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## President's Update

2011 is shaping up to be one of the most exciting years in OPTA history. We ended 2010 with a new Strategic Plan designed to help guide us over the next few years and are already seeing work on obtaining those goals. The goals include: 1. Improve access to physical therapy; 2. Advocate for payment policies in the public and private sector that reflect the value of physical therapy; 3. Provide opportunities for life-long learning that incorporate the best available evidence; 4. Educate professional and consumer groups to increase recognition, utilization, and support for the practice of physical therapy; and 5. Recruit, mentor and retain members and leaders.

Each goal has been assigned a goal champion who is organizing committees and task forces to help achieve the strategies and objectives that were created to achieve them. If you have ever been interested in getting more involved in your association, but were afraid that you may not have the time to do so, one of these groups would be a great place to help contribute to the association.



The legislative committee has spent many hours during the Fall and Winter working with legislators drafting language for this year's legislative session. The final product is SB 675 authored by Sen. Clark Jolley. The bill provides two important updates to our Physical Therapy Practice Act.

The first part of the bill updates language in our Practice Act and brings our language closer to the APTA Model Practice Act. The second provision of the bill allows for Physical Therapists to conduct Fitness and Wellness screens and then implement a program for the client. Our argument to the legislators has been this will allow us to perform the same services as a Personal Trainer. At the time of this article our bill passed through the Senate and is moving to the House where it will be assigned to a committee and worked through the legislative process. Please join our new OPTA List Serve to stay current on the latest developments.

I hope to see each of you at the OPTA Annual Meeting on April 15-16. The Education Committee has lined up another exciting program with options for therapists from all disciplines. Our APTA Board liaison Nicole Strout will also join us with an update on the latest developments with the Federal Healthcare Reform and how the APTA is predicting it to impact us. See you there!

Jeff

Jeff Jankowski, Speaker of the House Representative Kris Steele, and Brandon Trachman at the 2011 Governors Ball

# NEWS

## 2011 APTA

### COMBINED SECTIONS MEETING

Over 50 PTs, PTAs, and students from Oklahoma attended CSM in New Orleans February 9-12, 2011. The meeting was excellent with multiple courses to choose from and many sites to see.

Peggy Newman and Jeff Jankowski participated in APTA leadership activities and are pictured with APTA CEO John Barnes and APTA President Scott Ward.



### PHYSICAL THERAPY DAY at the CAPITOL

On February 22, 2011 over 100 PTs, PTAs, and Students participated in the PT day at the Capitol. Participants spoke with members of the legislature regarding SB 675.



Leadership meeting topics included information regarding the soon to be new APTA website, proposed governance changes, and the PT portal website for members and consumers. Jeff also participated in an APTA day of building with



Debbie Simmons OPTAs PTA Caucus representative was slated for an alternate delegate position for the PTA Caucus. Elections will be in June. Send her your best wishes.

Faculty and Graduates from Langston University presented four posters and one platform presentation.

**Posters:**

Elicia Pollard and Philip George: Cardiovascular Disease Prevention and Health Promotion through an Innovative Service Learning Project



Lynn Jeffries and Sally Westcott McCoy: Current pediatric physical therapy interventions for young children with cerebral palsy and relationship to gross motor and self-care abilities: A pilot study.

Breah Copeland, Teri Nemmers, Natahsa Hood, and Eddie Traylor: Clinical use of the clinical prediction rule for patients with acute low back pain who are likely to benefit from spinal manipulation.



( Pictured Traylor, Jake Mangle, and Copeland)

Jacey Hendricks, Mary Ann Buckley McGuire, and Teri Nemmers: Utilization of home and community-based Medicaid options for aging adults in Oklahoma.

**Platform:**

Aliya Chaudry: Fostering excellence in clinical education: Use of an innovative mechanism of intentional reflective practice to enhance student reflection on clinical experience.



**Congratulations** to the new Orthopedic Clinical Specialists from Oklahoma. Amy Lee, Bridgit Finley (renewal), Jeff Hogan, Janie Taylor, and Dale Boren. Not pictured: RaeAnn Thomas and Jamie Wyrick.



### Manual Therapy for Chronic Ankle Instability

**Dale Boren, Jr., PT, OCS**      **Casey Kirkes, PT, DPT**  
**Elizabeth Evans, PT, MPT**      **Bridgit Finley, PT, DPT, OCS**

**Introduction:** There is sufficient evidence in the literature for standard rehabilitation protocol for inversion ankle sprain. This would include RICE, progressive WB, mobility exercises, balance and proprioception exercises (Wolfe et al., 2001). General prognosis is that a Grade I and II ankle sprains treated with conventional management will resolve in 7-14 days. However, there are subgroups of patients that continue to have symptoms. This may be because conventional treatment does not adequately address the underlying hypomobility in joints that are susceptible to injury during an inversion ankle sprain.

**Techniques:** Consider manual therapy intervention to the talocrural, and the subtalar joints as an adjunct to the standard physical therapy treatment program for patients that do not respond to traditional management.

**General:** The talocrural joint is primarily responsible for the motions of dorsiflexion and plantar flexion, and limited dorsiflexion is a common impairment in individuals with an inversion ankle sprain (Denegar et al. 2002). Following inversion injury, the talus may become anteriorly positioned. The patient will have pain at the anterior ankle during gait with ankle dorsiflexion. Assess posterior glide of the talus and if restricted, mobilization and/or manipulation may be indicated to allow for full, painfree dorsiflexion.

**Indication:** What does the Research say?

Green et al. reported that RICE plus mobilization resulted in improved gait and ROM with acute lateral ankle sprains. Collins et al. reported that mobilization-with-movement in patients with acute lateral ankle sprains resulted in increased pain free dorsiflexion movement. Coetzer et al. were able to demonstrate that patients that received a talocrural manipulation after an acute ankle sprain had significant less pain, improved dorsiflexion and function. The case study by Whiteman et al. is an excellent for more in depth understanding of the technique.

#### Positioning:

- I. Ankle eversion mobilization – stabilize the malleoli into the table.  
 With your left hand grasp the rearfoot below the malleoli. Mobilize lateral or towards the floor.



2. Talo-crual manipulation - The PT pulling the hands towards the body takes up partial distraction slack. The manipulation is effected by a sharp pull distally in line with the tibia, causing the talus to distract from the mortise.



3. A-P talus mobilization – stabilize the heel with your right hand and mobilize the talus posterior with your left web space. Apply anterior to posterior oscillatory mobilization to improve ankle dorsiflexion.



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## References

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7. Jennings et al., *JOSPT*, 2005. Cuboid manipulation. <http://www.jospt.org/archive/ao.cfm?month=July&year=2005>

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## Membership News

APTA recently sent out 2010 year-end statistics for membership. Oklahoma ended the year with 837 members, up 5.82% from last year. Oklahoma is about the APTA national average growth rate of 4.42%. Our chapter currently has 496 PT members, 143 PTA members, and 198 SPT & SPTA members. In 2010, 32 of the 44 PTs who had lapsed membership (i.e. let their membership expire) renewed and 23 of 32 PTAs who had lapsed memberships renewed as well. Cont on page 6

# Oklahoma Physical Therapy Association Annual Meeting Schedule

## April 15, 2011: Friday

8:00 a.m. - 5:00 p.m. Powers: "Functional Biomechanics of the Lower Quarter" (15 CEUs)

8:00 a.m. - 5:00 p.m. Daulong: "Medicare Billing, Coding & Documentation" (7.5 CEUs)

5:30 p.m. OPT-PAC EVENT at the home of Vicky Davidson. 1604 SW 35th, Moore, OK 73160. Cost is \$30 per person, Students \$10 per person. This event is free to 2010 Bison level members. Food and beverages provided!

(Lunch provided for participants attending a full day course)

## April 16, 2011: Saturday

7:30 a.m. - Exhibitor Hall Open

7:30 a.m. - 8:00 a.m. PTA Special Interest Group Meeting

7:30 a.m. - 5:30 p.m. Power Course Continues

8:00 a.m. - 6:00 p.m. Khoo: "Outcomes Driven Modalities" (7.5 CEUs)

9:00 a.m. - noon Dionne: "Emerging Practice: Patients with Osteomyoplastic Transtibial Amputation" (3 CEUs)

8:30 a.m. - 4:00 p.m. Thomas, Stout, Merchant: "Student Course: Patellofemoral Pain, followed by Expert Panel and Q & A" (3 CEUs)

Noon - 2:00 p.m. Business Lunch - Includes OPTA Business Meeting and Awards, (included in registration for Saturday courses)

2:00 p.m. - 5:00p.m. Newman: "Ethics: New Code - Who Cares?" (3 CEUs)

Online registration at : [www.okpt.org](http://www.okpt.org)

## Membership news continued

The OPTA membership committee would like to sincerely thank our 837 members for their dedication to our profession! Again, we thank those of you that attended our 2010 Road Show socials as well as the students who attended the first ever back to School Bash. We look forward to 2011 membership development efforts, including our annual Back to School Bash for students, programming at Annual and Midyear meetings, the launch of a new member mentor program, and other social events throughout the year. Please check the OPTA Facebook page and watch the OPTA listserv for dates and times of membership committee events.

Thank you members! Janie Taylor, PT, DPT, OCS  
OPTA Membership Chair

Miami-Marquette: Challenge: OUHSC students auctioned off baskets at the OPT-PAC event to raise money for the challenge. Way to go. Thanks for supporting research.





On January 25, 2011 a OPT-PAC fundraiser was held at the home of Bridget Finley and Dana Martin. In Norman, Oklahoma. Over 90 attended the event. A follow-up OPT-PAC event happened in Tulsa on March 4, 2011 with 28 individuals in attendance. The Annual PAC reception will be on Friday April 15th at 5:30 at the home of Vicky Davidson. If you missed one of the two previous events come and join the party. If you made it to one or both, how about another?



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**IMPORTANT EVENTS:**

**OPTA ANNUAL MEETING:**

**April, 15-16, 2011**

**Moore, Oklahoma**

**OPTA MID-YEAR MEETING**

**August 20, 2011**

**Tulsa, Oklahoma**

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