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October 2007

A FEW WORDS FROM OUR CHAIR...

Barbara Merrill, PT



The CPTA conference was a great success. It was good to see some of you there. For those of you unable to attend, there were terrific presentations on post stroke ambulation, the shoulder complex, wound care, and others. The conference committee went to great lengths to get top notch speakers. There was also discussion concerning the importance of AB 1444 and the continued importance of contributing to the PAC.

Remember that direct Access is a **choice** not a mandate. A therapist would not be **required** to utilize the benefits. At the present time, I am still working for Medi-Cal and this bill would not make a difference to me. However, it may be of great benefit to me in a future position! It's important to think about **your** future and the future of our profession. Please contact your legislators by mail, phone, or better yet in person.

Ah, I digress. A few notes about documentation required by most insurance companies for the purchase of wheelchairs. Remember that the person will be sitting **often most of the time**. Wheelchair evaluations are a different kind of evaluation including some of the same things you would include in a regular physical therapy evaluation but from a different perspective. Range of motion, neurological problems, and strength are important, seating needs are vital, and activities while sitting are also important.

In general, the greater the disability the more complex the wheelchair that will be needed; also the more precise the measurements need to be. For example a T10 para will need wheel and seat positioning to be precise. Position of the wheels not in perfect alignment with the shoulders and trunk and the propulsion can contribute quickly to repetitive motion injuries. In comparison, a person with an endurance problem such as COPD has a complex medical problem but not necessarily a complex seating problem. In the second case the person should have a chair seat that is comfortable and with a reasonable fit but the needs for a perfect fit may not be as great. This person will probably be using a simple power chair or even a scooter which come with a basic van or captain's seat.

It is important to know the lifestyle of the patient: What will the person do in the chair and how many hours will he/she spend in the chair? Where does the patient live? How much space is in the home and what kind of terrain outside? How much help does the patient need? How much help does the patient have?

For those of you interested in getting involved with wheelchair evaluations, there is a course being given at Dominican Hospital in Santa Cruz in November. I highly recommend it!

It has been a pleasure being your Chair this past year. I have enjoyed working with all of you.

2007-2008 DISTRICT EVENT CALENDAR

Be sure to mark these dates on
your calendar!

November 9-10th: Continuing Education Course

Topic: Wheelchair Seating and
Positioning for Pressure Relief

Location: Santa Cruz, Ca

November 13th: District Meeting

A review of People to People then,

Topic: Ask the OCS—this was such
a popular topic in Palo Alto we're
doing it again in the south end of
the District

Location: Salinas Valley Memorial
Hospital, Salinas

March 4th: District Meeting

Topic: Incorporating evidence into
your daily practice

Location: CHOMP, Monterey

March 8th & 9th: Continuing Education Course

Topic: Lower Quarter Biome-
chanics: Implications for the
Evaluation and Treatment of
Musculoskeletal Disorders

Speaker: Christopher Powers,
PhD, PT

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 November 13th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

Our Orthopedic Clinical Specialist Panel

Eric Folkins, DPT, OCS Eric received a Master of Physical Therapy and Biokinesiology from the University of Southern California in 1994. He received his Doctor of Physical Therapy degree from Western University of Health Sciences in 2005. He is a certified Orthopedic Clinical Specialist (2006), certified Vestibular Therapist from Susan Herdman (2002), and certified Ergonomist from the Atlanta Back School (2002). Eric currently works at Community Hospital of the Monterey Peninsula as a staff therapist and is the facility's Clinical Coordinator of Clinical Education.

"My evaluations and treatments are based on anatomy, biomechanics and evidence based research. By using specific testing, that has been researched with high specificity or sensitivity, achieving a "medical diagnosis" is usually the easy part. One must evaluate the entire person and assess the biomechanics of areas outside the painful area to appropriately treat the "cause" of the pain and determine a physical therapy diagnosis. I want the patient to feel like they have control of their current condition with proper mechanics. Treatment approaches are eclectic and not limited to one philosophy. Research helps guide my treatments as well as my personal experience. Impairments that are found are stretched - if short, strengthened - if weak, mobilized - if hypomobile, stabilized - if hypermobile."

Jason Myers, MSPT, OCS Jason received his undergraduate degree (cum laude) in Human Performance from San Jose State University. He earned his Master of Science degree in Physical Therapy from the UCSF/SFSU Graduate program. He was awarded the Graduate Student Distinguished Achievement Award from SFSU upon graduation. Jason presented his research on lumbar stabilization and exercise at the Combined Sections meeting of the American Physical Therapy Association. Jason received his Orthopedic Clinical Specialist Certification in 2002 and opened Myers Physical Therapy in 2004. He has consulted with companies such as PG&E, Fresh Express and Western Growers, providing ergonomic assessment and training. He also trained high school and college athletes as well as a Para-Olympic bronze medalist. He enjoys working with all ages and specializes in the hands-on treatment of sports, auto and work-related injuries. He is a Marine Corps veteran and graduate of the Spanish Language program at Monterey's Defense Language Institute.

"I would describe my treatment philosophy as 'Keep it simple.' I treat all of my patients like they're part of our family. I use an eclectic approach of manual therapy techniques, exercise and patient education, all guided by a sound evaluation and constant re-evaluation

Cheryl Tibbetts, MPT, OCS Cheryl received her Master of Physical Therapy and Biokinesiology degree from the University of Southern California in 1993 and received the Departmental Award for academic excellence and clinical promise. She became co-owner of Valley Physical Therapy in Boulder Creek, Ca in 1994 and opened a second office in Scotts Valley, Ca in 1998. She received her Orthopedic Clinical Specialist certification in 2002 and became sole owner of Valley PT in 2005.

"I look at it as my job to help patients understand how their bodies are supposed to work, how theirs is actually working and what we can do to make those two things more the same. I look at the whole patient, not just where the symptoms are, and treat whatever biomechanical dysfunctions I find through exercise, neuromuscular re-ed, manual techniques, etc. This way I encourage overall fitness and improved body mechanics while treating the original problem. All of our patients' time is spent one-on-one with a PT with a focus on patient education and exercise."

MEMBER GET A MEMBER CAMPAIGN

Current members bring a non-member to a San Jose District meeting and each of you (the member *and* the non-member) receive a \$5 Starbucks gift card just for attending the meeting. When you arrive at the meeting simply present your current membership card to the Membership Services person at the sign-in table and introduce your non-member colleague. (Offer is limited to one Starbucks card per member and non-member, per meeting)

If your non-member colleague joins the APTA let the California Chapter office know and you will also receive \$25 from the CPTA!

You are needed to support the CAL-PT-PAC

In February the California Physical Therapy Association (CPTA) sponsored legislation to allow consumer direct access to physical therapy services. That bill, AB 1444, will next be heard in the Assembly Business and Professions Committee in January, 2008. It is critical that our members support the efforts of the CPTA, or else those who oppose us will influence the legislature and limit our ability to serve the people of California. One of the ways you can support our profession's efforts is by contributing to the CAL-PT-PAC, which in turn supports those legislators who are in turn supportive of physical therapy. Be assured that those groups who do not agree with us on any number of issues have very active PAC organizations. If we want to keep our profession viable, than we must participate in the process in Sacramento; and contributing to the PAC is a key part of that process.

As of September 30, 32 San Jose District members have made the commitment to support the PAC with their contributions. Included in this number are 100% of our Representatives to the CPTA Assembly of Representatives along with the Chapter Board, our profession's leadership in California.

GRIZZLY Contributors (\$1000 or more): Johnathan Farahmand and Judy Sebring.

2600 CLUB Contributors (\$500-\$999): Bruce Beekley, Barbara Merrill, Bob Williams.

SUSTAINING Investor Contributors (\$100-\$499): Axis Physical Therapy, Barbara Dangerfield, Tom DeFranco, Eric Folkins, Stuart Katzman, Paul Murdock, Chris Ota, Mitch Ronning, Deanne Smith, and Ann Vivian.

GENERAL Contributors: Damon Anderson, Barbara Asplund, Gina Basuino, Tricia Benson, Anne Cunningham, Anna Ericsson, Amy Folkins, Burnett Hartsock, Alison Heller-Ono, Shelley Krooph, Anna Lewellen, Peggy Miller, Bettye Pina, Wendy Pugh, Tara Socquet, Cheryl Tibbetts, and James Vegher. (Please note: If you have made a contribution and are not included in this listing, please contact Bob Williams at willhartb@mindspring.com)

Our goal is to raise \$11,000 from our District; and to date we have contributed \$5,660. If just 100 additional members, of our more than 300 District members, contributed at least \$50.00 before the end of this year we would reach our goal. Please join your colleagues in support of our profession by making a contribution to the CAL-PT-PAC.

Use the following link to download the CAL-PT-PAC contribution form off the CPTA website <http://ccapta.org/pdfs/PACContributionForm.pdf>. Complete the form and send it along with your contribution to the CAL-PT-PAC.

Please remember that contributing to the CAL-PT-PAC is for **your future** and the **future of your profession**.

Bob Williams, PT, MA
District PAC Chair

People to People

People to People sponsored a physical therapy delegation to Vietnam and Cambodia from September 4 - 14, 2007 and San Jose District member Roberta Troxell was there.

The purpose of this delegation was to facilitate professional exchange and understanding. The initial meetings with each clinic, hospital and school will set the stage for future interactions and support.

Vietnam included a visit to Gia Dihn Hospital, a multi-specialty medical center. Siem Reap, Cambodia included Angkor Children's Hospital, a primary treatment center. In Phnom Penh, Cambodia, we visited the Physical Therapy Technical School for Medical Care and the National Rehabilitation & Physical Therapy, Phnom Penh. The most impressive visit was CIOMAL Kien Khleang Rehabilitation center. This center treated leprosy patients. They manufactured and trained patients on prosthetics. The most striking experience for all of us was the professionalism the physical therapists displayed and the universality of our shared challenges and desire to help others.

I recommend each of you, if you have the opportunity, to participate in a future People to People delegation.

A CLINICIAN'S COMMENTS

THIS AREA HIGHLIGHTS INVITED OR SUBMITTED CLINICAL COMMENTARY

Patellofemoral Joint Dysfunction: Looking beyond the Patella

Christopher Powers, PhD, PT

Dr. Powers received his Bachelor's degree in Physical Education from UCSB in 1984, his MSPT from Columbia University in 1987 and his PhD in Biokinesiology from USC in 1996. He has published more than 60 peer reviewed articles and received several research awards from the APTA.

Research published in the November 2003 issue of *Journal of Orthopaedic and Sports Physical therapy (JOSPT)*, has shed new light on an old problem: patellofemoral joint dysfunction. This special JOSPT issue focuses on the influence of abnormal lower extremity mechanics on patellofemoral joint dysfunction. As excessive lateral tracking of the patella has been hypothesized to be contributory to the development of patellofemoral pain, conservative approaches to treating this disorder traditionally have focused on the patella (i.e. correcting or altering patellar tracking through treatments such as patellar taping/bracing, vastus medialis oblique strengthening, stretching, etc.). However, recent research has suggested that the patellofemoral joint may be influenced by the segmental interactions of the lower extremity. In particular, abnormal motions of the tibia and femur in the frontal and transverse planes during function activities have been reported to have an effect on patellofemoral joint dysfunction.¹ Evidence in support of this premise has been provided by Powers et al.² who used kinematic MRI techniques to evaluate patellofemoral joint motion during weight-bearing and non-weight-bearing movements in patients with lateral patellar subluxation. The results of this study found that the patellofemoral joint kinematics during non-weight-bearing could be characterized as the patella rotating on the femur, while the patellofemoral joint kinematics during the weight-bearing conditions could be characterized as the femur *rotating underneath* the patella. These findings suggest that interventions aimed at controlling femoral motion proximally (i.e. strengthening the hip external rotators) or distally (i.e. foot orthotics) may play a role in treating this condition in certain patients.³ In addition, such research suggests that clinicians should be cognizant of the possibility that the evaluation and treatment of patellofemoral joint dysfunction may not be at the area of pain (i.e. patella), but focused on the segments and joints proximal and distal to the patellofemoral joint (i.e. hip and foot/ankle).

References

- 1 Powers CM. The influence of altered lower extremity kinematics on patellofemoral joint dysfunction: A theoretical perspective. *J Orthop Sports Phys Ther.* 2003;33:639-646.
- 2 Powers CM, Ward, SR, Fredericson M, Guillet M, Shellock FG. Patellofemoral kinematics during weight-bearing and non-weight-bearing knee extension in persons with lateral subluxation of the patella: A preliminary study. *J Orthop Sports Phys Ther.* 2003;33:677-685.
3. Mascal CL, Landel R, Powers CM. Management of patellofemoral pain targeting hip, pelvis and trunk muscle function: 2 case reports. *J Orthop Sports Phys Ther.* 2003;33:642-660.

What Have You Done for ME Lately?

If you haven't been paying attention the CPTA and APTA have been working really hard for you lately.

- The CPTA's education committee just put on a fabulous educational series at Chapter Annual Conference in Los Angeles. The programming planned for next year's conference in Oakland looks just as impressive!
- The Government Affairs and Communications Committees are working tirelessly to help connect members with their legislators and provide them with the information necessary to educate the legislators regarding AB 1444 our Direct Access bill.
- The Communications Committee has continued to add Move California modules to the Chapter's website for members to use to promote physical therapy and advertise their own clinics/departments.
- The Payment Policy Committee has been following changes to Blue Shield's fee schedule as well as continuing relationships with other major insurers to make sure that PT is represented in the reimbursement arena.
- The Practice Committee has completed the R.o.P.E. program which credentials practices that meet certain criteria for excellence in PT practice.
- At the national level the APTA is working hard to fight proposed changes to the Medicare fee schedule and continues to fight to repeal the cap.

District Continuing Education Course

Wheelchair Seating and Positioning for Pressure Sore Prevention and Improved Quality of Life; What Every Therapist Should Know

This entry level course is designed for therapists in all settings wishing to improve the quality of life of their patients/clients who use wheelchairs for mobility. Focus is on seating and positioning evaluation skills for pressure sore prevention and improved function.

Instructors:

Karen Gosling, MPT, ATP
 Andrea Martin MPT, NCS, ATP
 Luisa Kelly, RN, MS, CWOCN
 Allen Siekman Adaptive Technology Specialist

Location: Dominican Hospital Santa Cruz CA
 Friday-Saturday November 9th and 10th
Cost: \$160 APTA Member \$260 Non-APTA Member
 12.5 Contact Hours

District Continuing Education Course

Lower Quarter Biomechanics: Implications for the Evaluation and Treatment of Musculoskeletal Disorders

Altered lower quarter mechanics are frequently implicated as being contributory to various musculoskeletal conditions. An understanding of how abnormal limb function can contribute to the mechanisms of specific joint dysfunction is essential for the evaluation and treatment of common orthopaedic disorders.

Instructor:

Christopher Powers, PhD, PT

Location: Physical Performance Institute, Los Gatos, Ca
 Saturday-Sunday March 8th and 9th
Cost: \$295 APTA Member \$480 Non-APTA Member



San Jose District
California Physical Therapy Association

1220 30th Avenue
Santa Cruz, Ca 95062

SAN JOSE DISTRICT
MEETING

November 13, 2007
Salinas Valley Memorial
Hospital
Cafeteria Conference
Room 3
450 East Romie Lane
Salinas, CA

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NEXT DISTRICT MEETING:

NOVEMBER 13, 2007

SALINAS VALLEY MEMORIAL HOSPITAL

450 EAST ROMIE LANE

SALINAS, CA

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

“ASK THE ORTHO CLINICAL SPECIALIST”

BRING YOUR QUESTIONS OR PRESENT A PROBLEM PATIENT TO A
PANEL OF ORTHOPEDIC CLINICAL SPECIALISTS AND RECEIVE
TREATMENT AND EVALUATION ADVICE