

San Jose District CPTA

Summer Newsletter



Upcoming District Meeting:

Do we actually have any evidence to support the breathing techniques taught in PT practice and in alternative movement approaches like Pilates and Yoga? Hear about the findings from a study that was conducted by Dr. Larry Cahalin, PhD, PT, CCS, cardiopulmonary certified specialist and professor at University of Miami, and Sherri Betz, PT, GCS, PMA®-CPT at the Pilates Method Alliance conference involving 61 subjects. We used the TIRE (Tests of Incremental Respiratory Endurance) to test all subjects looking for the strength and endurance of the diaphragm.

We compared the subjects to normative data and also compared the focus on breathing emphasis in their Pilates practice. You'll be surprised at the results! After the discussion, put research into practice in learning to identify the dominant breathing type in your patients, measure their lung function and understand how these findings might relate to their posture and core control. Discuss the benefits and detriments in breathing as taught in yoga, Pilates and other movement forms. Come to the meeting to learn some simple breathing assessments, treatments and exercise interventions to improve your treatment program effectiveness!

August 12th, 6:30-8:30 pm

Dominican Hospital
Rehab Services Facility
610 Frederick St, Santa Cruz

Speakers:

Sherri Betz, PT, GCS,
PMA®-CPT

All Physical Therapy professionals
are invited to attend. CPTA
members and non-members are
welcome.

MoveCalifornia

Provided by CPTA MoveCalifornia
Campaign

Want a presentation on one of the following topics?

Cycling: proper bike fitting * Run More Efficiently * The Golf Swing
Senior Wellness * Balance and Fall Prevention

Log in to the CPTA webpage at www.ccapta.org and click on News and PR
**For Members Only

Chair Report

Hello San Jose District members. I hope you all are having a wonderful summer. It is hard to believe that the year is more than half over. Over the first half of the year, the CPTA has been hard at work for you the member. The Payment Policy Committee has been hard at work on many fronts: establishing payment for direct access from multiple insurance companies, meeting with Cigna/ASH to discuss CPTA's strong concerns with the changes to physical therapy provider agreements, and continuing to monitor compliance of Worker's Compensation Carriers to the Official Medical Fee Schedule that went into effect on 1/1/14. The Membership and Communications Committee has been developing Public Relations communications for members to use to help promote the profession and direct access. Did everyone get a chance to hear the [radio spots](#) announcing direct access that played during drive time talk radio her in the Bay Area? How about the [YouTube video](#) showing how PT can help ease pain and restore function? And these [Bus Ads](#) have run in select cities throughout the state over the year.

I hope that you have found the information in the newsletters and emails from the SJD to be informative. This past year, the SJD held PAC Fundraiser's at a local winery and at a local brewery. Both events provided an opportunity for PT professionals to gather, talk about the profession and raise funds for the PAC. This year has also seen Pub Night events grow within the district, with Santa Cruz area PTs joining in the fun on the Third Thursday of the month. Be sure to mark you calendars for every third thursday and join us at one of our events. Or start one of your own close to home. Just let us know the location and we will help get the word out.

As the end of the year quickly approaches, your SJD Executive Committee will be planning the events for 2015. One of our hopes is to continue to bring information to you that matters to you. But to accomplish this, we need your help. We are interested in hearing about innovative or new models of care and / or treatments that those in our district are utilizing in caring for your patients and / or running your businesses. Do you have suggestions for District sponsored continuing education? Social events? Networking opportunities? District meeting topics and / or presenters? Please let us know so we can provide fun, exciting, and educational opportunities for the district. Please take a few moments to fill out this [survey](#) to help us collect your ideas.

Thanks!

Chris Reed PT, MPT, OCS, ATC
San Jose District Chair



SJ District

CPTA

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Get Involved in 2015!

If you are interested in promoting your district, getting involved in the legislative process and providing insight into programming and activities, then running for a San Jose District CPTA Committee position is the right choice for you!

The following positions are currently up for election in 2015:

- Chairperson Elect (2 years)*
 - Secretary (2 year term)
 - Assembly Representatives
 - Nominating Committee
- *1 year as Chair Elect and following year as Chair

Elections will be online. A paper ballot can be requested.

For a job description of the open positions, a paper ballot, or to submit your name for a position, please contact Brad MacDougall at bradleydmacdougall@gmail.com.

Legislative Update

This year's legislative agenda was relatively light. There were 2 high priority bills that the CPTA worked on this year. The first, SB 1215: Healing Arts Licensees: Referrals, was introduced by Senator Ed Hernandez. This bill would have removed the in office exception for advanced imaging, anatomic pathology, radiation therapy, or physical therapy services. There was a strong coalition in support of the bill, with physicians strongly opposed. The bill was heard in the Senate Business, Professions and Economic Development Committee in April 2014. While the Senators seemed to understand the merits of the bill, there was concern that removal of the in office exception for these services may cause delay in necessary care for patients. SB 1215 ultimately was defeated with only Sen Ed Hernandez voting in favor. CPTA continues to support the concepts outlined in the bill and will continue to strongly support this legislation should it come back again next year.

The second bill CPTA closely monitored this year was AB 1890: Athletic Trainer Licensure introduced by Assemblymember Ed Chau. When originally introduced, this bill would have created a broad scope of practice for Certified Athletic Trainers, including direct access, which was beyond the education for athletic trainers. CPTA actively opposed AB 1890 due to the overly

expansive scope of practice. Prior to the bill being heard in the Assembly Business, Professions and Consumer Protection Committee, the bill was amended to a title protection bill that would only allow a person to call themselves an athletic trainer only if they were certified by the Board of Certification for Athletic Trainers, or met certain other requirements. The bill moved quickly through the Assembly and Senate with little to no opposition. However, in July 2014, Governor Jerry Brown vetoed the bill stating: "This bill would make it illegal for any person to use the title of "athletic trainer" unless that person goes to college, gets a bachelor degree and meets various other certification requirements. These conditions impose unnecessary burdens on athletic trainers without sufficient evidence that they are really needed." CPTA will continue to monitor legislation related to athletic trainers.



Don't wait to register for the 2014 CPTA Annual Conference! Oakland Convention Center

October 24-25

Programming Includes:

Female Athlete Triad
Innovative Health Care Models
Physical Therapy in the ICU
Parkinson's
TeleHealth
Collaborative Care Models
Bundled Payment Models

Confirmed Speakers:

STEPHANIA BELL PT, OCS, CSCS
CHERYL BRADLEY PT
ANNIE BURKE-DOE PT, PHD
NANCY BYL PT, PHD, FAPTA
PAUL CARLISLE PT, MPT, GCS
STEPHANIE COMBS-MILLER PT, DPT, NCS
TODD DAVENPORT PT, DPT, OCS
ELIJAH FREEMAN PT, DPT, OCS, CSCS
BRUCE DOBKIN MD, FRCP
SHARON GORMAN PT, DPTSC, GCS, FNAP
JULIE FRITZ PT, PHD, FAPTA
YOUSSEF GHANDOUR PT, MOMT, FAAOMPT
STUART KATZMAN PT, DPT
RICHARD KATZ PT, DPT
ROBERT LANDEL PT, DPT, OCS, FCMT
CHRISTOPHER POWERS PT, PHD, FAPTA And Many More

REGISTER TODAY AT:
WWW.CCAPTA.ORG

Do you have topics or information you want included in the
next newsletter? If so, contact the newsletter editor:

Ryan.Broms@mac.com