President’s Message

Edward Mathis, PT, DPT

One hundred years ago, on January 15th, 1921, a bold group of women met at Keen’s Chophouse in New York City and decided to create an association. The American Women’s Physical Therapeutic Association was born. With 120 people participating in the election, Mary McMillan was elected to serve as the first president of this fledgling society. With yearly dues of only $2.00, there were 274 members from 32 states by the end of 1921. This small but dedicated group of forerunners and predecessors to modern physical therapists proved their value as medical professionals during World War I, played a significant role in the future of America’s health, and founded what we know today as the American Physical Therapy Association. (Not long after this, in 1929, Michigan’s chapter, the 14th established, elected Ann Mulcahey as its President. Stay tuned for another celebration in 2029!) Our profession has seen tremendous growth from those early times to the present, and we want to honor these physical therapist heroes from the past. One important piece to remember is that these women chose to meet. We do not have many details regarding how this initial meeting was organized, given the absence of

(Continued on page 2)
Twitter, Facebook, Instagram, and email to facilitate this gathering. Connections were undoubtedly made and developed at this first meeting that led to this momentous event that we celebrate this year. These connections were the foundation of the establishment of our association.

Fast forward to 2020; we see human connection challenged by the covid-19 pandemic. The mask-wearing, social distancing, and avoidance of large gatherings have been vital in keeping the deadly and disabling virus at bay. We have had to adapt our communication methods with virtual meetings and phone calls, the canceling of on-site events, and learning how to stay connected in this new and uncertain climate. A dedicated group of volunteers that have stayed connected as we met the challenge of covid-19 has kept our chapter running smoothly.

It hasn’t been easy, but the common thread has been people and relationships. Within APTA Michigan, we will continue to focus on providing continued competency resources, negotiating for better payment/less administrative burden from third-party payers, and lobbying in Lansing for legislative/regulatory changes to benefit the profession in Michigan. We are also committed to increasing your membership’s value in other ways, such as the production of our podcast Waves, our blog Lines, the work of our new DEI and Health and Wellness Committees, and our public consumer campaign with Choose PT videos on our YouTube channel. All of these efforts require members to participate for this great work to happen. I am thankful for everyone that has pitched in last year to make the chapter better. So my call to you, the reader, is to find ways to connect and get involved. I have had the honor to serve this chapter in many roles since 2009 and am very honored to be elected to serve as your APTA Michigan President starting earlier this year in January. I am quite humbled to follow in the footsteps of leaders like Mary McMillan, Ann Mulcahey, and, most recently, Dr. Michael Shoemaker. What has kept me involved is the connections that I have made along the way, some even occurring in 2020. The many engaging and inspiring interactions I’ve experienced within the chapter have ultimately improved my human and professional experience. I’m also quite grateful for the friendships forged along the way. I strongly encourage you to seek ways to get more involved and transform your membership. Hopefully, we can meet in person at chapter events again soon but until then, keep striving to make connections. Please reach out to us! #Connect #APTA100

In service,
Edward Mathis, PT, DPT
President, APTA Michigan

APTA Michigan Classifieds
The place to find physical therapy jobs in Michigan. APTA Michigan members receive a discount on job postings. The cost is just $50/month. Go to aptami.org/classifieds!
IF YOU HAVE TRIED THIS THEN YOU NEED TO TRY THIS!

THE GAIT MANIPULATION TOOL THAT YOU HAVE BEEN LOOKING FOR!

- Designed by rehab professionals and engineered for patients, the NewGait improves gait quality, confidence, and independence - instantly! By providing manual cueing without the manual labor.

VISIT: WWW.THENEWGAIT.COM TO SIGN UP FOR A FREE 30-DAY NEWGAIT TRIAL
A (Very) Brief History of APTA-MI

Janet Downey, PT, MSPT | APTA-MI Chapter Archivist

Our story starts in 1925, when two Michigan PTs, one from Grand Rapids and one from Detroit, went to the 3rd Annual Conference of the American Physiotherapy Association (APA) Conference in Chicago. They started meetings in Michigan but were not associated with the APA. Formal connection with the APA began in late 1929 when the APA contacted therapists in Detroit to host the 9th Annual APA Convention. Those therapists quickly organized, and APTA-MI was off!

The ‘30s were busy with organizing first the Conference and then the Chapter. Meetings were held, and in 1936, the Western Michigan Chapter was formed. All of this activity happened during the Great Depression, and although no PT jobs were lost, many PTs took a significant pay cut. The APA was organizing too, with the establishment of the Physical Therapy Registry and the growth of membership, 1000 members in 1939 with 47 from Michigan. Before 1933, there was a physical therapy program at the University of Michigan, but it was suspended in 1934, and no PT programs were available in the state.

The ‘40s brought WW II, and Michigan therapists serving overseas had their Chapter Dues waived. In addition to the war, 1944 was a heavy polio year. Sister Kenny came to Michigan in 1943 to share her techniques, so with the increased number of patients, Michigan therapists were already trained to treat them. PT was recognized as necessary in returning soldiers to the front lines; early exercise and noninvolved limbs’ movement proved significant in their rehabilitation.

Eastern Michigan Chapter received its charter in 1951, and the two Michigan Chapters merged in 1952 to form the Michigan Chapter comprised of two Districts. Inez Peacock was elected as the first President of the Michigan Chapter. The University of Michigan started its Physical Therapy Program with Virginia Wilson as “Technical Director;” this is the program that continues. Polio returned in 1952, and a survey of the Detroit area by a National Polio Planning Committee found we were in better shape to meet the epidemic than most other cities in the country. We started our legislative efforts in 1953 with a bill for Licensure but couldn’t find a sponsor. In 1957 Charles Dorando used electromyography to prove that aching muscles are not imaginary! Michigan hosted its second National Convention in Detroit. The Rehabilitation Institute of Metropolitan Detroit opened its state of the art facility in 1958.

1965 was a Red Banner Year. Licensure in Michigan passed the legislature! Several bills had been introduced before this but usually sat in committee, even with member and lobbyist action. This year the bill was introduced without a lobbyist and sneaked through the legislature “under the radar.” For several years following passage, there was difficulty ensuring that the therapists in Michigan were appropriately licensed. Unfortunately, the rest of the 60’s history is lost.

Shorelines, then The Mitten and the Tassel, was first printed in September 1971. Both the APTA and APTA-MI matured and became more sophisticated during the ‘70s; the Chapter had an official mailing address, but volunteers carried out activities. The Upper Peninsula District was approved in 1973. We were awarded the first Outstanding Service Award in 1975. Wayne State University became the first accredited PT program in Michigan, and Kellogg Community College became the first accredited PTA program in Michigan.

The ‘80s continued our maturity and sophistication. We hired our first Executive Director, Allen Jeffery, in 1980, resulting in the transfer of day to day management of the Chapter to his office. The Outstanding Member Award was given for the first time. APTA took over the Accreditation of PT programs, and the University of Michigan PT School moved its program from Ann Arbor to Flint, with the first class in 1982. Oakland University was accredited, and many institutions indicated an interest in starting PT or PTA programs. The Michigan Institute for Education and Research was established. In 1984 we purchased our first word processor/computer, and in 1985 we returned to hiring a Lobbyist. The push for independent practice was first mentioned in 1983, with a bill introduced in 1985 (died in Committee). We did get a law passed in 1988 allowing evaluation, education, and consultation independent of prescription. Finally, in 1989, the office received a toll-free number!

The ‘90s continued the process of growth and change. Our Executive Director, Allen Jeffery, died, and his replacement, Terry T. Warren, was hired. We worked to improve reimbursement, especially from BCBS (including litigation that took up a tremendous amount of time and resources), and became active in advocating against physician-owned practices. A PTA registration bill was introduced in 1980 but died in Committee. In 1996 a new Board was formed to assist Impaired Health Professionals, and Richard E. Darnell was appointed as the PT representative. In 1996 a Bylaws Amendment passed to establish the position of Speaker of the Meeting. 1998 was a challenging year; the Governor passed an Executive Order eliminating the Board of Physical Therapy. Through tremendous grassroots and lobbying efforts, this Executive Order was overturned, and the Board was saved. The push for Direct Access continued throughout the ‘90s and on into the 2000s.

The Insurance Commissioner sided with BCBS on their Rehabilitation Provider Class Plan in 2000; MPTA appealed the decision, and the Hearing Officer overturned the Insurance Commissioner’s Plan. MPTA continued to support the Independent Practitioner and worked through administrative avenues to ensure appropriate reimbursement. The Direct Access bill passed the House in 2002 but died in committee in the Senate in 2004. The Chapter testified against a bill that would eliminate PTs from providing EMGs in Michigan in 2005; the bill passed, but PTs who had Board Certification in Electrotherapy could continue to perform
Happy 2021! I think it’s safe to say we are all looking forward to a more positive and productive year due to the challenging environment of 2020. Heading into a New Year means new hopes, goals, and visions. My name is Chris Nawrocki, and I am your new Director of Payment for APTA-MI.

I would be remiss if I did not say we all owe a debt of gratitude and a big thank you to our previous Director of Payment, Janis Kemper. Our APTA-MI elected positions require significant time and, most of the time, are underappreciated by our fellow PT/PTA members. Janis has assured me there is a great reward waiting once I complete my term. I doubt it is monetary and think she meant to say, “it is rewarding to serve and try and help represent our profession get the credit it deserves in the health care arena.” I am glad to work alongside Barb Herzog, who is our MI Payment Specialist. I have known Barb for over 20 years. Barb has a vast knowledge of how the insurance industry works and has a great listening ear with solutions to be proactive when facing obstacles in our PT care and reimbursement.

I have been a PT for 26 years and have seen many changing landscapes within our profession. It seems we are always facing a significant challenge to how we get paid, how things need to be coded, pre-certifications, ongoing certifications, denials, etc. I have had the pleasure of being on the payment committee for many years, so interacting with insurers is not new for me. Just like your clinical practice experience, I get frustrated, irritated, and sometimes downright angry at what seems like a never-ending battle to justify and get paid a prompt and competitive marketplace reimbursement. It will be interesting to see how our healthcare landscape may change with a new federal governing body. We will be proactive in working with our insurance industry partners to help lower costs in an objective (and not arbitrary) manner and promote value-driven care. I believe it is also crucial for all of us to continue to gather patient testimonials of how PT has positively affected their lives. We may have intermittent “calls to action” to each of you to contact insurers, legislators, the media, and our community at large to know of the difficulties our patients face at times to attend and get timely and adequate PT care. We cannot address payment issues alone, or in silos, with the attitude “someone at APTA-MI” will solve this problem. We need each of you to help push our profession forward and do some of the grassroots work alongside us to make sure our patients get the PT care they need, deserve, and... we get paid fairly for it.

I am looking forward to working with each of you.
Documentation through the Eyes of the Payer

When trained clinicians read your treatment and/or progress notes, can they create a mental picture of the patient? Does your documentation allow for a substitute therapist to understand the overall plan? Does your documentation allow for a substitute therapist to administer treatment in a way that will achieve the treatment goals? Being able to answer these questions in the affirmative will assist in improving medical review outcomes.

Wisconsin Physician Service (WPS) Government Health Administrators (GHA) is the Medicare Administration Contractor (MAC) for the state of Michigan. We are tasked with protecting the Medicare trust fund by conducting reviews of skilled therapy claims, among other services. The clarity of documentation is key to ensuring a successful review outcome.

In order to meet Medicare guidelines for payment, the documentation must support that the skilled services were reasonable and necessary. It must also support that non-qualified personnel could not safely provide treatment.

During a medical review WPS GHA staff will:

- Verify that the overall plan of care is complete and certified by the treating physician.
- Verify that the plan of care relates to the initial evaluation and reason for referral.
- Verify that the treatment goals are reasonable and necessary.
- Evaluate the treatment and progress notes to determine if continued treatment is reasonable and necessary by assessing:
  - If the patient is meeting or actively working towards meeting the established goals.
  - Modification of goals is occurring when current goals are no longer appropriate.
  - Changes to the treatment plan are occurring to support the needs of the patient.

All of the above seems pretty cut and dry. One may think the reviewers can easily render an affirmative decision. Unfortunately, that is often not the case. As reviewers, we are not aware of the observations and critical thinking that the therapist is doing. This makes documentation key.

Let's take a look at a case scenario. A referral to therapy for a 72-year-old who lives in a long term care facility occurs. The referral indicates the patient has been exhibiting an increase in functional mobility and dynamic sitting balance. The evaluation notes the patient has a diagnosis of paraplegia. The prior level of function indicated that the patient was dependent for transfers requiring a Hoyer lift and utilized a motorized wheelchair for mobility. The plan of care includes a goal for the patient to safely perform functional transfers with minimal assist. The frequency of treatment is to be five times a week for nine weeks.

Without knowing this patient and with only the brief information provided above, could you justify services? What were the increased functional mobility skills the patient was exhibiting to expect the patient would be able to improve from dependent to minimal assist? As a reviewer, the initial evaluation does not support that the goal established was reasonable. The initial evaluation does not support a need for skilled therapy.

Now, what if I told you that this same patient wasn't actually dependent for transfers before falling ill six months prior? The patient's actual prior level of function was minimal assist with transfers. The patient suffered a severe decline in function following back surgery to remove a cyst that was impinging on his lumbar spine. Following hospitalization, the patient received therapy for three months. A restorative program started at the time of discharge. If the patient were to exhibit signs of increased functional mobility, the therapist would reevaluate. Six weeks after discharge, the patient was reporting increased feeling in his lower extremities. The patient was starting to be able to wiggle his toes and move his foot. Do you see how the difference in detail shifts the review outcome?

The scenario above is one fabricated for demonstration purposes. It does highlight how important the details are to assist with favorable review outcomes. Reviewers are not all well-versed in all aspects of a particular service. No review entity, whether it be a MAC, the Qualified Independent Contractor (QIO), or the Comprehensive Error Rate Testing (CERT) contractor, can have staff well-grounded in all aspects of medicine. However, all have clinicians who can read and understand a medical record. A clinician without special training should be able to render an appropriate decision from the documentation. Remember, if you don't write it down, it didn't happen.

Disclaimer: WPS GHA prepared this education as a tool to assist the provider community. Medicare rules change often and are contained in the relevant laws, regulations and rulings which can be found on the Centers for Medicare & Medicaid Services (CMS) website at www.cms.gov.

Spring 2021 | Shorelines Newsletter
Legislative Director Report

Jena Colon, PT, DPT, MBA

Although the COVID-19 epidemic has continued to bring challenges to the world, we are looking forward to a better 2021! APTA Michigan, along with our lobbying firm of Muchmore, Harrington, Smalley, and Associates (MHSA), is working 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. Please see below for the latest updates as well as our current legislative priorities:

Senate Bill 18 for the Physical Therapy Interstate Licensure Compact (PTLC), which will increase consumer access to physical therapy services by reducing regulatory barriers to interstate mobility and cross-state practice. APTA Michigan testified in a hearing held by the Senate Health Policy Committee on February 4th, 2021. SB 18 was reintroduced by Senator Zorn and is expected to progress this legislative session as well as in the last fall. We did not quite make it with SB 22 due to running out of time last session. We will keep you updated as this bill progresses.

House Bill 4108 adding PT/PTA's to the list of mandatory reporters of child abuse and neglect was almost finalized but never made it over the finish line, unfortunately. We will be reintroducing again this year with new strategies to push this through to enactment. APTA Michigan’s lobbyist with the MHSA is devising a plan for a faster flow through by partnering with other healthcare professions with legislation to be added as mandatory reporters, including ATs and OTs. With a collective push, we can hopefully get it over the finish line! We will keep you updated on the progress of this bill.

Senate Bill 612 for Prior Authorization Reform was introduced into the Michigan Senate by Senator Curtis Vanderwall but did not get to the floor last session. This bill is the product of a partnership of patients, health care providers, and patient advocacy associations dedicated to putting Michigan patients first and ending delays in patient access to health care. SB 612 has not been introduced yet, but plans are in place to be reintroduced by Sen. Vanderwall shortly in both the Senate and eventually the House. We will keep you updated on progress as it arises. The Health Can’t Wait website is still accepting patient stories on their website as your voice matters. Please share at https://www.healthcantwait.org/share-your-story.

Last but not least, please keep an eye out for updates on our upcoming Advocacy Day. It may look a little different this year due to the pandemic, but the legislative team is working hard to devise a plan (i.e., potentially utilizing virtual options for our meetings with legislators, etc.). Please watch for announcements for date/time/details and plan on attending!

Thank you to all of the individuals who continue to volunteer their time by attending legislative functions, virtual town halls, making phone calls, and writing letters. It is vital to maintain 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 APTA-MI at contact@aptami.org.

Thank you for all that you do!

Jena Colon, DPT, MBA

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2nd Annual Critical Care Rehabilitation Virtual Conference

May 15th, 2021 7:30am - 5:00pm

“Great course, very useful information for any therapist transitioning to an ICU, or for a therapist currently in ICU to help strengthen their knowledge.”

- Benjamin, PT, Flint, MI

To find out more and to register go to: henryford.com/CriticalCareRehab or email HFRehabCEU@hfhs.org
MPT Political Action Committee Update

Kathleen Walworth, PT, DPT | MPT-PAC Chair

The purpose of the Michigan Physical Therapy-Political Action Committee (MPT-PAC) to provide the financial backing to both educate and support legislators and candidates on behalf of the profession of physical therapy.

As you recall, the MPT-PAC Trustees entered into the home stretch of the 2020 elections by voting to donate to important legislators who were “Friends of Physical Therapy” already OR who would likely be Leaders in our State Legislature in 2021. ALL of this was pre-approved by our APTA-MI lobbyist.

APTA-MI endorsed the following legislators who are “Friends of Physical Therapy.” Specifically, those who sponsored HB 4108, which would add PTs / PTAs to the list of health professionals who are mandatory reporters of suspected child abuse or neglect.

• Julie Rogers, PT (and APTA-MI member) Dem for House District 60 - Kalamazoo. Julie won! We finally have a PT in the MI State Legislature!
• Rep Roger Hauch GOP - 99 Mt. Pleasant - Roger won!
• Rep Beth Griffin GOP - 66 Paw Paw - Beth won!
• Rep Jim Ellis Dem - 26 Royal Oak - Jim won!
• Rep Jeff Yarach GOP - 33 Richmond - Jeff won!
• Rep Sheryl Kennedy Dem - 48 Davison - Sheryl unfortunately lost by less than 500 votes. This race was predicted to be very close, and it was.

Relevant MPT PAC balances:

• 8/31/2020 MPT-PAC balance: $8,585.97
• With the approval of the APTA MI Board of Directors, MPT PAC voted to donate to several strategic legislators for a total of $7,150.00
• After donations, the MPT PAC balance was $1,435.97

Our most significant intake of donations occurs around the APTA Michigan conferences. COVID-19 changes in conference format did not allow for our usual fundraisers in 2020. MPT-PAC did receive some donations around our virtual Fall Conference, but our balance remains lower than average.

• As of 12/31/2020, MPT-PAC balance: $3,658.41

MPT-PAC strives to have sufficient funds in our PAC balance to ensure we can address legislative issues promptly. Maintaining a financially strong political action committee is one of the best ways to ensure that our profession stays healthy and strong. It’s our MPT-PAC. More is always better!

Please consider making a 2021 contribution to the MPT-PAC. By supporting the MPT-PAC, you will help ensure that our profession’s voice is heard at the State level. You do not need to be an APTA-MI member (or even a PT/PTA) to support the MPT-PAC. Contributions can be made online at https://aptami.org/political-action-committee/.

Thank you in advance for making our profession stronger through advocacy in action. We are ready to keep “fighting the good fight!”

Chief Delegate - Michigan

Chris Hinze, PT, DPT

Inspired by the American Physical Therapy Association’s (APTA) Centennial Year, the Michigan delegation to the APTA’s House of Delegates (HOD) is excited to continue moving the profession closer to our vision of transforming society by optimizing movement to improve the human experience.

The delegation would like to welcome new delegates Katelyn Beam, Cameron Faller, and Michael Shoemaker, to the delegation in 2021. We would also like to thank Lydia Lytle, who served as the delegation’s alternate delegate in 2020, for again consenting to serve in that role for 2021. Lastly, the Michigan delegation would like to offer heartfelt thanks to former delegates Niki Chakur and Sue Talley, who completed their terms at the end of 2020. Thank you so much for your service to the Michigan chapter and the profession as delegates.

Looking ahead to the 2021 House of Delegates, delegates will have several important items to consider. In addition to electing 3 Directors and a Vice-President to the APTA Board of Directors, delegates will vote on a successor to APTA President Sharon Dunn, who will be completing her second and final term as APTA President this year. Also, a special committee of the HOD is completing a multi-year review of the APTA Bylaws with substantive bylaw amendments anticipated for the 2021 House. The HOD is currently scheduled for September 11-12, 2021, in Washington DC as part of the APTA’s Centennial Gala Weekend.

The Michigan delegation welcomes your questions and feedback regarding the work of the HOD. Please reach out to us at contact@aptami.org.

Respectfully submitted,

Chris Hinze, PT, DPT
Chief Delegate - Michigan
**Professional Development FAQs for License Renewal in 2021**

Julia Rice, CAE, IOM | APTA Michigan Executive Director

**Q:** Are there any changes to the requirement for 24 Professional Development Requirement (PDR) credits for renewal?

**A:** No, there was a temporary waiver in 2020, but the full requirements are in place for renewals in 2021. For more information, visit our COVID-19 resources page: https://aptami.org/physical-therapy-covid-19.cfm

**Q:** Due to COVID, onsite courses have not been held. How can licensees get the PDR credits needed for renewal?

**A:** Licensees can earn up to 20 PDR credits through continuing education. The courses can be in person OR online. The only limitation is that no more than 12 online credits can be earned in a 24 hour period.

The additional four credits can be earned through other activities such as reading journal articles or listening to or viewing media. Full details about all the PDR activities can be found on our website under Continuing Education.

**Q:** Can a licensee claim credits for hours worked related to the COVID-19 emergency?

**A:** LARA issued a clarification found on our COVID-19 resources page https://aptami.org/physical-therapy-covid-19.cfm that confirms hours worked responding to the pandemic between March 17 and June 9, 2020, can be counted as PDR credits. LARA provided this somewhat limited clarification of documentation requirements but did not specify the type of work that would be recognized: Health licensees claiming CEs for COVID-related health care services and activities will be required to provide reasonably sufficient evidence to show that the hours they worked during the time in question were hours worked responding to the COVID19 emergency. Examples of sufficient evidence include, but are not limited to, a written attestation by the licensee, a Human Resources Administrator, or a direct supervisor at work, to the timeframe such as date and time, including hours worked.

**Q:** Do I need to earn a PDR credit in pain and symptom management each renewal cycle?

**A:** Yes. This credit can be earned through multiple PDR activities — including continuing education. The APTA Michigan Spring Conference/Pain Summit is an excellent way to earn 5 PDR credits, including the required pain and symptom management credit.

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**Communications Committee**

Bailey Zmuda, SPT

Hello APTA-MI community! My name is Bailey Zmuda, and I am a second-year PT student at Wayne State University. I became a volunteer member of APTA Michigan’s Communication Committee over a year ago. I wanted to become more involved within my profession and meet other APTA-MI members. This year I have been working hard to increase our social media engagement and presence. Specifically, I have been running our APTA-MI official Instagram page. This year, my goal was to gain more followers for our Instagram page and get more engagement from our student members.

In October, we kicked off the student Instagram takeover. A PT or a PTA student member gets access to our Instagram account for one week to post anything related to physical therapy or their program. I thought this would be a fun way to showcase what great student members we have! It has been enjoyable to see what other students in various programs throughout the state are doing. So far, we have had outstanding student representatives from WSU PT, GVSU PT, Macomb Community College PTA, and U of M Flint PT. I hope for many more student representatives to take over our Instagram in the coming year and increase our student engagement even more.

In 2021, APTA is celebrating its 100 year Centennial. It is such a historic and monumental year for our association and profession. It made me stop and think about how our modes of communication have evolved. Who knew that 100 years later, we’d be able to communicate with fellow members via social media and zoom calls. I think we can all say how fortunate we are to have social media and online engagement within our profession.

If you want to stay engaged, informed, and keep up with our APTA-MI members in 2021, follow us on our Instagram @aptamichigan.
APTA-MI had the honor and privilege of hosting a few of our veteran members in a virtual happy hour zoom chat on January 15, 2021, to celebrate APTA’s Founder’s Day. This date officially kicked off our centennial year and allowed us to celebrate the date that Mary MacMillan and the rest of our Founders met for the first time at Keen’s Chophouse in New York City.

We spent the evening enjoying the insights of Barbara “B.J.” Simmons, PTA, David Perry, PT, MS, Beverly J. Schmoll, PT, Ph. D., FAPTA, and Janet Downey, PT, MSPT. These exemplary individuals took us back through their careers. They discussed how physical therapy, the experience of being a student or an educator, and our association’s actions and activities have changed during their tenure in the profession. Beverly described a pivotal moment in her career when she finally found a women’s uniform pantsuit for sale and wore it to work. This effectively changed the dress code for all the women in the hospital she worked at in one day. Janet recalled what it was like as a student during anatomy lab and the lack of personal protective equipment required when she was in school before we fully understood the risk of disease spread when working with cadavers. David remembered his transition from Duke University as a recent graduate to Michigan, where he was promised he could “ski on the big hills” but has remained ever since. B.J. described the importance of PTAs being involved in their professional association as well as being the first-ever appointed Physical Therapist Assistant to the Michigan Board of Physical Therapy. It was indeed an inspirational evening, and we want to thank all our panel members and our members who joined us to learn from their expertise!

We have several other upcoming events that we are planning to celebrate APTA’s Centennial Year. The next will begin at APTA Michigan’s Spring Conference with our “Flat Mollie Campaign.” This campaign was inspired by Flat Stanley’s story, the boy who was flattened by a bulletin board and now can fold himself up into an envelope and travel anywhere in the world. As her friends called her, Mary McMillian, or “Mollie,” is considered the Mother of Physical Therapy and was the American Women’s Physical Therapeutic Association’s first president. We will provide electronic copies of a photo, so you can download and print out our Flat Mollie and take her on your adventures (whether it be to work or on a trip!), and then submit your photo to be featured on our social media pages! Mary has “mentioned” that she would like to visit every PT and PTA program in the state. She would also like to see Michigan’s Upper Peninsula and spend some time in the beautiful outdoors. She would like to step into a few outpatient clinics, school systems, home health agencies, rehab, and hospital systems to see how healthcare has changed over the years.

We look forward to continuing to celebrate this momentous year with you all. Don’t forget that the focus fundraiser for the APTA Centennial is the Campaign for Future Generations, a two-year Diversity, Equity, and Inclusion campaign that concludes at the end of the Centennial Year. To donate, visit Support APTA’s Campaign for Future Generations — APTA Centennial.

APTA is also hosting “Centennial Lectures” with multiple topics that will begin in March and occur monthly until October. Sessions from March-May are confirmed to be virtual with the hope to transition to in-person events at APTA’s new Centennial Center Headquarters! The Centennial Gala Weekend will take place September 10-14 in Washington D.C. and will include the Hose of Delegates, the Future of Physical Therapy Summit, and the Centennial Gala. For more information, visit Celebrate: Special Events in 2021 – APTA Centennial.

We are hoping to provide a tribute to our lifetime members, to showcase some of our historical artifacts, and to invite a few more of our veteran members to share their experiences during the early days of their careers and APTA-MI at the APTA-MI Fall Conference at Motor City Casino in Detroit. We have appointed an APTA-MI Chapter Archivist to preserve and digitize our historical documents as well.

Finally, we will round out 2021 with 100 days of service to promote volunteer engagement activities both virtually and in-person across the state and country. We hope to include efforts to promote our profession to potential patients and the public and middle and high school students who may be prospective physical therapists and physical therapist assistants. We are, after all, celebrating our past and looking forward to our future. We look forward to doing so together as APTA Michigan.
The conference has evolved over the years and continues to change and grow at every event. This Virtual Spring Conference and Pain Summit, for the first time, is offering continuing education credits to Occupational Therapists in addition to PT and PTAs. We are excited to have a variety of speakers and unique content to help you meet your educational goals; check out the schedule below for further details.

### Pain Summit and Spring Conference Schedule
**Saturday March 27, 2021 – 5 contact hours/5 PDR credits**

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Pain Summit</th>
<th>Conference</th>
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<tbody>
<tr>
<td>8:30</td>
<td>10:00</td>
<td><strong>Complex Regional Pain Syndrome: Interventions to Increase Occupational Performance</strong>&lt;br&gt;Sarah Johnson, OTRL</td>
<td>Healthy and Fast: Treating Young Female Runners to Bridge the Gap Between Health and Performance&lt;br&gt;Hannah DePaul, PT, DPT, SCS, CSCS&lt;br&gt;Caitlin Noble, PT, DPT</td>
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<td>10:00</td>
<td>10:15</td>
<td>Break</td>
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<tr>
<td>10:15</td>
<td>11:45</td>
<td><strong>A Tale of Two Stories: The Power of Words &amp; How we Affect Conditions for Healing in Patients with Chronic Pain</strong>&lt;br&gt;Amy Eicher, PTA, BSED, MAR</td>
<td><strong>The Year of Telehealth</strong>&lt;br&gt;Brian Gilbert PT, MSPT, OCS, Cert. MDT, Cert. DN</td>
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<tr>
<td>11:45</td>
<td>12:30</td>
<td>Lunch</td>
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<td>12:30</td>
<td>2:30</td>
<td><strong>The Clinical Application of Pain Neuroscience Education</strong>&lt;br&gt;Adriaan Louw, PT, PhD</td>
<td><strong>Dementia: Differentiating Types and Recognizing Pain</strong>&lt;br&gt;Cathy Ciolek, PT, DPT, FAPTA, GCS</td>
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The Conference Committee is hopeful and planning to return to in-person learning for the Fall Conference, held on October 15th and 16th at Motor City Casino in Detroit. We look forward to seeing you there!
Member Spotlight:
Yvonne Jackson, PT, DPT, EdD

Submitted by: Mihir Trivedi, PT, DPT

Education and training:
As a minority and a first-generation college student, the physical therapy journey for Dr. Yvonne Jackson has been challenging from the beginning. She was admitted to Wayne State University (WSU) in June of 1988. When she started the program, she was the only African American student. This was shocking considering being born and raised in Detroit, where most of her classmates usually looked like her. Although she had no conflicts with her peers at WSU, she found that she worked best with her older, non-traditional counterparts. Completing the program was a struggle, but she was successful with a great deal of support from her mentor Roberta Cottman, cohort, and family. She also attributes her success to having the support of her sorority sisters from Delta Sigma Theta Sorority, Inc., Tau Chapter at WSU, who provided additional assistance during her undergraduate schooling. She graduated in 1990 and recently celebrated 30 years of working in our profession. As a physical therapist, Dr. Jackson has worked in adult inpatient neurorehabilitation, outpatient orthopedics, school systems (PreK-12), and higher education (college and university). She earned her Doctor of Education Degree from Walden University and recently a transitional Doctor of Physical Therapy degree focused on pediatric science from Rocky Mountain University of Health Professions. She has worked with a diverse group of physical therapists, classmates, and students along the way. Completing these milestones while often being the only African American student or faculty member has taught her a great deal about many cultures; she hopes she has educated others about her culture as well.

Contributions to the profession:
Dr. Jackson has made contributions to various areas of our profession. She mentors other physical therapists to increase their time presenting, teaching, and conducting research. She collaborates with PTs and individuals from other occupations in and outside her college. She is currently a member of the Cradle Kalamazoo Fetal Infant Mortality Review, where she participates in case reviews and community research. She researches with students and collaborates with faculty to assist with their research needs. Her research topics include the relationship between low birth weight/prematurity to being at-risk for developmental delay, comprehensive review of pediatric physical therapy assessment tools, interprofessional education, and women experiencing racism in healthcare.

Barriers:
Dr. Jackson notes inherent barriers for minorities because individuals may be discouraged from seeking a physical therapy career at a young age. Children are steered towards different professions simply because physical therapy is considered a challenging degree to complete. To further elevate this barrier is the lack of minority children who interact with PTs and PTAs. Minority PTs can combat this by volunteering to speak with young adults as early as middle school and before others can discourage them. Another barrier for minority therapists is spending extra time and energy trying to prove you are “good enough.” A solution to this problem will be educating people about their potential implicit biases and acknowledging “microaggressions” when they occur. A final barrier is that of membership, whether it is cost or familiarity. One may not be able to afford to pay for membership dues and student loans simultaneously. Also, getting involved in the association could be problematic when many of your peers choose not to participate at all. Those who do often feel isolated. Dr. Jackson has been involved in APTA-MI off/on since she was a student but has maintained consistent membership for the last nine years. She is currently a member of the APTA-MI legislative committee and the State Pediatric Advocacy Liaison (SPAL) for APTA-Michigan and the Academy of Pediatric Physical Therapy. She has been encouraging others to get involved in the association and attend the annual conferences to increase the visibility of minorities and improve diversity in the association as a whole.
Clinical Education Consortium

Submitted by Co-Presidents - Ashley Van Dam & Karen Berg

As we look back on the foundation of the physical therapy profession and what has been built over the last 100 years, the ways in which clinical education has had to grow, adapt, and progress to support our students and new professionals’ development is apparent. The work and service of many have allowed for the integration of knowledge and clinical skills that deepens and enhances the breadth of our beloved profession, thus improving how we serve our patients and communities. Often our professional development leans heavily into the advancement of our clinical practice. Within the APTA Michigan Clinical Education Consortium (APTA-MI CEC), we invite you to further your PT and PTA clinical education practice that parallels your clinical practice’s advancement. Clinical teaching is a crucial part of who we were, who we have become, and who we will be within physical therapy. We invite you to participate in APTA-MI CEC events, apply for ELC scholarships, and nominate peers for awards to either start or continue your clinical teaching journey. The APTA-MI CEC is open to all clinical educators (APTA-MI Members and Non-Members). Please consult the APTA-MI website or social media pages for information on upcoming CEC, DACEF (Detroit Area Clinical Education Forum), WMCEF (West Michigan Clinical Education Forum) meetings. You can join the CEC email list and view the CEC webpage at https://aptami.org/special-interest-groups/sigs.cfm?sig=MPTCEC.

Diversity, Equity, and Inclusion Committee (DEI Committee):

Mihirkumar Trivedi, PT, DPT | Co-chair of Diversity, Equity, and Inclusion Committee

DEI Committee held their first “DEI Happy Hour” virtually on January 21st, 2021. We had 30 participants during the meeting and discussed “Barriers to membership.”

The following questions were discussed:

- Are the barriers to membership the same for majority and minority populations?
- What are some major barriers to getting more minorities to become PTs?
- Why is there a lack of minority recruitment?

Participants provided various suggestions like reaching out and making connections with students with minority backgrounds in high schools, focusing on underserved communities, participating in career days at schools, creating mentorship programs to pair students with PTs with similar experiences, developing and distributing literature/pamphlets that feature diversity in PT, organizing round table discussions and collaborative efforts to build connections with minorities, organizing in-person meetings at the Fall conference in Detroit, organizing quarterly happy hours, and participating in “100 days of service” (fundraising opportunities for Centennial provides money to the Minority Scholarship and Diversity fund for DEI initiatives). The committee is looking for suggestions/ideas to overcome the barriers to membership among the minorities.

Please complete the following survey to help us understand the barriers to membership among minority PT/PTAs and students. We hope these results can be used as a way for us to know how we may better serve minority members within our state. https://waynestate.az1.qualtrics.com/jfe/form/SV_abgUqniJ0rvPKH

Interested members of APTA-Michigan chapter, please join us by emailing contact@aptami.org.
APTA-Michigan Oncology Rehabilitation (OncR) Special Interest Group (SIG)

By: Emily Compagner, PT, DPT, Communications Chair

Our Spring Membership Meeting will occur on Saturday, March 27, from 7 am-8 am. We will have clinicians and those who identify as part of the LGBTQIA+ community sharing a presentation regarding Oncology Rehabilitation within the LGBTQIA+ population, in addition to traditional meeting content. The SIG will provide the meeting link to the listserv and our Facebook page.

The APTA Michigan Oncology Rehabilitation (OncR) SIG Education Committee is planning a virtual education event for March 6, 2021, that will cover rehabilitation essentials for managing patients diagnosed with genitourinary conditions warranting pelvic floor intervention. The faculty is from across the United States and has specialists from pelvic floor physical therapy and oncology rehabilitation. Please stay connected to our Facebook Page for additional details and opportunities to watch the recording.

Our Research Committee is now sharing their rehabilitation related article reviews each month with an updated template created in combination with our Global Outreach Committee. This template is updated to elevate our understanding of the research that currently exists and hope to bring awareness to the needed research. To truly meet the needs of all persons diagnosed with cancer, it is vital to understand the current bias in research to encourage more research in areas that are lacking. If you would like to be part of our listserv, please email mptaoncologyrehab@gmail.com.

APTA Michigan Institute for Education and Research

Kristin Dart, PT, GCFP
APTA Michigan Institute for Education and Research President

Have you heard of the APTA Michigan Institute for Education and Research? I hadn’t either until I met one of the board members at the Spring Conference. Do you know what we do? We give away money! Well, we administer scholarships generously donated by Team Rehab and Generation care. Even during this challenging year, they hold firm in their commitment to providing scholarships to our students in PT education programs. We encourage students to review the application process early. More information will be forthcoming in April, so watch for it here.

We would also like to invite clinical and academic APTA Michigan members to apply for grants to support research projects. We offer large and small grants up to $1000.00. We also welcome your nominations for the Richard E. Darnell Research Award and Mabel E. Holton Award. They recognize a body of research work and a specific publication, respectively. Please consider nominating a deserving colleague today. Applications for scholarships, grants, and awards are all due on Aug 1st. Some applications require a bit more time, so do yourself a favor and start today! You can find all of the information for application here at APTA Michigan Institute for Education and Research - APTA Michigan - aptami.org, and feel free to contact KristinDart04@gmail.com if you have further questions.

If you have a desire to serve and support Michigan PT students and colleagues, we will welcome you to our committee. Only a few virtual meetings a year to attend, and reviewing applications in August. We are a fun group with a great mission. Monetary donations are also welcomed to support our grants or link us in Amazon Smile. Email Kristindart04@gmail.com for more information.

ADVERTISING OPPORTUNITY

Visit mpta.com for more information.

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Health & Wellness Task Force

Marissa Nazareno, PT, DPT

Dear APTA Michigan Community:

This article is reaching you at a unique time. We are entering a new year, just beyond the threshold of a new decade. The year 2021 marks the centennial of our professional member association. It has been about one year since a global pandemic turned our lives upside down. As a task force dedicated to promoting the health and wellness of PTs, PTAs, and students across the state, we invite you to pause and reflect—what does wellness mean to you, and how has the past year reframed your approach to wellness? Below are thoughts and reflections shared by some of your peers.

“For me, wellness means prioritizing my mental and physical health so that I can take care of my family and balance stressors that I cannot control or change. In the last year, I have been more consistent about taking care of myself and re-evaluating where to place my energy and attention.” —Suzette Smith

“I believe everyone’s journey to incorporate wellness into their daily routine is a little different. The routine has to work for you so it can become part of your daily life, and sometimes a little trial and error is necessary before you find something that will stick with you. Wellness can be achieved with healthy lifestyle choices like good sleep habits, healthy nutrition to fuel our bodies and minds, daily activity, positive social connections, and a positive physical environment. This past year, wellness has become much more of a challenge for us and more important to everyone, as our health has been highlighted with the COVID pandemic. For me, exercise and positive social connections were impacted most during the pandemic, and I had to change everything about them. It was overwhelming at first, and I could have easily given up on both, but I knew how important maintaining a wellness routine was. I decided to get creative instead and tried a few different options. Ultimately, I decided to create a small home gym and found creative ways to connect with friends through technology and outdoor socially distanced get-togethers. As the pandemic continues, I’m finding I rely more and more on my home gym as an outlet. As additional stress mounted, I found I needed to increase my meditation frequency to daily meditation to help counterbalance that additional stress. As things change around me, I make changes to my wellness routine that can work for me. Once you make wellness a priority, it’s easier to define a plan to help you get there, one area at a time. Before you know it, small changes will turn into a workable, efficient daily wellness routine that meets your needs.” —Jill Gough

“The easiest way for me to determine whether I am practicing wellness is to consider whether I could give an honest answer to the question ‘How are you?’ if asked by a close friend or family member. If I can answer that question with a genuine description of how I am feeling—rather than substituting a list of what I did that day—it means I am well enough to slow down and engage in self-awareness. Before, I often thought of wellness as freedom from any negative thoughts, emotions, or experiences. The challenges of this past year have reminded me that wellness is not necessarily a complete lack of difficult thoughts, emotions, or experiences, but rather the ability to recognize them and then seek out any support I may need.” —Marissa Nazareno

“To me, wellness means being the best version of myself, and that consists of having a healthy mind, body, and soul. As a result of the pandemic, I think wellness has taken more of a holistic approach that includes not only physical wellness but mental, emotional, and spiritual wellness as well. With the extra time I had, I was able to focus my attention on those other aspects of wellness that tend to be ignored or forgotten about in my everyday busy life.” —Katherine Prina

Please see our posts every Saturday on the APTA Michigan Facebook page for more content to support you in caring for your well-being. We look forward to connecting with you throughout the coming year. Thank you for all that you do to bring hope and healing through your work.

Sincerely,

Members of the APTA Michigan Health and Wellness Task Force
District News

EASTERN DISTRICT
Lori Boright, PT, DPT, DScPT
Eastern District Chair

On the heels of two very successful CEU events in late 2020, Lessons Learned from COVID-19 – The urgent Need for Movement Centered Healthcare and Real World Foot and Ankle, the Eastern District remains committed and invigorated to provide additional events in 2021!

Planning for a wellness/self-care event is in the works for this spring, and Dr. Joseph Roche will be returning for a virtual educational event in late spring/early summer. Please stay tuned to Facebook and the APTA-MI website for details and registration information for both of these events.

Our leadership team is also committed to bringing service opportunities back as soon as the pandemic status allows for this. We will communicate opportunities to earn PDRs by providing balance/fall screening and by participating in Special Olympics events as we've facilitated in the past.

NORTHERN DISTRICT
Niki Diehl PT, DScPT, OCS
Northern District Vice Chair

Celebrating the APTA Centennial and Founder’s Day was a fantastic way to usher in 2021. Throughout our history, physical therapists have been extremely adaptable; this was again demonstrated in 2020 as we altered our delivery of care in response to COVID-19. Our profession has certainly made remarkable progress over the past 100 years, and we will undoubtedly continue to see rapid advancements in our shared goal of restoring function to transform lives.

I have observed several changes in the profession throughout my career in orthopedics, including the transition to doctorate-level entry-level education. I am now helping patients recover from surgical procedures that did not exist when I graduated. Years ago, a total knee replacement entailed a 2-3-day hospital stay but is now performed in an outpatient surgical center. Treatment techniques have also changed dramatically. As a new therapist, I would never have anticipated utilizing dry needling in my practice. However, one sentiment remains constant; it is truly an honor to carry on the life-changing work started by the reconstruction aides during World War I.

With our profession’s future in mind, the Northern District is collaborating on a continuing education course coming up in April with a focus on clinical education. Potential topics include developing professional behaviors in students, the 2:1 senior: junior clinical education model, CPI scoring, and developing a Northern / UP District Clinical Education Forum. Please watch our MPTA Northern District Facebook page for additional details on this course targeting clinical instructors.

UPPER PENINSULA DISTRICT
Caroline Gwaltney, PT, DPT, CWS
UP District Chair

As I participated in our state and national Founder’s Day virtual celebrations, I couldn’t help but feel inspired by our past and excited about our future. The lessons learned from those who came before us have helped evolve the profession from the days of reconstruction aides to a doctoring profession. We are a profession of PT and PTA innovators, researchers, visionaries, and heroes. It’s an exciting time to be a PT or PTA, and I wonder how we will grow in the next 100 years!

Our profession has advanced tremendously in the last century, but the heart of what we do — caring for patients — remains the same. My favorite APTA Physical Therapy Month slogan of the past was the 2001 slogan, “Physical Therapy: The Science of Healing; The Art of Caring.” It’s the blend of knowledge and empathy that genuinely defines our practice.

In the UP District, we are looking ahead to 2021 with excitement and optimism. Watch your email for district meeting information. We continue to work with course presenters to finalize plans for a Clinical Education/Pain course this spring. We hope to provide a pediatrics course and the summer summit later this year. When the time is right, we also hope to organize community service events again to give back to the communities we serve.
In 2020 the Western District built on last year by continuing the successful “Eats + Ed” meeting series, offering members and non-Western District

It is with great honor to be representing the Western District as we begin a new year that marks a centennial in our profession. As we look back over the past 100 years, we have had many leaders step up in difficult times to help move our profession forward. This past year was no different, and because of that, we would like to thank both Ryan Bork and Jessica Kuipers for their outstanding commitment and leadership as they finished their terms. They both added prodigious value for the Western District leadership team, which ultimately paved a successful pathway as we proceed.

On a similar note, we would like to welcome both Don Packard, as our Vice-Chair, and Rachel Lubinski, as our Secretary, for their willingness to step up and become involved ensuring we are providing our members with the best opportunities. Don brings to the table years of experience developing excellent professional development opportunities that we hope to continue providing for our members in a safe format. We look forward to our first continuing education webinar event on February 9th, where speakers Greg Smith, PT, DPT, OCS, Darren Guffey, PT, DPT, CSCS, and Ryan Buteyn, PT, DPT will talk on a topic titled "Considerations for the Athletic Patient: Blood Flow Restriction, Return to Play Testing and More!" We also have a second webinar event planned for the end of April, with more details to come.

Our mission and values for the Western District remain unchanged as we are looking to advocate, educate, and rejuvenate our members through valued activities. To best help you stay updated with all pertinent information, as well as connect, be sure to like and/or follow our Facebook page (@Mptawd), where Rachel consistently keeps us informed.

Despite the many challenges 2020 has brought us, we look forward with excitement to continue delivering excellent opportunities for all our members and fighting to improve our value in society. Our goal is to surpass 1000 members this year, and we could use your help to do so! If you have friends or colleagues looking for more information on why they should be members or have any questions/concerns regarding the Western District, please do not hesitate to contact your chair, Cameron (camfallerdpt@gmail.com).

APTA MICHIGAN SOCIAL MEDIA

APTA Michigan 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.


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