

Lydia Lytle, PT, DPT

**Bio:**

Lydia Lytle works as a rural outpatient physical therapist with the non-profit healthcare provider Aspirus Keweenaw, as well as instructs in the Department of Kinesiology and Integrative Physiology at Michigan Technological University. In the clinic setting, Lydia and an interdisciplinary team of practitioners focus on the treatment of patients with chronic pain and addiction to address the ongoing opioid epidemic. Additionally, Lydia runs an aquatic therapy program to treat patients with neurological, orthopedic and chronic pain conditions. As a faculty member at Michigan Tech, Lydia is involved in teaching, coordinating internships, and working alongside Tech's Exercise Science and Biomechanics labs studying the effects of eccentric exercise, blood flow restriction, and balance. Over the past year, she has integrated fully online teaching modules and led numerous teams in the transition to remote work. Lydia is a member of Michigan Tech's Health Research Institute, through which she recently co-developed an interdisciplinary course and community Town Hall series on the health and societal impacts of Covid-19. The weekly series offers the opportunity to pose questions to expert panels, and allows listeners to tune in online as well as over live radio broadcast across the entire Western UP. Last year she served as an Alternate Delegate for APTA Michigan, and she enjoys volunteering on the Board of Directors for the Barbara Kettle Gundlach Shelter Home and the Houghton/Keweenaw Conservation District.

**Candidate Statement:**

2020 has challenged our community. Hours cut, furloughs, reassignments, and layoffs have affected every physical therapist in Michigan. As a resilient cohort of highly trained providers, we have quickly been pulled into complex care teams aimed at treating some of the sickest admitted patients. We have adapted our outpatient protocols to ensure the safety of ourselves and our patients as we continue to provide essential care. And it is not over. The need to remain versatile will continue into the foreseeable future. It has never been more imperative to unify as a professional body to reflect and strategize our steps moving forward. Some of our long-term goals remain the same: to promote dignity in our aging populations, to challenge insurance rates and reimbursement, to address our region's opioid reliance, and to advocate for proactive healthcare, rather than reactive treatment options. However, some goals have suddenly come to the forefront of our attention: to lead with the best practices for telehealth services, to utilize robust databases to understand where there are spatial and demographic insights for improving immediate access to care, and to build the capacity to carry out complex discussions such as "what are essential care services?" As a Delegate, I aim to aggregate both new and long-standing priorities and opportunities of our membership and elevate them to be heard on the state and national levels.