

VIRGINIA PHYSICAL THERAPY ASSOCIATION INC.

THE VIRGINIAN



JODY GUNDRUM, EDITOR

WINTER 2010

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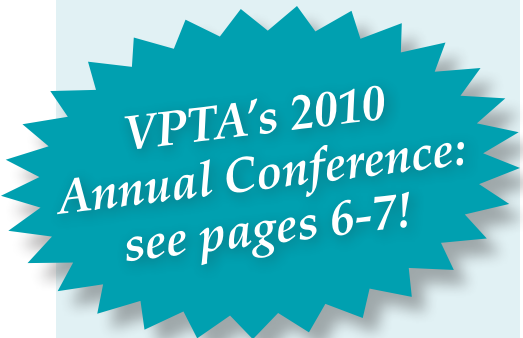
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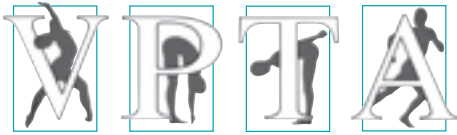
President's Message 2010: A Year of Accomplishment

2010 has been a busy year for VPTA. As we focused on the implementation of the Strategic Plan that was adopted by the membership at the 2009 Annual Conference, VPTA has been able to accomplish quite a bit this year. In keeping with the APTA brand "Move Forward," your leadership and countless volunteers worked throughout the year to accomplish the following goals:

- Restructured the Committees to align with APTA, creating 10 main committees and corresponding subcommittees and task forces
- Developed a strong Term Protection Coalition to present a united face to our state legislators
- Worked with APTA and our lobbyist to develop and introduce a bill that would protect the term "physical therapy/physiotherapy." After successful negotiation and the support of legislators, the bill passed and was signed into law by the Governor, making it illegal for anyone to advertise that they provide physical therapy unless they are a PT or employ a PT.
- Successfully lobbied against the licensure of kinesiotherapists in Virginia
- Created a Direct Access Utilization Task Force to collect data on the utilization of direct access to physical therapy in Virginia. This should help us pursue more open direct access in future years.
- Increased PT membership from 1,514 members in 2009 to 1,654 members in 2010
- Balanced a budget that initially started out as a deficit budget
- Continued improvement of the VPTA Web site, complete with video streaming of interviews with VPTA members
- Development of a new Facebook Fan Page for VPTA (www.facebook.com/myvpta)
- Planned and hosted special events around the state for National Physical Therapy Month, with a theme of "Anything That Moves You Forward"
- Hosted VPTA Annual Conference, including excellent continuing education courses, the 4th Annual Golf Tournament, a presentation from APTA on health care reform, 6 wonderful research presentations, and a great PAC fundraiser
- Held the first electronic election, prompting an unprecedented increase in voting numbers
- Hosted the 2nd Annual Payor's Forum, with 6 different payers in attendance
- Sent an active and engaged Virginia delegation to the APTA House of Delegates

This list does not fully cover all of the work done by the chapter over the past year, but it at least gives you an idea of our major endeavors. We are looking forward to 2011 and the exciting possibilities of another year. Our goal is to continue to "Move Forward" and pursue other issues that are important to the membership. To do this, we need to hear from you! We want to know the answer to the question: "What can the VPTA do to increase the value of membership?" Feel free to e-mail your answers to me at tsferrier@gmail.com.

*Terri Ferrier, PT
VPTA President*



The Virginian, the newsletter of the Virginia Physical Therapy Association, is published quarterly. The deadlines for submission of materials are the 15th of January, April, July, and October.

Articles and news items of interest should be submitted to **The Virginian**. Letters to the editor must be signed and include an address and telephone number. Articles and letters printed express the author's views only and are not necessarily the official policy of VPTA. All materials submitted are subject to editorial consideration and review.

Ad copy should be submitted to the Chapter Office on an issue-by-issue basis. Checks are to be made payable to the Virginia Physical Therapy Association Inc and must accompany the ad copy. All advertisers will receive copies of the issue in which they advertise; advertising in **The Virginian** does not imply VPTA endorsement of products or services. The right to reject, add, or change wording in accordance with VPTA and editorial policy is retained by the publisher.

The rates for advertising are as follows for camera-ready copy:

Ad Size (width & height)	Newsletter
Full page (7-1/2" x 9-7/8")	\$300
1/2 page horizontal (7-1/2" x 4-3/4")	\$225
1/2 page vertical (3-5/8" x 9-7/8")	\$225
1/4 page (3-5/8" x 4-3/4")	\$150

DEADLINES FOR SUBMISSION OF NEWS ITEMS AND ADS ARE JANUARY 15, APRIL 14, JULY 14, AND OCTOBER 15.

Please submit ads to:

CHAPTER OFFICE
Julia Rice, Executive Director
PO Box 327
Alexandria, VA 22313
800/999-2782, ext 3235
juliarice@apta.org

Please submit articles to:

Jody Gundrum, Editor
The Virginian
5603 Hampton Forest Way
Fairfax, VA 22032
703/822-6578 (W)
jgundrum@nvcc.edu

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VIRGINIA PHYSICAL THERAPY ASSOCIATION 2011

Officers/Executive Committee

President Terri Ferrier tsferrier@gmail.com	Chief Delegate Katherine Baucom Katherine_baucom@bshsi.org	Executive Director Julia Rice VPTA PO Box 327 Alexandria, VA 22313 800/999-2782 x 3235 (W) 703/706-8575 (F) juliarice@apta.org
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Board of Directors

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Committees & Special-interest Groups

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Finance Dave Emerick See Treasurer	Research Diane Wrisley wrisley.d@lynchburg.edu
Nominating Mark Bouziane mjbouziane@aol.com	Technology Peggy Belmont (co-chair) pbeltmont@cox.net
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Membership Nicole Jackson n-hollingsworth@hotmail.com	
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**Committees & Special-interest Groups
(continued)**

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2011 Delegates

Chief Delegate	Terri Ferrier	PTA Caucus Representative
Katherine Baucom	Brian Hoke	Sarah Schmidt
	John Miller	
Delegates	Lisa Shoaf	
Peggy Belmont	Colleen Whiteford	PTA Caucus Representative
Tom Bohanon		
Mark Bouziane	Delegate-Elect	Alternate
Secili DeStefano	Laura Baldwin	Vacant
Jack Echternach		

VPTA Career Center

Visit the VPTA Career Center today
to search the job openings and post
your résumé at no charge!

Employers—Check out our many
job posting options!

2011 CALENDAR OF EVENTS

January

- 8 VPTA Board of Directors Meeting—Fishersville
- 13 Lobby Day on Capitol Hill—Richmond
- 15 Submit APTA bylaw amendments for 2011 House of Delegates to APTA
- 21 Deadline for submission of material to editor for spring *The Virginian*

February

- 9-12 APTA Combined Sections Meeting (CSM)—New Orleans, LA

March

- 1 Deadline: Applications for VPTA student stipend to APTA Annual Conference
- 15 Submit main motions for 2009 House of Delegates to APTA Governance Department

April

- 15 Nominating Committee posts offices for 2011
- 8-10 VPTA Annual Retreat, Virginia Crossings—Richmond
- 8 VPTA BoD Meeting—Richmond
- 10 VPTA BoD Meeting—Richmond
- 22 Deadline: Submission of material and ads to editor for summer *The Virginian*

May

- 1 2011-2012 final program budgets and action plans due

June

- 15 Nominating Committee posts tentative slate of candidates for 2011
- 16-19 APTA Annual Conference—June 8-11, National Harbor, MD

July

- 1 Deadline for nominations for VPTA state offices
- 15 Nominating Committee posts final slate of candidates for 2011
- 15 Deadline for submission of material and ads to editor for fall *The Virginian*
- 15 Slate of nominees for VPTA office submitted to editor for fall *The Virginian*
- 23 VPTA BoD Meeting—Location TBD

August

- 1 District financial reports due to chapter treasurer
- 23 Deadline for submission of abstracts to Research Committee

September

- 1 Ballots available for electronic and mail voting
- 1 Deadline for submission of nominations for VPTA awards
- 1 Deadline for student stipend applications for VPTA Student Conclave and NSC
- 15 Deadline for submission of biographical sketch to SSIG Nominating Committee by any student interested in running for a leadership position
- 15 Financial records due to APTA

October

- 4 Student SIG online voting begins
- 8 Voting deadline for VPTA SSIG representatives
- 13 VPTA BoD Meeting—Roanoke
- 14-16 **VPTA Annual Conference, Roanoke—Mark Your Calendars!**
- 15 Annual Membership Meeting and chapter elections
- 16 VPTA BoD Meeting—Roanoke
- 21 Deadline for submission of ads to editor for winter *The Virginian*
- 31 Deadline for applications for VPTA Student Minority Scholarship

November

- 1 Deadline: Nominations for APTA National Office

December

- 1 Submit names and nominees for APTA Committees
- 1 Deadline: Mary McMillan Scholarship nominations and all honors and awards
- 31 Candidate statements and consent forms due to APTA

Celebrating the Life of Bill Collie, Mountain District PT

VPTA members were deeply saddened to learn of the death of Bill Collie, a 1996 graduate of the Physical Therapy program at MCV and director of Rehabilitation Services for Wellmont Lonesome Pine Hospital in Big Stone Gap, Virginia. Killed in a cycling accident, according to his obituary "William Noel 'Bill' Collie, 38, rode into the arms of his Lord and Savior on Friday, October 15, 2010." A native son of southwestern Virginia, he was a proud 1994 graduate of Virginia Tech, where he was a team member of the Virginia Tech Cycling Club. He was a passionate and competitive cyclist, riding over 10,000 miles annually, participating in mountain triathlons and countless regional cycling events. He was a charter member of the Lonesome Pine Cycling Club, a member of the United States Cycling Federation (having won the 1994 District Road Race Championship), and a Master Level member of the Tri-Cities Road Club. He is remembered by fellow cyclists as "a great guy and competitor." Margaret Gibson, PT, to whom he was a dear friend and colleague, describes him as a dedicated father and husband who loved his work as a PT. "He was so compassionate to all. Bill touched so many lives in so many different ways and in so many places. Bill also was very passionate about working with students, especially students who were going to PT school and wanted to come back to Southwest Virginia to work."

He is survived by his loving wife of 17 years, Pam Collie, and their 2 sons, Lance and Luke of Wise, Virginia. In lieu of flowers, the family requests that memorial contributions be made to the Lance and Luke Collie College Fund c/o Wachovia Bank 701 Park Ave Norton, VA 24273. His physical therapy colleagues are planning a biking event or 5k run in his memory in the near future.

VPTA October Election Results

Thank you to all who voted! Congratulations to those who were elected to the following offices:

Vice President:

Secili DeStefano

Treasurer:

Jerry Pumphrey

Delegates to the 2011 House of Delegates (9 elected):

Peggy Belmont
Tom Bohanon
Mark Bouziane
Secili DeStefano
Jack Echternach
Brian Hoke
John Miller
Lisa Shoaf
Colleen Whiteford

Delegate-Elect:

Laura Baldwin

PTA Caucus Rep:

Sarah Schmidt

Nominating Chairs:

Central: Mark Bouziane
Northern: Rose Phelps
Tidewater: Brian Edmunds
Valley: Yolanda Menedez

Have You Checked Out the Talking Woman?

On the www.vpta.org homepage you will now find an attractive blonde to answer your physical therapy questions. You will see her in a box with **Learn More** and **Ask Me Now** features. For members, nonmembers, and consumers, a click will get answers to commonly asked questions about physical therapy services. Just click on her, and she will talk to you personally!

The Jackson Clinics CONTINUING EDUCATION

Accelerate your professional growth through residency level education.



The Jackson Clinics Orthopedic Physical Therapy Residency Classes are now open to the public!

Our mission is to help improve the standard of clinical practice within our company and our region for better delivery of consistent, high quality physical therapy care to our community.

2011 THE JACKSON CLINICS PT RESIDENCY SCHEDULE

Date	Content	Instructors	Cost
2/25 -2/27	Functional Relationships of the Lower Half: Examination and Treatment	Richard Jackson, PT, OCS	\$550
6/3 – 6/5	Current Concepts of the Pelvic Girdle – 2011 update	Richard Jackson, PT, OCS	\$550
6/25	Training The Spine	Jason Arnett, MS, ATC, PES Tony Saputo, PTA	\$200
7/9 – 7/10	Cervical and Thoracic Spine Evaluation, Manual Therapy and Exercise	Eric Hegedus, PT, DPT, MHSc, OCS, CSCS	\$400
7/23 – 7/24	Introduction to Vestibular Therapy	Sue Whitney, PT, DPT, PhD, NCS, ATC, FAPTA	\$400
9/24	Principles of Training	Rob Rose, CSCS, CCS	\$200
10/8 - 10/9	Testing and Intervention for the Complex Patient/Training The Elderly	Steve Tepper, PT, PhD	\$400
11/5 – 11/6	Soft Tissue and Neural Mobilization	Jen DeLorenzo, PT, CFMT	\$400
12/10 – 12/11 tentative	Elbow, Wrist and Hand: Examination and Treatment	Diane Coker, PT, DPT, CHT	\$400

SPACE IS LIMITED! Call 888-889-6363 or email Libby, lbeeler@thejacksonclinics.com, for more information.



Thanks for your interest and we hope to see you in 2011!

VPTA's 2010 Annual Conference



Members of Brian D'Orazio's practice, Orthopedic and Sports PT, in Fredericksburg, accept the APTA Challenge Award for 100% APTA membership.



Wil Kolb, PT, CWS, collects 5K run registrations to benefit the children of M. Scott Sullivan, PT, PhD.



Speaker Karen Good, PT, OCS.



The vision course participants enjoy getting hands on with baggies. Left to right: Julie Jackson-King, PT, MS, and Becky Smith, PT.

VPTA's 2010 Annual Conference



Mark Bouziane, PT, Peggy Belmont, PT, and Catherine Baucom, PT, DPT, collect registrations for the M. Scott Sullivan Run and sell raffle tickets.



Research Chair Diane Wrisley, PT, PhD, NCS, presents Damien Howell, PT, OCS, with the Best Clinician/Faculty Presentation Award for his collaboration with Shirley Sahrman, PT, PhD.



Attendees sign in at the Registration Table.



Research Chair Diane Wrisley, PT, PhD, NCS, presents Mary Swiggum, PT, PhD, PCS, with the Best Student Presentation Award for her doctoral dissertation work with her colleagues.



Student Conclave participants.

District News

Valley District

It was great to see many of you at the VPTA Annual Conference in Herndon, Virginia, in October 2010. The exciting news is that next year's VPTA Annual Conference will be in our district at the Sheraton Inn, Roanoke, in October 2011! I look forward to your participation and assistance in making it a great conference. If you have any ideas how we may make the event a successful one—packed full of fun in the Roanoke Valley—please let me know.

Also, thanks to all who participated in the October National Physical Therapy Month Fun Walk at Lynchburg College on October 23, 2010! I would like to thank district member, Sara Knox, PT, DPT, for her assistance in coordinating the event and for the following sponsors who donated water, snacks, and fun: Medical Facilities of America Inc, Genesis Rehab Services, Amedysis Home Health, Centra Health, Carilion Clinic, and Lynchburg College's DPT and nursing programs. We hope to make this an annual event, changing locations throughout the district. Please let me know if you have ideas how we may celebrate our nationally recognized physical therapy month next year so we may give back to our district members, families, and communities.

For those who are not aware, we now have *three* educational programs that provide physical therapy education within the boundaries of the Valley District. They include:

Lynchburg College DPT Program, <http://www.lynchburg.edu/dpt>
Jefferson College of Health Sciences PTA Program, www.jchs.edu/page.php/prmID/80
Radford University DPT Program, <http://pt.asp.radford.edu/>

We have some great educational district meetings planned for Spring, 2011:



Date: January 11, 2011
Location: Carilion Clinic, Roanoke
Social networking get-together with refreshments served and sponsored by Carilion Clinic
Educational Topic: What's New About Our Code of Ethics?
Presenter: Jack Echternach, PT, DPT, EdD, ECS, FAPTA



Date: March 15, 2011
Location: HCA Lewis Gale Medical Center, Salem
Social networking get-together with refreshments served and sponsored by Lewis Gale
Educational Topic: Vision Therapy: Screening and Dysfunction
Presenter: Kenneth Gentry, OTR

Other possible topics at upcoming district meetings may include cervical mobilization and stroke rehabilitation. We also may try an e-meeting, following in the footsteps of our neighboring districts that have had a positive response to e-meetings this past year. We'll try one and determine if this is the best way to reach out to more PTs and PTAs in our district. However, I need to note—our in-person district meetings have grown to an average of 45 participants per meeting this year, which is about 20% of our current district membership! More information will be e-mailed and discussed in upcoming district meetings. Please let me know what topics you would like to be presented in the upcoming year so I may continue to work towards best meeting your needs. Also, I personally want to challenge each member to bring someone to a district meeting this year who normally doesn't attend. For each PT or PTA member or nonmember you bring, your name will be placed in a drawing for a token of our appreciation in getting your peers involved!

In addition, we would like to volunteer to assist at more events like we did this past year for the Blue Ridge Marathon in Roanoke. Please forward your ideas to me on where we may best give back within our district: rhuth@radford.edu.

Last, but certainly not least, all of the above would not be possible without the help of many people. As Valley District chair, I would like to personally thank the following officers for their service to VPTA:

District Director: Rony Masri, PT, DPT, OCS, ATC
Outgoing (after multiple years of service in this role!) District Treasurer: Paula Warwick, PT, DPT
District Secretary: Lee Ann Eagler, PT, DPT
District Membership: Liz Shortt, PT, DPT

We currently are seeking your help to fill volunteer positions or to fulfill small, but essential deeds such as seeking a presenter for an upcoming meeting or finding a sponsor for a future volunteer event. Please see the Valley District VPTA Web site for district information at: <http://www.vpta.org/districts/valley.cfm> or you may contact me directly at rhuth@radford.edu. Volunteers really do make a difference in helping our profession *Move Forward*.

*Renee Huth, PT, DPT
Valley District Chair*

Blue Ridge District Lets You Attend Meetings Your Way _____

This year has seen a lot of changes in our profession. APTA continues to work in conjunction with our lawmakers and others to address many issues regarding health care reform. VPTA also has been working hard for you. Through our collective efforts at Lobby Day in January and follow-up dialogue with the chiropractic association, we were able to work together and have a unanimous passage of the term protection bill. This resulted in our chapter (Virginia) receiving special recognition and an award from APTA during the national House of Delegates meeting in June in Boston. In July, the new code of ethics was adopted. If you have not seen it, please [click here](#).

Thank you to Shenandoah University for allowing the district to access WebEx to hold district meetings this past year! We will continue to have 2 hosting sites per meeting, with capability for others at home or via mobile phone to log in and participate! This is catching on in other districts, and VPTA is investigating expanding this technology so all districts will have this available to use. Using this technology during the educational session of our September meeting, Cindy Stark, PT, was able to provide an excellent comparison between the tennis serve and a baseball pitch!

Thanks again to Eric Magrum, PT, OCS, FAAOMPT, for helping coordinate a topnotch APTA ACP continuing education course on the shoulder with George Davies, PT, MEd, DPT, SCS, ATC, LAT, CSCS, FAPTA, in Charlottesville this past July! Through that effort, our district was able to receive nearly \$3,000! Look for more great courses to be held in our district in 2011!

VPTA's Annual Conference in October was a huge success! Our district contributed a hot air balloon ride and overnight stay for 2 in a Charlottesville bed and breakfast, sponsored the golf carts at the golf tournament, gave \$500 to the Student Conclave, and provided 2 theme baskets (chocolate and coffee) for door prizes. Thanks to all those who helped make this all possible!

We hope you were able to attend the November 16 district meeting either in person or by log in/phone in, and that you are planning to be part of future meetings. The business meeting begins at 7:00 pm. Even if you have not attended a meeting before, please come, participate, and share your ideas! Treasurer and district chair elections were scheduled for the November meeting; please see the VPTA Web site for results. Many thanks to Edie Buchan and Dave Brewster respectively for serving in these positions for the last 2 years! Look for a posting on our VPTA Web site for more information about district events at <http://www.vpta.org/districts/blueridge.cfm>.

As we move forward in 2011, please consider hosting or cohosting a district meeting! Given the accomplishments that have been made in 2010, next year promises to be very exciting! Are you going to be a part of it? If you have questions or just want more information, please contact Dave Brewster at dabrews@gmail.com or 540/459-1300.

*Dave Brewster, PT, MPT
Blue Ridge District Outgoing Chair*

Central District Kicks Off a Great Fall _____

The Central District recently held 2 terrific meetings to kick off the fall. On September 14, approximately 15 therapists and physical therapist assistants attended a legislative update by Senator A. Donald McEachin (D-Henrico) sponsored by Lawson Medical. On October 14, orthopedic surgeon William Jiranek, MD, was the guest speaker, providing an educational presentation on surgical and rehab options for hip pain. The meeting, sponsored by Physiotech, was attended by over 20 members. New officers also were elected for the Central District. Lindsey Rogich, PT, DPT, was elected secretary and Mark Bouziane, PT, became Central District Nominating Chair.

Not getting Central District information? Please remember to check your junk-mail boxes for Central District Constant Contact

e-mails and to keep your e-mail information updated with APTA to ensure you are receiving the latest district and association information.

Back by popular demand, our November meeting will be a gross anatomy review led by Steve Gudas, PT, PhD, at the VCU School of Medicine Anatomy Lab.

The Central District is in need of speakers and topic ideas, host sites, and sponsors for our spring meetings, so contact District Chair Shannon LaSpina, PT, DPT (ptshannon@comcast.net) if you can help us with these needs.

*Amanda Gallagher, PT, CWCE
Central District Public Relations Chair*

Northern District Moves Forward!

October was a busy and successful month for Northern Virginia PTs, PTAs, and students. Thanks to all of you who made VPTA's Annual Conference, Student Conclave, "Sweet Indulgence" (VPTA's Political Action Committee's (PAC) chocolate and wine pairing event), and the Golf Tournament in Herndon such terrific events. We had great turnouts, with over 250 attendees at Annual Conference and 275 at the Student Conclave. The speakers were nationally and locally acclaimed, and the coursework helped each of you meet your CEU requirements for licensure, while providing great educational opportunities. The PAC event was delicious and, with the money raised, will help us obtain future legislative successes. The Golf Tournament raised money for both the Arthritis Foundation and the VPTA Student Scholarship Fund, while providing 18 holes of challenging yet beautiful greens at Pleasant Valley Golf Club. A special thanks to all of you who volunteered or attended these events.

This year also was our first annual "Anything That Moves You Forward 5K." This was an event put on by VPTA's Northern District in celebration of National Physical Therapy Month in October. Proceeds from this inaugural event benefited the

Parkinson Foundation of the National Capital Area (PFNCA). It was held in Vienna, Virginia, with a variety of sponsorships, including Potomac River Running. Various top notch awards and prizes were given. Cathy Renkiewicz did an amazing job of putting this event together and executing it. Marymount DPT and NVCC PTA students also turned out to help. We look forward to expanding this event in the future. Please let us know if you are interested in participating next year.

In 2007, the APTA House of Delegates passed a resolution that recommended that all individuals visit a physical therapist at least annually. On November 13, 2010, VPTA's Northern District sponsored a course describing what is involved in planning and carrying out this concept. The value of the annual visit to a physical therapist was confirmed as John Echternach, PT, DPT, EdD, ECS, FAPTA, described the process and planning involved for clinicians to establish this concept. He also recommended and described tools and literature that can be used in support of the "annual visit to your PT" initiative. Thanks to Jeanine Kolman, PT, for spearheading and Marymount University for hosting this innovative course.

Northern District Anything That Moves You Forward Race



On your mark: Racers prepare to start the race.



NVCC PTA students Marvin Mathews and Mike Chevalier, Savanna Hunter (daughter of a Virginian PT), and Kay Cotner, LPTA.



WC winner: Nate Pendell, OTR.



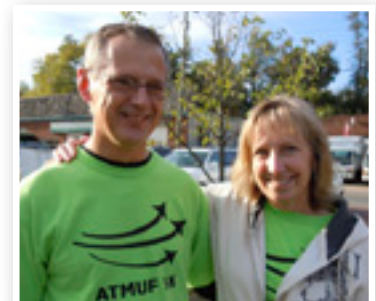
Staff members of the Virginian skilled nursing facility, an event sponsor, pose for a group picture. Cathy Renkiewicz, PT (kneeling on left) organized the event.



Lou Nistler, executive director of the Parkinson Foundation of the National Capital Area, starts the race.



NVCC PTA students (left to right) Huda Gharbieh, Kristiene Torres, and Erica Maier brave the early morning chill to assist.



Cathy Renkiewicz and her husband John.

We have had some terrific Northern District VPTA meetings since our last edition of *The Virginian*:

July 11, 2010

Planning Meeting at Peggy Belmont's house in Fairfax.

September 14, 2010

Susan Ryerson, PT, DSc, spoke on anticipatory postural control at APTA in Alexandria.

November 17, 2010

Seth Blee, PT, MS, CFMT, spoke on automatic core engagement at NVCC in Springfield.

Please mark your calendars for future Northern District VPTA meetings:

January 13, 2011

March 15, 2011

May 4, 2011

More information on these and other continuing education opportunities will follow in our electronic publication, *Northern News*.

Northern District Goals: Where Are We?

You spoke, we acted:

- Hold a Northern District meeting at a school: 1-2 per year.
- Have 10 Northern District members attend Legislative Day: we had almost 20 this year.
- Participate in community outreach: AF Walk, Cherie's Walk, Haiti donations, Golf for AF, ATMUF for the Parkinson Foundation.
- Have Northern students present at 1 VPTA meeting per year: achieved.
- Host one Con Ed course per year: Annual Visit to a PT.
- Provide electronic postcard: *Northern News*.

We are thankful for all of our PTAs, PTs, and students in Northern Virginia! We truly appreciate all that you do working together every day to ensure great patient outcomes and the future of our profession.

*Secili DeStefano, PT, DPT, OCS
Northern District Chair*

Mountain District Update



Wytheville Community College PTA students receive stipend from Mountain District to attend VPTA Annual Conference. Left to right: Vern Roberts, PT, Wesley Dorton, SPTA, Brittany Krunich, SPTA, and Wil Kolb, PT, CWS. *Note: Wesley is not naturally green!*

First of all, let me say thank you to our district members for re-electing Vern Roberts as treasurer and me as Mountain District chair for a second term. Here are the current plans for 2011 in the Mountain District: February District meeting, spring CI credentialing course, May meeting (TBD), and September meeting at Wytheville Community College.

It was great to see old buddies and to meet some new friends at VPTA Annual Conference in October. Congratulations to Brittany

Krunich, SPTA, and Wesley Dorton, SPTA, the 2 students from the Wytheville Community College PTA program that were provided with the Mountain District Stipend to attend Annual Conference. Special praise needs to be given to Mountain District Director Greg Cornforth for being able to successfully organize the VPTA Golf Tournament from the far southwestern reaches of the state.

Looking to get involved with your professional organization? Here is a list of some areas in which the Mountain District could use your help:

District Legislative Liaisons (Open position for more than 1 person): Interested in health care reform or term protection? Have you contacted your representative to express an opinion? Do you know any of our state legislators?

Technology: Do you like Facebook? Sign up to help Barret Blevins, PT, DPT, with the Mountain District Facebook page.

Host a District Meeting: Our 2011 calendar is starting to fill up. Contact District Chair Wil Kolb, PT, CWS, at wkolb12@gmail.com if you would like to sponsor an event.

Special thanks to Chuck Williams, PT, of Function Better Therapy for hosting our last district meeting. A top quality presentation with open discussion was provided by Dr. Whitman.

*Wil Kolb, PT, MPT, CWS
Mountain District Chair*

Valley District Helps Move the Public Forward

We had a great turn out on October 23, 2010, with over 60 participants in attendance at our First Annual "Anything That Moves You Event" held at Lynchburg College to celebrate National Physical Therapy Month. Events included a 1-mile fun walk, hoola hoop and jump rope activities, and health assessments. Next year, we plan to hold this event at another location within the district. Please send me your ideas on how we may give back (including a cause to contribute to: breast cancer, arthritis foundation, diabetes, etc) during National Physical Therapy Month 2011.

Thanks to all who helped make this year's event a fun one. A special thanks goes to Sara Knox, PT, DPT, for organizing the Lynchburg College onsite needs, including the liability releases, parking, student volunteers, tables, and face painting for the kids! Lynchburg College nursing students provided glucose testing, and DPT students provided body mass index and blood pressure assessments. Medical Facilities of America provided water bottles, snacks, balloons, and volunteer staffing. Genesis Rehab and Amedisys contributed water, while Carilion Clinic donated chapstick. VPTA's Valley District took care of hoola hoop and jump rope activities and giveaways, contributed *Move Forward* polos, and performed body fat analyses and basal metabolic rate assessments.



Lynchburg College DPT faculty Diane Wisley and Sara Knox are moved forward by their dogs.

Renee Huth, PT, DPT
Valley District Chair



Lynchburg College students Tim Talley, Whitney Talley, and Jennifer Iskat lend a hand at the event.



Lynchburg College DPT students Courtney Wallace, Hillary Lindsey, and Abbey Jones enjoy the day.



Lynchburg College DPT student Megan Vail hoops it up.



Lynchburg College DPT students Angela Snyder and Brooke Pettyjohn show how to move forward with hula hoops.



Lynchburg College DPT student Maria Gillian helps a young friend.

Radford University to Start DPT Program in Roanoke, Virginia

Radford University (RU), Carilion Clinic, and Jefferson College of Health Sciences have announced that RU will base its new Doctor of Physical Therapy (DPT) program within the Carilion Community Hospital in Roanoke. The Graduate Admissions Office at RU is now accepting applications for the Doctor of Physical Therapy program. The DPT program is expecting to begin its first classes in July of 2011.

“This collaboration with Carilion Clinic and the Jefferson College of Health Sciences will enable Radford University to address a critical need in southwest Virginia and an important need in American health care,” said Radford University President Penelope W. Kyle. The collaboration also will provide the DPT program with additional opportunities for enhanced educational

and research experiences with the Jefferson College of Health Sciences and the Virginia Tech Carilion Medical School.

The program will consist of 120 credit hours in 36 consecutive months, and students will complete 3 varied clinical internships of 12 weeks each, with 1 required in southwestern Virginia prior to graduation. The initial cohort of students will range from 15-17 students, with each successive class consisting of 25 students. The goal of the program is to provide licensed physical therapists to meet the needs throughout southwestern Virginia, the region, and the Commonwealth. Further information about RU’s DPT program may be obtained on the program’s Web site: <http://pt.asp.radford.edu>

Shenandoah University DPT Students Participate in Adaptive Sports Day



Shenandoah University DPT Students (left; front to back): Alison Barksdale, Katie Haskins, Jenna Bishop, Kelly Gonzalez, and Tina Triantafylidis. (Right; front to back): Megan Houck, Jaison Alderman, Laura Winerberger, and Sarah Gosslin.



Shenandoah DPT students Allison Barksdale and Katie Haskins.

Woodrow Wilson Rehabilitation Center hosted its first ever Mid-Atlantic Adaptive Sports Day on September 25, 2010. A group of 9 Shenandoah University third-year students volunteered in the various events that took place throughout the day. We were each paired with an athlete who we followed throughout the day. Events included kayaking, hand cycling, air rifles, wheelchair softball, and power wheelchair soccer. We assisted with transferring the athletes into and out of the kayaks and hand cycles as these are very difficult and awkward transfers for most of the athletes. For many of the athletes, this was the first time they had the opportunity to try out the different types of adaptive equipment or participate in organized sports such as soccer and softball. It was this lack of exposure to recreational activities and

adaptive equipment that sparked the initiation of adaptive sports day by Joe Fangman, a physical therapist at Woodrow Wilson. Fangman, who also organizes and directs the Mid-Atlantic Wheelchair games each year at Woodrow Wilson, is always looking for ways to create new opportunities for involvement in athletics for persons in wheelchairs.

Throughout the day, we all had a chance to try out the hand cycles and kayaks. Having the opportunity to assist with these unusual transfers as well as having the chance to experience these different sports was absolutely invaluable. We had a great time and recommend that PT and PTA students take advantage of this opportunity in the future.

*Kathryn Haskins, SPT
University of Shenandoah Class of 2011*

Twelfth Annual John L. Echternach Research Awards Presented

Amidst the flurry of the Exhibit Hall and Silent Auction at Annual Conference Friday evening October 15, 2010, 13 research presentations were provided. The presentations were excellent and provided interesting information on a variety of topics. Topics ranged from hippotherapy to the use of standardized patients in physical therapy education, and research populations ranged from children to older adults.

Two presenters were awarded the John L. Echternach Research Award. The John L. "Jack" Echternach Research Award (formerly the VPTA Research Award with the purpose of promoting and/or encouraging research in physical therapy in the state of Virginia) was renamed in honor of John L. Echternach, PT, EdD, ECS, FAPTA, reflecting more than 30 years of honorable service to APTA and VPTA. The VPTA Resolution of April 25, 1998, described Echternach as possessing insight, wisdom, and vision. It acknowledged his role as an exemplary educator, mentor, and role model for countless students of physical therapy. As a leader in the professional association, Echternach has contributed immensely in the area of ongoing academic and clinical research, presenting findings in both local and national forums. He has been an acknowledged advocate for the development of a professional body of poignant literature and research. APTA has recognized him nationally through the receipt of various awards, including

the Catherine Worthingham Fellows membership and the Golden Pen Award for research and literary contributions to physical therapy. It was therefore deemed fitting and appropriate that our VPTA Research Award be renamed in recognition of Echternach.

Mary Swiggum, PT, PhD, PCS, and colleagues were awarded the Best Student Presentation for Swiggum's doctoral dissertation titled, "Predictors of Fine Motor Skill Performance at Kindergarten Age in Children Born Prematurely with Low Birth Weight." Damien Howell, PT, DPT, OCS, and Shirley Sahrman, PT, PhD, FAPTA, were awarded the Best Clinician/Faculty Presentation for their study titled, "Movement System Diagnosis and Management of a Patient with Medial Tibial Stress Syndrome."

The VPTA Research Committee thanks all those who submitted abstracts and participated in the research presentations. We will issue the call for abstracts for the 2011 Annual Conference next summer, so begin planning your research presentations! Please feel free to contact me with any questions, concerns, or ideas.

*Diane Wrisley, PT, PhD, NCS
VPTA Research Committee Chair
Wrisley.d@lynchburg.edu*



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- Low Back and Pelvis Pain**
January 14-16, 2011 (MD)
March 11-13, 2011 (WI)
May 27-29, 2011 (VA)
- Extremity Pain**
April 1-3, 2011 (MD)
April 8-10, 2011 (WI)
August 26-28, 2011 (VA)
- Review and Certification**
May 4-8, 2011 (MD)
June 1-5, 2011 (WI)
October 26-30, 2011 (VA)

**More courses in Italy, Spain, the
Netherlands, Canada, Ireland, UK, etc.**

Fourth Annual VPTA Golf Tournament a Big Hit

The forecast on October 14, 2010, seemed like the only element that could stop the 4th Annual VPTA Tournament from being the best one ever. After a dismal morning of heavy rain, the skies cleared just at the 1:00 pm tee off time! What ensued was a great day on the beautiful but slightly soggy golf course of the Pleasant Valley Golf Club in Chantilly, Virginia.

Now in its fourth year, the 4-man, captain's choice golf tournament serves primarily as a source of enjoyment at the onset of VPTA's Annual Conference. The additional goal this year was to be able to contribute to the Arthritis Foundation as well as to the VPTA Student Scholarship Fund. The main tournament sponsor was VPTA's Northern District, and the cart sponsor was VPTA's Blue Ridge District. VPTA's Central District provided the hole-in-one sponsorship that included possible winnings of \$15,000, plane trips, golf equipment packages, and electronics packages. Many thanks also are due to the gracious hole sponsors, which included Abingdon's Blue Ridge Orthopedics and Sports Medicine, Bristol Orthotics and Prosthetics, APTA, and VPTA's Student SIG.

The tournament started off as a close battle among several teams, but in the end the team of Richard Jackson, Ken Herbal, Greg Morris, and Ben Keeton took top honors, with a scorecard of 7 under par. The next 2 teams tied with a score of 3 under par. Congratulations to the winning team and the Northern District who will now hold the VPTA District trophy for the following year. Special prizes for the longest drive went to Daniel Ballin, with a monstrous drive of nearly 300 yards down the 10th fairway, and to Melissa Stump with an equally impressive drive on the 8th hole. Daniel Ballin also won the closest-to-the-pin trophy with his stroke on the par-3 11th. The longest putt was awarded to Shawne Soper, who edged out Megan Bureau and her putt on hole 18.



All smiles for the team of Richard Muth, Sandy Conran, David Brewster, and Dennis Remmers.

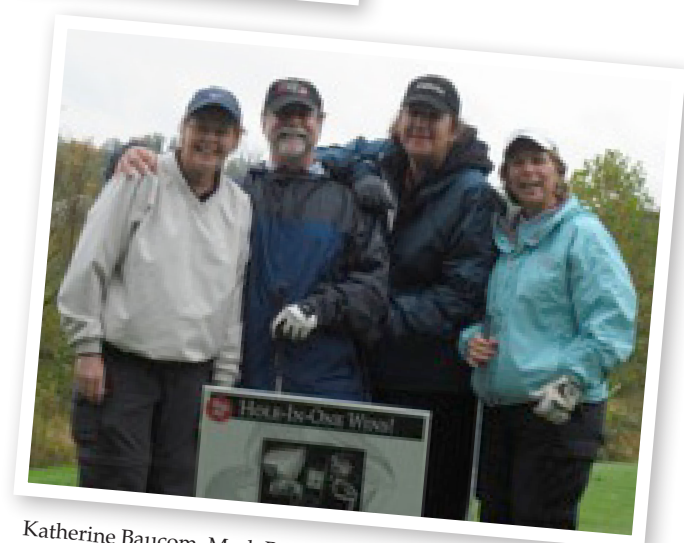
The surprisingly beautiful day was concluded with a fabulous meal provided by Pleasant Valley Golf Club. Silent auction and prize disbursements with lots of camaraderie ensued. The second night of the silent auction continued on Friday at the Exhibitors Forum at Annual Conference. Many great items were bid on and will be enjoyed by many winners.

The success of the golf tournament was due in large amount to the tremendous volunteering effort, the sponsors, the golfers who played the tournament, and the Pleasant Valley Golf Club. Thanks to Barrie Perrottino, Terri Ferrier, and Renee Huth for the picture taking, the NVCC PTA students for all their kind and unfaltering assistance throughout the whole day, Lauren Everetts, Peggy Belmont, Lynn Bernstein, and Secili DeStefano for their generous and thoughtful contribution throughout the tournament and planning stages. Special thanks also to Alison Seger for her wonderful help in making the 2010 silent auction successful as well as to all the donors to the auction and golf tournament. Thank you to all who participated and made the extra effort to make the 4th Annual Golf Tournament a big hit!

*Greg Cornforth, PT, SCS, CSCS
Golf Tournament Chair*



Our sponsors offered great prizes!



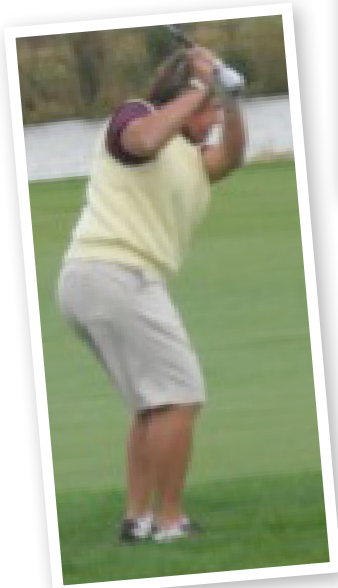
Katherine Baucom, Mark Bouziane, Shawne Soper, and Alison Seger tried hard for the hole-in-1 prize!



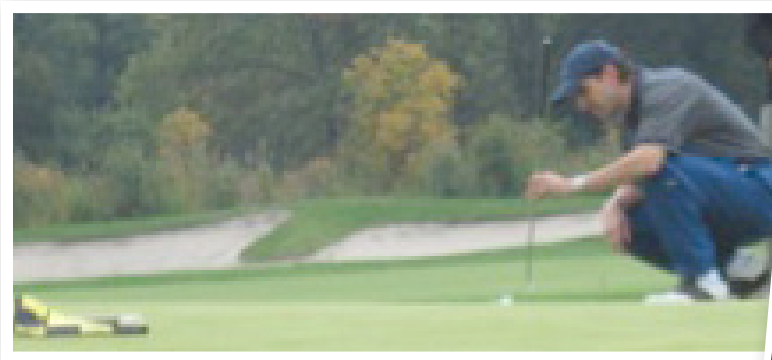
Winning team of Ben Keeton, Greg Morris, Richard Jackson, and Ken Herbal enjoyed a great round of 7 under par.



NVCC PTA students Gina Neri and Alice Bischoff show off the Student SIG hole sponsorship.



Melissa Stump with a pretty swing.



Ron Masri sizes up his putt.



Special award winners Daniel Ballin, Shawne Soper, and Melissa Stump.



Class of 2012 NVCC PTA students Becca Brunner and Jackie Maier help out at the Golf Tournament.



Winning team members Ben Keeton, Richard Jackson, and Ken Herbal accept their award. Not pictured: Greg Morris.

Class of 2012 NVCC PTA students Gina Neri and Alice Bischoff enjoyed volunteering for the Golf Tournament.



Therapeutic Exercise (97110) and Group Therapy (97150): Trying to Clear the Confusion!

As I field questions from members, it is clear that there exists confusion regarding the use of CPT (current procedural terminology)* codes 97110 and 97150. I also find that a number of practitioners assume that the one-on-one requirement for 97110 is applicable solely when billing Medicare. This is not the case. CPT definitions apply regardless of payment source. If you are providing skilled intervention to a patient, one-on-one, you or a licensed PTA should bill for the time utilizing the 97110 code. If you are providing skilled intervention to more than one patient at a time, with no discernable one-on-one time, then the group therapy code (97150) would be most appropriate. Keep in mind that 97110 is a timed procedure, per 15 minutes, and that 97150 is untimed. Specific to Medicare, it is of note that 97110 and 97150 are captured under CCI (Correct Coding Initiative) edits and are not to be billed for the same patient on the same day without utilization of modifier 59 to delineate that an identifiable separate service was provided. Documentation is key with all billing scenarios. If you are working with a patient one-on-one,

make that clear in the notes. Conversely, if the patient is being supervised with other individuals, your documentation should reflect this.

Now that you have this information, how to best put it into practice? I suggest reviewing this in staff meetings so that all providers can obtain the same information and have the opportunity to pose questions—and there are always questions about these codes! Perform a small chart and claims audit of your own to determine if your practice is utilizing these codes as they are intended. You are welcome to e-mail me at angelasbrooks@verizon.net with specific questions/scenarios.

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*Angela Brooks, PT
VPTA Payer Relations Specialist*

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Private Practice SIG: Term Protection Offers New Opportunities

The Private Practice Special Interest Group (PPSIG) met on Friday October 15, 2010, at VPTA's Annual Conference. As in past years, we had a good turn out and a productive meeting. The topics for the discussion included direct access utilization, the term protection bill and the potential opportunities its passage brings, and health care reform. All of these issues have a significant impact on how we practice both positively and negatively. Of the 3, term protection offers one of the more immediate opportunities for private practitioners and others who may wish to start their own practice.

With the passage of the term protection bill, no person or business that does not have a physical therapist working for them can advertise that they perform physical therapy or physiotherapy. In order to comply with the bill, they must cease advertising "physical therapy" in all mediums or they must hire a physical therapist to perform the service. The opportunity is here for those willing to partner clinically with these providers to provide physical therapy for their clients. This partnership would be a way to reach out to these providers to assist in care of their clients, while maintaining the autonomy of the individual provider and preserving the integrity of all professions. I am not talking about an employee relationship where the physical therapist works for the provider. I am talking about a mutually beneficial business relationship where both practitioners, the provider and the physical therapist, would create a bidirectional flow of clients, thus enhancing both of the practices. This would give existing

private practice owners an opportunity to increase referrals and improve relationships with local medical providers. It also would improve the referrals to the practitioner as the referral stream now will flow both ways. It could also give a physical therapist who is interested in opening his or her own practice the opportunity to start a practice in an area previously occupied by non-physical therapist providers. This will be a win-win situation for all involved.

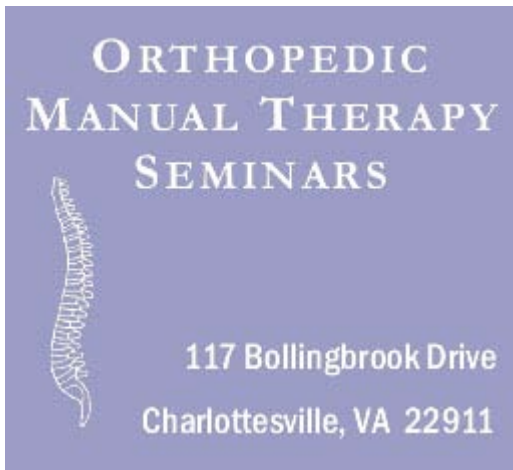
I encourage everyone to reach out to those providers in your area and form a collaborative working business relationship with them. In a time when health care reimbursement is decreasing, regulation is increasing, and costs are skyrocketing—this only can improve your practice opportunities as well as the opportunities of those you reach out to. Most importantly, it will improve the care of your clients by improving their access to highly qualified medical care. After all, providing clients the best possible care is what our business is about.

I enjoyed seeing all of those who attended the SIG meeting. Those who are not involved in the SIG, please contact me by e-mail and I will add your name to the distribution lists for the SIG.

Tom Bohanon, PT, DPT, OCS
PPSIG Chair
tbohanon@inmotion-pt.com

Fees for License and Direct Access Certification Renewal Decreased

Good news! The fee for active license renewal (due December 31, 2010) for a physical therapist has been reduced from \$135 to \$130, and the fee for PTAs has been decreased from \$70 to \$60. The fee for renewal on a direct access certification has also been reduced from \$35 to \$30.



Orthopedic Manual Therapy Course

There is mounting evidence that manual physical therapy is beneficial for different orthopedic conditions treated by physical therapy. Our 6 weekend course series introducing basic manual therapy skills utilizes a clinical reasoning model and emphasizes evidence-based examination and treatment. The programs will provide the clinician with the opportunity to develop the tools to learn from every patient they encounter. This framework will enable the participant to practice in a more efficient and focused manner through the development of clinical skills and a clinical reasoning thought process. The pace of the program will accommodate all participants. The

student to instructor (12:1 max), repetition of examination and treatment techniques, and the opportunity to practice clinical reasoning skills will enhance comprehension and retention. Participant case studies will assist with clinical pattern formation along with the integration of different manual therapy approaches. The use of continuous open discussion will facilitate student/instructor feedback.

The goal of the series is to provide the physical therapist with a comprehensive continuing professional education course and prepare them for the ABPTS Orthopedic Specialty Examination.



Course Instructors: James Beazell, PT, DPT, OCS, FAAOMPT, ATC
Eric Magrum, PT, DPT, OCS, FAAOMPT
Aaron Hartstein, PT, MPT, OCS, FAAOMPT

See our website for complete bios, research and publications

The course is accredited for 99 hours of Type I CEUs by the Virginia Physical Therapy Association. The courses will be held over six weekends running from February through November of 2011. Each program will run from approximately 8:00 AM – 5:00 PM on both Saturday and Sunday. An additional 29 hours of structured independent learning will also be provided.

Residency Opportunity

University of Virginia-Healthsouth in Charlottesville, Virginia is pleased to offer a one year residency program accredited by the American Physical Therapy Association. Positions are available annually beginning in January with an application deadline of August 31st the previous year. We have multiple positions at multiple sites: University of Virginia-Healthsouth, PRO- Physical Therapy (Winchester), Progress Physical Therapy (Richmond) and Total Motion PT (Christiansburg).



For further information about the residency or the OMT course please visit our website:

www.orthopedicmanualtherapyseminars.com

Or contact James Beazell, DPT, PT. OCS, FAAOMPT, ATC

At 434-243-0350 or at james.beazell@healthsouth.com

University of Virginia-Healthsouth

545 Ray C. Hunt Drive

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