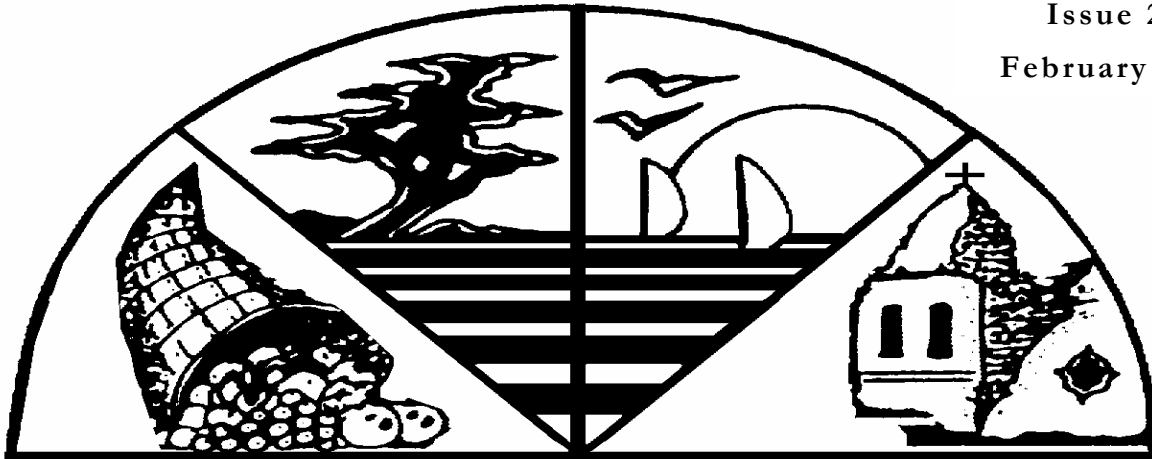


Issue 28  
February 2011



*San Jose District*  
California Physical Therapy Association

**NEXT DISTRICT MEETING:**

**MARCH 8, 2011**

**AGILE PHYSICAL THERAPY**

**2450 EL CAMINO REAL, PALO ALTO, CA**

**6:30—9:00PM**

LIGHT REFRESHMENTS PROVIDED

**PRESENTATION:**

**“BLOODCURE: THE REGENERATIVE  
MEDICINE REVOLUTION”**

A DISCUSSION OF REGENERATIVE MEDICINE INCLUDING  
REFERENCES TO STEM CELLS, BIOENGINEERING AND  
PLATLET RICH PLASMA

**ALLAN MISHRA, MD**

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### 2011 DISTRICT EVENT CALENDAR

Be sure to mark these upcoming dates on your calendar!

#### March 8th: District Meeting

**Topic:** BloodCure: The Regenerative Medicine Revolution

**Speaker:** Allan Mishra, MD

**Location:** Agile Physical Therapy, Palo Alto

#### March 23rd: PT Leg. Day

**Location:** State Capital, Sacramento

We hope to have more than 20 San Jose District members at Leg. Day this year!

#### April 12th: District Meeting

**Topic:** Could This Be A Nerve Thing—Preview

Local Legislator (invited)

**Speaker:** Alain Claudel, PT, DPT, ECS

**Location:** Community Hospital of the Monterey Peninsula

#### April 16th: Con Ed Course

**Topic:** Could This Be A Nerve Thing

**Speaker:** Alain CLaudel, PT, DPT, ECS

**Location:** Community Hospital of the Monterey Peninsula

#### April 23rd: PAC Fundraiser

**Location:** Cava Wine Bar, Capitola

#### April 29-30th: Big Sur International Marathon Expo

**Event:** Once again we will be hosting a booth at the Expo where we will be providing free 20 minute lower extremity evaluations and educating the public on PT.

(We need volunteers!)

**Location:** Monterey Conference Center, Monterey



### THE SPEAKER'S CORNER FOR OUR MARCH 8th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

**Allan Mishra, MD** graduated from the University of Michigan medical school and remained in Michigan for his internship and residency. He came to California for a fellowship at Stanford University Medical Center in 1995. He is a board certified orthopedic surgeon and specializes in biologics and sports medicine. Dr. Mishra lead the way in the use of platelet rich plasma for tendonitis. He published the first article supporting the use of platelet rich plasma injection in the treatment of chronic tendonitis.

Dr. Mishra and his research have been featured in national news stories in print, online and on television. He is recognized as a pioneer in platelet rich plasma injection and lectures all over the world. We are pleased and honored he has agreed to take the time to speak with us on March 8th.

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

Have you made your New Year's resolution yet? As a young, energetic physical therapist, my resolution has always been to improve my skills in patient care and progress our profession forward. The latter is often more daunting. Getting involved is the first step. I recently made the leap, donating my energy and my ideas to the position of chair at the district level. As this year's calendar takes shape, I'm seeing many opportunities for other members to get involved at many different levels. To name a few, there will be a CPTA booth at each stop of the AmGen Tour, we are also planning both beer and wine fund raisers for the PAC-fund, leg. day will again be held in March, strength and flexibility screening at the Big Sur International Marathon and continuing education opportunities. One can commit anywhere from one hour to one day, and there are advantages. You can build relationships with fellow colleagues as well as have a positive effect on your profession.

Physical therapists are experts in human movement that strive to help people maximize their quality of life yet we continue to be an underutilized branch of the health care system. Our goal is to overcome this issue. So, whether it's a New Year's resolution or interest in an event, I encourage everyone to find the time and help out this year. See you at the next event!

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

## Member's Review

San Jose recently held a one-day vestibular rehab course. It took place CHOMP in Monterey and was taught by Eric Folkins, OCS, PT???. The course outlined various presentations of vestibular disorders, both central and peripheral, presented objective tests and measures, and demonstrated the most effective treatments in a hands-on lab. As a PT who works primarily in outpatient orthopedics, I was able to take the information back to the clinic and immediately start screening and treating the appropriate patients. Being close to home, nicely priced and offering CEUs, it was any easy way to improve my skills and help meet my continuing education requirements. It brought the world of vestibular rehab into *focus*.

(We hope to include more reviews like this one of District events in future newsletters.

Please help us out and submit a review for a meeting or course that you attend.)

If you would like to receive a hard copy of the newsletter please contact the newsletter editor:

Cheryl Tibbetts

1220 30th Avenue  
Santa Cruz, Ca 95062

or

[cheryl@valleypt.net](mailto:cheryl@valleypt.net)

# You're invited to our CAL-PT-PAC fundraisers...

Wine tasting at Cava Wine Bar

Saturday, April 23<sup>rd</sup>

4:00-6:00pm

115 San Jose Ave. Capitola

(hors d'oeuvres included)

Beer tasting at The Tied House

Saturday, June 25<sup>th</sup>

4:00-6:00pm

954 Villa St. Mountain View

(hors d'oeuvres included)

To attend either or both events please complete this form and return it with your check payable to CAL-PT-PAC to:

CAL-PT-PAC  
c/o Chris Reed  
3388 Cardin Avenue  
San Jose, Ca 95118

Name: \_\_\_\_\_

(One donor per form, please make copies if necessary)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

Employer\*: \_\_\_\_\_

\*Required by state law. If self-employed, please write self. If this section is incomplete we will be required to return your contribution.

I would like to attend the event at:

Cava Wine Bar

The Tied House

My contribution is: \$ \_\_\_\_\_

My contribution is: \$ \_\_\_\_\_

(Minimum to attend is \$50)

(Minimum to attend is \$50)

Make checks payable to: CAL-PT-PAC

Thank you to the following Cava Wine Bar event sponsors:

Bodies In Balance

Capitola Physical Therapy

COAST Rehab

Precision Physical Therapy

Ronning Physical Therapy

TheraPilates Physical Therapy

Valley Physical Therapy

Zwerling Physical Therapy