

SAN JOSE DISTRICT

# CPTA

WINTER 2013



## Join us for the next district meeting!

**Location:** Tied House Brewery and Cafe

954 Villa Street, Mountain View

**Time:** 6:30-9 pm (networking from 6:30-7:00 pm)

**Topic:** Dinner Meeting with presentation:

“Legislative Update and Health Care Reform”

Come meet with your colleagues in a casual environment where we will hear the latest updates on legislative happenings in the state. We will also learn about how health care reform is expected to affect us in this changing environment.

Directions:





## Legislative Day March 19, 2013

**Don't know your local  
or state legislator?**

Look up your legislators by logging in to the 'Legislative Action Center' on the APTA website. From the 'Advocacy Tab', click on 'Take Action', then 'Legislative Action

## Join Us for PT Legislative Day

**Meet with your legislators.**

**Learn about critical practice issues in California.**

**Earn CEU's!**

Programming will begin with a discussion of CPTA's legislative priorities in 2013 followed by a presentation on "The In's and Out's of Government Affairs". Participants will learn about bills in the legislature that have a direct impact on the PT profession. Participants will receive outstanding advice on advocacy from our seasoned lobbyist. Attendees will meet with legislators and their staff members who represent their home cities. And most of all, everyone will experience first-hand what a strong grassroots advocacy program can do to promote the PT profession.

**Register through the CPTA website**

[www.ccapta.org](http://www.ccapta.org).

Registration:



*Move Forward.*<sup>™</sup>  
Physical Therapy Brings Motion to Life  
[www.moveforwardpt.com](http://www.moveforwardpt.com)

# CPTA

## District Executive Committee

Cindy Walton	<i>Chair</i>
Sara Clayton	<i>Secretary</i>
Chris Reed	<i>Treasurer, Advocacy Co-Chair</i>
Tom DeFranco	<i>Web Site, Membership Chair</i>
Cheryl Tibbetts	<i>District Liaison, PR Chair</i>
Ann Vivian	<i>Education Chair</i>
Brad MacDougall	<i>Nominating Committee Chair, Rep</i>
Jeanine Yip	<i>Nominating Committee</i>
Diron Cassidy	<i>Nominating Committee</i>
Bob Williams	<i>Chief Representative, Advocacy Co-Chair</i>
Bettye Pina	<i>Representative</i>

Do you have input for the next district newsletter?  
Would you like to receive newsletters by hard copy?  
Contact the editor: [Ryan.Broms@mac.com](mailto:Ryan.Broms@mac.com)

# Do you back the PAC?

These SJ District members supported the CAL-PT Political Action Committee in 2012:

## San Jose District's 2012 CAL-PT-PAC Supporters

During this past year, the following 56 individuals and practices within the San Jose District contributed a total of \$6440.00 to the CAL-PT-PAC to support our professions political activities in support of our profession and those we serve and care for. The San Jose District Executive Committee is appreciative of everyone's efforts to support physical therapy in California. The amount contributed is a good beginning, but if we are to achieve our goals and protect our profession, we need all of our colleagues to make a similar effort during 2013. If each member within our District contributed a minimum of just \$40 this year, we would double our support for our political voice in California.

**2600 Club (\$500-\$999):** Stuart Katzman, Judy Sebring, Bob Williams.

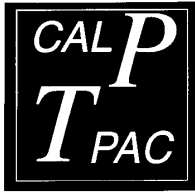
**Sustaining Investors (\$100-\$499):** Denise Alberto, Ryan Broms, Marion Burgess, Paul Christensen, Sara Clayton, Lynn Herbert, Jonathan Holtz, Paul Murdock, David Murphy, Bettye Pina, Chris Reed, Mitch Ronning, Marcia Stevenson, Cheryl Tibbetts, Ann Vivian, Cindy Walton, Proactive Physical Therapy, and P.T. Works.

**Other Contributors:** Tom DeFranco, Gina Basuino, Sherri Betz, Bridget Bouyssounouse, Diron Cassidy, Chad Clayton, Genevieve Cleveland, Julie Coplan, Tamara Davenport, Lisa Fourkas, Stephen Fradera, Dean Goodell, Luanne Hom, Sung In, Kate Kardosh, David Kramer-Urner, Mary Anne Kramer-Urner, Joyce Landes, Jennifer Lee, Bradley MacDougall, Supriya Maniar-Oza, Barbara Marcum, Geeta Nasika, Thomas Peck, Ann Pfeifer, Carlos Rosa, Craig Schmitz, Linda Speizer, Stacy Sweeney, Rajaram Yalamaddi, Jeanine Yip, Vasiliki Zerrogianis, Clint Zollinger, Agile Physical Therapy, and Worksite International

Thank you all for your past support, and please continue to support the CAL-PT-PAC. Contributions can be made using the form included in this newsletter, or by logging onto the CPTA web site at [www.ccapta.org](http://www.ccapta.org). (Quick Links for CAL-PT-PAC at the bottom of the home page).

Congratulations to our District Secretary and former Chair, Sara Clayton, PT, DPT on the birth of Dustin Michael Clayton! Born January 1, 2013.





## CAL-PT-PAC Contribution Form

*Maximizing the impact of every dollar donated!*

The California Physical Therapy Political Action Committee's (CAL-PT-PAC) philosophy is to support the election of members of the California Legislature who support the profession of physical therapy. Please complete the form below and send it along with your contribution to the CPTA Office, 1990 Del Paso Rd., Sacramento CA 95834. To obtain further information, you may call (916)929-2782, (800)743-2782 or visit the website at [www.ccapta.org](http://www.ccapta.org).

### Support Legislation that is good for Physical Therapy ~ Back the PAC!

Name: \_\_\_\_\_

*(Please specify if donor is a company or individual. One donor per form.)*

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Employer\*: \_\_\_\_\_

\*Required by state law. If self-employed, please write self. If this information is incomplete we will be required to return your contribution.

Occupation:  PT  PTA  Student Other: \_\_\_\_\_

District: \_\_\_\_\_

I would like to make the following contribution:

\$1000	~ Grizzly**
\$500—\$999	~ 2600 Club**
\$100—\$499	~ Investor
\$1—\$99	~ Advocate
\$20	~ Student Cub
Other:	_____

Amount\$: \_\_\_\_\_ No money orders or cashier's check. **No Cash donations over \$99.**

Check#: \_\_\_\_\_ Payable to CAL-PT-PAC (Full amount only. No check installments.)

Cash (cash contribution may not exceed \$99 per state law) Credit: Visa / MC / DISC / AMEX

Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_ CVV# \_\_\_\_\_

\*When making a credit card contribution of \$100 or more you may be charged in EQUAL payments within the calendar year. Please circle the months you would like to be charged. **All installments must be made by 12/31/13.**

Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec

Authorized Signature: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

\*\*\*Contributions are not deductible as charitable contributions for Federal Income Tax purposes\*\*\*

# Upcoming District Sponsored Continuing Education Course

## **Harnessing the Diaphragm/Pelvic Floor Piston for Rehab and Fitness July 20-21, 2013 Agile PT, Palo Alto Instructor Julie Wiebe, BSc, MPT**

Despite its inclusion in most definitions of the core, few rehabilitation or fitness programs integrate the pelvic floor into strengthening or neuromotor training. An integrated clinical model of the pelvic floor requires a broadened definition of pelvic floor function beyond merely maintaining continence. When linked to the diaphragm, the pelvic floor acts as a powerful stabilizer of lumbosacral, sacroiliac, pubic symphysis, and pelvic-hip joints ensuring efficient LE and UE mechanics.

Clinicians will be introduced to an innovative, clinical model that incorporates a neuromuscular-based core recruitment, driven by external cueing of both the pelvic floor and diaphragm in precise alignment. Evidence of dysfunction in this system can manifest across a woman's lifespan: at puberty possibly contributing to non-contact ACL injuries in adolescent girls, during pregnancy and beyond as a myriad of musculoskeletal complaints and finally as balance and incontinence dysfunction in older women.

Session participants will have the opportunity to experience the material themselves through exercises that integrate the diaphragm/pelvic floor piston into core exercises, postural muscle patterning, gait, fitness and sport specific activities.

Upon completion of the course, participants will:

1. Identify the critical role of the pelvic floor and diaphragm in the anticipatory inner core system and for the maintenance of lumbosacral, sacroiliac, pubic symphysis, and pelvic-hip joint stability to ensure lower and upper extremity mechanics.
2. Explain differences between traditional musculoskeletal core exercise driven by the abdominals and anticipatory neuromuscular core strategies driven by the diaphragm and pelvic floor.
3. Identify neutral pelvis and rib cage alignment that is essential to maintaining the relationship between the diaphragm and the pelvic floor and therefore optimize core function.
4. Discuss the contribution of anticipatory core dysfunction on subsequent musculoskeletal dysfunction across the lifespan.
5. Discuss the unique physical differences and histories of women that can have an impact on their injury vulnerability, response to rehabilitation, and considerations for return to fitness and sport.
6. Experience exercise that reconnect the fully integrated "anticipatory core" with larger postural muscle groups (postural synergist/slings) to promote pain-free functional movement patterns, empowered gait, aligned posture, and return to fitness and sport activities.
7. Synthesize material with clinical application through laboratory opportunities and through small group treatment planning for case presentations.
8. Examine the possible ethical, cultural, and gender concerns regarding explaining a technique to patients that involves the pelvic floor.

Registration info and prices can be requested by contacting:

[annvpt@sbcglobal.net](mailto:annvpt@sbcglobal.net)