



SMOKE SIGNALS

FEBRUARY 2010

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OPTA President Update Jeff Jankowski, PT,ATC

I hope that everyone has had a great start to the New Year and is getting back up to full speed at work. 2010 promises to be an eventful year as the legislative session started on February 1st and we have already started meeting with prospective authors of our bill and reviewing other bills to ensure that they do not infringe on our Practice Act.

At the time of this publishing I do not have specific news to share with you on the exact language of our Patient Access bill.

Our task force met two times in the Fall with representatives from Oklahoma State Medical Association and the Oklahoma Osteopathic Association in attempt to reach a compromise on a way to ensure better access to therapy for our patients in Oklahoma.

Please plan on attending the Physical Therapy Day at the Capitol on February 23 to help promote our agenda to our legislators.

We also look forward to continuing efforts in 2010 to improve our relationships with our Young Professionals here in Oklahoma who are members of the OPTA. We will be working with the students in the state as they organize a formal Student Assembly for the OPTA. These groups are vital to the future of the OPTA and our profession.



A number of us will be attending CSM during the week of February 15 and will be able to share updates from the APTA on the continuing efforts in Washington DC to repeal the therapy cap and improve patient access on the federal level.

See you on February 23 at the Capitol!!

Jeff

OPTA Annual Meeting

March 26-27, 2010

Tulsa, Oklahoma

OU Schusterman Center

Details inside

Public Relations

Another year has come and gone and we are beginning yet another, Please find below a description of the public relations activities that have concluded over 2009 and were developed for the upcoming 2010 year. As I announced in 2008 when I began as your 2nd Vice President, we were awarded the 2009 APTA Community Awareness Grant in the amount of \$2,000 for placement of advertising in 3 issues of 4 of *Oklahoma Today* magazine that has a readership of over 55,000. The figure following this article is a copy of the advertisement that was budgeted for and ran over 2009.

For 2010, our focus will be on updating our internet media. Our advertising plan for 2010 won us, yet again, the 2010 APTA Community Awareness Grant in the amount of \$5,000. Based on a suggestion from one of our members, we will be redesigning the OPTA website to be more appealing and user-friendly for our membership and consumers alike. As a part of this new design, I received pictures from members in 2009 and will post these labeled appropriately by facility on the OPTA homepage. I highlight this opportunity for advertising for our members directly on our homepage because this is again in response to one of our members requesting the OPTA provide advertising opportunities to members. Please understand that providing funding directly to member facilities or members for their individual advertising campaigns will likely be financially infeasible and impractical for fairness, but I am hopeful to provide other ways to provide advertising for our members with this photo posting opportunity being the first offering.

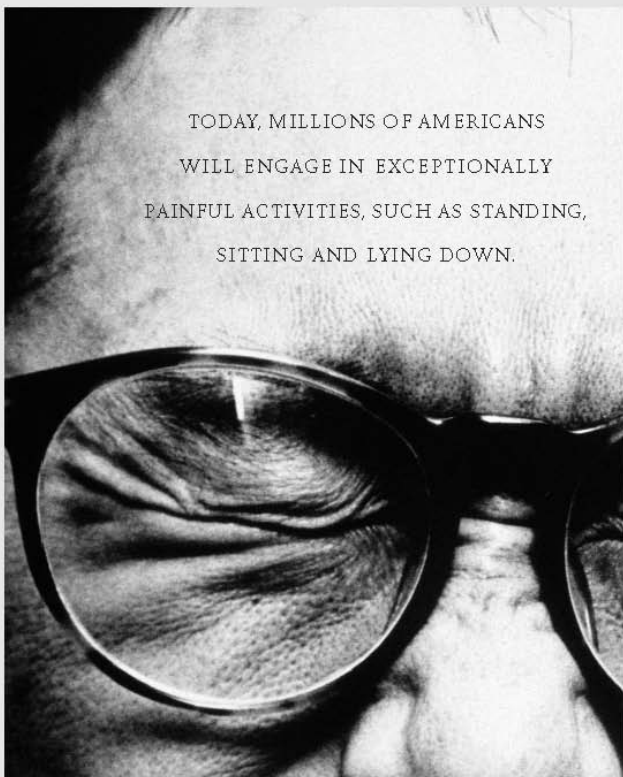
The final part of the 2010 advertising plan includes video segments of Oklahoma physical therapists' and/or assistants' to be played on the OPTA homepage or consumer page providing their perspectives on how physical therapists and physical therapist assistants benefit the lives and health of our clients by living the brand, "Move Forward: Physical Therapy Brings Motion to Life." To begin, I would like to correlate these perspectives with nationally recognized months or events such as Breast Cancer Awareness Month, Stroke Awareness week, American Heart Association events, American Diabetes Association events, etc. These video segments will be between 1-2 minutes long. This is a work in progress, but I would like to eventually be able to request our members to assist in this effort. Similar to the photos I requested from members last year, in that videographers in our membership can record PTs and/or PTAs discussing their perspectives on the role of physical therapy with clients who have the respective condition(s). Again, the PT and/or PTA will be identified on the video segment with facility name if wanted. Please wait for the appeal from me at some point this year through email and the newsletter.

Thank you for being members and I am hopeful you will continue to be. We would not be able to do any of this without your support.

Respectfully submitted,
Tamara Hart, PT
2nd Vice President



TODAY, MILLIONS OF AMERICANS
WILL ENGAGE IN EXCEPTIONALLY
PAINFUL ACTIVITIES, SUCH AS STANDING,
SITTING AND LYING DOWN.



A physical therapist could help you make those activities easy again. Physical therapists are experts in how the body works. They spend the extra time you need to help improve your quality of life, from easing everyday aches and pains to treating more serious problems that prevent flexibility and movement. Physical therapists also teach you how to take care of yourself, so you can prevent the pain from returning. To see what a physical therapist can do for you, visit apta.org.



NOMINATIONS ARE OPEN

Nominations are open until March 3, 2010 for

- the Oklahoma Physical Therapy Founders Award
- The Outstanding Oklahoma Physical Therapist Assistant Award

**Mail your completed nomination forms to:
Cathy Hughes, Route 2, Box 265, Sulphur, OK
73086**

Contact Cathy at 580-622-5269 or cch@brightok.net if you have questions.

APTA & OPTA – Working for You!

I would like to first and foremost thank you all for your membership! We had 794 members as of December and are currently awaiting 2009 year-end membership roster counts from APTA. Despite our growth, we still have only 32% of Oklahoma licensed PTs and PTAs as members. Please urge your coworkers to consider APTA & OPTA membership, sharing with them some of the many benefits of belonging!

Try out these free member resources:

APTA Learning Center:

Access free CEUs that are completed online. Many courses are already approved by OMBLS!
learningcenter.apta.org



Documentation Tools:
Medicare compliant documentation checklists, documentation “tip” sheet, and case study defensible

Documentation samples. www.apta.org/documentation

I would like to thank the membership committee for their help with annual and midyear meeting membership efforts, as well as with the two member socials we had in 2009. Peggy Newman served as a wonderful committee co-chair in 2009. Committee members include Samantha Klepper, Jeanne Ozinga, Mitsy Martin-Davis, Robin Dameron, Dale Boren, and Jim Lytal.

We look forward to increasing our membership by **10%** in 2010, and need your help to accomplish this goal! See you at Annual Meeting in March – stop by the membership table to check out new member resources!

Respectfully,
Janie Taylor, PT, DPT
OPTA Membership Chair

Oklahoma Physical Therapy Association Annual Meeting Schedule

March 26, 2010: Friday

8:00 a.m. - 12:15 p.m.: "Differential Diagnosis of the Hip" (4 CEUs)

8:00 a.m. - 5:30 p.m.: "Fundamental and Advanced Kinesio Taping Course" (16 CEUs)

1:00 p.m. - 5:15 p.m.: "Striving for Ethical & Legal Excellence in Clinical Physical Therapy Practice" (4 CEUs)

(Lunch provided for members attending a full day of courses)

March 27, 2010; Saturday

7:30 a.m. - 6:00 p.m.: Exhibitor Hall Open

7:30 a.m. - 8:00 a.m.: PTA SIG Meeting

8:15 a.m. - 12:00 p.m.: "Beating the Burnout Blues" (3.5 CEUs)

7:30 a.m. - 6:00 p.m.: "Fundamental and Advanced Kinesio Taping Course" (continued from Friday, 16 CEUs)

1:30 p.m. - 5:45 p.m.: "Total Hip Rehabilitation" (4 CEUs)

8:00 a.m. - 4:30 p.m.: "Evaluation & Treatment of common Foot and Ankle Injuries" (6.5 CEUs)

8:30 a.m. - 4:30 p.m.: Student Track: "Exercises for the Novice PT/PTA" (6 CEUs)

Noon—1:30 p.m. Business Lunch—includes OPTA Business Meeting & Awards (included in registration for Saturday courses)

Online registration at : www.okpt.org

Early registration Discounts apply before March 12, 2010

Please join us at the OPTA Annual Meeting. The course speakers are outstanding!



Working Wonders

Pediatric PT & PTA Career Opportunities

Working wonders in children's lives, TherapyWorks, the largest pediatric therapy company in Northeast Oklahoma, is currently hiring:

- Physical Therapists
- Physical Therapist Assistants

Full and Part Time positions available for our Outpatient Pediatric Clinic and School Therapy program in Northeastern and Central Oklahoma.

Therapist owned and operated since 1981, TherapyWorks understands your needs and strives to provide you with the opportunities to reach your individual professional goals. One of the largest privately owned pediatric therapy companies in Oklahoma, TherapyWorks offers a small business, team-oriented environment with all the advantages of a larger company. We offer a competitive salary and benefits package including:

- Medical/Dental/Life Insurance
- 401k (with company contribution)
- Paid Time Off
- Continuing Education Allowance (with paid time off)
- State License Paid Annually
- Evenings and Weekends Off

To apply, contact Brenda Hayman-Hensley at bhensley@therapyworkstulsa.com or (918) 663-0606, x226.

We are working wonders! Join our team today!

THERAPYWORKS 7608 E. 91st St. Tulsa, OK 74133
 Phone: 918-663-0606
 Fax: 918-663-8754
www.therapyworkstulsa.com
 working wonders in children's lives

The upcoming OPTA Annual Meeting Elections will be held on Saturday March 27, 2010. At the membership business meeting we will elect officers and committee members.

The Nominations Committee is now searching for willing and qualified candidates for the following positions:

- President
- 1st Vice President
- Secretary
- Ethics Committee (2 positions)
- Nomination Committee (1 position)
- PT Advisory committee to the Oklahoma Medical Board of Licensure and Supervision (1 PT Position opening for which we offer 3 candidates elected by the OPTA membership)

If you are a current OPTA member, are interested in running for an office or committee post, or if you know of an OPTA member who you would like to nomination, please contact, myself, Shawn Smith, PT, or Carolyn Craven, PT. We would love to chat with you!

For description of the qualifications, duties, and tenure of each Officer or Committee position, please refer to the OPTA Bylaws as posted at www.okpt.org. See "About OPTA", March 2009 Bylaws.

Carla Hinkle, PTA
 Nominations Committee Chairperson

PTA Caucus Year End Report 2009

Happy New Year!! I hope 2010 brings you everything you want. It is that time to reflect on where we have been but more importantly where we are going. It is a very exciting time for our profession. Let me give you a short recap of the progress we have made in 2009.

Much time and effort went into making the needed changes to the PTA supervision rules. I would encourage all to review these if you have not already. This can be found at www.osbmls.state.ok.us.

In preparation for House of Delegates, I had several conference calls with the Caucus Delegates along with monitoring the message board. We passed the new Code of Ethics for both Physical Therapist and Physical Therapist Assistants. This will go into affect July 2010.

I attended all Board of Directors Meetings this year along with corresponding via email for various topics and issues as they arouse.

In October my clinic sponsored the 3rd Annual 1-2-3 Get Fit Fair to Celebrate PT Month and educated the community concerning childhood obesity. We targeted nutrition and physical activity.

In 2010 the PTA Delegates plan to introduce a RC to obtain a full vote for PTA's at the Chapter level. At our last state meeting we took a straw vote and the majority of those in attendance were supportive of this change, I submitted the data to the PTA Chief Delegate as requested.

I also have been corresponding with the PTA SIG President Nate Johnson PTA and reported their activities to the Board.

Several articles have been submitted this past year to SmokeSignals, along with updates on the list serve in order to communicate changes and activities that have occurred throughout the year.

I applied for and received my Advanced Proficiency in the Integumentary System.

And finally on a personal note, I along with several other therapist in my clinic participated in several marathons this year. They include the Oklahoma City Memorial, Route 66 in Tulsa and The Race for the Cure 5K.

This year has been exciting, rewarding and challenging serving as your Caucus Representative. I look forward to serving you again.

Thank you to my fellow Delegates, Board Members and to our OPTA President Jeff Jankowski, for your leadership, guidance and instruction. Your support made my job much easier and I have been inspired by each and every one of you!!!

I will end with one of my favorite quotes " Failure will never overtake me, if my determination to succeed is strong enough" Og Mandino.

Debbie Simmons PTA,CLT
PTA Caucus Representative

Foundation for Physical Announcement

The [Foundation for Physical Therapy](#), an independent nonprofit organization with the purpose of funding physical therapy research, is currently accepting applications for a new \$300,000 grant: the Clagett Family Research Grant.

The grant was named in honor of the late Lansdale Clagett, and his wife, Gladys, of Upper Marlboro, Maryland. Lansdale contracted polio as a young adult and was spent 20 years in a wheelchair. After more than 20 years of physical therapy, he fulfilled his dream of leaving his wheelchair and walking on his own again.

This two-year grant is the Foundation for Physical Therapy's largest funding opportunities to-date and is intended to fund researchers investigating exercise interventions to improve activity and participation in older adults with multiple chronic conditions. The Foundation for Physical Therapy encourages collaborative, multidisciplinary teams to apply.

OPTA Publication Information

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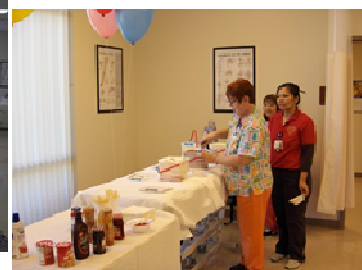
Smoke Signals' purpose is to communicate chapter activities and news to the membership. The dates of publication may vary according to schedules of office Association business. The editor reserves the right to restrict, edit, or reject any materials submitted for publication

Letter of Intent Deadline: March 1, 2010, at noon, ET
Completed Application Deadline: May 5, 2010, at noon, ET

Visit the Foundation for Physical Therapy's Web site for more information

More PT Month Pictures,

Jennifer Bebo, PT and the staff at Choctaw Nation Health Services Authority Idabel, OK held a PT Month celebration. They had a grip strength competition as well as a core strength/balance competition and then served some exceptionally healthy ice cream!



or advertising in accordance with existing or future OPTA policy.

Published articles express the views of the author or contributor and do not necessarily represent official policies or views of the Association.

All articles submitted must include the name, title and contact information for the author.

Imply or constitute endorsement of those products, services or employers by the OPTA or sponsorship of an educational event. Pricing information is located on the OPTA website. www.okpt.org.

Current OPTA Board Members

President: Jeff Jankowski, PT, ATC
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2nd Vice President: Tamara Hart, PT
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IMPORTANT EVENTS:

OPTA ANNUAL MEETING:

March 26-27 2010

FRIDAY and SATURDAY

**One day and two day
courses scheduled**

OPTA Business Meeting Saturday

Lunch

Tulsa, Oklahoma

SMOKE SIGNALS

**The Oklahoma Physical Therapy Association
Newsletter, a Chapter of the American
Physical Therapy Association**

**Post Office Box 5354
Edmond, Oklahoma 73083**