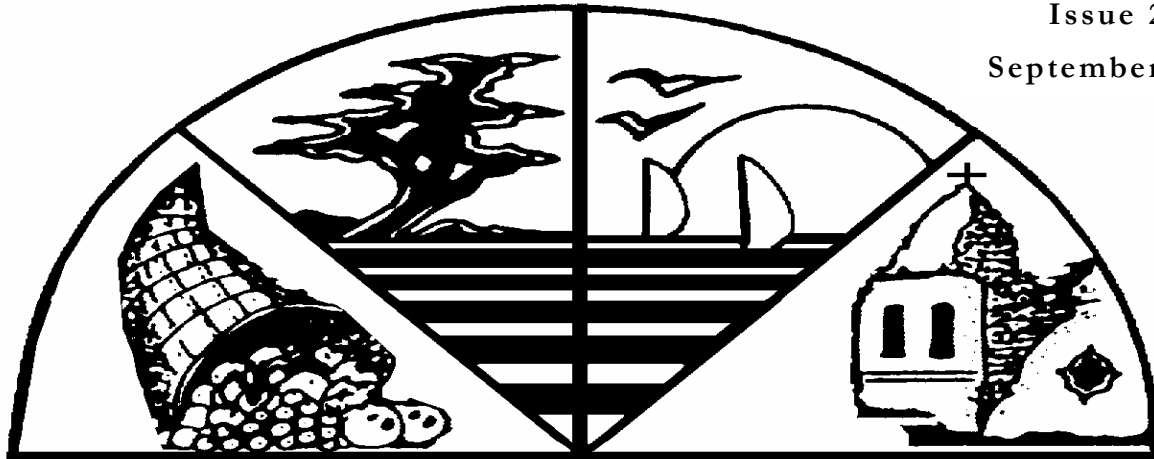


Issue 26  
September 2010



*San Jose District*  
California Physical Therapy Association

**NEXT DISTRICT MEETING:**

**SEPTEMBER 21, 2010**

**GOOD SAMARITAN HOSPITAL**

**BASEMENT AUDITORIUM**

**2425 SAMARITAN DRIVE, SAN JOSE, CA**

**6:30—9:00PM**

LIGHT REFRESHMENTS PROVIDED

**PRESENTATION:**

**“INTRODUCTION TO ASSESSMENT OF  
THE VESTIBULAR PATIENT”**

**DIRON CASSIDY, PT, MPT**

**JOYCE CHADDERDON, PT**

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## 2010 DISTRICT EVENT CALENDAR

Be sure to mark these dates on your calendar!

### September 21st: District Meeting

**Topic:** Assessment of the Vestibular Patient  
**Location:** Good Samaritan Hospital, San Jose  
**Speakers:** Joyce Chadderdon, PT  
 Diron Cassidy, PT, MPT

### November 9th: District Meeting

**Topic:** TBD  
**Speaker:** TBD  
**Location:** Balance Physical Therapy, Salinas



## THE SPEAKER'S CORNER FOR OUR September 21st MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

Diron Cassidy, PT and Joyce Chadderdon, PT will discuss the basic mechanism of vestibular disorders. Attendees will learn the components of the ocular motor and vestibular function tests and identify both the positive and negative results of each component. They will also discuss additional tests and measures that can be used in the assessment process.

**Diron Cassidy, PT, MPT** received his Masters degree in PT from California State University, Long Beach in 2001. He started working at Good Samaritan Hospital in 2001, in the inpatient setting. He was exposed to vestibular and balance disorder patients during one of his clinical internships and knew he wanted to continue to work with this patient population. He started attending vestibular and balance courses sponsored by Diane Wrisley, PT PhD, NCS, Robert Landel, PT, DPT, OCS, Susan L. Whitney, PT, PhD, NCS, ATC and NeuroCom. He successfully identifying, evaluating and treating the vestibular and balance patients in the inpatient setting. In 2005, he moved to Good Samaritan Hospital's outpatient department, starting the hospital's vestibular and balance outpatient program. Diron completed the APTA vestibular competency with Susan Herman PHD PT in 2006 and the APTA Advanced Vestibular Competency in 2010.

**Joyce Chadderdon PT** received BS in PT from Marquette University in 1986. Since then she has been focusing on neurological rehabilitation with emphasis in the past 16 years on vestibular and balance disorders. She has completed extensive continuing education on vestibular and balance disorders including courses sponsored by NeuroCom, Fay Horak PHD PT, Dianne Wrisley DPT and Janene Holmberg DPT. Joyce successfully completed the APTA vestibular competency with Susan Herman PHD PT in 2000, Cervicogenic Dizziness Competency with Rob Landel DPT in 2009 and the APTA Advanced Vestibular Competency in 2009. She has been working at the outpatient PT department of the Mission Oaks Campus of Good Samaritan Hospital since 2006.

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](mailto:cheryl@valleypt.net) or 831-438-4758.



## A FEW WORDS FROM OUR CHAIR...

**Cheryl Tibbetts, PT, OCS**

There has been a lot of chat amongst the Assembly Representatives of the CPTA about several of the issues that will be

voted upon on October 3, 2010. Your San Jose District Reps (including me) need your opinions. I often wonder how many CPTA members understand that the Assembly of Representatives is the highest governing body of the CPTA. It wasn't until I became more involved that I came to understand that the Chapter Board follows the mandate of the Assembly of Representatives. As is often the case in our American system of government, the people often recognize the faces and names of leaders in the highest positions and not those of their local Representatives. Locally is where you have the most influence. So your local San Jose District Assembly Representatives are: Tom DeFranco (Chief Representative)

Stuart Katzman

Eric Folkins

Chris Reed

Bob Williams

Cheryl Tibbetts

tomdefranco@earthlink.com

Katzman.stuart@gmail.com

efolkins@comcast.net

chris@agilept.com

willhartb@mindspring.com

cheryl@valleypt.net

Any CPTA member can access the motions coming before the Assembly on the CPTA website under "Leadership and Governance." Please contact any of your Representatives and let them know how you feel about the issues. We are here to represent you!

### **CAL-PT-FUND 2010 Split Raffle**

Show Your Support for Research in Your Profession - Purchase a Raffle Ticket Today!

100 Tickets will be sold with two \$500 cash prizes - for every 50 additional tickets sold, we will add another \$500 prize! Tickets are \$100 and can be split by up to four people! Drawing will be held at CPTA's Annual Conference in Oakland in October at the Awards and Recognition Luncheon - you need not be present to win.

Visit [www.ccapta.org](http://www.ccapta.org) and click on the the CAL-PT-FUND page for a raffle order form.

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

Cheryl Tibbetts

1220 30th Avenue

Santa Cruz, Ca 95062

Or

[cheryl@valleypt.net](mailto:cheryl@valleypt.net)

### **Electronic Voting This Fall**

Don't forget the San Jose District is utilizing electronic voting for our fall elections. If you would like a paper ballot mailed to you, you need to contact:

Amy Folkins, PT, DPT

Nominating Committee Chair

1566 Hilby Avenue

Seaside, Ca 93955

Or

[afolkins@comcast.net](mailto:afolkins@comcast.net)

The nominating committee is in the process of putting together a slate of candidates and nominations will be officially opened at the September District meeting in San Jose. If you are interested in running or would like to nominate someone, please let us know. You do not need to get the person's consent to serve to nominate them, the Committee will do that.

The open positions and their terms are:

Chair-Elect (2 years)

Secretary (2 years)

Nominating committee (3 years)

Assembly Representative (2 years)

# MEMBER SPOTLIGHT

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

## Revolutions In Fitness: Revolutionizing Your Bike Fit

As most avid cyclists already know, riding a bicycle represents fun, fitness, companionship with fellow riders. Unfortunately, most cyclists at some point in their lives have learned their bicycles can also be a source of aches, pains and overuse injuries. There is hope, however. Ongoing developments in bike fit technology, greater biomechanical understanding relative to cyclists' needs and sophisticated bike fitting techniques have resulted in a comprehensive bike fit solution capable of addressing the underlying causes of physical complaints, and returning the affected rider to comfort on the bike.

### What Should a Comprehensive Bike Fit Include?

Since the above suggests the prospect of a bike fit as a source of 'pain relief,' it is important to note that not all bike fit providers are created equal. Instead, the achy rider would do well to ensure his bike fit solution of choice marries physical therapy/biomechanics evaluation and treatment, and appropriate technology with traditional evaluation and adjustments to the bike itself. Only then is a bike fit solution truly comprehensive and able to:

- Accurately evaluate the patient's physical dysfunction/source of pain on the bike, rather than simply guessing at the problem
- Effectively assess translation of on-table evaluation and treatment into on-bike changes in patient biomechanics
- Determine a short-term bike position that accommodates the patient's dysfunction and facilitates healing by reducing stress on injured/recovering tissues

The above commentary on bike fit solutions may further lead the reader to ask what other 'basics' a comprehensive bike fit should include. As a minimum, the following bike fit-related contact point dimensions should be checked (and adjusted, if appropriate):

Cleat position – Fore/aft, rotation and medial/lateral

Seat height – Fore/aft, seat angle (NOTE: This dimension is best determined via dynamic measurement using Retül motion capture technology. A goniometer can be substituted if motion capture is not available)

Handlebar position -- Determined by handlebar stem length/angle

Handlebar dimensions -- Width, reach and drop (road bike)/brake lever position

The above dimensions have 'neutral/efficient positions' for the average healthy cyclist; however, they can also be altered to reduce tissue stress when disorders such as PFA, hamstring tendonitis, cervical disc injury, and Achilles tendon injury are present. For any given patient, the bike fitter must know which dimension must be adjusted in light of the patient's biomechanics. In addition, the fitter must understand which components might need to be replaced or added to the patient's bike as part of the bike fit process, e.g., addition of forefoot or rear foot shims to patient's clipless pedal system to address foot tilt, changing out improperly sized handlebars to achieve appropriate width. At Revolutions In Fitness, a long-time provider of physical therapy comprehensive bike fits, such adjustments, along with physical therapy evaluation/treatment and advanced biomechanical tools such as Retül (motion capture) and Spin Scan (pedal mechanics), have often eliminated patient pain with a single bike fitting session! For an in-depth article on comprehensive bike fitting, visit [www.revolutionsinfitness.com/articles.html](http://www.revolutionsinfitness.com/articles.html).

### Revolutions In Fitness – Who We Are:

Revolutions In Fitness Inc. is a physical therapist-owned outpatient orthopedic cash practice providing a range of services and products to enhance human performance including comprehensive bike fitting, physical therapy, cy-

# MEMBER SPOTLIGHT (CON'T.)

Designated physical therapy/bike fit provider, Garmin Transition Pro Cycling Team (Gerona, Spain) – Provide of on-site team member evaluation on/off bike, implement related bicycle adjustments, and summarize for Garmin Transitions medical staff biomechanical dysfunctions associated with each team member requiring treatment in order to improve rider efficiency.

Bike fit provider of choice – Chris Lieto (2<sup>nd</sup> place finisher, Ironman Kona 2009) and 2004/2008 Olympians

A number of aspects make Revolutions In Fitness different from other comprehensive bike fit providers:

Comprehensive bike fits incorporating physical therapy evaluation/treatment and use of advanced biomechanical tools such as Retül (motion capture) and Spin Scan (pedal mechanics)

Highly qualified and educated staff with advanced Manual Therapy Certifications

In-depth knowledge of athletes and their performance needs and goals

**Revolutions In Fitness has two locations in San Jose and Menlo Park, and employs two licensed physical therapists and one ATC, a recent finisher of Revolutions In Fitness' bike fit fellowship program.**

## 2010 CPTA Assembly of Representatives

Tom DeFranco—Chief Representative

The 2010 CPTA Assembly of Representatives in Oakland on Oct. 3 has a full agenda, and your San Jose District Representatives want to get input from you, the members. The CPTA Assembly of Representatives is the governing body of the CPTA. At the Sept. 21 San Jose District meeting we will be discussing proposed motions that affect the CPTA and its members. Please come to give your opinions and insight on:

- The CPTA chapter board elected by the Assembly of Representatives.
- Changes in the PTA representation in the Assembly of Representatives, to comply with APTA bylaws.
- Allowing non members to attend district

## Continuing Education Opportunities

The San Jose District is looking for members that work at hospitals or larger clinics in the District. The District Education Committee is often looking for locations to host continuing education courses. We are hoping to develop a list of contacts at these hospitals and clinics. These contacts would simply assist the District in obtaining a location to hold the course. You certainly could do more if you want to, but we really need folks to help us get the space to hold the courses. Please contact Ann Vivian, District Continuing Education Chair at [annvpt@sbcglobal.net](mailto:annvpt@sbcglobal.net).

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