

# MICHIGAN PHYSICAL THERAPY SHORELINES

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## Advocacy Starts with Your College Application and Never Ends

Karen Berg PT, DPT & Ashley Van Dam, PT, DPT  
Co-Presidents | MPTA Clinical Education Consortium

A career in physical therapy begins with advocacy. The rigorous program application process requires students to submit academic records, letters of reference, observation hours and other supporting evidence that reflects achievements and passion for your intended profession. Self-advocacy presents you as the preferred candidate for your chosen academic program and ideally results in an acceptance letter and matriculation.

Beginning with the first clinical experience, PT and PTA students look to their Clinical Instructor (CI) to help develop their professional identity. The APTA Code of Ethics for Physical Therapists Principle 8B states “Physical therapists shall advocate to reduce health disparities and health care inequities, improve access to health care services, and address the health, wellness, and preventive health care needs of people.” The APTA Code of Ethics for Physical Therapist Assistants Principle 8B states “Physical Therapist Assistants shall advocate for people with impairments, activity limitations, participation restrictions, and disabilities in order to promote their participation in community and society.” These foundational principles are translated into student practice requirements in the Clinical Performance Instrument (CPI).

The CPI requires students demonstrate behaviors such as “advocating for patient access to services, recognizing the need for physical therapy services to underserved and underrepresented populations, and discussing professional issues related to physical therapy

practice”. When students observe and participate in patient advocacy activities with their CIs, they expand their view of the physical therapy profession and of their professional identity as a PT or PTA. CIs have a unique opportunity to maximize instruction in advocacy methods with immediate results. Patient advocacy occurs every time a CI requests a specialist consultation or specific test for an accurate diagnosis, appeals a denial for services, refers a patient to a clinical specialist for care, or requests special scheduling to meet a patient’s unique need. The ongoing demonstration of advocacy-in-practice identifies the variety of methods required to achieve the desired results. These clinical experiences help students understand the multi-faceted opportunities PT’s and PTAs have to advocate for our patients and profession.

Professional advocacy requires ongoing engagement and significantly shapes the future success of our clinical education and practice. Recently, the APTA engaged a multi-professional approach to retain access to student clinical education within the Inpatient Rehabilitation Facility (IRF) setting. The APTA drafted a joint statement with the American Occupational Therapy Association and American Speech and Hearing Association related to student participation and supervision in the IRF setting. Senior staff from each association met together with CMS in December of 2018 and secured verbal and written support for clinical education in this setting. Access

*Continued on pg 2*

## 2019 UPCOMING EVENTS

MARCH  
22

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

MARCH  
23

**MPTA 2019 PAIN SUMMIT**  
MARCH 23 | EAGLE CREST RESORT, YPSILANTI

APRIL  
9

**LEGISLATIVE ADVOCACY DAY**  
Lansing

NOVEMBER  
1-2

**2019 MPTA FALL CONFERENCE**  
Amway Grand, Grand Rapids

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Shorelines Winter 2018 issue posted a photo of Holly Lookabaugh-Deur under the Director of Conferences submission. We apologize to Melanie Wells, PT for this error.

# WHO'S WHO AT MPTA

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Karen Berg, PT, DPT

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## Director of Payment

Janis E. Kemper, PT

## Director of Membership & Academic Engagement

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## Director of Communications

Crystal Gluch, PT, DPT

## Chief Delegate

Christopher Hinze, PT, DPT

## MI Representative to the PTA Caucuses

Christian Elbert, PTA

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Jennifer Blackwood, PT, PhD

Western District Chair:

Ryan Borck, PT, DPT

Northern District Chair:

Sarah Patterson, PT, DPT

Upper Peninsula District Chair

Caroline Gwaltney, PT, DPT

## KEY CONTACTS:

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### Shorelines Assistant Editor:

Nitin Udhawani, PT, DPT

### MPTA Lobbyists:

Evelyn Sweeney & Bret Marr

### Federal Affairs Liaison

Tom Barba, PT

[apta.org/Payment/Medicare/Supervision/](http://apta.org/Payment/Medicare/Supervision/) for more information.

The physical therapy profession demands powerful advocacy from the college application to clinical practice. The MPTA

Clinical Education Consortium encourages every CI to reflect on the significance of each advocacy opportunity with students to build skills and confidence during their early clinical practice. ■

## President's Message



Michael Shoemaker, PT, DPT, PhD

Professional Advocacy is one of the most frequently cited reasons why PTs and PTAs join the MPTA. The APTA and its components like the MPTA provide the structure, expertise, and collective resources needed to successfully advocate for our profession and ultimately our patients. But make no mistake- the MPTA and its advocacy efforts are a function of ALL of us. Yes, MPTA's elected leaders and a hired Executive Director play a prominent role, but our effectiveness depends upon the size and engagement of our membership. If you are not yet a member, WE NEED YOU. If you are a member, in what ways are you willing to help?

The MPTA has been committed to organizing its efforts around the strategic plan, and we have been deliberate in aligning the budget with our strategic initiatives, especially those relating to professional advocacy, outlined below. For details, please see the detailed reports included in this issue.

### Payment

The MPTA will be hiring a part-time payment specialist in 2019. This individual will be responsible for extending the reach of our volunteer leaders by regularly meeting and communicating with payers beyond BCBSM and Priority Health. If you are interested in this position, let us know!

The MPTA Payment committee has continued to meet with BCBSM to fight against its use of eviCore for utilization management and to advocate for a shift toward value-based payment structures. The MPTA also advocates to deter their adoption of eviCore for their rehabilitation benefit with other payers.

- MPTA is collaborating with APTA to provide input on two major initiatives:
  - Draft policy of "Reducing Regulatory and Administrative Burden Relating to the Use of Health IT and EHRs by the Office of National Coordinator for Health Information Technology
  - The Better Medicare Alliance

### Legislative

- The MPTA will be pursuing legislation to add Michigan to the Interstate Licensure Compact in 2019. Attend State Advocacy Day on April 10, 2019 to advocate for this legislation.
- The MPTA will continue partnering with the Coalition to Protect Auto No Fault to advocate for responsible no-fault reform that protects Michigan's citizens.
- The MPTA will join an interprofessional effort to develop and introduce prior authorization reform legislation. This will be another focus of the MPTA State Advocacy Day in April. We need a strong turnout for this event so your legislators can hear about your patients' struggles with prior authorization.
- On the federal level, the MPTA leadership is continually impressed with the breadth and depth of APTA's federal advocacy efforts and are now posting the minutes from the Federal Affairs Liaison monthly meetings. Check out to the MPTA website to see just how much federal legislative advocacy is being done on your behalf!

### Communications

- The MPTA is committed to advocating for consumer awareness of our profession to patients and other health care providers. We have partnered with APTA to direct consumers from Michigan to our Michigan-specific Move Forward webpage when accessing the consumer APTA Move Forward webpage.
- MPTA is completing Michigan-specific patient experience videos and will be using these and other resources in direct-to-consumer marketing.
- MPTA has been present in the exhibition halls of physician and nurse practitioner professional meetings with the #ChoosePT campaign to educate these other providers on the value of physical therapy.

MPTA is in the business of professional advocacy. We are only as strong as our membership. If you are not currently a member, please become a member and do your part to help physical therapy Move Forward. ■



# Legislative Directors Report



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

As we begin an exciting 100th Legislature for the state of Michigan, MPTA is already advocating for several key initiatives:

1. **The Physical Therapy Interstate Licensure Compact (PTLC)** was introduced as Senate Bill 22 by Senator Dale Zorn in January. The PTLC creates a mechanism for licensed PTs and PTAs to practice across state lines, improving patient access to physical therapy services they need while retaining safeguards for the public. In addition, the compact will positively impact the growth of Michigan's economy by allowing for traveling therapists to live and work in Michigan. Eligible PTs and PTAs in PTLC states have the option of obtaining a "compact privilege" in the other participating states. You can learn more about the current PTLC in the U.S. at [PTCompact.org](http://PTCompact.org).
2. **PTs and PTAs as mandatory reporters of suspected child abuse or child neglect** was introduced as House Bill 4108 by Representative Roger Hauck (99th District) in January. PT's and PTAs provide care to pediatric patients in various settings including schools, hospitals, homes, and outpatient therapy clinics. PT/PTAs often see these children for multiple visits, developing a patient-therapist relationship, and should be mandatory reporters. The MI Child Protection Law provides civil and criminal immunity for someone making a report in good faith. The identity of the

reporting person is confidential under the law under most circumstances.

3. The MPTA has maintained membership in the Coalition Protecting Auto No-Fault (CPAN) which represents healthcare providers and consumers who believe it is in the public interest to preserve Michigan's model no-fault auto insurance system to protect victims of catastrophic auto crashes. The MPTA will continue to **advocate** for responsible reform efforts. You can learn more about CPAN and their views about potential auto no-fault reform at [protectnofault.org](http://protectnofault.org).

## Looking Back at MPTA Legislative Success in 2018

Public Act 62 of 2018, which was signed into law effective June 12, amended the Motor Vehicle Code adding physical therapists to the list of professionals who are able to approve the request for disability parking placards. Many therapists have reported ease of use and great success issuing disability placards to our patients in need. Email [mpta@mpta.com](mailto:mpta@mpta.com) with any questions you may have on how to integrate this into your practice.

## You Are Invited!!!!

Join your colleagues in Lansing on April 9th, 2019 for MPTA's State Legislative Advocacy Day.

We have many important legislative priorities for 2019 to share with our legislators

including the PTLC, mandatory reporting, our fight against the burden of prior authorization, and auto no-fault reform. This event is free to members, and you will be provided with the tools you need to effectively advocate for your patients and your profession!

Membership is key to effective advocacy, showing legislators the large number of voting PT's, PTAs, and students of physical therapy ready to fight for what they believe in. Members have ongoing, timely access to legislative materials, updates, and important "call to action" notifications regarding when and how to advocate for our profession.

Email your contact information to [mpta@mpta.com](mailto:mpta@mpta.com) if you are interested in participating in legislative efforts to influence the future of physical therapy practice in Michigan. Thank you for being an active part of the physical therapy profession. #ChoosePT #MoveForward. ■

## 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](https://twitter.com/MiPhysTherAssoc) and make sure to retweet!



Kathleen Walworth, PT, DPT | MPT-PAC Chair

The Michigan Physical Therapy-Political Action Committee (MPT-PAC) purpose is to educate legislators and candidates in support of the profession of physical therapy. Key objectives are:

- To promote the profession.
- Support candidates running for the Michigan State House and Senate that are sensitive to the issues that affect our profession.
- Educate legislators and candidates about our profession.
- Coordinate and facilitate district and statewide PAC fundraising activities that are necessary to support these objectives
- Distribute expenditures according to MPTA legislative goals.

Maintaining a financially strong political action committee is the best way to ensure that your profession stays healthy and strong. Initiatives may include protecting existing scope of practice from direct or indirect encroachment by other professional organizations; expanding the scope of practice to include direct access, new techniques, or evolving technology; advocate for payment policies that reward quality, and influence the direction of Michigan auto insurance reform.

### Here is a recap of MPT-PAC activity from 2018:

Total PAC Supporters: 158

Total Club Level Donors: 34

Total School Fundraisers 2018: 84 student donors raised \$1,138

Total Fall Fundraiser Social 2018: 22 donors raised \$1,895

Total Donations Received 2018: \$10,424

Total Functions Attended/Causes Supported: 38

Total 2018 PAC Expenditures: \$12,850

As the MPT-PAC Chair, I encourage all licensed therapists and assistants to make a MPT-PAC contribution in 2019. We have an opportunity to educate newly elected legislators as they embrace their new roles and responsibilities. Additionally, there are multiple healthcare and insurance initiatives to monitor, influence or directly support to “move physical therapy forward for our profession and our patients.” You do not need to be an MPTA member to support the MPT-PAC.

The MPTA Student Relations Committee (SRC) is planning a new fundraiser on March 22rd during Student Conclave. The money raised will support both the MPT-PAC and the Institute for Education and Research. We are grateful to the SRC leadership for organizing this event and to our statewide PT and PTA students for the incredible support they have shown to our profession. Details on the event will be announced via email and on social media.

Supporting the MPT-PAC will ensure that the voice of our profession is heard at the State level. Contributions can be made online at [mptpac.org](http://mptpac.org) or through the MPTA website ([mpta.com](http://mpta.com)). Thank you in advance for making our profession stronger through MPT-PAC **advocacy in action.**

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## PDR Corner

Julia Rice, CAE, IOM, Executive Director

Are you renewing your license in 2019? Hopefully, you have been working to accumulate the 24 Professional Development Requirement (PDR) credits needed for renewal. If not, you still have time. Some important things to consider:

Only 20 of the 24 credits can be in the area of continuing education courses. Activity Code 1 credits for continuing education can be earned with onsite courses, online courses or a mix of the two. Please note that continuing education credits are determined by contact hours. One contact hour = 1 PDR credit. There are 19 activities overall so you have plenty of options for the remaining 4 credits.

Details about how many credits you can earn for each Activity Code and related documentation requirements are available on our website ([mpta.com/continuing-education](http://mpta.com/continuing-education)) in the document called “Detailed List of Recognized Activities.” In addition, the Board of Physical Therapy developed two forms which are posted on our website:

- General Response Form – Use for Activity Code 3 (Reading Articles) or Activity Code 4 (Viewing or Listening to Media)
- Experiential Activity Form – Use for Activity Code 14 (Identifying, researching and addressing an event or issue related to the professional practice of physical therapy).

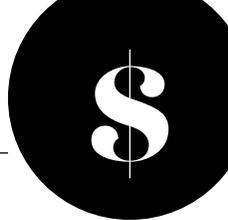
Licenses must earn one PDR credit in the area of pain and symptom management during each renewal cycle. The General Rules state this can be in the areas of “behavior management, psychology of pain, pharmacology, behavior modification, stress management, clinical applications and drug interventions as they relate to physical therapy.” This requirement can be satisfied with any of the PDR Activities as appropriate.

All Activity Codes used for PDR credits should be earned between August 1, 2017 and July 31, 2019 to be considered for this renewal cycle.

**There is one additional requirement for all licensees renewing in 2019.** All health care professionals in Michigan must take a course (online or onsite) in the **Identification of Victims of Human Trafficking**. This is a one-time requirement and cannot be used as a PDR credit for re-licensure. MPTA offers a low-cost on-demand webinar that meets this requirement available under the Continuing Education tab.

*Please refer to the Winter 2018 Shorelines article (under News on our website) about how to determine if a continuing education course will be accepted by LARA/the Board of Physical Therapy for Activity Code 1 PDR credits. ■*

# Payment Committee Update



By: Janis Kemper, PT, MPTA Director of Reimbursement



MPTA's Payment Committee continually meets with health care professionals and various insurance companies throughout the state of Michigan to keep our members notified of any changes coming and to **advocate** for physical therapy practice. Meetings continue with Blue Cross Blue Shield of MI related to administrative burden, practice disruption and payment concerns

associated with eviCore healthcare management. Updates are posted regularly on the MPTA website ([mpta.com](http://mpta.com)).

## MPTA is seeking candidates to become our Payment Specialist

The MPTA Board of Directors has approved and funded a position for Payment Specialist. The complete job description is posted on the MPTA website. Here are highlights of the opportunity:

- Part-time paid position, 10-hours/week.
- Assist MPTA members with their questions about payment for physical therapy services.

- Work **with** the MPTA Payment Director and Committee to educate MPTA members about payment issues in various formats such as direct phone calls, emails, conferences, newsletters, MPTA website postings, and more.
  - The Payment Specialist will have the full support of the MPTA Payment team.
- Expertise in physical therapy payment issues involving Michigan commercial insurers, Michigan Medicaid, Michigan Workers' Compensation is required.
  - MPTA will continue to refer members with questions about federal payment issues involving Medicare, TRICARE, VA, and others to APTA Payment Staff.

This is an opportunity to engage with your MPTA colleagues to provide valuable assistance in navigating payment issues. Email your resume with a cover letter to [mpta@mpta.com](mailto:mpta@mpta.com) for consideration. ■

## Member Spotlight — Stephen Leppard, PT, OMPT, CSCS

### “Patient Advocacy Takes a Village”

For 28-year-old Josh, spastic quadriplegic cerebral palsy (CP) may limit mobility, but it has not stopped him from achieving his goals. Josh lives in an apartment and relies on hired caregivers to complete basic and instrumental activities of daily living. He has required physical therapy throughout his lifetime for CP and following hip surgery in 2017 to address recurrent dislocation. That's when preauthorization for medically necessary rehabilitative care proved challenging. “Evicore representatives did not appear to understand that rehabilitation needs following hip surgery on a young man with CP in a motorized wheelchair are different from patients receiving traditional orthopedic hip surgery” recalls Stephen Leppard, PT, OMPT, CSCS, Clinic Director of NovaCare Rehabilitation (formerly Physio). He received repeated denials of preauthorization requests despite multiple peer-to-peer reviews.

Enter Cailee Bartow, PT, DPT, a clinic colleague familiar with Josh's case, who recommended contacting MPTA President Michael Shoemaker, PT, DPT, PhD for help. Mike recommended Leppard contact U.S. Senator Debbie Stabenow's office. “When Josh was being denied necessary care, the Senator's staff was a big help”, said Leppard. “After initially denying care 2-3 times, Evicore approved 6 visits of 'rehabilitative' physical therapy and additional skilled maintenance physical therapy services. This is a great example of Senator Stabenow's office advocating for her constituents. The collaboration between our clinic, the MTPA, and Senator Stabenow's office was critical.”

Josh continues to make progress in therapy and has even achieved minimal detectable change on the Lower Extremity Functional Scale. Treatment has focused on assessment of equipment needs,

maintenance of joint and skin integrity, mobility, positioning, and ongoing care coordination including caregiver training requiring the skills of a licensed physical therapist. But Leppard's patient advocacy has not been limited to physical therapy visits. He also initiated a GOFUNDME campaign to purchase an electric lift to help caregivers transfer Josh safely to and from his wheelchair. Leppard and a friend have completed 7 ultra marathons (120 miles each) to raise money to pay Josh's tuition, transportation, and books for an Associates Degree in Art & New Media with an emphasis on video game design from Kalamazoo Valley Community College. “Josh has been a good compass point for me. When I think I'm having a tough day, I realize the challenges that he has overcome to be successful.”

*Editor's Note: Patient advocacy is an ongoing opportunity and obligation of every physical therapist. MPTA membership connects you to resources as well as represents your professional concerns on state and national legislative and industry platforms. See the President's Message in this issue of Shorelines or visit the [MPTA.com](http://MPTA.com) website for more information about recent achievements and strategic initiatives of the MPTA. Your membership increases our strength in navigating current physical therapy practice in Michigan and charting our future in scope of practice and reimbursement. Every voice counts. Join or renew today.*



Josh completed the Grand Rapids Half Marathon in 2017 with Stephen, Cailee and My Team Triumph Angels

# Advocacy Makes an Award Winning Business Model

Karen Frederick, PT, DPT, Shorelines Editor



Jill Marlan, PT, MSPT, OMPT, CEO and Founder of Peak Performance Physical Therapy in Lansing, received the Ernst and Young Entrepreneurial Winning Women

Award. She is one of 12 finalists selected from thousands of applicants in the United States and Canada to join an elite network of the country's best high-growth companies. She is the first woman in healthcare from Michigan to win this award and the only healthcare provider to be recognized in 2018. Jill will participate in a customized leadership program designed to connect her with the advisors, resources, and insights she needs need to scale her business.

Peer advocacy supporting Jill's nomination originated from Amanda Hayhoe (of Hayhoe Asphalt) and Danielle McNeilly (of Peak Performance). Jill completed the rigorous qualification process including an Ernst and Young business evaluation, Harvard

Business Review, clinic site visit, and multiple interviews. Her business model is founded on patient advocacy that is delivered through injury prevention measures, skilled manual therapy care, and concierge case management services which accelerate access to physician consultations and diagnostic testing to optimize the patient experience and healthcare outcomes. "We have built close working relationships with our physicians for rapid turn-around on referrals. We refer out over ½ million dollars in healthcare services to other providers every year. Appointments that may take weeks in other healthcare models will be completed within 24-48 hours in our network. It requires every employee, from the executive team to the therapist to the front office staff, live out our core values of patient-centered, collaborative care to address all of the patient's needs." Jill adds, "Every plan of care includes a scheduled post-discharge follow up appointment to make sure patients are stable and still on track to achieve their goals. We treat the entire patient over the long term not a diagnosis for an episode of care".

Jill has a substantial history of professional advocacy serving for 8 years on the Michigan Board of Physical Therapy including 3 years as Chair during the development of professional development requirements. Since opening Peak Performance Physical Therapy in 2011, she has engaged civic leaders, business executives and physician groups to build a niche practice model that earns more than 2 million dollars in revenues annually and supported the addition of a fourth service location in Okemos in 2018. Jill is extending her message to the national and international stage as she meets with CEOs of Fortune 500 companies, international business and civic leaders, and insurance industry executives since receiving this award.

"With this award, we are able to continue to change the way healthcare is delivered in our local community. We want to collaborate with physicians, business owners, and community leaders to improve and revolutionize healthcare with a patient-first approach." ■

## 2018 MPTA Emerging Leader Uses Advocacy to Build Practice

Karen Frederick, PT, DPT, Shorelines Editor

Congratulations Emily Wilson, PT, DPT, APTA/MPTA Emerging Leader for 2018. Dr. Wilson is Board-Certified in Women's Health Physical Therapy, Owner of New Seasons Physical Therapy and Wellness, PLC, an active volunteer on the MPTA Communications Committee, and an MPTA Institute Trustee.

**Peer advocacy** is an opportunity to recognize our colleagues who are contributing to positive changes in professional practice and inspire others to do the same. The 2018 APTA/MPTA Emerging Leader recognition catapulted Dr. Wilson onto the national stage when her perspective on our professional use of technology was highlighted in the December/January issue of *PTinMotion*. "Our profession is all about connecting with people," she notes, "so let's not lose sight of that while using gadgets, sensors, and real-time computer documentation. We still need to look people in the eye and truly listen to them."

Dr. Wilson encourages all PTs and PTAs to engage in **patient advocacy** through community presentations and interprofessional "networking outside of the PT bubble". She regularly presents

workshops for community groups, nutritionists, massage therapists, personal trainers and other health & fitness professionals to broaden awareness of physical therapy's unique skill set in restoring quality of life to our patients with a wide range of impairments. She challenges every licensed therapist to present to a community or professional group on a topic you are most passionate about at least annually. "It's a grassroots effort to educate the public and potential referral sources on the value of physical therapy". Dr. Wilson started a Facebook Page called Pelvic Wise that provides a platform for **self-advocacy** between FB members who share a common interest in pelvic health issues. She invites Shoreline readers to join this closed group if you wish to participate in this online community.

The purpose of APTA's Emerging Leaders program is to identify and honor 1 PT or PTA nominated from each APTA chapter or section who has shown extraordinary service early in his or her physical therapy career. ■



# PTA Caucus Representative Update

Christian Ebert, PTA



## Happy 50th Anniversary of the Physical Therapist Assistant!

**Advocacy** for the utilization and training of PTAs began at the 1964 APTA House of Delegates resulting in the approval of a formal policy statement in 1967. In 1969, the first PTAs graduated from Miami Dade College in Florida and St. Catherine University in Minnesota. The APTA has demonstrated a continuous commitment to advancing PTAs over the past 50 years.

- Continuous lobbying for fair reimbursement from federal payers for services provided by a PTA (e.g.: V.A., Tricare, Medicare)
- Professional recognition through PTA Awards, Scholarships and Advanced Proficiency Pathways
- Incorporating PTA leadership through elected office and taskforce appointments at state and national levels

There are currently over 4,500 licensed PTAs and more than 8,600 PTs licensed in Michigan. Yet, MPTA currently has just over 3,000 members. Every practicing PT and PTA benefits from the **advocacy efforts** and achievements of the APTA/MPTA, regardless of membership status. It's time for PTAs to invest in our association as advocate for our professional growth and for our profession. Join today. #ChoosePT #MoveForward #PTTransforms

PTAs celebrated the 50th Anniversary at CSM in Washington D.C. in January. Further celebrations are being planned around MPTA Fall Conference. For volunteer opportunities, email your interest to [mpta@mpta.com](mailto:mpta@mpta.com).

View the full history of the PTA at [apta.org/PTA/history](http://apta.org/PTA/history) and [apta.org/Blogs/PTTransforms/2019/1/23/PTA50](http://apta.org/Blogs/PTTransforms/2019/1/23/PTA50) ■

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## Transforming Society: The Importance of Population Health

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Amy Ruthenburg, DPT Student, Karen Frederick, PT, DPT

As healthcare professionals we are familiar with the high rates of preventable non-communicable conditions such as obesity, diabetes, heart disease, and musculoskeletal pain. Health care costs associated with these conditions burdens patients, providers, business, payers, the government, and our national economy. The APTA identified population health as a public policy priority in 2018 and formed the Council on Prevention, Health Promotion, and Wellness. What better opportunity for advocacy in our profession and our communities than to concentrate on population health as a way to effect widespread change?

Mike Eisenhart, PT, past President of the APTA of New Jersey and a leader in the area of health prevention and promotion, provides insight on practical considerations for PTs interested in population health:

- Partner with employers to educate on healthy lifestyle and disease prevention. Employers provide access to large groups of people in society and are motivated to maintain a healthy workforce and lower healthcare costs.
- Partner with community service groups, such as Kiwanis or Rotary Clubs, who may be identifying strategies to address the health crisis affecting the targeted populations they serve.
- Collaborate with other health professionals in your community to discuss

population health status, identify causal factors, and suggest strategic actions to improve the health of your community.

- Incorporate population health into your traditional treatment routine by providing comprehensive education related to key areas of health including sleep, nutrition, stress management, smoking cessation, and movement. Empowering patients with knowledge about general health principles to support self-advocacy for healthy lifestyle choices can improve an individual's overall health and well-being while improving their specific impaired movement patterns and function.

Mr. Eisenhart provided a challenge to the physical therapist profession in a blog he wrote for the APTA in March of 2017: Transformation requires reinvention. He asserts the existing model of intervention is self-limiting to the number of patients we can physically treat making societal transformation improbable. *"We can move toward population health models in which cohorts of individuals are impacted by not only the techniques and interventions we apply but also the knowledge we have gained....To that end, and with the help of a great group of APTA members and staff, I have begun working on an initiative that aims to help our profession gain some much needed traction in this area."*

APTA/MPTA membership has many benefits including advocacy for patients, our profession, transforming society by optimizing movement to improve the human experience. If you would like to integrate population health into your practice, APTA provides practical resources for members starting with free or low-cost education at the APTA Learning Center.

If you are interested in creating or expanding your practice to include the promotion of a healthy and productive work force:

- Access the new resources on the APTA Practice Page titled "The PT's Role in Promoting a Productive and Healthy Workforce".
- Consider joining The Academy of Orthopaedic Physical Therapy Occupational Health Special Interest Group (OHSIG).

APTA/MPTA Membership provides value to every licensed physical therapist and physical therapist assistant. Career Starter Dues support access to these benefits for new graduates & early careerists at a reduced rate through the formative years of practice. These benefits can be life-changing in developing your practice, your brand, your expertise, your specialist certification, leadership skills and beyond. #TransformSociety #BuildingCommunity #MoveForward ■

# Chief Delegate Report

Chris Hinze, PT, DPT



Chris Hinze, PT, DPT



The Michigan Delegation welcomes Abby White, third year DPT student at Central Michigan University as our 2019 MPTA Student Liaison to the HOD. Abby was selected from a pool of seven motivated and highly qualified applicants. She will participate in delegation meetings and travel to the HOD in June. Abby will serve as a key communication link between DPT/PTA students in Michigan and the Delegation.

The House of Delegates (HOD) is a policy making body of the APTA composed of voting chapter delegates, non-voting delegates, and consultants. Non-voting delegates include the APTA Board of Directors, section delegates, assembly delegates, PTA Caucus delegates and student liaisons.

Delegates make important decisions regarding association policy and priorities. They also elect representatives to APTA's Board of Directors. Representing Michigan at the HOD are 13 voting Delegates including the Chief Delegate, MPTA President, 4 District Chairs, and 7 at-large delegates. Michigan has 1 PTA Caucus delegate who was elected by MPTA members. Abby White will serve as our 2019 MPTA Student Liaison to the HOD.

2019 will be another important year for motions before the House. A few motion concepts that have emerged to date include:

- California: "The American Physical Therapy Association recognizes gun injuries and deaths as an urgent public health crisis and promotes a public health approach to reduce and prevent

firearms-related injuries and deaths, in order to promote the health and safety of our patients/clients and all people within The United States of America."

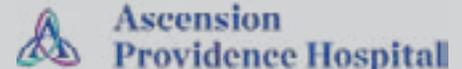
- New York: "That APTA pursues mandatory inclusion of physical therapists in the Welcome to Medicare Program to determine fall risk through standardized and reliable tests and measures of balance, posture, strength, flexibility, and aerobic capacity."

Motions will continue to evolve, and many new motions will be proposed before the deadline in March. Members wishing to keep abreast of motion concepts and discussion can monitor the HOD Community page at [www.apta.org](http://www.apta.org). Specific questions related to HOD business can be directed to [mpta@mpta.com](mailto:mpta@mpta.com) ■

## Beyond Pain Management

Treating the Intersection of Pain and Unresolved Emotional Experiences

12 CEU's (approval pending)



### Program Overview

This two-day workshop brings together cutting-edge research and advanced clinical interventions to train participants in an emerging model of care. Clients and patients often present with chronic symptoms for which there is no clear medical explanation, including pain, anxiety, depression, fatigue, and insomnia. High rates of lifetime trauma and unresolved emotional experiences often underlie these conditions. New research and clinical practices have been shown to be effective for these individuals. This basic training offers the clinician the opportunity to gain knowledge and learn skills that will be immediately applicable to their practices.

### Program Objectives

1. Summarize key research and clinical concepts that underlie the Unlearn Your Pain approach.
2. Identify patients who have disorders that are likely to benefit from the Unlearn Your Pain approach.
3. Understand the components of the Unlearn Your Pain approach and learn how to integrate them into a clinical practice.
4. Practice using these clinical components to gain experience and confidence.
5. Understand the limitations and clinical caveats to this approach.

**Dates:** May 31 - June 1

**Location:** Ascension Providence Hospital Southfield Campus, Fisher Auditorium

**Additional information:** [unlearnyourpain.com](http://unlearnyourpain.com)

**Register online at:** [healthcare.ascension.org/events](http://healthcare.ascension.org/events) (search for "Beyond Pain Management").

**Contact** Howard Schubiner with questions: [hschubiner@gmail.com](mailto:hschubiner@gmail.com) | 248-849-4728

# Institute for Education and Research

Min H Huang, PT, PhD, President

The MPTA Institute for Education and Research, Inc. is a non-profit organization created "to promote education, research and other endeavors that facilitate development of the art and science of physical therapy and improve the accountability and credibility of the profession." The Institute's **professional advocacy** occurs through the distribution of annual scholarships, research grants, and awards to MPTA members. Donations to the Institute are tax-deductible as allowed by law.

The Institute is accepting applications for the Team Rehab Scholarship and the Generation Care Scholarship. These scholarships will be awarded to a third-year student of a DPT program in Michigan. Applications are due by August 1st. For more information and application forms, visit the Institute's webpage at [mpta.com/institute-education-research](http://mpta.com/institute-education-research).

The Institute would like to acknowledge the following generous contributions:

- Dr. Bonni Kinne donated \$1,200 from her 2018 vestibular continuing education (CE) course proceeds.
- The Eastern District donated \$500 from CE course fees received in 2018. Thank you to Dr. Jennifer Blackwood, District Chair, for making this possible.



Dr. Kinne, PT, DHSc, Associate Professor and Associate Director of Clinical Education at Grand Valley State University, will be teaching a CE course titled "Comprehensive Evaluation and Treatment of Benign Paroxysmal Positional Vertigo" on April 13, 2019, in Grand Rapids. **All proceeds**

**will benefit the Institute.** Early registration is recommended as space is limited. For more information, email Dr. Kinne at [kinneb@gvsu.edu](mailto:kinneb@gvsu.edu).

Do you shop online at Amazon.com? The AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to your chosen charity. Create a **smile.amazon.com** account and select the MPTA Institute for Education and Research as your targeted charitable organization. Make sure you access [smile.amazon.com](http://smile.amazon.com) every time you shop. What an easy and affordable way to **advocate** for your profession! For all other ways to donate, visit the Institute webpage. ■

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## Western Michigan University Advocates for Expanding Physical Therapy Education in Michigan

Daryl Lawson, PT, DSc, Karen Frederick, PT, DPT, Shorelines Editor

**Advocacy** for the physical therapy profession in Michigan began as a strategic vision more than 4 years ago at Western Michigan University (WMU). Currently, the College of Health and Human Services (CHHS) at WMU is home to exceptional undergraduate degrees and nationally respected graduate programs preparing students to enter the fields of occupational therapy, speech, language, and hearing science, physician assistant, nursing, social work, interdisciplinary health, blindness, and low vision. WMU is also home to Stryker School of Medicine. "The last piece of interprofessional programming requires that WMU secure access to physical therapy education, research, and community services in the greater Kalamazoo area," said Associate Professor Daryl Lawson,

PT, DSc.

Currently, Michigan has 6 physical therapy graduate programs located in the lower peninsula with a 7th location added by the addition of Central Michigan University's DPT expansion program in Houghton. The Commission on Accreditation of Physical Therapy Education (CAPTE) currently accredits 242 programs in the U.S. with a total enrollment of over 32,400 students. Michigan programs provide only 2.8% of the educational program platform for the future of our profession. WMU's program will improve access to students wishing to enter the profession and ultimately improve patient access to quality physical therapy once they graduate.

Included in the vision for the WMU phys-

ical therapy program is interprofessional collaboration through research with other disciplines within the WMU educational family as well as externally with other physical therapy programs in Michigan. "I've already reached out to CMU to discuss opportunities to collaborate on knee pain research," said Lawson. "We see our program as collaborative, not competitive, with existing programs."

WMU plans to expand access to physical therapy professional preparation, research, community service and national access to quality physical therapy services when they achieve CAPTE accreditation for their program. "We should know by May of 2019 if we have been granted accreditation. Until then, we continue to work on creating the best program for our students and faculty." ■

### ADVERTISING OPPORTUNITY

Visit [mpta.com](http://mpta.com) for more information.

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

# Enhance Your Career Through District Engagement

MPTA membership can advance your skills, expand your professional contacts and grow your practice, if you let it. There are four districts designed to engage the membership through **regional and local advocacy and action. District engagement can add value to your MPTA membership through:**

- affordable, local continuing education by area content experts – be a student or an instructor
- public awareness of the Physical Therapy profession through group participation in local events
- opportunities to speak in your community on topics you are passionate about
- networking with your colleagues for collaboration, inspiration, or a career opportunity
- advocacy for issues unique to your geographic area (like access to healthy pursuits or public safety)

- supporting your local communities through volunteer service
- integrating local PT/PTA students into professional activities

Each district invites you to “plug in” and receive the benefits of membership that will enhance your career. Submit your suggestions for continuing education topics, locations or specific activities via email to [mpta@mpta.com](mailto:mpta@mpta.com) or your District Chair. Every district would appreciate your donation of time and initiative to help plan an event in your immediate area. It could be as simple as coordinating a pub night at a local establishment through social media, a wellness walk led by physical therapy professionals to raise public awareness in your local area, or becoming a team captain for a local charity event. Share your ideas to promote our profession at a district level with your district leadership. #MoveForward #ChoosePT ■

## District News



### EASTERN DISTRICT UPDATE

Jennifer Blackwood, PT, PhD  
District Chair

The MPTA Eastern District welcomes new leadership team members: Karen Houting PT as Vice-Chair; and Annette Nickel PT and Mihir Trivedi PT as Directors for the District. These new leadership team members bring experience from different areas of practice (SNF, outpatient, acute) and practice populations (pediatrics- geriatrics). Together, with the current Chair (Jennifer Blackwood PT) and Director (Mike Kinyon PTA) locations covered in District leadership run from metro Detroit north to Port Huron west to Flint and even to the furthest northwestern border of the District. As always, the voice of the Eastern District is important in all legislative issues and with many new legislators, we have to establish professional relationships with them now and, specifically, plan to come to Lansing on April 9th for the Legislative Activity Day.

The new MPTA Eastern District leadership team has planned some great activities in 2019. Our goal is to provide high quality educational, service, advocacy, and networking opportunities for members throughout the District. Our first course is planned for April 27th in Wixom and is titled “Putting the Fun in Functional – Innovative Exercise Techniques for the Orthopedic/Neuromuscular Population” presented by Bob Budai, PT, MPT. This course has been approved for 4PDRs and will cost \$100 for members and \$160 for non-members. Space is limited- please go to [MPTA.com](http://MPTA.com) to register and review the course objectives.

Last year’s volunteer efforts at the Michigan Senior Olympics track & field events at Oakland University was a highlight for many and we fully intend to have a repeat presence there. If you are interested in serving others by participating and, thereby advocating for health/wellness for these senior athletes while earning 4PDRs, save the date of August 18th. More details are to come.

We are planning to continue the PT Month educational event in October at Oakland University and are excited as a national speaker is on the agenda for that event- stay tuned for the date and topic. However, if you can’t wait to learn, we highly suggest getting the maximum value out of your APTA membership by taking one of the over 50 FREE courses available through the APTA learning center. Or, plan to join us at the MPTA Student Conclave and Spring Conference in Ypsilanti in March.

Further event details can be found at [mpta.com](http://mpta.com) or through Facebook. Be sure to download the legislative advocacy app from APTA so that you can respond quickly when time relevant legislative items arise. We all have the duty to do good. Your voice, your vote, & your practice counts! Make 2019 the year that YOU become involved in MPTA!



### UPPER PENINSULA DISTRICT NEWS

Caroline Gwaltney, PT, DPT  
District Chair

The UP District’s focus for 2019 is connection. Connection with our members; connection with our communities. Area district leaders are busy planning opportunities for PTs and PTAs to join together and give back to the communities in which they work through charitable service. These events might include packaging food at a local food bank, chopping wood for organizations that donate firewood for seniors, or volunteering at an area hospice house, to name a few. The possibilities are endless! Guided by the APTA’s Core Values of altruism, caring/compassion, and social responsibility, we want to make a difference. Service activities will be followed by a “meet and greet” in a social environment to network with other professionals and speak with district leaders.

By the time this issue gets to you, we will have planned activities in Houghton and Escanaba. The idea is to organize events across the Upper Peninsula, but we can’t do it alone. If you are interested in helping to plan an event in your area, please contact Caroline Gwaltney ([gwalt1c@cmich.edu](mailto:gwalt1c@cmich.edu)).

# District News

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## Northern District Update

**Sarah Patterson, Vice-Chair**

The Northern District leadership is looking for your suggestions on district functions that will add value to your membership. If you have continuing education topics, locations or specific activities that you would like to see from your district, email Sarah Patterson at [ropers16@gmail.com](mailto:ropers16@gmail.com). Share your ideas to promote our profession in the Northern District.

Stay Tuned: We are planning a continuing education course highlighting a multidisciplinary approach in orthopedics to be held in the greater Petosky area this Fall. Watch for more information on social media and in future issues of Shorelines.



## WESTERN DISTRICT UPDATE

**Ryan Borck, PT, DPT District Chair**

The Western District held its first networking and education event of 2019 on Thursday, February 28. Attendees enjoyed refreshments in the newly-opened Finkelstein Hall at GVSU's Grand Rapids health campus while receiving updates on MPTA advocacy efforts to protect and expand our profession. The evening concluded with a presentation on motivational interviewing by Emily Betros, LMSW. The techniques Ms. Betros shared will help every clinician improve their ease and effectiveness in engaging patients in home program compliance.

The Western District extends a warm welcome to the Western Michigan University DPT program. We look forward to incorporating their faculty and students into the professional activities and educational offerings that bring value to our district members and the communities we serve.

Still to come in 2019: Tom Gustafson, PT, DPT, Cert. MDT, Western District Vice-Chair, is coordinating events in the Lakeshore and Southwest region to engage local PT's with networking, MPTA updates, and continuing education. If you have suggestions for an event or want to host a district activity in your geographic area, please email [ryan.borck@spectrumhealth.org](mailto:ryan.borck@spectrumhealth.org).

We look forward to an excellent year ahead!



## COMING SOON – MPTA CLASSIFIEDS

**Starting April 1 you will be able to  
advertise job opportunities on the  
MPTA website**

**Pricing will start at \$50/month for  
MPTA members.**



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**8 Contact Hours/8 CEU's**  
**8 PDRs**

7:00	8:00	Registration/Exhibit Hall Open		
7:00	8:00	<b>Pain Special Interest Group Meeting</b>	<b>Oncology Special Interest Group Meeting</b>	<b>MPTA Delegate Meeting</b>
8:00	10:00	<b>The Third Space: Strategies to facilitate patient agency</b> James Stark MSPT, Cindy Newberry MSW, PTA		
10:00	10:15	Break		
10:15	12:15	<b>Pain Science and Sports Medicine</b> Leonard Van Gelder PT, DPT, ATC, TPS, CSMT, CSCS Steven Blum PT, DPT, SCS, OCS	<b>Best Practices in Cancer Pain Management: From Acute to Palliative Pain</b> Chris Wilson PT, DPT, DScPT Deb Doherty PT, PhD Amy Quinnan PT, DPT.	<b>A Multi-Disciplinary Approach to Treating the Pediatric Patient with Chronic Pain</b> Beth Riske PT, DPT Dr. Eric Scott PhD Amanda Hughes, PT,DPT,PCS
12:15	1:00	Lunch/Exhibit Hall Open		
1:00	3:00	<b>Therapeutic Exercise Dosing and Dosage in the Adult Population with Chronic Pain</b> Frank Aerts PT, DSc, OCS, CMP, CMPT, CMET, CCVT	<b>Risk Stratified Care for Low Back Pain</b> Jason Beneciuk PT, DPT, PhD, MPH	<b>Craniosacral Therapy</b> Binaifer Bugli PT, CST-D
3:00	3:15	Break		
3:15	5:00/ 5:15pm	<b>Therapeutic Exercise Dosing and Dosage in the Adult Population with Chronic Pain</b> (same session repeated) Frank Aerts, PT, DSc, OCS, CMP, CMPT, CMET, CCVT	<b>Chronic Knee Pain: Biopsychosocial Perspective</b> James Stark MSPT	<b>Emerging Technologies in the Field of Pain Medicine</b> Tiziano A Marovino PT, DPT