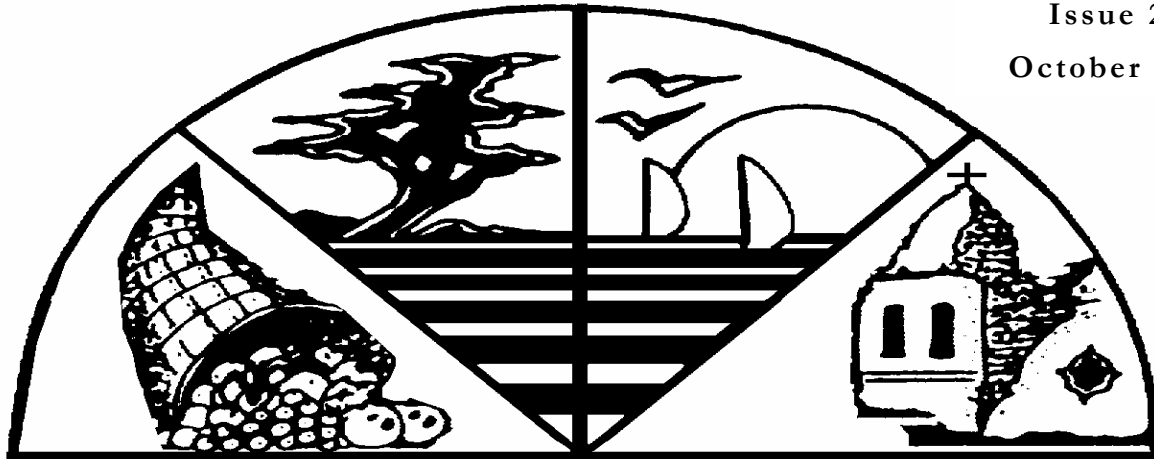


Issue 27
October 2010



San Jose District
California Physical Therapy Association

NEXT DISTRICT MEETING:

NOVEMBER 9, 2010

**BALANCE PHYSICAL THERAPY
143 JOHN STREET, SALINAS, CA**

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

“REFERRAL FOR PROFIT UPDATE”

BOB WILLIAMS, PT, MA

“LUMBAR SPINE VS. SIJ DYSFUNCTION”

**EVALUATION & TREATMENT TECHNIQUES FOR THE
OUTPATIENT CLINICIAN (LAB)**

JOHN FARAHMAND, PT, DPT, OCS

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2010 DISTRICT EVENT CALENDAR

Be sure to mark these dates on your calendar!

November 9th: District Meeting

Topic: Lumbar Spine vs. SIJ Dysfunction

Speaker: John Farahmand, PT, DPT, OCS

Location: Balance Physical Therapy, Salinas

November 13th: Con Ed Course

Topic: Vestibular Basics for Every Clinician

Speaker: Eric Folkins, PT, DPT, OCS

Location: Community Hospital of the Monterey Peninsula



THE SPEAKER'S CORNER FOR OUR November 9th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

John Farahmand, PT, DPT, OCS graduated from the University of California at Los Angeles with degrees in Psychobiology and Business Administration before pursuing his Doctorate in Physical Therapy at the University of Southern California. He founded Balance Physical Therapy and Human Performance Center, Inc. on June 3rd 2002 with a particular vision in mind...to provide the most exemplary physical therapy services available anywhere.

John became interested in physical therapy during college after suffering a severe back injury. While going through an arduous regime of rehabilitation and experiencing all of the personal frustration that accompanies most serious injuries, John decided to commit his professional career to caring for patients in need of specialized outpatient physical therapy services. Today, John is proud to lead a highly professional organization that promises its patients the highest standards of care in manual therapy, therapeutic exercise, patient education and results.

Education and specialized training are the cornerstones of his practice. His unique operations system allows Balance Physical Therapy to exist as something larger than itself, something special, something unique, dynamic, and ever changing to meet the needs of its community. John and his staff are able to effectively partner with their patients to ensure a full functional recovery and a return to an active lifestyle.

As someone who grew up in the Salinas Valley, attended local schools, and has strong ties to this wonderful community, John is committed to hiring and maintaining a staff of only the most qualified professionals. In addition to providing highly skilled manual therapy and prescribed therapeutic exercise, John and his staff also provide their patients with the tools necessary to achieve and maintain an attitude that will not allow them to fail.

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 831-438-4758.



A FEW WORDS FROM OUR CHAIR...

Cheryl Tibbetts, PT, OCS

This is my last column as your San Jose District Chair. I have written that same sentence twice before in the past 5 years,

but this time I am certain I won't be writing it again in 2012. I am excited by the names on this year's District ballot. They are talented, energetic people who have been involved to varying degrees but were all willing to step up and take on a leadership role in the San Jose District. I applaud their commitment to our members and our profession. I too am stepping up and hoping to take on a new leadership role at the Chapter level by running for a Director position on the CPTA Board.

In all honesty I have been hesitant to take this next step because I did not want to leave the District short-handed. Since I was first elected in 2005 I have been working to improve communication in the District so that the Executive Committee could better serve the needs and wants of our District members. I hope that you all have found me to be accessible, knowledgeable, helpful, and open minded. I also have wanted to ensure that the next group of leaders were ready to take on the responsibility of providing our District membership with excellent programming at District meetings, informative newsletters, networking opportunities, wonderful PR events, top notch continuing education courses, and encouragement of PAC contributions and government affairs activities. I sincerely believe I could not be leaving the District in better hands. We in San Jose are lucky to have members who have served at all levels of our Association and thus bring a wealth of knowledge and experience to the District as well as members who are energetic and excited about beginning their involvement at the District level.

I thank you all for the opportunity to serve you these past 6 years. I look forward to serving you in a different capacity in 2011. No matter my position in the District or the Chapter I hope all of you will continue to utilize me as a resource and participant in helping our profession to Move Forward.

The 2010 San Jose District Executive Committee is:

Chair - Cheryl Tibbetts

Chair Elect—Sara Furniss

Treasurer—Chris Reed,

Secretary—Cindy Walton

Chief Representative—Tom DeFranco

The 2010 Appointed Committee Chairs are:

Education—Ann Vivian

District Member Services Liaison—Tom DeFranco

Public Relations—Cheryl Tibbetts

PAC—Bob Williams

Vestibular Basics for Every Clinician

Saturday November 13, 2010

(7.5 contact hours CPTA CEU approval pending)

Community Hospital of the Monterey Peninsula

Instructor: Eric Folkins, PT, DPT, OCS

\$99 members

\$160 non-members

See course brochure at the end of this newsletter

If you would like to receive a hard copy of the newsletter please contact the newsletter editor:

Cheryl Tibbetts

1220 30th Avenue

or

cheryl@valleypt.net

MEMBER SPOTLIGHT

THIS AREA HIGHLIGHTS THE ACTIVITIES OF A SAN JOSE DISTRICT MEMBER.

Revitalizing House Calls: ORION Physical Therapy

When ORION (Outpatient Rehabilitation Integrating Orthopedics and Neurology) Physical Therapy was started, Medicare, HMO's, and even PPO's were tightening their purse strings. Insurance companies were consistently reviewing and denying physical therapy treatment for their members who needed and could benefit from PT. For patients who knew that PT would help them return to their fullest potential and maximum function, going outside their insurance plan was an easy choice. Continuing to see their usual physical therapist however, often wasn't a simple task. Frequently, those providers were restricted from providing ongoing service on an out of network basis, leaving patients stranded. The creation of ORION Physical Therapy grew out of an effort to find a solution to this problem. ORION offers full treatment physical therapy to patients in their homes, allowing an individualized treatment plan with a personal specificity that is not easily achieved in the clinic setting.

Eliminating the traditional third party payer from the treatment plan removes the restrictions that come from the insurers such as: limits on the number of visits, duration of treatments, and the type of procedures that can be performed. It also shifts the power to direct the treatment back to the patient and therapist. Together, the PT and the patient determine how to best achieve their goals. At ORION one hour appointments are the norm, and the frequency of visits is determined by what will best suit the patient's needs.

The demand for services from ORION Physical Therapy has come primarily from those with neurologic diagnoses such as stroke, MS, spinal cord or brain injuries. Functional improvement for patients with these diagnoses can continue to progress beyond the usual insurance-approved treatment period. These patients are usually referred by another therapist who has already screened them as a good candidate for ongoing PT but who is forced to discharge the patient due to payer constraints. The gradual gains made with regular in home appointments often allow patients to remain independent. They are more functional within their families and in the world, thus eliminating the need for expensive care givers or extensive demands on their family.

Orthopedic patients also enjoy the style of ORION's home and office based physical therapy. Our house (or office) calls can be invaluable for a busy executive who can't seem to get to the clinic during the typical work day. These patients are motivated and compliant and appreciate the convenience of the house call.

Many of the patients now served by ORION have had difficulty getting to appointments in outpatient clinics due to mobility or scheduling challenges. Reviving the house call allows treatments to be provided in the patient's home where they are comfortable, and at a time of day that works for their diagnosis and schedule. This is NOT the stereotypical home health visit where a patient gets training in household mobility and a home exercise program. Instead, ORION offers a full physical therapy treatment with manual techniques and table treatments just as might be expected in an outpatient clinic. Additionally, ORION's therapists make use of other exercise options with balls, bands, tilt boards, etc. And most importantly, ORION incorporates elements of the patient's home environment into the exercise plan.

Having worked in most of the traditional outpatient orthopedic, neurologic and rehabilitation settings, we are familiar with the challenges patients have. "I couldn't complete my HEP because I had nowhere to do that exercise you showed me." In-home evaluations during house calls allow us to avoid this problem before it starts. The house call gives us the opportunity to assess a patient's home for mobility challenges, obstacles and barriers. It also enables us to personalize the HEP to address specific problems so that the patient will be more compliant with the plan. This then allows the patient to enjoy the completion of their treatment and their HEP in the comfort and privacy of their own home.

Now in its 8th year, ORION Physical Therapy continues to enjoy offering a personalized and specific type of treatment that we have found provides the best outcome for the patient.

Kyle A. Smith MPT, ATC.

ORION Physical Therapy

(408) 356-0992 , info@ORIONphysicaltherapy.com

Program Objectives

At the conclusion of this course, the participant will be able to:

1. Recognize central causes of dizziness/vertigo.
2. Accurately screen for central causes of dizziness/vertigo.
3. Understand basic vestibular anatomy and physiology.
4. Interpret BPPV testing and implement appropriate BPPV treatment.
5. Plan and execute treatment for vestibular hypofunction.
6. Understand balance mechanisms and interpret balance testing.
7. Recognize complications in the Geriatric population.

Vestibular Basics for Every Clinician

Community Hospital of
the Monterey Peninsula
Monterey, California

Saturday
November 13, 2010

8:00-5:00



Hosted By:
Community Hospital of the
Monterey Peninsula,
Monterey

SAN JOSE DISTRICT CPTA
4615D Scots Valley Drive
Scots Valley, CA 95066

Program Information

You don't have to be a vestibular therapist for your patients to have vertigo. Whether you practice in an outpatient orthopedic, acute care, ergonomic, skilled nursing facility, home health or any other setting you may be faced with a patient complaining of dizziness or lightheadedness. This evidence-based course will train clinicians in the practical evaluation and management of vestibular disorders. An emphasis will be placed on the management of BPPV and vestibular hypofunction.

This course is pending CEU approval from the CPTA for 7.5 hours or .75 CEUs.

Program Instructor: Eric Follans, PT, DPT, OCS

Eric Follans received a Masters in Physical Therapy in 1994 from USC and a DPT from Western University in 2005, where he received the prestigious *Alumni Award*. He obtained certification as a Vestibular Therapist from Susan Herdman and as an Ergonomist from the Atlanta Back School in 2002. He received his Orthopedic Clinical Specialist certification in 2006. Currently Eric practices at Community Hospital of the Monterey Peninsula where he is also the Clinical Coordinator of Clinical Education and a Clinical Instructor.

Course Schedule:

7:30-8:00	Registration
8:00-8:30	Vestibular Basics
8:30-9:30	Anatomy and Physiology
9:30-9:45	Break
9:45-10:30	Causes of Dizziness/Vertigo
10:30-11:00	Central Screening
	Cranial Nerve Screening
	HINTS Testing
	Central Nystagmus
	Lab practice/video
11:00-12:00	BPPV Testing
	Differential Diagnosis
	Canalithiasis
	vs.
	Cupolithiasis
12:00-1:00	Lab practice/video
1:00-2:00	Lunch (on your own)
2:00-3:00	BPPV Treatment
3:00-3:15	Vestibular Hypofunction
3:15-3:45	Break
	Balance Testing
	Static Testing
	Dynamic Testing
3:45-4:30	Lab practice
	Vestibular Hypofunction
	Treatment
	Treatment planning & Progression
4:30-5:00	Lab practice
	Case Studies
	Questions & Answers

Location: Community Hospital of the Monterey Peninsula, Monterey, CA

Registration

Name: _____

Address _____

Phone: _____

Email: _____

Registration Fee due November 6, 2010

(Make checks payable to San Jose District CPTA)

APTA Member* \$99

(* copy of current APTA membership card required)

Non-APTA Member \$160

Send registration, check and copy of APTA membership card (if applicable) to:

San Jose District CPTA

4615D Scotts Valley Drive

Scotts Valley, CA. 95066

Cancellation Policy: A full refund less a \$25 fee if cancellations made 2 weeks before the course. Notice of cancellation must be received in writing no later than 2 weeks prior to the course. All fees will be refunded if the instructor cancels the course, however no other expenses incurred by registered participants will be refunded.

Information and Registration:

Cheeryl Tibbets PT, OCS

cheert@valleyor.net