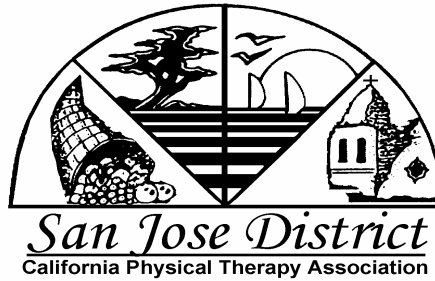


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Issue 15
February 2008

A FEW WORDS FROM OUR CHAIR...

Cheryl Tibbetts, MPT, OCS



2008 DISTRICT EVENT CALENDAR

Be sure to mark these dates on
your calendar!

March 4th: District Meeting

Topic: Pilates in Physical Therapy
practice

Location: CHOMP, Monterey

March 8th & 9th: Continuing Education Course

Topic: Lower Quarter Biomechanics: Implications for the
Evaluation and Treatment of
Musculoskeletal Disorders

Speaker: Christopher Powers, PT

Location: Good Samaritan Hos-
pital, San Jose

April 12th & 13th: Continuing Education Course

Topic: GPM V: An Evidence
Based Approach

Speakers: Lewis Gabbard, PT,
Rob Landel, PT and Eric
Folkins, PT

April 22nd: District Meeting

2 Topics: Cartilage Regenera-
tion & Shoulder Arthroscopy:
rehab considerations based
on surgical interventions

I was recently at the San Jose Tech Museum's "Body Worlds 2" exhibit and was struck once again by what a marvelous work of engineering the human body is. As Physical Therapists we are truly lucky to work with this incredible machine on a daily basis.

While the exhibit was fascinating and made me want to take an anatomy Con Ed course with full cadaver dissection, I was even more profoundly affected by the general public's lack of knowledge or misinformation about their own bodies. I was astounded by the "know-it-all" attitude of people around me who were spouting utter nonsense about the human body as they viewed the "plastinates." I think we've all known patients who simply mis-hear or misunderstand an explanation of their dysfunction or disease. "I tore my rotor *cup*" is one of my personal favorites. But whenever I hear these misquotes and misunderstandings it motivates me to educate my patients in every way I can. Knowledge is power and as PTs we have a lot of knowledge and a lot of power. We need to share both of those things with our patients and clients. We spend so much time with the people who come to see us that we are in the perfect position to educate them on not only the problem they are coming in for, but a myriad of other health and wellness issues.

I believe the biggest problem facing our profession is that most people have no idea of what it is that we do nor of the education PTs have. I don't only mean the patients who are referred to us; but also the doctors, PAs, DCs and NPs who are referring them to us; the insurance adjuster who is deciding whether or not to pay us; and, the legislator who is determining what is safe or not safe for us to do. It is our professional responsibility to care for our patients, and it is our responsibility professionally to care for Physical Therapy. And the first step in doing that is making sure people know what Physical Therapy is and what it can do for their bodies.

The San Jose District newsletter welcomes any and all submissions including articles, letters to the editor and advertisements. For a list of advertising rates please contact the newsletter editor, Cheryl Tibbetts, PT at cheryl@valleypt.net or 831-338-4458.



THE SPEAKER'S CORNER FOR OUR March 4 MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

SHERRI BETZ, PT is a 1991 graduate of the Louisiana State University Medical Centers School of Physical Therapy. Sherri actually began her career as a national gymnastics competitor and as a Group Fitness Instructor and Personal Trainer for Nautilus Fitness Centers in the 1980's. Inspired by the work of a physical therapist in one of the clubs where she trained, Sherri began to pursue a degree in Physical Therapy.

Her love of movement education has been integrated into her physical therapy practice at a rehabilitative level and at a fitness level. Utilization of Pilates-based methods and Gyrotonic® with a specialty in the treatment of the pelvic girdle and manual therapy of the spine are integral in her practice as a Physical Therapist.

As Director of Pilates-Based Programs for Western Athletic Clubs at Courtside Club in Los Gatos, CA, she continues to conduct classes, seminars and instructor training programs. Sherri has developed programs for the San Jose Sharks Professional Hockey Team, nationally ranked pairs and singles figure skaters, and Elite-level gymnasts in their rehabilitation and in development of their Pilates-based training programs.

As a member of the American Physical Therapy Association's Women's Health Section, and Director of Physical Therapy and Exercise Programs for Heart to Hearts, Inc.: Empowering Women Through Education in Lawrenceville, NJ, she has developed Women's and Corporate Wellness Programs for ergonomics, exercise, osteoporosis, nutrition, use of herbs, menopause education, hormone replacement therapy, cancer prevention, and stress reduction.

Sherri has been a Principal Educator and Examiner for **Polestar Education** since 1999 and is certified in Gyrotonic®, Gyrokinesis™ and as a Gyrotonic Pre-trainer. She has developed an advanced program in Osteoporosis Management for Polestar Education. Extensive research on the treatment and prevention of Osteoporosis and Osteoarthritis led to the development of The Osteoporosis Exercise Book: Building Better Bones, The Pilates for Osteoporosis Exercise Video and new videos, Prenatal Pilates and Dealing with Acute Low Back Pain.

Sherri is currently working on the 2nd edition of The Osteoporosis Exercise Book with integration of Pilates and Physical Therapy principles and exercise modifications for those at risk for fracture. Sherri was elected to the Board of Directors for the Pilates Method Alliance in 2003, became **PMA Pilates Gold Certified** in 2005 and served on the PMA Pilates Certification Exam National Panel to improve the quality of Pilates Instruction.

MEMBER GET A MEMBER CAMPAIGN

Current members bring a non-member to a San Jose District meeting and each of you (the member *and* the non-member) receive a \$5 Starbucks gift card just for attending the meeting. When you arrive at the meeting simply present your current membership card to the Membership Services person at the sign-in table and introduce your non-member colleague. (Offer is limited to one Starbucks card per member and non-member, per meeting)

If your non-member colleague joins the APTA let the California Chapter office know and you will also receive \$25 from the CPTA!

Don't Miss the PT Train!

Eric Folkins, DPT, OCS

The 2008 "CPTA Officer Leadership Training and Orientation" took place in Sacramento the weekend of January 11th. If anyone wants to get "pumped" up about what a great profession Physical Therapy is, just listen to the passion of Cheryl Resnik, CPTA President, or the commitment of the government affairs committee. They are known to drop everything at a moments notice to go to Sacramento or a government official's office to fight for the physical therapy profession. Last year there were 1000 bills submitted to congress and the government affairs committee had to determine if they would affect the profession of physical therapy. Out of those 1000 bills, 80 had some affect on the field of physical therapy and this committee tracked the progress of those 80 bills to assure there were no negative impacts on our profession. Without these people our profession would not be where it is today.

The CPTA is launching a superb new website. In addition to the wealth of information currently on the website, we will be able to track continuing education units and get reminders when we log on. We will be able to register for multiple courses with a push of a button, look for jobs with greater ease, have a list of professional resources, and will provide more Move California presentations. The Chapter will also launch a public Move California website to further promote the profession and help Californians find out more about PT and how to find PTs to come and educate their community groups.

Speaking of education! The CPTA is offering an outstanding state conference in Oakland this fall, webinars and other continuing education opportunities. Some of the speakers include: Joe Godges, Tom McPoil, Shirley Sahrman, Carolee Winstein, and Rafael Escamilla to name a few. In addition, as a member, if you register for Chapter Annual Conference early you can get all this for only \$99. This year new APTA members will get a voucher for \$50 toward any CPTA sponsored event or product; so a new member can go to state conference for just \$49. So, let your colleagues know and bring them to conference to experience the excitement of the CPTA.

Fun and stimulating opportunities are available at the national, state and district level. The CPTA is a sponsor for "No Barriers USA", helping people with disabilities push through personal barriers, and needs volunteers in Squaw Valley this summer. Do you know of an event that PTs should be attending? Let the CPTA office know and the association can help support your public relation activities with give-aways, banners, and budget assistance. Come to the state capitol on April 1st and 2nd for PT Legislative Day to support direct access. The CPTA will have a tent on the front lawn with ergonomic information, bike fitting and golf swing tips for the legislators and their staffers. If you have expertise in these areas let the CPTA know.

This is a very exciting time in physical therapy, especially in the state of California. If you want to get "pumped-up" and energized about physical therapy, come get on the "PT train"! Cheryl, Wendy, Tom, Roberta, Amy, Ann, Cindy and I have your ticket.

WHAT IS PILATES?

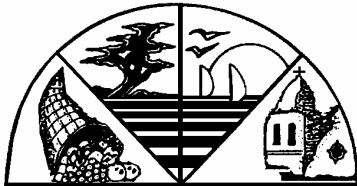
This excerpt was taken from the Pilates Method Alliance website®

Much of this country, parts of Canada, Europe, and Pan-Asia are experiencing the explosion in demand for Pilates, a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct to professional sports training and physical rehabilitation of all kinds. Widely embraced among dancers for years, the exercises--"elephant," "swan", the language--"pull navel to spine, and breaaaathe," and the look--bright-eyed, refreshed, buoyant--without-necessarily-sweating, is popping up in fitness classes, physical therapy offices, corporate retreats, luxury spas and wellness centers across the country. Another fad? A cult for the over-privileged? Think again. With the aging of our population and the increasing trend toward mindful, moderate health practices, Pilates is more likely to find itself with a wait list at the YMCA, and in your local public schools--shaping the fitness ideals of our next generation.

Practiced faithfully, Pilates yields numerous benefits. Increased lung capacity and circulation through deep, healthy breathing is a primary focus. Strength and flexibility, particularly of the abdomen and back muscles, coordination--both muscular and mental, are key components in an effective Pilates program. Posture, balance, and core strength are all heartily increased. Bone density and joint health improve, and many experience positive body awareness for the first time. Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life.

Around 1914, Joseph Pilates was a performer and a boxer living in England and, at the outbreak of WWI, was placed under forced internment along with other German nationals in Lancaster, England. There he taught fellow camp members the concepts and exercises developed over 20 years of self-study and apprenticeship in yoga, Zen, and ancient Greek and Roman physical regimens. It was at this time that he began devising the system of original exercises known today as "matwork", or exercises done on the floor. He called this regimen "Contrology." A few years later, he was transferred to another camp, where he became a nurse/caretaker to the many internees struck with wartime disease and physical injury. Here, he began devising equipment to rehabilitate his "patients," taking springs from the beds and rigging them to create spring resistance and "movement" for the bedridden.

In a way, Pilates equipment today is not much different than that of yesterday. Spring tension, straps to hold feet or hands, supports for back, neck and shoulder are as important now as they were then. Because of the remarkable nature of the equipment to both challenge and support the body as it learns to move more efficiently, the inimitably designed pieces truly act as a complement to the challenging "matwork" exercises.



San Jose District
California Physical Therapy Association

1220 30th Avenue
Santa Cruz, Ca 95062

SAN JOSE DISTRICT
MEETING

March 4, 2008
**Community Hospital of
the Monterey Peninsula**
Conference Room
23625 Holman Highway
Monterey, CA

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NEXT DISTRICT MEETING:

MARCH 4, 2008

COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA
CONFERENCE ROOM

23625 HOLMAN HIGHWAY, MONTEREY, CA

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

“PILATES IN PT PRACTICE”

SHERRI BETZ, PT

PMA PILATES GOLD CERTIFIED