

MICHIGAN PHYSICAL THERAPY SHORELINES

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MPTA 2018 – Celebrating a Year of Accomplishments

President's Message



Michael Shoemaker, PT, DPT, PhD

Member *value*. The MPTA is laser beam-focused on bringing value to its members. We are guided by our Strategic Plan, and have worked hard to align our budget with that Plan and the many initiatives it has generated. MPTA is an organization that represents clinicians who treat patients across the lifespan and the continuum of care, and since value is a matter of perspective, we have tried to ensure that MPTA initiatives are perceived as valuable across the entire membership.

Let me provide you this summary of the work being performed by your Association according to each goal of the MPTA Strategic Plan:

Continuing Competence – MPTA will facilitate accessibility, understanding, opportunity and record keeping of Professional Development Requirements (PDR's) required for re-licensure for physical therapists and physical therapist assistants in Michigan.

- Redesign of the MPTA Fall and Spring Conferences to maximize the amount and quality of PDRs available
- Development and maintenance of CEU Locker for tracking and recording your PDRs
- Initiation of a strategic partnership with MedBridge to make online PDRs available at a discounted rate for members
- The first MPTA Pain Summit to prepare the physical therapy community

in Michigan to better serve those with and at risk for chronic pain in support of the *#ChoosePT* campaign

- Development of resources to answer member questions about PDRs, including maintenance of a strong relationship with LARA to quickly obtain definitive clarifications
- Developed a webinar on the Identification of Victims of Human Trafficking
- Significantly expanded District-level programming
- Began development of a webinar to meet the 1 hour PDR for pain
- Began development of a webinar on jurisprudence

Payment – MPTA will ensure that third party payer policies are consistent with current professional standards of practice and Michigan state law

- Ongoing discussion with BCBSM regarding concerns about utilization management, prevention of *eviCore's* implementation with the BCBSM PPO, and promotion of direct access and alternatives payment models
- Advocating for BCBSM policy change to allow referrals to PT from nurse practitioners

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2019 UPCOMING EVENTS

MARCH
22-23

MPTA2019
PAIN
SUMMIT
MARCH 23 | EAGLE CREST RESORT, YPSILANTI

JOURNEY TO A MOBILE FUTURE
EAGLE CREST RESORT AND GOLF CLUB
YPSILANTI, MI | MARCH 22, 2019

NOVEMBER
1-2

2019 MPTA FALL
CONFERENCE

WHO'S WHO AT MPTA

President
Mike Shoemaker, PT, DPT, PHD

Vice President
Edward Mathis, PT, DPT

Secretary
Karen Berg, PT, DPT

Treasurer
Emily Joy Carter, PT, DPT

Speaker of the Chapter Meeting
Chris Wilson, PT, DPT

Director of Legislative Affairs
Jena Colon, PT, DPT, MBA

Director of Professional Development
Holly Lookabaugh-Deur, PT, DSC

Director of Conferences
Melanie Wells, PT

Director of Payment
Janis E. Kemper, PT

Director of Membership & Academic Engagement
Meri Goehring, PT, PhD

Director of Communications
Karin Crute, PT

Chief Delegate
Christopher Hinze, PT, DPT

MI Representative to the PTA Caucuses
Gayle Wallace, PTA

DISTRICT CHAIRS:
Eastern District Chair:
Jennifer Blackwood, PT, PhD

Western District Chair (interim):
Thomas Guftason, PT, DPT

Northern District Chair:
Christopher Hinze, PT, DPT

Upper Peninsula District Chair
Caroline Gwaltney, PT, DPT

KEY CONTACTS:
Executive Director
Julia Rice, IOM, CAE

Shorelines Editor:
Karen Frederick, PT, DPT

Shorelines Assistant Editor:
Nitin Udhawani, PT, DPT

MPTA Lobbyists:
Evelyn Sweeney & Bret Marr

Federal Affairs Liaison
Tom Barba, PT

- Obtaining and disseminating clarification about Medicaid Provider Enrollment from MDHHS, CMS, and APTA, and developing resources to help members with the enrollment process
- Development of a proposal for a paid Payment Specialist position within the MPTA to significantly increase the breadth and depth of relationships with various payers in the state

Legislative Advocacy – MPTA will ensure statutory and regulatory language that reflects current scope and standards of practice for physical therapists and physical therapist assistants.

- Passage of Public Act 62 of 2018 which allows physical therapists to make disability determinations for the issuance of disability parking placards
- Promotion of legislation that adds physical therapists as mandatory reporters of child abuse similar to nearly every other licensed health profession
- Membership in the Coalition to Protect Auto No Fault (CPAN) to help protect Michigan's auto fault laws
- Establishing a foundation for the introduction of legislation to add Michigan to the Physical Therapy Interstate Licensure Compact

Physical Therapy Identity – MPTA will promote recognition of the breadth and depth of physical therapy services and as experts in the management of movement dysfunction.

- Partnership with APTA to develop a Michigan-specific *MoveForward* webpage for consumers
- MPTA exhibit tables at physician and nurse practitioner professional conferences
- Two joint presentations with physician assistants at the co-located MPTA and MAPA Fall Conferences
- Development of direct-to-consumer media campaigns for roll-out in 2019

- Increased effort to provide current and relevant news and updates via the website, email, and social media platforms

Member Engagement – Enhance the quality and value of Association membership to increase membership size and member engagement.

- Campaign to increase membership to 3,000 was more successful than expected as we are now nearing 3,300 members
- Exploration of ways to better engage students with a number of initiatives under development
- Establishment of a Oncology Special Interest Group
- Establishment of a Pain Special Interest Group

These accomplishments over the past year are the result of thousands of hours of selfless volunteerism from the MPTA leadership, from committee members up through the executive committee. The list does not include all of the routine but critical functions of the MPTA that include:

- Ongoing monitoring of legislative and payment issues
- Coordination with APTA for various operations-related tasks
- Development of website resources
- Shorelines quarterly newsletter
- Answering member questions about PDRs, payment and practice
- Operations support for the *MPT-PAC*, the *MPTA Institute for Research and Education*, and the *Student Relations Committee*

Don't see an issue being addressed that is important to you? Let MPTA know. Strategic planning takes place every January and your input will be well-timed to influence 2020 goals and beyond. ■



Legislative Directors Report

By: Jena Colon, PT, DPT, MBA | Legislative Director



The MPTA, along with our lobbying firm of Muchmore, Harrington, Smalley and Associates is continuing to work closely with legislators, regulators and other professional organizations to advance

the practice of physical therapy in the wide variety of practice settings we provide care.

Our most recent legislative victory is Public Act 62 of 2018, effective June 12, 2018, which amended the Motor Vehicle Code to add physical therapists to the list of individuals who make disability determinations for the issuance of disability parking placards. The link to the form may be found on the Secretary of State website or https://www.michigan.gov/documents/bfs-108_16249_7.pdf.

Progress is also being made to have physical therapists added to the list of individuals who have mandatory reporting requirements for suspected child abuse. The entire package of bills related to this issue (HB 5659, SB 874, HB 5793) are all relevant to PT practice. They have passed the House and will be taken up by the Senate later this legislative session.

MPTA is working hard to include Michigan in the PT Interstate Licensure Compact (PTLC) which would allow for Michigan licensed PTs to practice in any of the 21 other states that are members of the compact. The PTLC is a state-specific issue that is a 2019 legislative priority for the APTA and FSBPT. It is a separate issue from the Sports Medicine Licensure Clarity Act (SMLCA) which has already been signed into law. The SMLCA provides professional liability and coverage protections for physical therapists,

physicians, athletic trainers, and other licensed health care professionals who practice across state lines when they travel with professional and collegiate teams or other athletes and teams sanctioned by a national governing body.

Advocacy Day is April 9, 2019! Please plan to attend as **NUMBERS DO MATTER** and **WE NEED YOU THERE!** Thank you to all of the individuals who continue to volunteer their time by attending legislative functions and maintaining ongoing communications with legislators on the issues that are important to the practice of physical therapy in Michigan. If you feel that you can contribute, or are interested in how you can help with legislative efforts, e-mail MPTA at MPTA@MPTA.com. ■

PDR Corner

Julia Rice, MPTA Executive Director

MPTA receives many inquiries related to the new Professional Development Requirements.

The #1 Most Frequently Asked Question this Fall: **How can I be sure course XYZ will count for CEUs/PDR credit?**

There is no simple response to this question but MPTA can give you guidance that will help you make this determination on your own.

The first step is to determine if the course has been approved.

The course sponsor should provide approval information in their course brochure or online information. If you cannot find the information, call the course sponsor to ask. You will need to be specific with your question. They may not be able to tell you if the course would be accepted in Michigan. Instead you need to ask if the course has been approved (by any entity). If so, find out which entity approved the course.

The second step is to determine if the course as approved or offered will meet the criteria for PDR credits.

The Michigan Board of Physical Therapy General Rules state that courses approved or offered by the following entities will be approved/accepted for PDR credit for clinical and/or non-clinical courses related to the practice of physical therapy:

- Another state Board of Physical Therapy
- The Michigan Board of Medicine
- The Michigan Board of Osteopathic Medicine and Surgery
- The Federation of State Boards of Physical Therapy (FSBPT)
- The American Physical Therapy Association (APTA) or its components
- An accredited physical therapist educational program that meets the standards in R 338.7131

An accredited physical therapist assistant educational program that meets the standards in R 338.7141

An important clarification is that “APTA and its components” means APTA and its specialty sections and state chapters. Thus, a course approved or offered by MPTA or another state physical therapy association would be accepted for PDR credit. The number of credits is based on the CEU’s designated by the approving entity. In almost all cases, 1 contact hour = 1 CEU = 1 PDR credit for onsite courses. Online course credits are determined by the approving entity. So, if a course is approved by MPTA, the Ohio Physical Therapy Association or any other state physical therapy association, it would be accepted for PDR credits in Michigan.

Several other types of entities approve or offer courses which would be accepted as PDR credit:

- In some states the Board of Physical Therapy approves courses. Those courses would be accepted as well.
- The Federation of State Board of Physical Therapy (FSBPT) offers a program called ProCert for course approval. Courses approved through FSBPT are also accepted.
- Courses offered by accredited academic programs would also be recognized.

The final step is to make sure that you have documentation from the course to prove your participation – typically a certificate of completion.

You do not have to submit documentation at the time of license renewal, but, if audited, you will need to provide proof to substantiate your PDR activities. Maintain and organize your PDR activities free of charge with CEU LOCKER located on the MPTA website at mpta.com.

Each PT/PTA licensee is responsible for providing the rationale to support their PDRs should they be audited.

ADVERTISING OPPORTUNITY

Visit mpta.com for more information.

Quarter-page	\$400
Half-page Vertical	\$575
Half-page Horizontal	\$575
Full-page	\$925



Payment Committee Update

By: Janis Kemper, PT, MPTA Director of Reimbursement



EviCore asked MPTA for input on refining the way in which complexities are accounted for in the automatic authorization process. MPTA conducted a focused survey of selected members to identify

key complexities that increase the need for higher intensities and/or a greater number of visits. However, MPTA also clearly reiterated our concern about increasing the length and burden of the prior authorization request/process. Therefore, MPTA has continued to encourage adoption of alternative payment models such as:

- Incentivizing systematic outcomes data collection and reporting through

- subsidizing fees for registries (FOTO, APTA Outcomes Registry, WebOutcomes),
- exempting providers from corePath who use registries or other systematic outcomes measurement and reporting process, or
- providing incentive payments based on performance on outcome measures.
- Using a claims or visit threshold after which corePath would be required.
- Reconsidering the corePath categorization process exempting Category A and B providers.
- Identifying a sample of outliers using a claims or visit threshold on a routine basis to initiate further inquiry and

applying corePath to those providers who cannot provide evidence of clinical outcome measurement and/or clinical factors of their unique patient population to justify extended utilization.

You can read MPTA's recent communications with eviCore and BCBSM at www.mpta.com/payment.

The Payment Committee proposed a paid payment specialist to the BOD and it was approved and moved to the finance committee for the next stage of approval. ■

Professional Development

Holly Lookabaugh-Deur, PT, DSc, Director of Professional Development



As the Professional Development area of the MPTA moves to new leadership in 2019, it is a perfect time to re-cap the value this critical division has provided for our membership over the past

few years. Strategically, the goals and directives of this division have been to:

1. Share information with the membership about new re-licensing requirements; assist with changing the culture to identify and utilize all 19 options for earning Professional Development Requirements (PDR's.)
 - a. Develop online resources and FAQ's
2. Facilitate the growth of evidence-based educational opportunities for the membership, elevating our knowledge and skills across all physical therapy clinical settings
 - a. Encourage annual planning of topics between regions; address all sectors of physical therapy practice in a systematic approach
 - b. Develop speaker "pool" for Michigan-based education
 - c. Invite reputable PT continuing education programs to Michigan

3. Critically evaluate and support the development of continuing education opportunities through a rigorous but speedy CEU approval process
 - a. Streamline the CEU review process
 - b. Offer options for individual programs as well as CEU providers
 - c. Provide resources and support for those submitting programs for CEU consideration
4. Utilize a variety of educational venues and partnerships to meet the needs of many types of learners in our profession.
 - a. New relationship with MedBridge for discounted online education for members.
 - b. Development of online webinars for Human Trafficking and Jurisprudence (in development) for members and non-members.

It is so important for all of us – physical therapists, physical therapist assistants, past and future MPTA board members, clinical educators, academicians, researchers – to be engaged in the professional development process at all levels:

- Identifying our own needs through the self-assessment process
- Voicing our interests in education

- Offering sites for in-state education opportunities
- Supporting colleagues by sharing our clinical expertise
- Evaluating and critiquing available education options and pushing each other to learn, not just for re-licensure, but because it is the right thing to do.

We have an incredible responsibility to provide high quality services to the communities entrusted to our care. We need to stretch, learn, and keep current with everything we do. MPTA can meet your professional development goals with quality education in-state reducing cost of time off for travel and overnight accommodations. Take advantage of your membership benefits by taking an affordable course or offering to teach a course in your district or at MPTA conference.

Thank you for the privilege of serving you, the membership, as the director of this important division for the past 4 years. I know that what has been accomplished is just the tip of the iceberg. Together we can do so much! Stay positive and stay engaged in your future! ■

MPT Political Action Committee Update



Kathleen Walworth, PT, DPT - MPT-PAC Chair

In October, we had another successful Fall Conference at the Grand Traverse Resort and Spa in Traverse City. The Western District reclaimed their title in PAC Wars XVI, raising \$4,343. The MPT-PAC fall fundraiser consisted of an evening with DJ Jazzy Ed (Mathis, Vice President of MPTA). Participants danced the night away and raised a total of \$1,895. We are working closely with the Student Relations Committee (SRC) to develop a new and exciting fundraiser for the 2019 Spring Conference in Ypsilanti. Stay tuned for details!

As we come to the end of 2018, I would like to encourage everyone to consider making a contribution to MPT-PAC. As you know, 2018 brought the midterm elections. Our lobbyist and MPTA members did a wonderful job, as always, of attending various legislative events to provide education to our Senators and Representatives on the issues that directly impact the practice of physical therapy and our patients' access to these much needed services. At the time of submission, we had attended 21 fundraisers this year with 6 more scheduled in the coming weeks. A new legislative cycle begins in 2019 with numerous new legislators and health policy committee members that will need to be educated on the value of our profession. There will again be multiple issues that MPTA needs to be ready to respond to. Your

contribution to MPT-PAC remains vitally important to the success of MPTA's legislative priorities.

Please consider making a secure online donation at www.mptpac.org today.

In closing, I would like to thank the current trustees: Edward Mathis, Chris Wilson, Suzanne Perkins, Jake Jakubiak-Kovacek, Susan Talley, Mike Shoemaker, Craig Miller, and David Perry for all of their hard work and dedication to the MPT-PAC. I would also like to recognize our Executive Director, Jody Thornton, for keeping us in line, disliking all things gray, and helping us interpret Michigan's PAC Manual. Finally, I would like to recognize and thank our outgoing PAC trustees: Chris Hinze, Vice Chair, and Kaelee Brockway, Treasurer. Thank you both for all you have done over the years. We are excited to announce the addition of Michelle Morrow to our team. Michelle has stepped into the role of PAC Treasurer and has already hit the ground running. Thank you all for your service to MPT-PAC!

MPTA Awards

Congratulations to all those who received awards at the MPTA Annual Awards Ceremony October 5, 2018

APTA/MPTA Emerging Leader Award

Emily Wilson, PT, DPT

Thanks to our Outgoing Leaders:

- Chris Wilson, PT, DScPT, DPT – Speaker of the Membership
- Holly Lookabaugh-Deur, PT, DSc – Professional Development Director
- Karin Crute, PT – Communications Director
- Christopher Hinze, PT, DPT – Northern District Chair
- Kaelee Brockway, PT, DPT – Western District Chair
- Gayle Wallace, PTA – PTA Caucus Representative



MPTA OUTSTANDING CLINICIAN – PT AWARD
Brian Vasicek, PT



MPTA OUTSTANDING CLINICIAN – PTA AWARD
Julie Dunn-Simmonds, PTA

President's Award – Mike Shoemaker

- Crystal Gluch, PT, DPT

MPTA Outstanding Student Awards

- Abigail Brown, SPTA – Delta College
- Kameron Joostberns, SPTA – Baker College Auburn Hills
- Fahad Khan, SPTA – South University
- Adrienne Dusky, SPT – Oakland University
- Alyssa Vinckier, SPT – Central Michigan University
- Alexzanda Johnson, SPT – Wayne State University
- Molly Schab, SPT – University of Michigan - Flint
- Kristen Winner, SPT – Grand Valley State University
- Stephen Armet, SPT – Andrews University

MPTA Clinical Education Consortium Special Interest Group

Cynthia Kincaid Outstanding Clinical Instructor Award

Dale Knuth, PT, DPT

Norene Clouten Outstanding Center Coordinator of Clinical Education Award

Ashley Van Dam, PT, DPT

PTA Advanced Proficiency Pathway Program

Congratulations to the Michigan members who completed the program in 2018.



Traci Daniels, PTA – Oncology



Agnieszka Dobek, PTA – Oncology



Julie Simmonds, PTA – Orthopaedics



Gayle Wallace, PTA – Acute Care and Geriatrics



Board Certified Specialists

Congratulations to Michigan Physical Therapists who became Board Certified Specialists in 2018!

Cardiovascular and Pulmonary

Dawn Kimberlee Allen, PT, DPT
Hannah Cavicchio, PT, DPT

Geriatric

Samuel Boland, PT, DPT
Eileen Chiu, PT, DPT
Kerry Dyer, PT, DPT
Karen Elizabeth Frederick, PT, DPT
Rahul Singh Parihar, PT
Sarah Elizabeth Schulz, PT
Erica Sue Sherman, PT, DPT, MBA

Neurologic

Jeff Alan Berger, PT, MPT
Marta Theresa Jensen, PT, DPT
Peggy Lin, PT
Andrew Francis Moul, PT
Dayna Kristine Ryan, PT, DPT
Kyle Derek Weishaupt, PT, DPT

Orthopaedic

Lindsay Banachowski, PT, DPT
Travis Everett Bowen, PT, DPT
Courtney Brejnak, PT, DPT
Justin P. Brown, PT, DPT, ATC
Nichole Faith Chakur, PT, DPT
Roopa Usha Chander, PT, MS
Patricia Anne Connors, PT, DScPT
Jason Duane Copelin, PT, DPT
Emily Lynne Dittenber, PT, DPT
Kyle Elizabeth Dorcey, PT, DPT
Parthasarathy Eappakkam
Kumaraswamy, PT

Michael Forgach, PT, DPT
Priti Manohar George, PT, DScPT
Sarah K. LaBerge, PT, DPT
Eric Daniel Marquardt, PT, DPT
Amy Lynn McCallumore, PT, DPT
Jason Mottes, PT, DPT
Laura Nalli, PT
Cara Lee Nawrocki, PT
David M. Oliver, PT
Gerald Powell, PT, DPT
Dana Reinhard, PT, DPT
Jordan William Schmidt, PT, DPT
Andrew Collin Sharpe, PT
Nathanael Ross Twietmeyer, PT
Rick Wetherald, PT, DPT

Pediatric

Alison J. Barnett, PT, DPT
Carol L. Julien-Buell, PT
Patricia M. Kassis, PT, DPT
Lindsay M. Marquardt, PT
Marie C. McRandall, PT, DPT
Katie Ellen Parchem, PT, DPT
Cynthia Gail Sutter, PT, DPT
Katherine Allison Tales, PT, DPT
Joseph E. Winegar, PT
Leeann C. Taptich, PT, DPT

Women's Health

Carol A. Buis, PT
Kimberly Mossner Erickson, PT
Emily Jeanne Wilson, PT, DPT

2018 Research Day and Fall Conference Wrap-Up

Melanie Wells, PT, Director of Conferences



Over 500 PT and PTA clinicians and students journeyed to the Grand Traverse Resort October 5th and 6th to attend Research Day and Fall Conference. If

you were unable to attend, here are some highlights:

- The Pre-Conference Course presented innovative exercise techniques for the orthopedic and neurologic populations presented by Bob Budai, PT, MPT and Traci Urbain, PT, DPT to over 100 attendees
- Chapter Meeting conducted by Chris Wilson, PT, DPT, DScPT, Speaker of the Membership, was standing room only with reports by MPTA Board Members, Special Interest Groups and announced 2018 election results
- Lively exhibit hall featured sponsors and exhibitors focused on technology and practice support. Thank you to our Gold Sponsor, Clinicient and our Silver sponsors, ivy rehab network and MidMichigan Health University of Michigan Health System
- 40 posters were available for viewing and platform presentations

were well attended

- A crowded banquet hall Friday evening honored new clinical specialists, exceptional clinicians and students
- Clinical Roundtables addressed acute care, oncology, pain, and women's health with energetic discussions by participants
- Educational sessions were filled with attendees learning about ECG, implementing technology in stroke patients, joint replacement, co-treatments with SLP, kinesio-taping for special populations, binocular vision dysfunction, home care, aerobic conditioning in patients with pulmonary pathology, safe exercise prescription during hemodialysis, treatment of pediatric conditions throughout the lifespan and two different sessions addressing pain

Thank you to all the conference committee members, exhibitors/sponsors, and volunteers that helped to make our conferences successful!

We Need You!

Did you know presenting at conference counts towards PDRs? Consider submitting a session proposal for a future conference. Submission forms can be found on the MPTA website under "Events"

SAVE THE DATE

MPTA2019
**PAIN
SUMMIT**
MARCH 23 | EAGLE CREST RESORT, YPSILANTI

Mark your calendar now for the return of our Pain Summit on March 23 at Eagle Crest in Ypsilanti.

This year's Pain Summit will focus on interventions to address pain and pain as it relates to specific diagnosis, patient populations and specialty areas.



MPTA Institute for Education and Research

Laura Kordick

The MPTA Institute for Education and Research is pleased to recognize the recipients of the 2018 Mabel E Holton Award, the Richard E Darnell Award, the Team Rehabilitation Scholarships, the Generation Care Scholarship, and the Poster and Platform Presentation Award winners.



Mable E Holton Award
Dr. Laura Smith PT, DPT, PhD



Richard E Darnell Award
Dr. Paul Sung PT, PhD, DHS

Fall Conference Research Awards:

Poster Presentation Awards

Professional Research Report category

Sherman, E., Talley, S., & Berg, K. Entry-Level clinical performance: Determining “full caseload” capability for student physical therapists. University of Michigan - Flint

Student Research Report category

Myles, A.L., Bollinger, L.A., Brown, K.N., VanAntwerp, M.M., Pociask, F.D., DiZazzo-Miller, R., & Adamo, D.E. Physical markers of functional fitness in persons with dementia and their family care partners. Department of Healthcare Sciences; Institute of Gerontology, Wayne State University

Case Report Category

Prentis, K., Hilgendorf, L., Jensen, A., Kretschmer, A., & Berg, K. Treatment of a complete Achilles tendon repair using functional lower quadrant strengthening: A case report. University of Michigan - Flint

Platform Presentation Awards

The Institute would like to congratulate all of the Friday MPTA Research Day for Education Poster and Platform presenters. Please visit the MPTA Fall 2018 website to view the authors and titles.

Team Rehab Scholarship Awards

Andrews University: Kristin Frank, SPT
Central Michigan University: Allison Guitar, SPT
Grand Valley State University: Paige Bachelor, SPT
Oakland University: Alyssa Trudeau, SPT
UM Flint: Kelly McCloskey, SPT
Wayne State University: Tara Anderson, SPT

Generation Care Scholarship Award

Oakland University: Nicole Unsworth, SPT

In addition to Awards, the Institute for Education and Research approved the following Large Grants to support clinical research.

Christopher Wilson and Courtney Witzak

Project/Study: Timed-Up-And-Go Test as a Predictor of Discharge Disposition after Total Hip and Knee Arthroplasty

Cathy C Harro

Project/Study: Nordic Walking Training program in persons with PD: Individualized prescription - A case series.

David A. Doublestein

Project/Study: Reaction and Movement Time in Females with Breast Cancer Related Lymphedema: A Case-Control Comparison

You can support the Institute with your Amazon shopping this holiday season! Sync your Amazon account to Amazon Smile to give a small percentage of your purchase to the Institute.

Instructions for Amazon Smile:

1. Type smile.amazon.com into your browser and enter your usual Amazon log in information
2. Once logged in, if your account is not already synced to a charity/non-profit, it will ask you to choose a charity/non-profit. Type MPTA Institute for Education and Research in the search bar. Select this and it will sync your Amazon account to this organization.
3. You must login on an internet browser for this to work, it will not work on the Amazon app
4. Don't forget to sign on to smile.amazon.com whenever you shop for the donation to MPTA Institute for Education and Research to occur.

The MPTA Institute for Education and Research also wants to encourage all Districts to consider donating funds received for continuing education courses/seminars to the Institute. The more donations we receive, the more scholarships and grants we are able to award to students and clinicians!

Membership Matters

Meri Goehring, PT, PhD, Director, Membership and Academic Engagement



As the Michigan Physical Therapy Association (MPTA) board member in charge of the Membership and Academic Affairs Committee, part of my role is to find ways for the committees to

promote new members and keep current members actively engaged. I communicate regularly the academic community for involvement in these efforts. Here is an annual update of work in progress by your volunteer Membership and Academic Affairs committee members:

With a membership roster nearing 3300, we have exceeded our goal of attaining and maintaining 3000 MPTA members. Although this reflects only 18% of practicing PT's and PTAs in Michigan, below national average for state chapters, it is a milestone for our state association. We have plenty of room for practicing PTs and PTAs in our association! I encourage you to join MPTA to strengthen your voice in advocacy for your practice, to develop or strengthen your leadership skills, to access affordable quality continuing education and to expand your network of professional colleagues and friends. It is exciting to see the number of students joining which represents the future of our practice and our association. We encourage academic administrators to provide information to students about the many benefits of association membership.

The membership committee is regularly reaching out to non-members to encourage them to join. Many non-members signed up to win a free membership to APTA/MPTA and the membership committee sent each of them a thank you for participating and a personal invitation to join. If you have ideas on how to better recruit and engage new members, please let us know.

The MPTA Board of Directors has approved some funding for a student delegate to attend the House of Delegates meeting. They realize that engaging students in association activities will demonstrate the breadth of professional practice advocacy that the APTA is involved in and provides students with a great learning experience regarding the structure and policy process of the APTA. Participating students reported they really appreciated the opportunity and have remained involved in the APTA/MPTA after graduation. Information was provided to the academic administrators regarding how students can apply for this opportunity. If you want more information on this opportunity, please contact Chris Hinz at cjhinze@gmail.com.

The Academic Administrators have received a proposal from the student membership committee for a 'PT/PTA school quiz bowl' following annual Student Conclave programming. It will involve various schools across Michigan in a fun competition that will bring all the programs together. Look for more information on the MPTA web site regarding Student Conclave which will be held March 22, 2019.

The membership committee posts regularly on social media and organizes taproom events in various communities. These events provide opportunities for therapists, academics and students to chat informally about clinical practice and association engagement. Networking in this manner may lead to employment opportunities and/or clinical practice changes through sharing of ideas for examination or treatment. Look for future events on the MPTA Facebook page.

Thank you for being a member! If you are NOT a member, please join the MPTA to take your career to the next level of clinical and professional achievement.

2018 Elections Results –

The following will start their terms of office January 1, 2019:

President

Michael Shoemaker

Vice President

Edward Mathis

Speaker of the Membership

Karen Frederick

Director for Communications

Crystal Gluch

Director for Payment

Janis Kemper

Director for Professional Development

Robert Budai

Delegates

Nichole Chakur

Susan Talley

PTA Caucus Representative

Christian Elbert

Nominating Committee – Northern District

Kristin Hoeh

Nominating Committee – Western District

Karen Ozga

Eastern District – Vice-Chair

Karen Houting

Eastern District Director Positions (2 elected in 2018)

Annette Nickel

Mihir Trivedi

Northern District Chair

Sarah Patterson

Western District Chair

Ryan Borck

MPTA SOCIAL MEDIA

MPTA has been ramping up its efforts to keep members informed on chapter news while spotlighting cool things that members are doing in and outside of the clinic.



Follow the MPTA on Facebook by liking “Michigan Physical Therapy Association”, “MPTA Eastern District”, “MPTA Western District”, “MPTA Northern District”, “MPTA Upper Peninsula District”, and “MPTA Student Relations Committee”.



On Twitter, follow @MiPhysTherAssoc and make sure to retweet!



Oncology Rehab Special Interest Group Update

Lori Boright, PT, DPT, Vice President

The MPTA Fall Conference Oncology Rehabilitation Special Interest Group (OR SIG) membership meeting was an opportunity to share important accomplishments and celebrate our 1-year anniversary.

- Reyna Colombo, President, addressed in-person as well as virtual attendees and shared our new logo, developed by David Schwarz, Communications Chair.
- Deborah Doherty, Research Chair, introduced her Research Committee and information on our monthly journal article review.
- Holly Lookabaugh-Deur, Education Chair, provided information on upcoming courses including a Head and Neck Course and Oncology Rehab Exercise Course.

In honor of our 1-year anniversary the Deborah Doherty Oncology Rehabilitation Excellence Award was established in her name and will be included in the Awards Dinner at MPTA Fall Conference 2019.

The OR SIG Round Table was well attended and facilitated by David Schwarz. Topics for discussion included defining entry level criteria for DPT curricula and provision of support and resources for post professional development of this clinical specialty.

The OR SIG is excited to serve its membership in these and other ways and lead the nation in establishing best practices and improved cancer care through education, research, and service. Please visit our link on the MPTA webpage for more information.

Student Relations Committee Update

Rachel Lamp, SPT, Co-Secretary, Courtney Harrison, SPT, Co-Secretary

The MPTA Student Relations Committee (SRC) enjoyed a well-attended 'Annual Meet and Greet' held in September at the Lansing Brewing Company. PT and PTA students from several Michigan schools learned about the role of the SRC while networking with many MPTA Board members and area clinicians. The SRC highlighted the opportunity for PTA students to become board members and provide valuable input to future goals and plans of the committee.

Additionally, about 30 students and clinicians attended a social dinner that was held after Fall Conference. This event was open to anyone who attended or volunteered at Fall Conference and provided an opportunity for students and clinicians to network in a casual environment.

Currently, all 17 of the SRC members and our two PT liaisons are working on programming for Student Conclave which will be held at Eagle Crest Resort and Golf Club in Ypsilanti, MI on March 22nd, 2019. Plan to attend this annual event as we continue to advance the practice of physical therapy.

The SRC board meetings are open for anyone to attend. Email mpta.src@gmail.com or contact your school's SRC student representative if you are interested. The SRC is a great committee to be a part of if you are looking to advance your leadership skills, make connections with students from various Michigan schools, and help make MPTA Student Conclave possible!



GVSU Students at SRC Meet and Greet



OU Students at SRC Meet and Greet

Michigan Clinical Education Consortium Update

Ashley Van Dam, PT, DPT

The Michigan Clinical Education Consortium (Special Interest Group for Clinical Education) would like to recognize the tremendous investment from the clinical communities into the Michigan PT and PTA programs. How large of a need did clinicians and sites support from our Michigan programs?

6 CAPTE accredited Michigan PT programs had

- 857 PT STUDENTS
- 1,370 CLINICAL EDUCATION EXPERIENCES
- 442,952 HOURS OF CLINICAL EDUCATION

6 of our 13 CAPTE accredited Michigan PTA programs had

- 173 PTA STUDENTS
- 375 CLINICAL EDUCATION EXPERIENCES,
- 99,780 HOURS OF CLINICAL EDUCATION

Thank you for your investment into these students, their future practice and our profession! Each minute of this astonishing workload is meaningful and appreciated.

As a clinical instructor or a site coordinator, would you like to connect with other clinicians on troubleshooting and tools related to clinical education? Are you interested in improving your partnership with the academic programs? Would you like education on best practice and work being completed at the state and national levels? Please check out our Clinical Education Consortium page at <https://mpta.com/special-interest-groups/sigs.cfm?sig=MPTCEC> and/or email either Co-President with any questions or requests for additional information.

- Ashley Van Dam, PT, DPT, SCCE – AshleyVanDam@spectrum-health.org
- Karen Berg, PT, DPT, OCS, Co-DCE - karberg@umflint.edu

School News

DELTA COLLEGE NEWS

Abigail Brown, SPTA

It has been an exciting year at Delta College so far! We kicked off the fall semester with our second annual PTA Club Color Run on September 15th. We had just over 100 participants of all ages and abilities join together in this initiative to promote a life-long healthy way of living. The event was a huge success and fun was had by all!

We have had many great opportunities to volunteer in our community including:

- Step Up Clinic for amputees
- Participation in the annual Delta College Science Technology Engineering and Mathematics (STEM) Festival where we introduced thousands of middle school students to the basics of PT
- Collecting assistive devices and adaptive equipment from individuals/facilities who no longer need them for Project SHARED. We supply these devices free of charge to community members in need. If anyone would like to inquire about obtaining a device for a patient please call (989) 758-3621.
- Delta College students continue to exemplify professional involvement by attending events such as the 'MPTA SRC Meet and Greet' and the MPTA Fall Conference. 12 students participated in PT Day of Service at the Fall Conference, while the remaining students participated by donating items to the Midland Foster Closet. Furthermore, the PTA Club has made efforts to raise awareness for the ongoing opioid epidemic by purchasing "Choose PT" t-shirts and hanging informational posters outside our lab. We are hoping this will serve as a conversation starter to explain the benefits of choosing physical therapy for pain management.



Delta College PTA Club Class of 2019 at our 2nd annual Color Run.

MID MICHIGAN COLLEGE

Submitted by Crystal Parker, PTA, BS



Mid Michigan College PTA program students and faculty celebrating PT Month 2018.

Mid Michigan Community College is now Mid Michigan College. The college continues to serve Clare and Gladwin counties and their immediate areas. The college has grown far beyond its early geographic borders by expanding dual enrollment programs with intermediate school districts located hours away from the campuses in Harrison and Mt. Pleasant. Today, the college has a strong international student program with students from several countries across the globe. Mid Michigan College has also focused on growing our partnerships with industry to include several programs in the skilled trades and manufacturing. The name change will position our students for greater opportunities in transfer programs and in job recruitment for the future.

The PTA program has experienced growth as well. With the incoming class this Fall we admitted students from our cooperative agreement colleges at Northwestern Michigan College, North Central Michigan College, Alpena Community College, and Montcalm Community College. This has led to an expansion of clinical education sites in the western and northern region to accommodate students who are planning to return to those communities.

These partnerships will strengthen our PTA program and expand our influence throughout the state as our graduates find employment in their hometowns.

For more information about the PTA Program at Mid Michigan College visit our website at www.midmich.edu/pta.

ANDREWS UNIVERSITY

Bill Scott, PT, MSPT

Andrews University Department of Physical Therapy has some new faces in our department. Two faculty members have joined our team over the summer. We welcome Professor Michelle Allyn and Professor Gail Elliot.



Professor Allyn joined Andrews University as an Assistant Professor Behavioral Sciences Coordinator. She received a Bachelor of Science in Anatomy and Physiology in 1993, and a Master of Science in Physical Therapy from Andrews University in 1994. She is a Certified Manual Physical Therapist (CMPT) and a Certified



Orthopedic Manipulative Therapist (COMT) from the North American Institute of Orthopedic Manual Therapy.

Professor Elliot joined Andrews University as an Assistant Professor and Clinical Sciences Coordinator in August 2018. She graduated from Michigan State with a degree in Psychology, Northwestern University with a degree in Physical Therapy, University of Indianapolis with a Masters of Health Sciences in the Orthopedic Track. She is a Certified Orthopedic Clinical Specialist, Fellow of the American Academy of Orthopedic Manual Physical Therapists, and a NAIOMT Clinical Fellowship Instructor.

Andrews University would like to recognize our MPTA Award and Scholarship recipients:



Congratulations to Stephen Armet. He was awarded the MPTA Outstanding Student Award. Steve has modeled professional behaviors in his academic career while here at Andrews University as well as in his clinical

setting. Steve has exemplified our mission of family spirit, servant heart and an inquisitive mind.



Kristen Frank was a recipient of the Team Rehabilitation Scholarship. We would like to congratulate her on her academic accomplishments as well as her involvement in student representation on campus.

School News

CENTRAL MICHIGAN UNIVERSITY

J. Tim Zipple, PT, DSc.

Our faculty and students attended the MPTA Fall Conference in Traverse City on October 5th/6th at the Grand Traverse Resort where Dr. Paul Sung received the Richard E. Darnell Research Award.

- Our DPT graduates, Jorgie Koenig (Hadder), PT, DPT and Chelsea Pashnick, PT, DPT presented on 'Care Throughout the Lifespan'.
- 3rd-year student Alyssa Vinckier, SPT, was awarded the MPTA Outstanding Student Award.
- Second-year student Allison Guitar, SPT, won both the Team Rehabilitation Scholarship Award and the MidMichigan Health Systems Scholarship Award this year.
- Several of our 2nd-year students took advantage of the SRC Meet & Greet event at the Lansing Brewing Company.
- At the APTA NEXT Conference, Drs. Paul Sung and Tim Zipple presented on 'Evidence-Based Perturbation Approaches'.

We were honored to have MPTA President Mike Shoemaker, PT, PhD, GCS, as our Guest Keynote Speaker at our 13th Annual Professional Transition and Recognition Ceremony on September 5th, 2018. The MPTA Outstanding Student Award and Team Rehabilitation Scholarship Award winners were recognized prior to the MPTA Fall Conference. The students and faculty showed social and pro bono service videos that highlighted our community engagement. The CMU DPT Professional Values Scholarship Award was presented to 3rd-year student, Danielle Puckett, SPT, for modeling professional behaviors and actions. Our CMU Distinguished Alumni Award went to Chris Hausbeck, PT, DPT, who is the PTA Program Coordinator at Delta College. And finally, our 1st and 2nd-year student women played flag football resulting in a 2nd year warriors victory.

GRAND VALLEY STATE UNIVERSITY

Bonni Kinne, PT, DSHc

As the Class of 2018 graduated in August several students received special recognition:

- Alexandra Arnold and Camille Szubelak received MIPERC Interprofessional Education Student Certificates
- Jenae Brown (pediatrics) and Rebecca Kuster (neurologic) were chosen for the Mary Free Bed Rehabilitation Hospital residency program

Congratulations to members of the Class of 2019 who received recent recognition:

- Kristen Winner - MPTA Outstanding Student
- Paige Bachelor - Team Rehab Scholarship
- Elizabeth Beauchamp & Kyle Walenta - David Daniels Scholarship

Last summer, members of the Class of 2019 participated in faculty-led service learning opportunities: Bay Cliff Health Camp (Big Bay), Camp Sunshine (Newaygo), and/or Hearts in Motion (Guatemala). This fall, members of the Class of 2020 and 2021 have been involved in PT Day of Service activities.

Several faculty members have recently published peer-reviewed articles:

- Barbara Hoogenboom with graduates Allison Huyser, Anna Stinson, & Michael Suter in Journal of Performance Health Research;
- Meri Goehring with graduates Nicole Bringer, Jacqueline Broders, & Elisabeth Young in Physical & Occupational Therapy in Geriatrics;
- Lisa Kenyon in Disability & Rehabilitation: Assistive Technology and Developmental Medicine & Child Neurology;
- Bonni Kinne in Madridge Journal of Otorhinolaryngology;
- Michael Shoemaker in Cardiopulmonary Physical Therapy Journal;
- Michael Shoemaker & Daniel Vaughn with graduates Brittany Bilger, Danielle Hooker, & Crystal Lamb in Physical Therapy Journal of Policy, Administration, & Leadership;
- Laurie Stickler with graduates Laura Kate Morse & Marissa Thomas in International Journal of Exercise Science.



GVSU Class of 2019 Students participate in Hearts in Motion in Guatemala



GVSU Class of 2020 and 2021 participate in Day of Service Activities

School News

OAKLAND UNIVERSITY

Beth Black, PT, DSc

Oakland University was pleased to have a sizable contingent at the fall conference. Presenters included:

- Dr. Sara Arena: "ECG and PT" and "Change in attitude, practice behaviors and knowledge of blood pressure among outpatient rehabilitation providers following an educational initiative"
- Dr. Arena, Dr. Deb Doherty and students Allison Belford and Greg Hayman: "Effects of aerobic exercise on oxidative stress in patients diagnosed with cancer".
- Professor Chris Stiller and students Megan Adams and Nathan Gura: "Evaluation of literacy levels of printed physical therapy patient education materials".
- Professor Jackie Drouin and students Dana Basal and Jennifer Dugan: "Differences between predicted and measured basal metabolic rates among women breast cancer survivors".
- Professor Doherty, student Kate Krausman and colleagues Megan Craig and Reyna Columbo: "Cost effectiveness of oncology rehabilitation".
- Dr. Drouin and students Kaitlyn Kennedy, Michele Krawczyk, Amanda Schummer, Sarah Sheehan and Meghan Murley: "Resting heart rate variability among female cancer survivors".
- Professor John Krauss and students Khristine Kirkbride, Andrew Kirschbaum, Anthony Kurland and Rebecca Rotter: "The effects of functional massage on the sciatic nerve tension test".
- Professor Kris Thompson and current and former students Scott Garavaglia, Andrew Grix, Katherine Klose, Molly Robbins, Abby Stevenson and Madeline Wideman: "Effectiveness of and best practice in leadership education for healthcare students".
- Professor Melodie Kondratak and students Megan Brew and Chelsea MacIntosh: "Adolescent lumbar range of motion and CDC activity recommendations".

Congratulations to award winners Adrienne Dusky, MPTA Outstanding Student award; Alyssa Trudeau, Team Rehab scholarship; Nicole Unsworth, Generation Care scholarship; and Professor Deb Doherty, MPTA Oncology Rehabilitation Special Interest Group Honorary Excellence Award.



Dr. Deb Doherty, MPTA Oncology Rehabilitation Special Interest Group Honorary Excellence Award recipient



Oakland DPT students at MPTA fall conference



Oakland alumni received Clinical Board Specialization: Lindsay Banachowski, Jeff Berger and Emily Wilson

UM-FLINT

Jennifer Blackwood, PT, PhD

As 2018 comes to a close, we look forward to the coming year with new opportunities on the horizon. The second half of 2018 included a transition of faculty into new roles.

- Dr. Allon Goldberg was appointed to the Associate Dean of the College of Health Sciences.
- Dr. Sue Talley currently serves as the interim Director of the program. A search for a new director has commenced.
- Congratulations to faculty member Dr. Bara Alsalaheen PT, PhD on his promotion to Associate Professor with tenure. Dr. Alsalaheen is part of a team of researchers who received a NIH R01 grant for the study titled: "How do neck muscles influence head acceleration during sport-associated impact events in high school athletes".
- At Fall Conference, faculty members, Karen Berg, Erica Sherman & Sue Talley won the 'Outstanding Poster Award' while a student group won an award for their case report presentation.

Within the professional DPT program, students in the Class of 2019 presented their service learning projects and will be heading out on their full-time clinical rotations. Faculty will be performing the first clinical site visits in mid-February.

The student run pro-bono clinic, PT HEART, moved to a new facility in October which will allow them to serve a greater population in Flint.

In December, the second PhD student will defend his dissertation. Multiple students, faculty, & alumni were involved in research presentations at the MPTA fall conference and will be presenting at the APTA's Combined Sections Meeting in Washington DC.

UPPER PENINSULA DISTRICT NEWS

Caroline Gwaltney, PT, DPT
District Chair



To use a sports analogy, 2018 was somewhat of a "rebuilding year" for the UP District. As new leaders, Margo Recla, Vice Chair, and I experienced a steep learning curve as we planned the Summer Summit and developed ways to engage PTs and PTAs in the UP. Preparing for and participating in the APTA House of Delegates was a highlight for me. Edward Mathis provided an excellent ethics course meeting PDR requirements for many PTs and PTAs. It was a successful year.

With this year under our belt, we are excited for the new opportunities ahead of us in 2019. We want to hear from you. Please plan to attend a district-sponsored meet and greet in your local area next year. Bring your ideas and connect with your neighbors as we work together to advance the profession. Watch your email for invitation to these events. Consider speaking at our yearly UP Summit. It's a great way to share your knowledge and earn PDRs! As a district, we would love to help give back to our communities through organized volunteering. Let us support and promote each other in our altruistic efforts.

District News



EASTERN DISTRICT UPDATE

Jennifer Blackwood, PT, PhD
District Chair

The MPTA Eastern District leadership team continues to organize engaging events for District members to advance practice! In 2018, we had four courses, one service event, and two district meetings with over 350 combined participants at these events.

We thank the University of Michigan-Flint for hosting the Pain and Human Trafficking educational events in early September.

- We thank the Oakland University Physical Therapy Program for hosting the annual PT Month educational event on October 25th, where Dr. Allon Goldberg PT, PhD spoke about 'Genomics in Physical Therapy'. Over 125 clinicians and students from throughout the District gathered to network and to learn about this progressive topic. We were able to give away 2 free course registrations for the courses offered in the District.
- November 10th featured a women's health clinical specialist, Dr. Karen Litos, PT, DPT, WCS for a course (6PDRs) titled 'Protecting the Pelvic Floor in Female Patients: Review for Non-Women's Health PTs.'
- The final course for 2018 is scheduled for December 1 at Wayne State University with the topic of 'Aerobic Conditioning for Patients Across the Continuum of Care' presented by a cardiopulmonary clinical specialist, Dr. Nanette Hannum, PT, DPT, CCS. Proceeds from the Dec 1 course will be donated to the MPTA Institute for Education and Research.

Events are being planned for 2019 in conjunction with other MPTA districts and will be announced on our Facebook page ("MPTA Eastern District"), the MPTA webpage, or through Shorelines.

The leadership team in the Eastern District is expanding as more of your colleagues have stepped into roles within MPTA. Election results for the Eastern District leadership team include

- Vice Chair: Karen Houting
- Directors: Annette Nickel & Mihir Trivedi

Both terms are 2 years in length and will run from Jan 2019-Dec 2020. We are looking forward to having more members become engaged in leading the district and would enjoy discussing this with you as a part of your goals for 2019.

Lastly, I would like to take the time to formally thank MPTA Eastern District Director Gabriele Stauss for her tireless dedication and service to the Eastern District. She played an integral part in the many courses offered over the past few years and promoting excellence in the District to serve the profession through the MPTA. We look forward to seeing her forward thinking approach to professional issues be engaged in other aspects of her professional life. We will miss her presence on the Eastern District leadership team. See you in 2019!



WESTERN DISTRICT UPDATE

Kaelee Brockway, PT, DPT District Chair

We have had a wonderful year!

Our Pain and Human Trafficking Education night in March was a huge success where over 150 PTAs, PTs, and Students received their licensure requirement credits. In August we hosted a phenomenal course on Protecting the Pelvic Floor. Thank you to GVSU for hosting both courses this year!

The Western District was represented at the APTA Next Conference, House of Delegates, and several interdisciplinary events to promote education of Nurse Practitioners and Physicians in appropriate referrals for Physical Therapy Services.

Next year promises to be just as great with many PDR and CEU courses and opportunities coming to the Western District! And speaking of next year, it is my time to sign off. The last four years as your District Chair have been inspiring, but I will no longer be able to fulfill this role as I have recently become a Texan! I know you will be in the best of hands with your new District Chair Dr. Ryan Borck, PT, DPT, OCS, Cert MDT. Ryan is committed to continuing education, both as a learner and as a presenter and hosts an original Podcast, "The Body Mechanic." He will continue to lead the Western District well.

Thank you all for your inspiring participation and know that each of you that I have interacted with have impacted me personally and professionally.



Earlaine Croarkin PT, MPT, NCS from the NIH teaches about chemotherapy induced peripheral neuropathy and appropriate footwear at the Oct 19th course.



Clinicians and students engaged in the presentation at the annual PT Month Educational Event at Oakland University on Oct 5th.

District News



Northern District Update

Sarah Patterson, Vice-Chair

This year in the Northern District has been a busy one! Not only did we host the MPTA Fall Conference in beautiful Traverse City, we had several continuing education courses in the District.

- In April, mother nature gave us a snowstorm while we hosted "Identification of Human Trafficking" presented by Holly Lookabaugh-Deur and "Introduction to Pain Science for the PT & PTA" at Delta College.

- In both May and September, we had courses entitled "Symptomatic SI Joint" hosted by SI-BONE, with Jeff Samyn presenting at both courses.
- In November, we offered two courses, one in Gaylord, presented by Wynne Tezak "Getting to the Bottom of the Core: How Pelvic Floor Exercises Can Enhance Patient Outcomes" and one in Traverse City presented by Jeff Moore "Lumbar Spine: Manual Therapy Management."

We would like to thank all our presenters, host facilities, and attendees for making these courses successful.

We hosted several PT Pub Nights over the last year, in December 2017, January 2018 and September 2018. We look forward to engaging more members with events like these and others in the upcoming year.

In June, both our current chair and Chief Delegate, Chris Hines, and elected chair for the upcoming year, Sarah Patterson attended the APTA House of Delegates in Orlando, FL as Michigan Delegates. Sarah Patterson will be attending the House of Delegates again in June 2019 in Chicago, IL representing the Northern District as a Michigan Delegate.

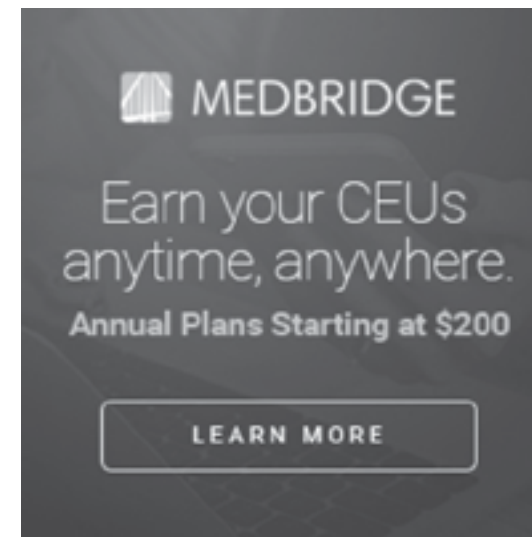
In 2019, in addition to the House of Delegates, we are looking for suggestions for continuing education courses that interest our district members. If you have a course topic or idea that you would like to see offered in 2019, please email Sarah Patterson, at ropers16@gmail.com.



Northern District Chair-Elect Sarah Patterson, Northern District Chair/Chief Delegate Chris Hines at APTA House of Delegates



Members attending our September Course: Symptomatic SI Joint @ Delta College



MPTA has partnered with MedBridge to offer a significant discount to MPTA members.

To learn more, go to mpta.com/continuing-education.



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