OPTA
OREGON PHYSICAL THERAPY ASSOCIATION

Oregon Log

A Component of the American Physical Therapy Association • www.opta.org 1st Quarter 2018

President's Message

Christina Howard, MPT

Member-leaders are putting their commitment to physical therapy into actions that deliver results and reinforce the value of OPTA membership and engagement. Guided by a clear set of strategic directions for 2018, members will continue to gain and create lasting value within OPTA through innovations, actions and outcomes in advocacy, public awareness of physical therapy, and professional development. Here are just a few examples of ways you can plug into rich benefits and rewarding opportunities, and build community.

Spring Conference

Fifteen continuing education presentations are led by your professional colleagues in content areas that inform practice across settings and the lifespan. Members value OPTA continuing education and this year's continuing education committee, led by Michelle Duncan and a deep bench of experienced and committed member-leaders, has created a day that brings colleagues together for contemporary professional development, recognition, and community-building. Attendees will engage directly with our keynote speaker, APTA Vice President Lisa Saladin, PT, PhD, FAPTA, and she will facilitate a breakout session focused on issues and strategies for our student and early-career member leadership development. Our lunch business meeting includes focused time to learn more about how OPTA member-leaders are putting membership to work in through legislative, outreach, and communication plans and actions, which includes annual awards for our members who model excellence through their contributions to physical therapy in Oregon. Plug into this opportunity by registering today.

Advocacy through Legislation and Action

OPTA is looking forward to the long legislative session in 2019 and actively building coalitions and momentum to address multiple administrative burdens that adversely affect access, care and payment. Your Government Affairs Committee member-leaders hosted a fantastic OPTA State Payment and Policy forum last month in Salem

Continued on page 2

What's Inside

A Permanent Fix to the Therapy Cap: Improved Access for Medicare Patients Comes With Pending APTA-Opposed Cut to PTA Payment 3

OPTA Delegates Prepare for 2018 APTA House of Delegates 5

PTAs: Have You Ever.... 7

What I'm Proud of as an OPTA Board Member..... 8

OPTA 1st Quarter Financial Report by Ashley Berry, DPT, Treasurer 9

OPTA Website has a New Look and Renewed Purpose 10

Community Health Opportunity..... 11

New Oregon Pain Module Available 12

Let's Talk about Ethics in Physical Therapy Practice..... 12

The ATM2: A Novel Treatment for Scoliosis 13

OPT-PACnews 15

Secretary's Report 15

OPTA Continuing Education Calendar

March 10, 2018
OPTA 2018 Annual Conference
Holiday Inn Portland South
Wilsonville, OR

Click Here to Register

www.opta.org
* All listings are subject to change

APTA
American Physical Therapy Association

OPTA Board

President
Christina Howard, PT, MPT
Eugene, OR
howardc@lanecc.edu

Vice President
Carol-Ann Nelson, PT, DPT
Bend, OR
carolann.nelson@gmail.com

Secretary
Jeremy Hilliard, PT, DPT
Hillsboro, OR
jhilliard@pacificu.edu

Treasurer
Ashley Berry. PT, DPT
Portland, OR
ashley.berry@providence.org

Chief Delegate
Michael Pagliarulo, PT, MA, EdD
Portland, OR
pags@ithaca.edu

PTA Representative
Jeannie Thompson, PTA
Portland, OR
neannie41@gmail.com

Directors
Megan Kaley, PT, DPT, WCS, CLT-LANA
Portland, OR
megan.kaley@providence.org

Clare Lewis, PT, DPT, MSPT, PsyD, FAAOMPT, MTC
Hood River, OR
hclarelewis@gmail.com

Erin McMullen, PT, DPT, NCS
Salem, OR
emcmullen81@gmail.com

Jeremiah Moore, PT, DPT
Medford, OR
jeremiah.moore.dpt@gmail.com

Committee Chairs
Chris Murphy, PT – Government Affairs
Portland, OR
chrismurphypt@gmail.com

Kristin Messing, PT – Nominating
Portland, OR
kristin.messing@providence.org

Michelle Duncan, PT, DPT – Continuing Ed.
Bend, OR
mduncan.pt@gmail.com

Colbie Jorgensen, PT, DPT, CLT – Membership
Portland, OR
colbie.jorgensen@gmail.com

Brian Wilkinson, PT, DPT, CHT – Newsletter
Hillsboro, OR
brianw@pacificu.edu

OPTA Office: 503.262.9247 • Toll Free: 877.452.4919
E-mail: info@opta.org

President's Message, continued from page 1

that reinforced how one member's passion for quality care and service can transform physical therapy in Oregon.

Advocacy starts with recognizing a problem and generating ideas and solutions for change. Your Government Affairs team is building OPTA relationships with state and local representatives to advocate for patients and payment. How can ***you*** plug in and help take action?

- **By Reaching Out**
  - Connect with our Government Affairs Chair, Chris Murphy, and our Payment Chair, Bethany Lukens for opportunities to support our important legislative and advocacy work.
  - Contact your Nominating Committee, led by Kristin Messing, to share your interests and ideas for partnering with OPTA in advancing your professional leadership development and goals.
  - Share your ideas and suggestions with board members so we can continue to develop opportunities to support member-led initiatives.
  - Offer to host a PT Night Out with a focus on a theme or topic for providers and allies in your community. Contact our Membership Chair, Colbie Jorgensen, to learn more about coordinating a PT Night Out conversation.
  - Talk to a colleague who is not currently an OPTA member about advocacy efforts taken on by OPTA on behalf of our profession. Share information with them about the many benefits of membership and how our member-leaders are working to promote physical therapy benefits, access, and payment.
- **Provide resources**
  - Commit your $50 State of Oregon tax credit to the Oregon Physical Therapy PAC today. Make your contribution here: https://opta.memberclicks.net/pt-pac.
  - Offer time and skills in service to OPTA. Committee work strength and actions rely on the engagement of our committee members and volunteers. Contact committee chairs or info@opta.org to start a conversation about matching your goals and interests to OPTA opportunities.

We are truly better together, and our strength depends on members plugging into the efforts that will transform society, the profession, and association. Thank you for your membership and for your shared commitment to physical therapy right here in Oregon.

A Permanent Fix to the Therapy Cap: Improved Access for Medicare Patients Comes With Pending APTA-Opposed Cut to PTA Payment

The looming threat of a hard cap on physical therapy services under Medicare has been eliminated.

As part of a sprawling bipartisan budget deal passed recently, Congress enacted a permanent solution to the problematic hard cap on outpatient physical therapy services under Medicare Part B, ending a 20-year cycle of patient uncertainty and wasteful short-term fixes.

Ending the hard cap has been a high priority for APTA since its introduction in 1997 as part of the Balanced Budget Act. Legislators' backing for repeal reached a tipping point in 2017, when lawmakers developed a bipartisan, bicameral agreement to end the cap. Congress failed to enact that deal in 2017, but elements of the plan are included in the 2-year budget that was approved today.

That's the good news. The bad news is that Congress chose to offset the cost of the permanent fix (estimated at $6.47 billion) with a last-minute addition of a payment differential for services provided by physical therapist assistants (PTAs) and certified occupational therapy assistants (COTAs) compared with payment for the same services provided by physical therapists (PTs) and occupational therapists (OTs), respectively. The payment differential, which was strongly opposed by APTA and other stakeholders, states that PTAs and OTAs will be paid at 85% of the Medicare physician fee schedule beginning in 2022.

That pending payment differential under Medicare is somewhat comparable to that between physician assistants and physicians, but it was added to the budget bill late and without warning. It wasn't part of the 2017 bipartisan agreement legislators reached, nor was it part of any discussions or negotiations on Capitol Hill since then.

When the proposed differential was added to the budget deal late Monday night, the association quickly reached out to congressional offices with proposed amendments. None were accepted. Friday morning, Congress passed the massive budget legislation that includes increases for military and domestic spending, adding an estimated $320 billion to the federal budget deficit.

"Stopping the hard cap is a victory for our patients, and for our dedicated advocates," said APTA President **Sharon L. Dunn, PT, PhD,** board-certified orthopedic clinical specialist. "For 2 decades we have held back the hard cap through repeated short-term fixes—17 in total—that were achieved each time only through significant lobbying efforts by APTA and other members of the Therapy Cap Coalition. In that time, the hard cap was a genuine and persistent threat to our most vulnerable patients, a threat we saw realized earlier this year when Congress failed to extend the therapy cap exceptions process. Today that threat has been eliminated."

Dunn said the January 1, 2022, implementation date for the opposed PTA payment cut provides time to explore solutions with the Centers for Medicare and Medicaid Services (CMS) as it develops proposed rules.

"APTA will leverage its congressional champions, the APTA Public Policy and Advocacy Committee, and the PTA Caucus on strategies to address the CMS activities," Dunn said. "Our collective efforts will drive the association's work to ensure that guidance to implement the new

Continued on page 4

Employment Opportunities?

Check out OPTA's website for employment postings at http://www.opta.org/employment.aspx, or from the home page click on Employment and then review the opportunities that are posted.

If you have a job listing that you would like posted, please visit the OPTA website at http://www.opta.org/employment.aspx. Job posting rates are $100 for a 30-day posting. Take advantage of this great opportunity to market your position!

Therapy Cap, continued from page 3

policy is favorable to PTAs and the profession, while ensuring access is not limited for those in need of our services."

The legislation enacted today provides a fix for the therapy cap by permanently extending the current exceptions process, eliminating the need to address this issue from year to year. Among the provisions included in the new policy:

- Claims that go above $2,010 (adjusted annually) still will require the use of the KX modifier for attestation that services are medically necessary.
- The threshold for targeted medical review will be lowered from the current $3,700 to $3,000 through 2027; however, CMS will not receive any increased funding to pursue expanded medical review, and the overall number of targeted medical reviews is not expected to increase.
- Claims that go above $3,000 will not automatically be subject to targeted medical review. Instead, only a percentage of providers who meet certain criteria will be targeted, such as those who have had a high claims denial percentage or have aberrant billing patterns compared with their peers.

Over the coming days, APTA will provide additional details on the budget deal, including the impact on home health. For home health, the deal includes positives related to rural add-ons, a market basket update increase of 1.5% in 2020, and use of home health medical records for determining eligibility. However, it also requires a switch from a 60-day to a 30-day episode in 2020 and eliminates the use of therapy thresholds in case-mix adjustment factors.

"While this package does not afford APTA with everything we would have liked, we should take a moment to celebrate closing the door on a 20-year advocacy effort that has challenged our ability to ensure timely and appropriate services to patients," Dunn said. "Reaching this milestone affords APTA the opportunity to expand our advocacy agenda to implement more fully our vision to transform society by optimizing movement to improve the human experience."

KINESIO
The Original from Dr. Kenzo Kase Since 1979

MAY 18th - 19th - 20th 2018

Eugene OR, Lane Community College Downtown Campus
101 W. 10th Ave. Eugene OR 97401

24hr Kinesio Taping Express Course & 8 hr Sports/Orthopedic Course

Intro. to the science, research & physiological benefits of the Kinesio Taping Method. Lab portions will cover Epidermis, Dermis, Fascia, Circulatory/ Lymphatic, Muscle, Mechanical, Ligament/Tendon and Functional corrections. Case studies as well as group exercises will be explored. Day three will evaluate advances in the Sports industry and modifications for taping.

Early registration of $750.00 ends 4/5/2018 32 NCBTMB approved CE's

To register go to: www.troylavigne.com/workshop/

For questions contact: Troy Lavigne, CKTI - 303.995.4398 - troylavigne@me.com

OPTA Delegates Prepare for 2018 APTA House of Delegates

As your new OPTA Chief Delegate, I would like to introduce myself, the members of our delegation, and our role in serving the interests of the profession through the House of Delegates (HOD). As you may know, the APTA HOD meets once a year in June to conduct elections and deliberate and vote on motions that have been submitted. There are just over 400 voting delegates in the HOD, proportionately represented from each state and the District of Columbia. The Oregon Chapter is allocated 7 PT Delegates and 1 PTA Caucus Representative. The latter participates in the PTA Caucus, which is the representative body for the PTAs, and meets just prior to the HOD.

We are elected in the fall for a 1-year term, which begins annually on January 1st. As the Chief Delegate, I coordinate the activities of this group, and serve as the spokesperson for the Chapter and member of the OPTA Board of Directors. We also include 1 alternate PT Delegate and 1 alternate PTA Delegate in our discussions. These individuals would replace the respective Delegate/representative should the need arise. We are pleased to include the 2 PT and PTA students who were selected to receive the Emerging Student Leader Award. One of the benefits of this award is to attend the PTA Caucus and/or the HOD.

Our delegation meets monthly beginning in January to discuss issues that will come before the HOD, and we invite our Chapter President, Christina Howard, to join us to keep her informed of our deliberations. Delegates and the PTA Caucus reps are assigned to candidates for elections and motions, and we use our meetings to share information to form and guide our decisions. This includes a great deal of communication with candidates and motion-makers to pose questions that assist in our deliberations. The intensity increases as we approach the HOD, which this year is in Orlando, FL, from June 24-27.

Although I am fairly new to the OPTA (moved here in 2012 from NY), I have been a member of the APTA since 1969 and have served in the HOD over 2 dozen times, primarily as a member of the New York Chapter. I have also served

Continued on page 6

Therapeutic Associates is a Learning Organization.

We promote education to further individual professional development through:

- APTA Accredited Orthopedic Residency Program
- Continuing Education Series
- Leadership Track
- Mentorship

CAREERS

Our passion is seeing our patients succeed through individualized care, founded in evidence based practice. Benefits for our teammates include generous education support.

If this sounds like an environment for you, apply today!

For current job opportunities, visit:

www.therapeuticassociates.com/**Careers**

CONTINUING EDUCATION

We offer courses with subject matter taught by leading instructors to help our therapists and our PT community achieve their goals.

For a list of our current available courses, additional course information and registration, please visit:

www.therapeuticassociates.com/**ConEd**

TherapeuticAssociates PHYSICAL THERAPY

OPTA Delegates, continued from page 5

2 terms on the APTA Reference Committee (RC), whose primary purpose is to review all motions before they come before the HOD to assist in language and process. In my short period of involvement with the OPTA, I have been impressed with the dedication and participation of this delegation to the HOD, and I am pleased to have the opportunity to join this group. For example, in recent years, this delegation was successful in moving 2 significant motions to the HOD: 1 on determining best practice in clinical education, and another on implementing a plan to address the increasing PT/PTA student debt from education. Moreover, this year, our immediate outgoing Chapter President, Derek Fenwick, is 1 of 2 candidates for a position on the APTA Nominating Committee. We wish him well, and will certainly support his candidacy!

Motions for this year's HOD are currently under development to meet the deadline for submission to the RC by March 26th. These generally address the profession, society, and association. As they become finalized, I will use this column to keep you informed of the issues, and will welcome your input. Although our delegates are primarily from the Portland area, we use technology extensively to keep members informed and share information. Do not hesitate to contact me or one of the members of our delegation on any issue that relates to the HOD. Join us on our journey to the HOD!

Michael A Pagliarulo, Chief Delegate pags@ithaca.edu

Lisa Flexner, PT Delegate lisa.flexner.dpt@gmail.com

Ellen Grover, PT Delegate ellen@broadwaypt.net

Tasha MacIlveen, PT Delegate tmacilveen@gmail.com

Joe Oelfke, PT Delegate jgoelfke@gmail.com

Keaton Ray, PT Delegate keatonraydpt@gmail.com

Leigh Reece, PT Delegate reec1958@pacificu.edu

Jeannie Thompson, PTA Caucus Rep neannie41@gmail.com

Annie Bargmann, Alternate PT Delegate john4202@pacificu.edu

Josha Moss, Alternate PTA Caucus Rep josha_moss@yahoo.com

Tabitha Galindo, PT Student viel1485@pacificu.edu

Andrew Long, PTA Student a.long13@saints.mhcc.edu

COME JOIN THE PT NORTHWEST FAMILY

PT Northwest is looking for **outstanding therapists to join the PT Northwest Family.** Many members of our **rehab team have been a part of the PT Northwest family for 10, 15, and even 20+ years.** We would like you to join our family.
We offer the following:

- Strong Compensation
- Sign On/Relocation Bonus
- Excellent Continuing Education
- Clinical Research Opportunites
- Tuition Assistance
- Health & Dental Insurance
- Life & Disability Insurance
- Paid Time Off
- Paid Holidays & Birthday
- 401k Plan
- Multiple Paths for Specialization & Leadership
- Section 125 Cafeteria Plan
- Clinical Mentoring Program
- Flexibility in Schedule

PT Northwest is a growing, locally owned, and nationally recognized physical rehabilitation group with 38 years of experience in Oregon. Therapist owned and operated, PT Northwest strives to provide the **leading physical rehab services** in the Pacific Northwest, while nurturing a **family-friendly atmosphere.** Our highly motivated rehab team provides physical, occupational, and speech therapy in the following settings:

- Our Outpatient Clinics
- Inpatient Hospitals
- High Schools & Universities
- Minor League Sports Teams

If you are interested in joining the PT NORTHWEST FAMILY, please contact us at 503.540.8701 or email us at *admin@ptnorthwest.com.* You can also check us out at:
ptnorthwest.com

PT NORTHWEST

PTAs: Have You Ever….

Jeannie Thompson, PTA Representative

Have you ever considered applying for the PTA Advanced Proficiency Pathways program, but are unsure of how to get started? Have you ever wished that you had a mentor to turn to with your questions about how to advance your career? Have you ever imagined that you would be a good mentor, with the opportunity to support another PTA's career progression? Have you given thought to the implications of the recent Congressional budget deal on the role of the PTA? Have you ever wondered how PTAs are helping to advance our association?

For many years we have discussed having a forum or network for PTAs in Oregon. Some place where we can turn to each other as we navigate our careers, to gain an understanding of changes in our profession, or just want to talk with someone who understands the challenges that are unique to the PTA.

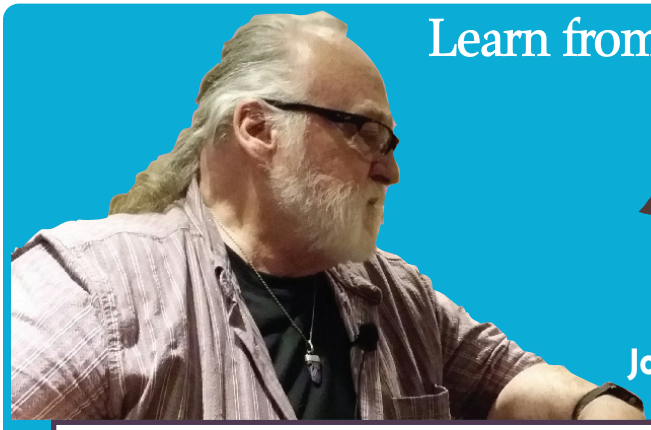
If any of these ideas have piqued your interest, we'd like to hear from you. We are in the beginning stages of creating this network, and would like to hear your thoughts. You can join this discussion by contacting Jeannie Thompson, Oregon PTA Representative, at neannie41@gmail.com

We are better together.

OPTA Members Only Section Log-In

It's like your log-in for the APTA website. Your APTA membership number is your User Name. Your first initial and last name is your Password. In the members only sections of the site you have access to: past Log Newsletters, government affairs information, committee reports, community forums and more.

Take a look for yourself at www.opta.org.



Learn from the Experts!

Myofascial Release

John F. Barnes, PT, LMT

International lecturer, author, and authority on Myofascial Release.

Myofascial Mobilization Workshop

Develop an exciting and lucrative career in helping others by deepening your therapeutic effectiveness.
This introductory "hands-on" seminar will introduce the theory of Myofascial Release. Participants will learn
Myofascial Mobilization techniques focusing on the upper and lower extremities, cervical, thoracic, and lumbar areas.

Ashland, Oregon

May 5 & 6, 2018

Register for 3 Seminars & Receive $300 off! 1-800-FASCIAL MyofascialRelease.com

What I'm Proud of as an OPTA Board Member

Megan Kaley

Megan grew up near St. Louis, Missouri, but came to Portland via Los Angeles. She attended the University of California – Los Angeles and obtained her physical therapy degree from the University of Southern California. During her time in Los Angeles she honed her skills in the Pelvic Health, Oncology, and Lymphedema specialties. She also taught at both Santa Monica City College and the PT program at California State University – Northridge. Since moving to Portland she has become a huge Portland Thorns fan and loves all of the outdoor opportunities that the Northwest has to offer. Megan enjoys hiking with her two labs, spending time on the coast, and eating all the great food!

One thing I'm proud of as a Board member:

I am proud of taking a step out of my comfort zone and volunteering for this new opportunity to collaborate with all of these amazing leaders!

Change of Email Address or Phone?

If you have a change of email, address, phone, or fax, you can send it to the OPTA office by calling 503.262.9247 or toll free at 877.452.4919, or email us at info@opta.org.

OPTA Offers a Medical Screening for the Physical Therapist Home Study Course!

OPTA offers a Medical Screening course in a home study format! You can now purchase the DVD home study program and take the course when it is convenient for you.

A home study course offers you the advantages of...

Self-paced—you can take the course at your own pace at your office or at home (must have DVD access on your computer or through your TV)

Comprehensive—the course is identical to the "live" version of the courses that we have offered including all of the handout materials

Time Saving—you can take the course when it is convenient for you—24 hours a day, seven days a week

CE Credits—the course is a great way to earn CE credits on your time and schedule.

The full course is a 12 hour course

The refresher course is a 6 hour course

If you are interested in purchasing a home study program contact OPTA at 503.262.9247 or toll free at 877.452.4919 or order on-line at www.opta.org

OPTA 1st Quarter Financial Report by Ashley Berry, DPT, Treasurer

This financial statement is current through December 31, 2017

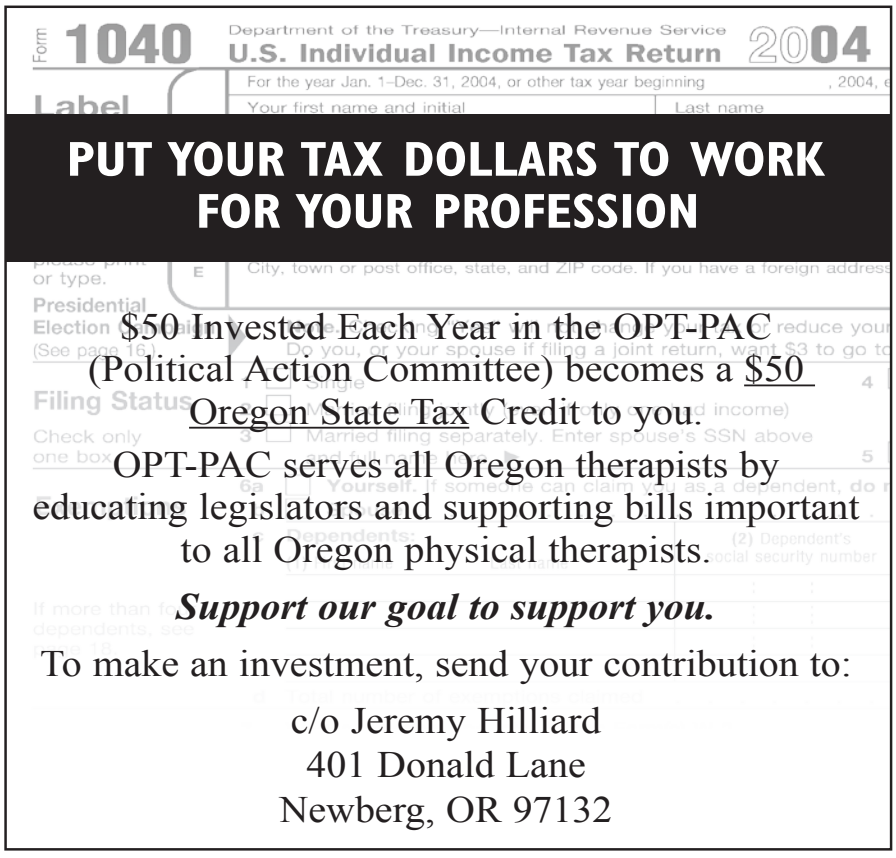
The 2017 year finished well for the OPTA at 96% of budgeted income. Total income for the year to date was $188,482, tracking well with projected revenue. However, the total income is down compared to year end of 2016 by $9,403. Total expenses are $211,043, which was 101% of budget. The total expense is up compared to year end of 2016 by $20,581.00. This leaves a net ordinary income of -$22,561 compared to the budgeted -$13,972. However, more revenue is expected as APTA dues come in Quarter 1 of 2018. Yet, we will be cautious as expenses appear to be increasing, while income appears to be decreasing.

Workshops and Evening Programs did well in 2017 surpassing the $10,000 budget by $9,462. This was in part, due to the Pain Symposium continuing education event bringing in more revenue than planned.

The 2017 year end membership dues were $113,206 compared to $119,485 the previous year at this same time and was at 95% of the targeted budget for 2017. As for the 2018 proposed budget, we have increased budgeted income for membership dues from $119,000 to $144,000 because of the APTA dues price increase.

Through Quarter 4 OPTA of 2017, there has been a net investment income of $38,673.

Total assets remain very strong at $574,950.06 versus $563,180.23 through Quarter 4 of 2016. All other income and expenses have tracked well for the OPTA as a whole at this point in time. If you have any questions, please contact me at ashley.berry@providence.org.



Questions Regarding Your Physical Therapy License or Practice?

Contact the Oregon Physical Therapist Licensing Board

http://www.oregon.gov/PTBrd/pages/index.aspx

971.673.0200

Visit our Website at www.opta.org

OPTA Website has a New Look and Renewed Purpose

Christina Howard, MPT, howardc@lanecc.edu

Members wanted an improved website and OPTA staff and member leaders responded with a redesigned website that launched in January 2018. From the home page, members have quick and easy access to relevant information about our conferences, con-ed, OPTA meetings and networking events. If you haven't visited yet, be sure to check it out!

OPTA is one of five chapters selected by APTA to participate in a pilot project with APTA's consumer site, MoveForward.org. We will share more details as APTA rolls out this effort, however this is one of the many examples of how OPTA is recognized as an innovation hub for building public awareness for physical therapy. Despite this, we need members to help us continue with our work to enhance the web experience for members and to develop the site as a source of vibrant information for members and consumers.

How you can help us improve our web presence:

Promote the OPTA website in your professional and social networks. A shared link, Facebook post, tweet, or conversation about content and resources on the OPTA site will support our efforts to direct web-traffic to OPTA

Connect patients and the public to APTA's MoveForward.org by linking directly to the site or including it as a reference in your patient education materials. MoveForward.org will offer valuable consumer information and a customized experience for Oregonians

Contact me, Christina Howard, with your offer of service to develop and improve OPTA's digital media for members and the public. Examples of services needed include website content development, strategic communications plan development, data and analytic review

Keep watching the site for continued improvement and new information!

OPTA
OREGON PHYSICAL THERAPY ASSOCIATION

Motivations, Inc.
Accredited Continuing Education Courses
C E U

We follow the PT State Licensing Boards guidelines for WA and OR. Motivations Inc is an AOTA approved provider.

 # 110 Brian Hoke's Practical Applications to Biomechanics of the Foot and Ankle

Las Vegas, NV
Sean Early Physical Therapy
June 9-10, 2018
Brian R. Hoke, DPT, SCS

 # 217 Adult Neuro-Handling Techniques...Concepts for Stabilization and Function

Spokane, WA
St Luke's Rehab Institute
November 17-18, 2018
Michelle Mioduszewski, MS, OTR/L

 # 214 Core Competencies for Traumatic Brain Injury Rehabilitation

Seattle, WA
Highline Physical Therapy
October 27, 2018

Sheldon Herring, Ph.D.

 # 254 Assessment & Treatment Strategies for Stroke Recovery

Seattle, WA
Highline Physical Therapy
September 15-16, 2018
Ewa Jaraczewska, PT, CKTI

For information visit: www.motivationsceu.com admin@motivationsceu.com

Community Health Opportunity

Jose Reyna, PT, DPT

The National Association of Chronic Disease Directors (NACCD) selected OPTA as one of three national grant recipients to increase awareness and implementation of the Walk With Ease (WWE) self-directed intervention program for arthritis management. WWE is an evidence-based program designed to help those with arthritis continue to move. If you are interested in offering this program at your facility, please feel free to contact me at (503) 352-2615 or reyn1741@pacificu.edu. For additional information, please visit https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/ and http://www.opta.org/news

New Oregon Pain Module Available

Denise Taray, RN, Oregon Pain Management Commission

The Oregon Pain Management Commission has officially published their pain educational module and released the following announcement:

Thank you for your support during the development process.

Announcing the release of the Oregon Pain Management Commission's (OPMC) web-based pain education module Changing the Conversation About Pain: Pain Care is Everyone's Job. The Module and Pain Care Toolbox are now available from the OPMC's website or at www.oregonpainmodule.org.

In addition to meeting the Oregon requirement for completing the web-based training provided by the Oregon Pain Management Commission, clinicians who complete the module will now qualify for CME. The Oregon Medical Association designated this educational module for a maximum of one (1) AMA PRA Category 1 Credit(s)™.

Pain science and pain treatment have changed significantly in the recent years and this module reflects that change. The module is designed to apply to all levels of healthcare professionals and will provide the tools to improve pain care, better manage the impact of pain and decrease risks associated with opioid use.

The new module, Changing the Conversation about Pain: Pain Care is Everyone's Job was launched on January 30, 2018. This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the Joint Providership of the Oregon Medical Association (OMA) and the Oregon Pain Management Commission (OPMC). The OMA is accredited by the ACCME to provide continuing medical education for physicians.

MULTIPLE SCLEROSIS MSYP YOGA PROGRAM

JOIN US FOR **ADAPTIVE YOGA**

Weekly adaptive yoga classes specifically designed for individuals with Multiple Sclerosis or other chronic illnesses that affect mobility. All levels of disability and mobility are welcome to attend. The class is taught by a certified instructor on the PCC Cascade campus each Saturday morning.

First class is free • Easy parking
ADA accessible

For information about the class, the instructor and costs, visit our website:

www.msyogaprogram.org

Or, call Susan (503) 230-2074
or Betsy (503) 319-4679

We welcome new classmates!

Thanks to Our Sponsors

GOLD SPONSORS

PT Northwest

Therapeutic Associates, Inc.

Welcome New and Returning OPTA Members

Elizabeth Aitken, PT, DPT
Clarizza Astrero, PT
Tyler Bohnet, PT
Jeff Bonezzi, PT
Grant Bortnem, PT, DPT, OCS
Anne Bower, PT, DPT
Brooke Carmen, PT, DPT
Melissa Clay, PT, DPT
Aimee Craig, SPT
Maria Cress, SPTA
Dana Detweiler, PT, DPT
Gina Downes, SPTA
Gretchen Dumestre, MSPT
Alexandria Fagundes Fernandes, PT
Kimberly Fischer, PTA
Cheryl Fletcher, PT
Rosa Garnatz, SPT
Brianne Garrelts, PT, DPT
Sarah Hall, PT, DPT
Mariel Hammond, PT
Sierra Hill, PT, DPT
Jennifer Junkin, PT, DPT, OCS, MTC
Tessa Kush, SPT
Lilac Langaroodi, SPT
Lauren Lash, PT
Lydia Martin, SPTA
Lindsey Mayo, PT, DPT
Scot Morrison, PT, DPT, OCS, CSCS
John Pauley, PT, DPT
Lance Ranek, SPT
Kirsten Ripple, PT, DPT, SCS
Mary Roberts, SPT
Marvin Sanchez, PTA
Tracy Schuller, PT, DPT
Hannah Shrigley, SPT
Nicole Stavale, PT, DPT, OCS
Matthew Wenska, PT, DPT
Christopher Williams, PT

Classified

Eugene, OR: Physical therapy clinic for sale. Excellent reputation with over 25 years in existence. Current payer/revenue mix is Medicare, private health insurance, and cash.

Seller willing to work as an employee during transition. Experienced office manager/biller willing to stay on to assist new owner. Practice has significant potential for growth.

Seller owns the building, approximately 1100 sq. ft, recently remodeled with 2 private treatment rooms and a room suitable for small gym. Off-street parking. Sale includes all furnishings. Long-term lease available, including a right of first refusal to purchase the building.

If terms are agreeable, Seller willing to carry a promissory note at a favorable interest rate for a limited time. Potential buyers will be required to sign a confidentiality/non-disclosure agreement prior to seller providing detailed financial information for buyer's due diligence. If interested, please contact Diana E. Godwin, Attorney at Law, at dianagodwin@earthlink.net.

Let's Talk about Ethics in Physical Therapy Practice

Christina Howard, MPT, howardc@lanecc.edu

For many years, OPTA has maintained an Ethics Committee in accordance with our bylaws and APTA guidelines. Paul Shew, PT, DPT has served as our chair for many years, and I hope members can take some time to personally thank Paul for his willingness to serve.

APTA now supports a model where Chapters convene an ad hoc Ethics Committee when an ethics complaint or concern is brought to the chapter. This shift in committee structure allows a mechanism for members and the public to bring issues forward and for committees to carry out focused work when needed.

The board will be looking at its bylaws, discussing OPTA governance needs and exploring realignment with APTA and other state chapter's ethics committee structures. Please contact me if you have an interest or other member recommendation for possible ad hoc ethics investigation work.

APTA has excellent resources that inform ethical decision making and practice: http://www.apta.org/EthicsProfessionalism/. One of your member benefits is the Ethics in Practice PTNow modules, so be sure to check out monthly professional development opportunities and case-based scenarios that inform ethical decision-making in contemporary physical therapy practice.

The ATM2: A Novel Treatment for Scoliosis

Clare Lewis PT, DPT, hclarelewis@gmail.com

The ATM2 is a standing treatment table that was originally designed to treat low back pain. It is based on a method designed by a New Zealand physiotherapist named Brian Mulligan. Mulligan developed a method he called mobilization with movement that was different from the usual passive mobilizations applied by PTs, chiropractors, osteopaths and other medical practitioners. Rather than mobilize a joint that isn't moving correctly by pushing on it while the patient stayed motionless, Mulligan discovered he got good results if he mobilized a joint while the patient actively moved during mobilization. This method has proved to be as effective as the traditional method of mobilization in many circumstances, and in addition, it has the added benefit of having the patient actively involved while performing movements in weight bearing, which is more functional. Mulligan called this "active therapeutic movements" (ATM). These techniques are reasonably easy maneuvers for the therapist to perform except when treating the low back. In this case, the therapist has to support some of the body weight of the patient which quickly becomes labor intensive. Thus the ATM2 was designed collaboratively by a PT and his brother, an engineer.

The ATM2 was designed to perform the active therapeutic movements specifically for the low back initially, and only later utilized for multiple joints including the neck, the shoulder and the hips. As more and more clinicians started using the ATM2, several began to notice that some of their patients appeared to have postural improvements. One of these clinicians decided to document the changes that he was noticing and collaborated with the University to objectify the results he noticed visually. The findings ultimately resulted in a published article demonstrating the use of the ATM2 for the treatment of scoliosis. By measuring the Cobb angle and other objective measurements, the ATM2 was

Continued on page 14

ATM2, continued from page 13

shown to be effective in improving posture and helping to decrease back pain in a person suffering from lifelong scoliosis.

Subsequent research with multiple subjects resulted in a second article that demonstrated similarly successful outcomes as the initial case study. Since these publications, several more patients have achieved favorable results, motivating some patients to purchase a home model designed for easy self use with the objective to help maintain and even provide continued improvements along with a means to help with pain control.

These exercises using the ATM2 above would be used to treat a right sided Thoracic scoliosis (R SB and L rotation: model shown doing RSB and R rotation for camera view). The exercises are simple and pain free.

Follow Your Pathway to Success

Discover Visceral & Neural Manipulation

VISCERAL MANIPULATION: Abdomen 1 (VM1)

Ottawa, ON	Apr 5 - 8, '18	Denver, CO	Aug 23 - 26, '18
Chicago, IL	Apr 14 - 15 & Apr 21 - 22, '18	Madison, WI	Aug 23 - 26, '18
		Tucson, AZ	Sep 6 - 9, '18
Anchorage, AK	May 3 - 6, '18	Albuquerque, NM	Sep 13 - 16, '18
San Francisco, CA	May 17 - 20, '18	Honolulu, HI	Sep 13 - 16, '18
Philadelphia, PA	Jun 7 - 10, '18	Boston, MA	Oct 4 - 7, '18
White Plains, NY	Jun 28 - 1, '18	Vancouver, BC	Oct 4 - 7, '18
Bozeman, MT	Aug 2 - 5, '18	Seattle, WA	Oct 11 - 14, '18
Austin, TX	Aug 16 - 19, '18	Portland, OR	Oct 18 - 21, '18

NEURAL MANIPULATION: An Integrative Approach to Trauma (NM1)

Houston, TX	Mar 23 - 25, '18	Portland, OR	May 18 - 20, '18
Minneapolis, MN	May 4 - 6, '18	Chicago, IL	Jun 1 - 3, '18

Jean-Pierre Barral
DO, MRO(F), RPT
Developer

Additional dates and locations:

CALL
866-522-7725
CLICK
Barralinstitute.com

THE BARRAL INSTITUTE

Inquire about our Core-Pak Training and Certification Package

SAVE MORE THAN 30% | SATISFACTION GUARANTEED!

START TRAINING NOW!

$100 PER MONTH

OPT-PACnews

Jeremy Hilliard, PT, DPT, Oregon Physical Therapy PAC Chair

As we begin 2018, a highly anticipated election year, the Oregon Physical Therapy PAC is beginning the year with a balance of $4762. Nearly half of this was contributed within the past three months, $1285 from year-end contributions in December and $1095 from attendees of the recent OPTA State Payment and Policy Forum held in Salem on February 15, 2018. Last year, we contributed a total of $2500 to five Oregon senators and representatives. This is not uncommon in a non-election year, but we are hoping to be much more active during a campaign year. Compared to other state PACs, we are relatively small, yet our activity remains strong and growing. Our message is one thing, but without an audience it falls silent. PAC dollars help us gain that audience with our state representatives. This is where you can play a part… we need your donations!

The OPT-PAC exists solely on voluntary contributions; no dollars come from membership dues or other sources. PAC funds are used as campaign contributions, not to "buy votes," but to gain access to state legislators to educate them on topics of interest to physical therapists. These monies are distributed on a non-partisan basis by the Government Affairs Committee using a variety of factors including 1) candidate electability, 2) candidate "friendliness" toward PT issues, 3) appropriate contribution amount, and 4) timing of contributions. Without your generous and voluntary donations, we are unable to support our PT-friendly legislators. Legislative involvement at the state and federal levels is vital for our profession now and moving forward.

Please note that OPT-PAC contributions support Oregon state legislators and are separate from PT-PAC contributions used to support federal legislators through APTA. No money is exchanged between the OPT-PAC and APTA's PT-PAC.

Please support your profession and your patients here in Oregon by donating to the OPT-PAC today.

Remember that Oregon's tax credit (not deduction) allows individuals to take $50 ($100 for couples filing jointly) off of their Oregon State income tax obligation, with some income restrictions.

If you would like to make a contribution by check, please mail to:

Oregon Physical Therapy PAC
c/o Jeremy Hilliard
401 Donald Lane
Newberg, OR 97132

Secretary's Report

Jeremy Hilliard, PT, DPT, OPTA Secretary

In an effort to keep OPTA members better informed of Board activity, I plan to submit a quarterly report regarding major board actions and discussion. As a reminder, Board meetings are open to all members who would like to attend.

Our most recent Board meeting was held on January 18, 2018. Among the discussion points was the continued partnership with Update Management as the OPTA's Association Management Company. The Board discussed the importance of having committee members try to have volunteers complete committee work so that staff hours are used in a more strategic manner in an attempt to avoid exceeding the allocated 1200 hours annually. Financially, our organization continues to be healthy, although the Treasurer noted that expenses are increasing while income is decreasing. The Board continues to keep in mind that its fiduciary responsibility is to the OPTA's members and decisions made are with their best interest in mind.

The Board next had a strategic plan review discussion surrounding the outcomes of the 2017 Annual Planning Retreat. Key strategic goals surrounded the following: 1) continuing strong advocacy work, 2) developing a systems approach for member-led initiatives, 3) building public awareness of PT, 4) developing communication between the OPTA Board and members, 5) establishing leadership development opportunities for members, 6) Board governance structure, and 7) continued leadership in national policy making for APTA. For each of these topics, Board members are working to establish and develop SMART goals for 2018 and beyond.

With the upcoming Annual

Continued on page 16

OPTA
OREGON PHYSICAL THERAPY ASSOCIATION

Thank you to the many generous Supporters of the 2018 OPTA Annual Conference! Our event doesn't happen without your help and we appreciate you being a part of the success.

Thank You!

to our 2018 Gold Sponsors & Exhibitors!!
Gold Sponsors: **PT Northwest and Therapeutic Associates NW**

Exhibitors: **Infinity Rehab, Samaritan Health Services, MSR West, California Medical Devices Inc, American Seating & Mobility, Hocoma Inc, Supplemental Healthcare, THERA TEK USA, Therapists Unlimited, Western University of Health Sciences, The Gatti Law Firm, Mobilegs, Biodex Medical Systems Inc, Numotion, eviCore Healthcare, Cardon Rehabilitation & Medical Equipment Ltd., WS Enterprises**

Thank you to Infinity Rehab for the Lunch Sponsorship

Thank you to **Pacific University School of Physical Therapy & Athletic Training** for the Morning Coffee Break and the Afternoon Coffee Break Sponsorship

Thank you to **The Gatti Law Firm** for the General Conference Sponsorship

Secretary's Report, continued from page 15

Conference, the Board had some discussion regarding service awards to be presented during the Business Meeting. Unanimous Board approval was given for each of the award recipients.

The Mercedes Weiss Service Award was established in 1976 to publicly acknowledge the outstanding contribution of members of the profession in one or more of the following areas: 1) clinical practice, 2) education, 3) administration, 4) research, 5) practice management. The Board is happy to announce the 2018 recipient as **Tyler Cuddeford**. Congratulations!

The Distinguished Service Award was first given in 1988 and is given to a candidate who has made a distinguished contribution of time, energy, or expertise toward furthering the goals of the OPTA and for the benefit of its members. This year's recipient is **Tasha MacIlveen**. Congratulations!

Finally, the Board discussed the creation of an annual award to specifically acknowledge leaders in advocacy and mentorship. While the official name is yet to be determined, the recipient of the inaugural award is **Ricci Susick**. Congratulations!

OREGON LOG

147 SE 102nd Ave.
Portland, OR 97216

OPTA
503.262.9247
Or tollfree at 877.452.4919
E-mail: info@opta.org
Web site: www.opta.org

Oregon Log Advertising Policy

The Oregon Log is published quarterly (four issues per year) in March, June, September and December. All display ads must be pre-sized in camera-ready form. OPTA reserves the right to not publish advertisements or articles of OPTA's choosing. Deadlines for the 2018 issues are: May 6 for the 2nd quarter issue, July 29 for the 3rd quarter issue, and November 4 for the 4th quarter issue.

Ad Size	Per Issue
Full Page - 10" high by 7.5" wide	$350.00
Half Page - 4.5" high by 7.5" wide	$200.00
Quarter Page - 4.5" high by 3.5" wide	$125.00

OPTA Announces Advertising Package Opportunities!
The OPTA publications committee has a advertising package plan that offers a variety of advertising opportunities. If you are interested in purchasing a package, please contact Kori Hasti at the OPTA office at 503.262.9247 or 877.452.4919 or via e-mail at info@opta.org.

Advertising Packages

Package Includes	Gold	Silver
Web site logo & link	1 year	N/A
Web site employment advertisement of 100 words	1 year	1 year
Newsletter display ads	1/2 pg ad for 1 year	1/4 pg ad for 1 year
Vendor listing in newsletter	4 issues	2 issues
Conference exhibit space	1 booth	25% off fee
Conference brochure vendor listing	1 listing	1 listing
Conference name displayed on vendor list	1 listing	1 listing
Package prices:	$2,000	$1,000

Classified: Classifieds are charged at the rate of $75 per classified ad which includes up to 150 words.

Oregon Log Editorial Policy: The Oregon Log is the newsletter of the Oregon Physical Therapy Association and is published quarterly. Opinions expressed in this publication are those of the attributed author and do not necessarily represent those of the Association or the Board of Directors. Reprint of any article or information published herein is available only by permission of the editorial office. Circulation is to OPTA members. Copies are available to non-members for $4.00 each, post paid. OPTA reserves the right to not publish advertisements or articles of OPTA's choosing.