote our profession.

We will need volunteers for this event! Please contact our PR Chair, Cheryl Tibbetts at Cheryl@valleypt.net if you are interested in helping out at the booth.



San Jose District
California Physical Therapy Association

1220 30th Avenue
Santa Cruz, Ca 95062

SAN JOSE DISTRICT
MEETING

March 10, 2009
**Community Hospital of
the Monterey Peninsula**
Conference Room
23625 Holman Highway
Monterey, CA

FIRST CLASS MAIL
U.S. POSTAGE
PAID
SALINAS CA

NEXT DISTRICT MEETING:

MARCH 10, 2009

COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA

CONFERENCE ROOM

23625 HOLMAN HIGHWAY, MONTEREY, CA

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

**“DIABETIC CONSIDERATIONS FOR
PHYSICAL THERAPIST PRACTICE”**