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OPTA Changes

October 15-17, 2010 was an historic time for OPTA. Over 20 representatives from the OPTA board of directors, committee chairpersons, and community professionals joined together under the guidance of Elizabeth Grotos, from APTA, to review the OPTA mission and strategic plan.

At the end of the weekend the Board approved a new OPTA Mission statement and Goals and developed a Vision statement and Organizational Values statement. We thank everyone involved and hope, you the membership, will embrace the new plan.



OPTA MISSION STATEMENT

The Oklahoma Physical Therapy Association is the driving force for advancing and promoting the practice of physical therapy.

OPTA VISION STATEMENT

OPTA will be the recognized leader in defining and supporting the profession of physical therapy in Oklahoma.

As the practitioners of choice for movement and function, physical therapists will be directly accessible to all people in Oklahoma. Under the supervision and direction of physical therapists, physical therapist assistants will be the only extenders of skilled care.

GOALS

Improve access to physical therapy.

Advocate for payment policies in the public and private sector that reflect the value of physical therapy.

Educate professional and consumer groups to increase recognition, utilization and support for the practice of physical therapy.

Provide opportunities for life-long learning that incorporate the best available evidence.

Recruit, mentor and retain members and leaders.

OPTA NEWS

HISTORIC DAY IN PT HISTORY

During the November elections, Sean Roberts, PT, MPT was elected to the Oklahoma State House of Representatives with 55% of the vote in his district. He is the first physical therapist in history to serve in this position in state government.

Congratulations Sean !!!!!



BOARD RETREAT Continued

ORGANIZATIONAL VALUES

Association staff and members:

Make decisions that reflect visionary thinking, excellence, innovation, collaboration, and accountability.;

Act with professionalism, integrity, and honesty;

Encourage and recognize the contributions of all members;

Commit to being a culturally competent and socially responsible Association;

Promote the best interests of the profession;

Embrace the pursuit of lifelong learning

Miami-Marquette: Challenge

This past summer students from OUHSC were again recognized as obtaining Honorable Mention for donating more than \$3,000 for the Miami-Marquette challenge. The money raised supports the research supported by the Foundation for Physical Therapist.



Physical Therapist Assistants Recognition:

Kelly Swafford, PTA also received her PTA recognition in Pediatrics this past summer. She is a graduate of OCCC and works at The Children's Center in Bethany, OK. Her supervising PT stated, "Kelly has a compassionate heart towards her patients and an inventive style with her interventions. She works diligently as a member of the team to ensure that each child's plan of care is individualized and effective. She has proven to be an invaluable resource to her patients and colleagues."



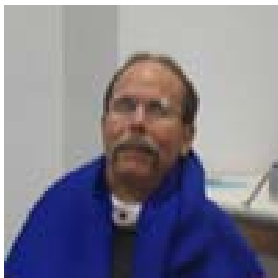
Don't let a FALL get you down.
Get your life in BALANCE!



The Eastern District held a community balance screening at the Thornton YMCA in Tulsa this month. Berg balance tests performed by PT/PTAs and PT/PTA students from TCC and OU. Education on the role of PTs and fall prevention, etc was discussed with participants

Cindi Cathey, PTA
Eastern District Secretary

In Memory



Mark Acker, PT, passed away on August 21, 2010 in Norman, OK. Mark had been active in OPTA since

1970. He served as the Chapter President from 1976-1978 and again from 1984-1986. He supported many students serving as a clinical instructor for years as well as teaching at Langston University and OUHSC. He received the OPTA chapter Founders award in 2000. Mark touched many lives and will be missed.

Other Eastern District Activities:

Joe Streich, PT, MS, OPTA Reimbursement Chairperson presented at a District Meeting and a PT Month Celebration was held at Kabrick's and Associates.



How to get the rotator cuff to fire to control the position of the humerus prior to arm elevation.

October 11, 2010

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



Do your patients have trouble with arm elevation after rotator cuff surgery? Altered gleno-humeral (G-H) biomechanics during arm elevation (Codman's hitch) is a common presentation in patients with large rotator cuff repairs. The immobilization of the rotator cuff causes inhibition, muscular atrophy, and poor neuromuscular control. Patients should not be allowed to perform AROM in the plane of scaption, because they are impinging the supraspinatus and reinforcing poor movement patterns. The rotator cuff

makes up the components of force couples that help control the position of the humerus and also direct forces crossing the glenohumeral joint. The rotator cuff must fire prior to arm elevation.

Technique: The purpose of this technique is to facilitate the rotator cuff muscles prior to arm elevation to improve G-H biomechanics and decrease the risk of impingement.

General: The concentric contraction of the rotator cuff muscles (specifically the infraspinatus and the teres minor) provide compression of the humeral head in the glenoid fossa and allow for improved gleno-humeral (G-H) rhythm and decrease the risk of impingement of the supraspinatus muscle during arm elevation.

Indication: The rotator cuff muscles, especially the supraspinatus muscle, are inhibited, weak and painful secondary to inflammation or after surgery. Poor muscle firing has been linked with impingement and altered G-H rhythm or anterior/superior humeral head migration. Patients with large rotator cuff repairs risk developing adhesive capsulitis and early PROM, AAROM and AROM will help decrease the onset of a stiff shoulder. The exercises below can be done to fire the rotator cuff muscles, appropriately seat the humeral head, and allow for improved G-H rhythm as the patient begins AROM.

Positioning: The patient is initially lying on their unaffected side and will move to a supine and then sitting position. Have the patient perform these exercises in front of the mirror for more feedback.

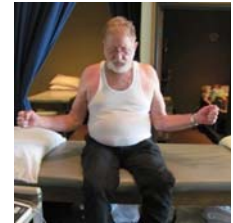
- I. Sidelying table slides (AAROM) – allows for movement in the plane of scaption in a gravity reduced position for shoulder elevation. This position requires that the shoulder external rotators actively contract to allow the arm to slide up the table. This allows for early humeral head depression during arm elevation in a gravity reduced position.



2. Shoulder ER with table support (AAROM) – allows for the external rotators to fire without stressing the supraspinatus. The support of the table allows the supraspinatus to rest as the external rotators begin early muscle re-education. The exercise is then progressed to side-lying. External and internal rotation exercises should be performed in the plane of scaption to decrease forces on the joint capsule.



3. Shoulder ER + Elevation (AROM) – allows for the external rotators to set the head of the humerus prior to arm elevation. The patient will externally rotate both shoulders, and then will straighten the elbows and elevate the arm in the plane of scaption. Performing the external rotation initiates the firing of the rotator cuff and then elevation is performed.



4. Supine Scaption + Thera-band – the patient is asked to put a little tension on the Thera-band by gently pulling the arms away from each other and then elevate their arms above their head. The shoulder external rotators and scapular retractors fire initially to pull the Thera-band apart and appropriately set the head of the humerus during scaption. Instruct the patient to squeeze the scapula together to pull the Thera-band apart. The exercise should be performed with thumbs up to avoid impingement. The research shows that superior humeral head migration happens with increased fatigue of the rotator cuff. The supine position is gravity advantageous for this overhead movement. This exercise can be progressed to a 45 degree incline on a wedge and then to a sitting position as the person's strength improves. Watch for fatigue and abnormal biomechanics and teach your patients to stop exercising if they are unable to perform the exercise correctly.



References:

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- Kalra N, Seitz A, Boardmann DN, Michener LA. "Effects of Posture on Acromiohumeral Distance With Arm Elevation in Subjects With and Without Rotator Cuff Disease Using Ultrasonography." *Journal of Orthopaedic & Sports Physical Therapy* 2010 Oct. 40(10): 633-640.
- Fongemie AE, Buss DD, Rolnick SJ. "Management of Shoulder Impingement Syndrome and Rotator Cuff Tears." *American Family Physician* 1998 Feb. 674-680.

This is a new section we hope to add to each newsletter. Please feel free to compile a Clinical Pearl and submit it to Lynn Jeffries, for inclusion in the newsletter.

Public Relations

Dear members,

Thank you for your patience with me and the Public Relations committee in regards to developing a new website for you. Although the expected deadlines have passed, I can confidently tell you now we have a design made that is in its final stages of revision and should be unveiled to you in the next 2-3 months.

Also, the OPTA is operating a new listserve, called the OPTA Public Forum, for you that will be open to all Physical Therapists, Physical Therapist Assistants, and students. Your board decided the time had come for the OPTA to host its own public forum in order to better

serve the physical therapy community. Additionally, classifieds will be offered through the listserve for a fee that will help boost our revenues so that we may expand OPTA services in the future.

We have met with some unexpected hurdles in developing both the website and the listserve that have delayed their release such as new policies and procedures and trials to determine efficiency and sustainability. However, I believe that you will be very satisfied with the results in that the website will appear more streamlined, user-friendly, and offer new features that we have never offered before to our members including the OPTA Pub-

lic Forum, Facebook, and Twitter, among many others.

Please join the OPTA Public Forum by logging onto the OPTA website at <http://www.okpt.org> so you do not miss out on important discussions amongst your colleagues and the latest news and activities for you to participate in with your association. Remember, we are also on Facebook and Twitter!

Please stay tuned as we finish our construction on the website. Thank you for your patience.

Best regards,
 Tamara Hart, PT, DPT
 2nd Vice President for Public Relations



The participants of the OCCC ZUMBAthon rocking the house, led by Becca, Zumba Instructor.



Participants in the ZUMBA Gold class. Olivia Feagins, PT pictured.

GET YOUR ZUMBA ON!

The Oklahoma City Community College Student Physical Therapist Assistants celebrated National Physical Therapy Month by hosting a ZUMBA event on Friday, October 8, 2010. The student PTAs made it a focus to market ZUMBA, a cardio workout to Latin Rhythms or “exercise in disguise” to the community and to support the American Physical Therapy Association’s, APTA, mission by raising awareness in the fight against obesity. This event was the first ever in Oklahoma to combine all forms of the ZUMBA workout in one convenient location. ZUMBA programs utilize certified instructors to engage in dance moves and fitness variations and above all encourage everyone to have fun while exercising. I would like to give a huge thank you to OCCC for allowing us to use the facilities, the ZUMBA community for the awesome work-out, the Student Physical Therapist Assistant classes of 2011 and 2012 for all of their hard work and vision, and DJ Keilo for spinning the tunes.



Student PTA class

For this inaugural ZUMBathon, there were 75 participants, 29 volunteer ZUMBA instructors and 30 student PTA volunteers. The money raised will support the student physical therapist assistant program and a portion was also donated to support breast cancer research, as the Susan G. Komen Race for the Cure was the very next day in Oklahoma City. Based on the feedback from the participants, instructors, and volunteers, it was a huge success and a fun time! Some of the comments included: “I loved it!” “This was a great work out and so much fun!” We hope to make it an annual event, so come and join us next year! I am providing links for more information.

www.apta.com

www.zumba.com

www.occc.edu/pta

Jennifer Ball, PTA Program Director



Volunteers at the event

The different types of specialty ZUMBA include: Aqua ZUMBA, exercise performed in chest-high water in the pool; ZUMBA Gold, which includes activities geared towards the Senior population with slower moves and more repetition (all of which can be performed while sitting in a chair); ZUMBA Toning, which uses light weights of 1-3 pounds along with the fitness movements, and ZUMBAatomic, which includes activities geared towards the developing child-ages 4-12 with dance moves and music appropriate for those ages; along with a traditional ZUMBA work out-using a “club-like” atmosphere with lights, DJ, and a stage.



Student PTAs helping with ZUMBAatomic kids class

Oklahoman's at the Mid-Year OPTA Conference

Thank you to all who attended the OPTA Mid-Year meeting. During the Business meeting Linda John, PT was recognized for all of her work and dedication to OPTA.



Come Hang with us next year!!!

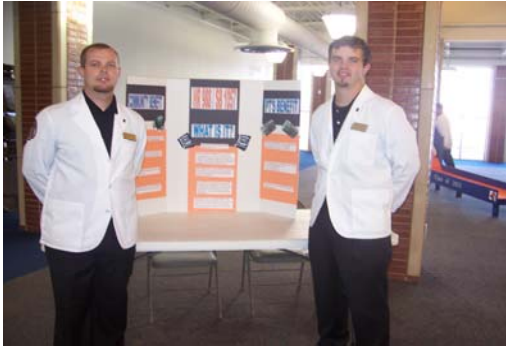
CPR

Every 38 seconds, someone dies from cardiovascular disease. Save a life! Become a life line today.

Class	Initial Certification	Re-certification
Healthcare Provider CPR	\$65	\$60
CPR	\$60	\$50
First Aid	\$50	\$40
CPR/First Aid	\$75	\$70

*All CPR classes include infant, child, and adult CPR/AED instruction. Rates are per person. Mention this add and get 10% off your total class cost. Certifications good for 2 years.

Contact: Audra Blair, American Heart Association Certified Instructor:
(405) 830-5732 or Audbal10@aol.com



Students at Langston University School of Physical Therapy hosted PT month activities on campus promoting physical therapy, prevention of heart disease and obesity, and national legislative efforts.



OPTA Publication Information

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OBJECTIVES & POLICY:

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

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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.

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IMPORTANT EVENTS:

OPTA ANNUAL MEETING:

April, 15-16, 2011

Moore, Oklahoma

SMOKE SIGNALS

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