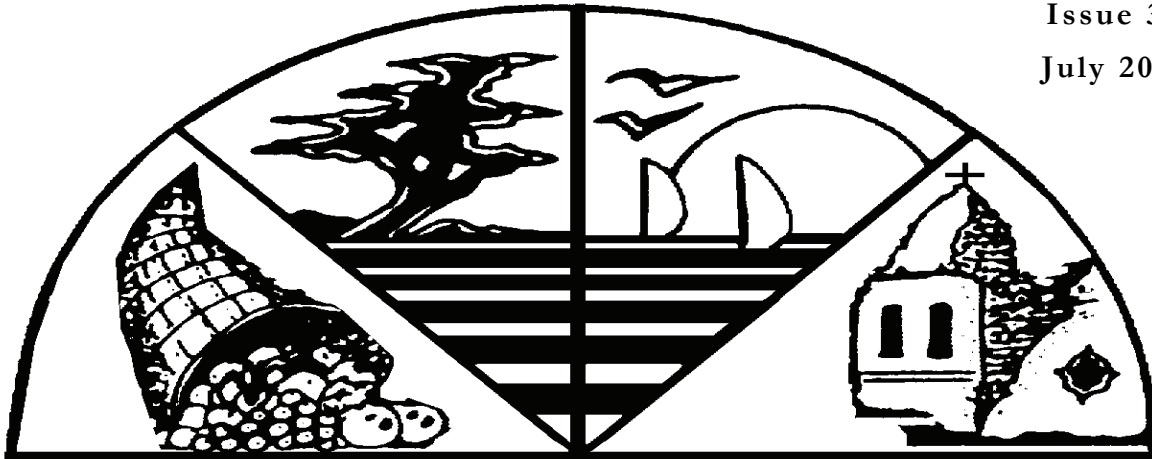


Issue 30

July 2011



*San Jose District*  
California Physical Therapy Association

**NEXT DISTRICT MEETING:**

**AUGUST 9, 2011**

**DOMINICAN SANTA CRUZ HOSPITAL, REHAB CAMPUS  
610 FREDERICK STREET, SANTA CRUZ, CA**

**6:30—9:00PM**

LIGHT REFRESHMENTS PROVIDED

**PRESENTATION:**

**“POSTURING FOR THE FUTURE”**

**SHERRI BETZ, PT, GCS, CEEAA**

**2011 LEGISLATIVE UPDATE**

**BOB WILLIAMS, PT, MA**

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### 2011 DISTRICT EVENT CALENDAR

Be sure to mark these upcoming dates on your calendar!

<b>August 9th: District Meeting</b> <b>Topic:</b> Posturing for the Future <b>Speaker:</b> Sherri Betz, PT, GCS, CEEAA <b>Location:</b> Dominican Santa Cruz Hospital—Rehab Campus	<b>September 13th: District Meeting</b> <b>OUR 1ST DINNER MEETING!!!</b> <b>Topic:</b> Shoulder Girdle Differential Examination <b>Speaker:</b> Rob Naber, PT, OCS, ATC & Neeraj Baheti, PT, MS, OCS, CSCS <b>Location:</b> Sonoma Chicken Coop—San Jose	<b>November 8th: District Meeting</b> <b>Topic:</b> TBD <b>Speaker:</b> TBD <b>Location:</b> Balance Physical Therapy—Salinas
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### THE SPEAKER'S CORNER FOR OUR August 9th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS



**Sherri Betz, PT, GCS, CEEAA** is a 1991 graduate of the Louisiana State University Medical Center's School of Physical Therapy. Sherri actually began her career as a national gymnastics competitor and as a group fitness instructor and personal trainer for Nautilus Fitness Centers in the 1980's. Inspired by the work of a physical therapist in one of the clubs where she trained, Sherri began to pursue a degree in physical therapy.

Her love of movement education has been integrated into her physical therapy practice at a rehabilitative level and a fitness level. Utilization of Pilates-based methods and Gyrotonic® with specialty in the treatment of the pelvic girdle and manual therapy of the spine and pelvis are integral in her practice as a Physical Therapist.

Sherri has developed programs for the San Jose Sharks, nationally ranked pairs and singles figure skaters, and Elite-level gymnasts in their rehabilitation and in development of their Pilates-based training programs.

As a geriatric clinical specialist (GCS) and certified exercise expert for aging adults (CEEAA), Sherri specializes in exercise programs for older adults. She teaches community-based classes for osteoporosis, balance and fall prevention for older adults. She serves on the Board of Directors of American Bone Health and hosts the American Bone Health Lecture Series.

Sherri has recently published The Osteoporosis Exercise Book: Building Better Bones, 2nd Edition with integration of Pilates and Physical Therapy principles and exercise modifications for those at risk for fracture.

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 831-438-4478.



## A FEW WORDS FROM OUR CHAIR...

Sara Clayton, PT, DPT

As many of you may know last month assembly bill 783 was defeated in the Senate Business and Professions Committee. This bill would have allowed physicians to employ physical therapists, essentially setting up a referral for profit situation. The bill was put to vote and died with three “yes” votes, 3 “no” votes, and 3 abstentions. (A bill requires 5 “yes” votes to pass out of committee.) I would like to take this opportunity to thank all the members of the San Jose District for taking the time this year to participate in the legislative process. Members took time out of their schedule to drive up to Sacramento for legislative day. They also made phone calls, sent letters, supported the districts CAL-PT-PAC fundraising events, and attended one of the many committee hearings over the last few months. Even if you were unable to make it these events, simply becoming a member and continuing your membership to the APTA and CPTA makes a difference. We could not have achieved this level of success without a great grass roots effort!! I want to recognize Chris Reed, Shiren Assaly, Bob Williams, Cheryl Tibbetts, Natalie Christopherson and whomever I may have missed, for attending one or all of the committee hearings and helping motivate our members to make a difference! I hope we can continue to make our voice heard on these issues and continue to improve our ability to provide patients with outstanding physical therapy care.

The 2011 San Jose District Executive Committee is:

Chair—Sara Clayton

Chair Elect—Eric Folkins

Treasurer—Chris Reed,

Secretary—Sherri Betz

Chief Representative—Tom DeFranco

The 2011 Appointed Committee Chairs are:

Education—Ann Vivian

District Member Services Liaison—Tom DeFranco

Public Relations—Cheryl Tibbetts

PAC—Bob Williams

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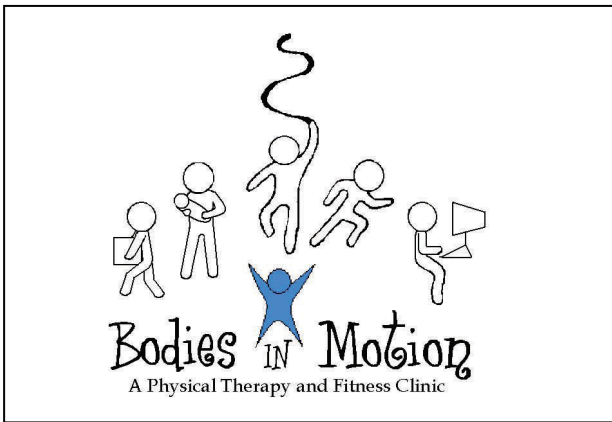
## **Our August 9th topic: Posturing for the Future**

Sherri Betz, PT, GCS, CEEAA and Geriatric Clinical Specialist, will discuss how fashion, culture and celebrity influence posture beginning in youth by taking a trip back in time. Can we prevent postural decline? Older adults naturally become more kyphotic and lose 1% of leg strength and 1% of bone density every year over age 50. Can we impact the lives of the aging population, preventing loss of independence and declines in physical activity? Can we help older adults overcome the fear of knee bending that occurs with knee pain? How do we motivate the older adult to exercise?

Learn Techniques that you can use immediately in your clinic:

- 1) Lunge progression for older adults
- 2) "7 Standing and Centering Cues" from the Pilates method
- 3) Techniques from Paul Hodges for finding optimal standing posture

Let's make the greatest impact for the greatest good by getting involved in community-based exercise programs, learn the latest research trends in world physical activity and use evidence-based practices that are effective for improving vitality at any age.



Awesome opportunity for an orthopedic physical therapist at a private PT owned clinic in Los Altos! Dynamic and growing orthopedic and sports PT clinic is looking for an experienced physical therapist. You will join a clinic with a wonderful and devoted clientele who are educated and highly participatory in their rehabilitation and fitness.

We utilize the newest technology including:

- AlterG anti-gravity training system
- video feedback
- LiteGait partial weight bearing system
- laser
- Pilates Reformer

While we utilize technology, top-notch evaluation skills along with hands on manual care and functional training skills are of utmost importance. Full time position with flexible hours and benefits. Salary based on experience and talent that you bring to the clinic. Please send resume and cover letter to [inmotionpt@inmotionpt2.com](mailto:inmotionpt@inmotionpt2.com).

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**CAMPBELL PHYSICAL THERAPY  
& SPORTSCARE**

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163 E. Hamilton Avenue, Campbell, CA 95008  
408-866-5567

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Opportunity for an orthopedic manual physical therapist to join a private independent outpatient physical therapy clinic in Campbell. You will join other physical therapists with a large referral base and devoted patient clientele.

We are looking for a physical therapist with a minimum 2 years experience. We offer competitive compensation including 401k, profit sharing, continuing education allowance and health/dental insurance.