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2009 DISTRICT EVENT CALENDAR

Be sure to mark these dates on
your calendar!

August 11th: District Meeting

Topic: Athletic Taping
Techniques For The Clinic

Speaker: Elizabeth Costella,
MPT, ATC, CSCS

Location: Dominican Santa
Cruz Hospital, Santa Cruz

September 15th: District Meeting

Topic: Meet Your Legislator

Location: Good Samaritan
Hospital, San Jose

November 10th: District Meeting

Topic: PT Considerations for
the Oncologic Patient

Speaker: Eric Ip, PharmD

Location: Salinas Valley Me-
morial Hospital, Salinas

WE'RE GOING

GREEN

The San Jose District will begin distributing this newsletter electronically in 2010. If you wish to continue receiving a hard copy you must contact the newsletter editor, Cheryl Tibbetts at cheryl@valleypt.net or (831) 438-4478



Issue 22

July 2009

A FEW WORDS FROM OUR CHAIR...

Eric Folkins, PT, DPT, OCS



What's New in the CPTA

Everyone undoubtedly has received an email in regards to AB 1152 Medical Corporations. This bill, if passed, would allow medical corporations to employ physical therapists in the state of California. Nationally the APTA opposes physician owned clinics. If you currently own a private practice or work in a private practice or hospital based outpatient clinic this would decrease your referrals and ultimately jobs available in physical therapy owned private practices and hospital outpatient clinics.

This bill is not fair to the consumer. The consumer most likely would be referred to the physician owned clinic for physical therapy. The therapist at the physician owned clinic may or may not be the best physical therapist for a particular diagnosis. There are many diagnoses and specialties that are better treated by another therapist than by me. One person can not be an expert in everything. Please take 5 minutes and go to www.ccapta.org and click on the blue banner to write your assembly member. This truly only takes 5 minutes.

What is new on the CPTA website? The CPTA has added many member benefits on their website. There is a new Move California module called "Practicing Good Posture". The Move California modules are a great way to educate the public on what physical therapists do. The other modules include Senior Wellness, Falls, Throwing a Safe Game, ACL Prevention for Female Athletes, etc... The CPTA website has a new member directory. You can search for colleagues and friends in your area and throughout California. For all the cyclists out there, there are CPTA bicycle jerseys available. Contact hpino@ccapta.org for pricing and sizing.

The CPTA is promoting physical therapy at the Sacramento Airport. If you happen to go through the Sacramento Airport look for a 16 second message on the LCD screens in the baggage claim areas.

The CPTA does many wonderful things for physical therapy in the state of California. Please take time to use the CPTA resources available to all members, including the legislative center to write your local legislator and oppose AB 1152.



THE SPEAKER'S CORNER FOR OUR August 11th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

Elizabeth Costella, MPT, ATC, CSCS

Elizabeth is a staff PT in Dominican Santa Cruz Hospital's Orthopedic and Sports Medicine Clinic. She attended Marquette University in Wisconsin where she received her baccalaureate degree in psychology in 1998 and her Masters of Physical Therapy in 2000. She earned her Athletic Training Certification in 1999 and became a certified clinical strength and conditioning specialist in 2003. Elizabeth's clinical interests are primarily related to knee dysfunction especially prevention and rehabilitation of ACL injuries and patellofemoral syndrome. She also enjoys working with runners both in preventing injuries and rehabbing them. She has been an Athletic Trainer for local high school teams since 2001.

Changes to District Bylaws

The CPTA has been updating all of the Districts' Bylaws to bring them into compliance and agreement with the CPTA and APTA's bylaws. The changes are editorial (i.e. changing the word "Chapter" to "CPTA", etc.) and they were approved by our District's Executive Committee on July 1, 2009. If you would like to read the new and improved bylaws you can find them on the District's website at sjdist-cpta.org

Electronic Voting This Fall

Your Executive Committee has decided to join the CPTA and other Districts throughout the state and "Go Green." The District has agreed to do a pilot project for the CPTA and hold our fall 2009 elections electronically. A member may specifically request a hard copy ballot, otherwise voting will take place online through the CPTA's new website.

If all the Districts and the CPTA are able to effectively hold their elections electronically we will save money and the planet. It is my hope that we may have more ballots returned if the elections are held electronically. The San Jose District consists of approximately 330 members and the return rate for our District elections is between 10-15%. That means 33-49 people are deciding who "runs things", which involves deciding how your dues dollars are spent. Please take a few moments this fall and vote for your District leadership. If you have time to update your status on Facebook, you can take a couple minutes to shape the future of our District and our profession.

-Cheryl Tibbetts, Nominating Committee Chair

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 831-438-4758.

Still Calling All Volunteers!

The District's booth at the Big Sur International Marathon Expo was a great success. PTs from across the District came to Monterey to perform free lower extremity assessments for the event's runners and walkers.

Our Thanks go out to: Sherrie Betz, Alain Claudel, Eric Folkins, Sara Furniss, Jason Myers, Tony Pazzaglia, Jim Thurman, Cheryl Tibbetts, Roberta Troxell, Kathryn Valdez, and Vangie Ventura. If I've forgotten anybody I apologize.

District Newsletter

I'm still waiting for submissions from the membership...Aren't you guys tired of hearing me ramble on about things? How about even a letter to the Editor? Just forward me a copy of that email you sent to your colleague about your frustration with AB1152, or send a comment about a great Con Ed course you just went to. It could even be anonymous, no one needs to know it was you who wrote it. I promise I will still edit and polish your piece so you do not even have to worry about your spelling and grammar. Please email your ideas and articles to me at cheryl@valleypt.net.

Education Committee

Our Education Committee is always looking for suggestions and contacts for District sponsored courses. With the requirement for Continued Competency looming around the corner wouldn't it be great to have the courses you want to take happening right here in your own District? contact Ann Vivian our Education Committee Chair at annvpt@sbcglobal.net

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

The District's PR committee has decided not to have a booth at this event this year because it is happening on the same weekend as our Chapter Annual Conference in Pasadena. If the timing is better next year we will be looking into having a booth for this great event since it would be a fabulous opportunity to educate the public about physical therapy.

District Elections

The following positions are up for election this fall: Chair Elect, Chief Representative, Treasurer, Nominating Committee, and Representative. For descriptions of the positions and the job duties you can go to the District website (www.sjdist-cpta.org).

Do You Need Volunteers or Resources?

The District's PR Committee can help. There are resources available through the CPTA and the District to help you organize your event. For a lot of them all you have to do is ask. I'm sure a number of you already do public outreach events and we would love to help you make your event memorable and impactful. If you have never done a public outreach event but would like to, it's easy and we would love to help you get it going. Contact the District PR Chair Cheryl Tibbetts at cheryl@valleypt.net.

If you think you've been seeing my name a lot this issue, you have! Please volunteer! Thanks, Cheryl



San Jose District
California Physical Therapy Association

1220 30th Avenue
Santa Cruz, Ca 95062

SAN JOSE DISTRICT
MEETING

August 11, 2009
Dominican Santa Cruz
Hospital
Rehab Campus Solarium
610 Frederick Street
Santa Cruz, CA

FIRST CLASS MAIL
U.S. POSTAGE
PAID
SALINAS CA

Current resident or/

ONLY 2 MORE NEWSLETTERS AND THEN WE'RE GOING ELECTRONIC!

NEXT DISTRICT MEETING:

AUGUST 11, 2009

DOMINICAN SANTA CRUZ HOSPITAL
REHABILITATION CAMPUS SOLARIUM

610 FREDERICK STREET

SANTA CRUZ, CA

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

“ATHLETIC TAPING TECHNIQUES
FOR THE CLINIC”