



1220 30th Avenue
Santa Cruz, Ca 95062

**SAN JOSE DISTRICT
MEETING**

**April 14, 2009
Palo Alto Medical
Foundation PT Dept.
1st Floor Clark Bldg
795 El Camino Real
Palo Alto, CA**

NEXT DISTRICT MEETING:

APRIL 14, 2009

**PALO ALTO MEDICAL FOUNDATION PT DEPARTMENT
1ST FLOOR, CLARK BUILDING
795 EL CAMINIO REAL, PALO ALTO, CA**

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

**“TOTAL SHOULDER REPLACEMENT &
REVERSE TOTAL SHOULDER
REPLACEMENT”**

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**2009 DISTRICT
EVENT CALENDAR**

Be sure to mark these dates on
your calendar!

April 14th: District Meeting

**Topic: Total Shoulder Re-
placement/Reverse Total
Shoulder Replacement**

Speaker: Colin L. Eakin, MD

Location: , 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 Me-
morial Hospital, Salinas**



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March 2009

A FEW WORDS FROM OUR CHAIR...

Eric Folkins, PT, DPT, OCS



A common question I have been getting recently is: What are the new continued competency requirements for physical therapists in the state of California? The Physical Therapy Board of California has made the following statement on their website, "The language proposes to require 30 hours of continuing competency in each renewal cycle. To implement the regulation, those licenses that expire between October 31, 2010 and October 31, 2011, will be required to have completed 15 hours of continuing competency. For licenses that expire on and after November 1, 2011, the full 30 hours shall be completed." (www.ptb.ca.gov/licencees/cc_req_prop.shtml). This will be the minimum requirements for a physical therapist in the state of California. I suspect that most APTA members are doing this already and will not have any difficulty fulfilling this requirement. A more burning question is: What is available that would further my career and make me an excellent therapist?

The CPTA is sponsoring 4 in-person courses, 3 webinars, and 1 audio conference call continuing education courses. One can also purchase any of 9 previous webinars on CD for your own viewing pleasure. These come complete with audio presentation, power points and handouts. Great if you want to do an in-service at your clinic. The work is already done! A colleague recently took the documentation webinar by Leslie Torburn, PT, MS and she gave it rave reviews. Her in-service was excellent. For any of these courses contact RPierson@ccapta.org or go to www.ccapta.org and look under "education" on the left side.

That is quite a bit available at the state level. For **FREE** continuing education - go to the APTA website (www.apta.org). The APTA offers a total of 14 free hours of continuing education that one can take in the convenience of your own home. Topics range from professionalism to neuro-imaging.

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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 April 14 MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

Colin L. Eakin, MD—Is a board certified orthopaedist specializing in arthroscopic knee and shoulder reconstruction and sports related injuries and the chief of staff at Menlo Park Surgical Hospital. He was recently awarded a prestigious subspecialty certification in Sports Medicine by the American Board of Orthopaedic Surgery and the Orthopaedic Society for Sports Medicine.

Dr. Eakin received his baccalaureate degree in 1987 from Stanford University and his medical degree from the University of California at San Francisco in 1991. He also completed his internship and residency at UC San Francisco. His fellowship was completed at the Steadman Hawkins Clinic in Colorado. He has been an annual recipient of San Jose Magazine's coveted Top Doctors awards, as chosen by their peers. Dr. Eakin also volunteers with Mercy Ships in Latin America providing needed medical care to the poor.

A Few Words From Our Chair (Continued...)

There are also numerous online courses, self-study courses, conferences and audio continuing education. One says, "I have taken numerous continuing education courses." How do I self-evaluate my performance and assure that I am providing the best care possible. There is a self-assessment tool available or you can take your practice to the next level.

The American Board of Physical Therapy Specialties offers certifications in Cardiopulmonary, Clinical Electrophysiology, Geriatrics, Neurology, Orthopaedics, Pediatrics and Sports Physical Therapy. Most of these certifications require a minimum of 2000 hours (one year full time work) or completing a residency in the area of specialty and a 200 question examination. A residency is "A planned program of post-professional clinical and didactic education that is designed to advance significantly the physical therapist's preparation as a provider of patient care services in a defined area of clinical practice." Physical Therapy Residencies include Geriatric, Neurologic, Orthopaedic, Pediatric, Sports and Women's Health.

You have received your specialty certification and still want to become more educated. The next level is a fellowship. A fellowship is more focused and is "A post-professional, funded, and planned learning experience in a focused area of physical therapist clinical practice, education, or research (not infrequently post-doctoral, post-residency prepared, or board-certified physical therapists)." Current fellowships available are Hand, Movement Science, Orthopaedic Manual and Sports Division I Athletics. More information and locations of residencies and fellowships can be found at the APTA website under Professional Development.

These are not the only opportunities to excel professionally. There are many high quality courses offered by different organizations and transitional Doctor of Physical Therapy Programs. Many offered in close proximity to your home and/or online. The key is to establish goals, organize a plan to achieve those goals and network with other high quality therapists.

Vision 2020 states physical therapists will be "recognized by consumers and other health care professionals as the practitioners of choice to whom consumers have direct access for the diagnosis of, interventions for, and prevention of impairments, functional limitations, and disabilities related to movement, function, and health." The way to achieve this vision is if each individual therapist continues to advance their career through education and reach their full potential as a practitioner.

Calling All Volunteers!

By the time you read this, 150 of your PT colleagues will have volunteered their time at PT Legislative Day on March 24th, lobbying for our profession and Consumer Direct Access to PT Services in California. It is people and events like these that form the public's concept of who we are and what we do. Our organization is propelled by volunteers. While both the APTA and the CPTA have paid staff, those staff support the mission of the organization and the volunteers who make up the Board of Directors, Committees, Task Forces, etc. Our organization is driven from the ground up, by local volunteers at local events, so I am asking you to volunteer a little of your time and expertise to improve the profession we all love.

The San Jose District needs volunteers for the following events and committees:

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

The District will have a booth at this Expo which is attended by 20,000 racers and their families. We will be providing a brief wellness evaluation for participants and then providing information on basic stretching and strengthening exercises. Volunteers are encouraged to promote their own practice as well as the San Jose District, the CPTA and the profession of Physical Therapy. If you are interested in participating contact Eric Folkins (efolkins@comcast.com) or Cheryl Tibbetts (Cheryl@valleypt.net).

District Newsletter

Now before you run screaming into the other room, I have to say that what I need from District members is not that difficult. I know we all get riled up about different issues or have a wonderful patient story to share or an interesting clinical case. All I am asking is that you WRITE IT DOWN. I will edit and polish your piece so you do not even have to worry about your spelling and grammar! I would think at this point after several years of my doing it, you all might be tired of hearing what I think is important and might want to add some of your own ideas. Please email your ideas and articles to me at cheryl@valleypt.net.

Education Committee

Our District tries to put on Educational content each year based on requests/suggestions from District members. To organize a course from start to finish takes time and follow through. The projects can easily be broken down into component pieces where several people could participate in small amounts and in the end put on a fabulous course. If you are interested in contacting speakers, developing the course brochure, procuring a location, managing registration, or being on-site during the course, 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 will have a booth at this event as well which is attended by 25,000 racers and their families. The focus of this booth will be similar to that at the Big Sur International Marathon Expo. Volunteers will again be encouraged to promote their own practice as well as the profession. If you are interested in participating contact Cheryl Tibbetts (Cheryl@valleypt.net)