Join MNPTA for our 2013 Fall Conference in scenic Duluth! You'll have the opportunity to earn MN BPT Category 1 CEUs, network with your colleagues, and visit with our sponsor at our exhibit hall. Learn more and register today at www.mnapta.org. Courses include:

- Baby on Board: Caring for the Pregnant Client  
  With Holly Tanner PT, MA, OCS, WCS, LMP, BCB-PMD, CCI

- Balance and Beyond: Acute Falls Management, Prevention, and Current Risk Assessment  
  With Jennifer Carlson, MA, PT & Jordan Bjorhus, PT, DPT

- Neurologic Outcome Tools: So Many Measures, So Little Time  
  With Desiree J. Lanzino, PT, PhD

- Evidence into practice: Development and Outcomes of a Program to Translate the Evidence for Spinal Manipulation into Physical Therapy Practice  
  With Chris Kramer PT, DPT, OCS, FAAOMPT and Bill Koch PT, DPT, OCS, Cert MDT, FAAOMPT

- PT and Physician: Interdisciplinary Team Care to Reduce Health Care Costs with Cooperative Strategies  
  With William O Roberts MD, MS, FACSM & Kelly Roberts Lane DPT

- There’s an App for That: Evidence Based Integration of Tech into PT Practice  
  With Jena Ogston, PhD, PT

- Step it up From "Good" to "Great": Evidence Based Shoulder Rehabilitation  
  With Keely Behning, PT, SCS, ATC
A Message From the President

Position for CHANGE

Submitted by Craig Johnson, MNPTA President (APTA Member Since 1978)

MNPTA is recently began an initiative to positively reposition physical therapists and physical therapist assistants in the community and the health care system to improve the lives of the people we serve and to reduce the cost of health care. (See previous newsletters — November 2012- May 2013). All members were invited to participate in the initial Guiding Coalition, and thirty-one are currently involved. The board approved hiring a consulting firm, Ethical Leaders in Action (ELA) to facilitate the scanning and visioning phase of the project that is taking place until the end of the year. Interviews with multiple non-therapists, therapists and assistants, plus thirty-one members of the Guiding Coalition have provided input. By the end of the year we will have a stronger focus and vision for change, and identified specific initiatives of positional change for the profession of physical therapy in Minnesota.

This unique effort is something the chapter has never undertaken in the past, and is unique amongst other APTA chapters. This is a great opportunity to advance and strategically position the profession where we can provide the most value to a broad number of people.

I hope you read this with excitement and desire to become involved. The initial coalition will need to expand when specific change initiatives begin to get under way the end of this year and next year. I hope you count yourself among the engaged in this kind of effort. This is an opportunity to positively position physical therapists and physical therapist assistants in the health care delivery system and our community at large. This is not meant to be an initiative lead by the few, the highly involved, or members only. This is an initiative that is meant to involve every member of the profession. Participation in this effort is open to any member and non-member licensed in Minnesota. Look for communication on updates in future newsletters and at our website www.mnapta.org.

This initiative is aligned with APTA’s new vision statement and aligns with various objectives in our current strategic plan. See more about APTA’s new vision statement and other happenings from the APTA House of Delegates in Holly Clynch’s article in this newsletter.

This is an exciting time for our members and the physical therapy profession in Minnesota! Contact any board member and bring your comments, suggestions, or questions about this initiative.
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This year’s annual APTA House of Delegates (HOD) was held June 24-26 in Salt Lake City, Utah. It was a landmark session filled with rich discussion on a wide array of issues, but probably the most exciting portion of the HOD was the debate and eventual adoption of a new vision statement for the profession:

“Transforming society by optimizing movement to improve the human experience”

How did the HOD land upon this particular statement to describe what we envision as the role of our profession? Initially, a task force established last year by the APTA Board of Directors brought forward a recommendation for a variation of this sentence to the Board, which then brought it to the entire HOD for approval. Those of you familiar with the process know that this is much easier said than done. It is never easy for the HOD to come to agreement on the language of any motion, but especially for ones that have such critical impact on our profession. Nearly every word was debated, contrasted with others, and sometimes replaced by another word which reflected our intent more clearly. Many questions were asked: Can we really “transform society”? Should we highlight other areas than just movement? What exactly is the “human experience”? Many delegates shared eloquent, moving examples of how they or other PTs/PTAs had made differences in people’s lives and these stories helped to give meaning and life to the words in the statement. Over hours of discussion, it became clear that these words truly spoke of what we hope to achieve as a profession, and when it came down to the vote, a strong majority of the delegates approved the statement as written above.

I was extremely proud of your Minnesota delegation. They were extremely active in the debate on this and all the other issues addressed – in fact, at some point in the HOD, every one of your delegates got up to speak on the various motions. I received many comments from other delegations as to how well-spoken and informed your Minnesota delegates were, and I can say with certainty that your delegates were influential in the work that occurred this session.

You may note that I keep referring to “your” delegates. We want to reiterate that we are there to represent you! I believe that this year we felt this more than ever before, especially in relation to another hotly-debated motion, which proposed to give one vote in the HOD to a delegate from each APTA Section (currently, the Section delegates can bring motions forward and debate motions, but cannot vote on them). Many Minnesota members contacted us to share their opinions about this motion, more than at any time in the recent past. While the motion to give the Sections a vote ultimately did not pass, we hope this reflects an increased awareness on the part of the general membership as to how the HOD work affects you and your practice. Please continue to contact us about issues that concern you. We can’t promise to always vote as you ask. We are not required to vote as a group, there are multiple viable points of view related to any motion, and information gained during the HOD debate often influences our ultimate vote, as it should—but we are also there
to represent the wishes of the people who’ve elected us and we take your input very seriously. Being a delegate is challenging, time-consuming and sometimes tedious, but knowing that our membership trusts us to represent them is a truly empowering feeling. We thank you all for helping us to serve you to the best of our ability.

Advocacy for Physical Therapy

Anna Braml, SP (APTA Member Since 2011)

Our profession has long benefitted from inspiring individuals who actively champion the field of physical therapy. This spring I was given the opportunity to attend the 2013 Federal Advocacy Forum in Washington, D.C. with several Minnesota physical therapists who are passionate about advocating for our profession and our patients. It is important for physical therapists to speak out in support of our profession because we can significantly influence policies and laws that affect the practice of physical therapy. This trip opened my eyes to the exciting possibility that as a healthcare provider, I can also be a compelling voice for our patients and profession.

I have found many ways to become a more active advocate since my time on Capitol Hill, including mentoring my classmates who are interested in advocacy, writing letters to politicians about current issues, and becoming a federal key contact for my district representative. With these small steps, I feel empowered to make a difference in the advancement of physical therapy.

There are several ways health care practitioners can advocate and each are equally important. Physical therapists advocate for their patients every day when communicating with insurance companies and physicians regarding the need and importance for ongoing care. We also advocate for individual organizations and the entire profession at the local, state and national levels. Often, this advocacy is the root of positive changes that become part of laws and policies that affect our field.

Individuals should decide where best to direct their advocacy efforts. There are several ways to get involved at the local, state or federal level. Going to Capitol Hill to attend the Advocacy Forum is one way, but calling or emailing your state representative to inform them about the APTA’s stand on important issues can also be very effective. The MNPTA’s State Government Affairs Committee is a great place to get more information as well as volunteer with legislative action groups.

For more information:

- Visit www.opencongress.org for information on current issues
- Visit www.mnapta.org or contact Kathleen Picard (kathleenpicard28@gmail.com) for information about how to become involved in state advocacy efforts
- Contact the MNAPTA’s Federal Affairs Liaison: Eva Norman (eva.norman@liveyourlifeppt.com)
Evidence in Action

The 6MWT: Will Different Methods of Instruction and Measurement Affect Performance of Healthy Aging and Older Adults?

By Amanda LaLonde, PT (APTA Member Since 2007) and Reviewed by the MNPTA Research Committee

Clinical Question
The Six-Minute Walk Test (6MWT) has been used to assess functional capacity, fitness level, and therapy progress in adults with and without disabilities. Although applicable to many practice settings, use of the 6MWT may be limited by space requirements. Does the use of a pedometer accurately measure linear distance and does the method of verbal instruction impact the rate of perceived exertion of the person performing the test?

Evidence
Southard and Gallagher completed a repeated measures descriptive study in 26 healthy adult participants aged 50-87 years. This research assessed the impact of verbal instruction on rate of perceived exertion (RPE) and pedometer accuracy over a 30-meter course during the 6MWT. Participants were randomly told to either “walk as fast as you can” or “walk as far as you can.” Pre and post-test RPE scores, distance walked in meters, pedometer reading, as well as pre- and post-test vital signs were recorded.

Results indicated good agreement between linear distance with the pedometer and predicted distance with an ICC value of 0.822. No significant difference was found between “walk as far as you can” or “walk as fast as you can” instruction and pedometer distance, indicating validity of a pedometer in this population. There was a significant difference in RPE values between “fast” and “far” instruction. Participants had a higher RPE score when given the “fast” instruction versus the “far” instruction, with a 2 tailed t-test result of p=0.041.

Clinical Decision
In healthy older adults a pedometer can accurately measure distance ambulated during the 6MWT. Verbal instruction does not impact walking distance, but does impact perceived exertion during 6MWT assessment. Space and inability to record distance can be barriers to administration of the 6MWT. This study provides support for the use of a pedometer to measure linear distance, which may increase the ability of a clinician to complete the assessment. This study was conducted in healthy older adults, but the results may be applicable to other populations with further research.

Reference
Welcome New MNPTA Members

The MNPTA is a professionally stimulating association of over 1,800 members. This month we are excited to welcome many 1st year PT and PTA students to MNPTA! We encourage you to get involved with your professional association during your time in school– the connections and knowledge you gain will pay dividends throughout your future.

We welcome the following new members who joined MNPTA in July and August of 2013.

Banu Acan
Alexa Anders
Sarah Anderson
Sarah Bard
Emily Blacksher
Brandon Boeck
Ellissa Brandt
Randy Brehmer
Kaitlin Brendel
Brittany Burton
Jaclyn Buysse
Jacob Clabaugh
Beth Anne Cooper
Kelly Davis
Megan Dean
Kristi Delarwelle
Mark DeSchepper
Parker Deutz
Brittany Dohmen
Sarah Duplissis
Justine Eggers
Jared Eickhoff
Laura Erickson
Megan Erickson
Peter Garber
Jenna Gibbs
Rebecca Gusmer
Charles Habermann
Ariel Hansen
Grant Haugen
Rachel Hedden
Jennifer Heit
Magdalena Hoelmer
John Hunn
Sarah Ivanca
Kelsey Jacobs
Susan Jacobsen
Cecily Johnson
Emily Kammerer
Kayla Kapsner
Elizabeth Karschnia
Lisa Kelley
Molly King
Kevin Kosel
Kate Kubat
Calvin Lindgren
Emily Lindquist
Nicholas Manning
Gabrielle McGurran-Hanson
Alexis Mesman
Megan Meyer
Cody Misuraca
Karen Myhrman
Rebecca Ness
Josie Oakland
Brittany Oakman
Tyler Olson
Joshua Patterson
Phoebe Pearson
Mitchell Peterson
Angela Pitan
Amanda Rahman
Benjamin Ries
Kaitlyn Risnes
Owen Runion
Maggie Salstrand
Alexandra Salzer
Emily Scherf
Katherine Shephard
Matthew Siewert
Stephanie Simek
Sarah Sorensen
Daniel Stark
William Starr
Brittany Stevens
Zane Sundberg
Taylor Thompson
Kristi Thorwick
Andrea Tobias
Janelle Van Otterloo
Rebecca Varoga
Hannah Von Arb
Luke Wahlstrom
Resada Ward
Kurt Wolff
August Student Spotlight: Dave Erlandson, SPT

What is your current setting?
I am a third year DPT student at the University of Minnesota. Currently, I am at Unity Hospital in Fridley, MN splitting time between patients in the ICU and outpatient neurorehabilitation for the first of my four clinical internships before graduating in June 2014.

What are some special interests/special accomplishments in your career?
I completed my undergraduate studies in Biology at Gustavus Adolphus College prior to attending the U’s DPT program. Last year, I was an APTA Core Ambassador for Minnesota in which I served as liaison between the APTA Student Assembly Board of Directors and the DPT/PTA programs throughout Minnesota keeping all physical therapy students in the loop. My interests are in sports medicine/orthopedics and development and implementation of injury prevention and wellness programs.

How are you involved with MNPTA?
I have been a student member of the MNPTA since 2011 and have attended many events and conferences put on by the APTA and MNPTA such as the National Student Conclave, MN Fall and Spring conferences, and various networking and educational events. This year I am a Co-Chair for the Student Special Interest Group and am excited to be a part of the coordination and planning of many opportunities and events that will benefit all physical therapy students.

Why are you a member of APTA?
I joined the APTA because of the many benefits it provides its members. Not only does the APTA provide discounted fees to conferences and events for members but it also serves as a hub for information on what is going on in the physical therapy community as well as allows for interaction and networking with many outstanding clinicians and professionals.

What other hobbies or special interests do you have?
In my free time I enjoy staying active by playing a variety of sports, primarily basketball and football. I also enjoy getting out on the lake in the summer months to fish and relax in the water, and when the weather doesn't want to cooperate I like to watch hours and hours of Netflix.

September New Professional Spotlight: Shawna Anderson, PTA

What is your current setting?
I am currently working in the Skilled Nursing Facility/Transitional Care Unit setting in multiple rural towns approximately 90 miles west of the Twin Cities area.

What are some special interests/special accomplishments in your career?
I am a recent graduate of St. Catherine University in May of 2013 and was very involved in the APTA and MNPTA throughout my education. I was awarded the MNPTA Outstanding PTA Student at the Spring Conference in Brooklyn Park. I was involved in the St. Catherine University PT Club as
a co-chair with 3 other PTA classmates and 4 DPT Program students. Some of my interests in the future include being an active member of the MNPTA and APTA by attending Fall & Spring Conferences as well as national conferences. Another interest I have is to advocate for PT locally in some of the rural areas that I work in so that people are informed about the definition of PT and the benefits. Lastly, I strive to be involved in the PTA Caucus so that I can learn more about PTA representation at a national level.

**How are you involved with MNPTA?**
I attend most conferences that are held by the MNPTA and I am also involved in the Guiding Coalition Committee.

**Why are you a member of APTA?**
I am a member of the APTA for multiple reasons but one of the reasons is so that I can meet other colleagues that are able to teach me more about who I am as a professional as well as educate me so that I can be a more rounded PTA for my patients. The other reason is that I believe it is my responsibility to advocate for my patients and the PT profession; being involved in the association is one way to do that.

**What other hobbies or special interests do you have?**
I enjoy traveling and spending time with family and friends. I also enjoy watching football in the fall on Sundays. I enjoy playing cribbage and relaxing with a good book!