

President's Message

It is still very early in my presidency, and I look forward to the component leader training I will have received from APTA during CSM in Chicago as you read this message. But, already, what a ride it has been!

In my travels across the state thus far, as I wrote in my last President's Message, I have listened and learned from you physical therapists, physical therapy assistants, and students mainly in southeast Louisiana. Nearly to the person, you expressed a desire for patients to be able to access our services without restriction. And why not? In 17 other states, patients can go to a therapist without a referral. There are many other states working toward this goal as well.

So, at the annual LPTA planning retreat in mid-January, I invited Dave Pariser and Paul Hildreth to attend to give your Board of Directors an appreciation of the history of LPTA's fight to achieve the direct access we currently have. (They are both Past-Presidents and Dave is our APTA Board Liaison.)

It all began as a mandate from members in 1988, and there were many ups and downs in the legislature to fight for the patient access that was finally approved in 2003. Paul gave an inspiring talk about the details of this history and how communication and planning and timing and perseverance and a bit of serendipitous luck came into play. Dave rounded out the discussion with current legislative efforts by states to ensure patient access to physical therapy services, and was a great resource throughout the weekend enlightening us on APTA's stance on various issues.

As President, I am aware that there are so many other issues before us, involving reimbursement, workers comp, education, competency, and advocacy. And as President, I am still listening and learning, but I do want you as members to know that your input and desires for the profession are not taken lightly.

In this issue you will note a nice article by Paul Hildreth regarding our PT-PAC and I want you to be acutely aware that now more than ever we need to support the PT-PAC at both the state and national levels. With the upcoming elections, APTA has a finger on the pulse of current events, and is always advocating for us on Capitol Hill. But, without those PT-PAC dollars, they cannot fight those fights. Please consider giving at the Century or Eagle levels this year.

Here is the former Membership Chair coming out in me again, but may I say that as members you should be up in arms that PT's and PTA's you work with and students you are in class with are not current members? They are reaping the rewards of all of us paying members on advocacy, education, patient awareness of our services, reimbursement issues, etc. It is time in Louisiana for more PT's and PTA's to be members of our professional association! The more members we have, the larger vote we have in the House of Delegates, our ruling

(Continued on page 3)

2012 Spring Meeting

The LPTA 2012 Spring Meeting is fast approaching. It will be held in Bossier City, Louisiana on March 2-4 at DiamondJacks Casino & Resort.

Robert Wainner, PT, PhD will present a 12 hour course entitled 'Current Best Evidence Update for the Management of Selected Hip Disorders.' This course will also include 3 hours of lab. If attending, please bring your own bubble goniometer and mobilization belt.

For hotel information, please refer to page 10.

The tentative schedule is available on page 8 and a registration form is on page 9.

Hope to see you in Bossier City!



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UPCOMING EVENTS

Mark Your Calendar NOW!

2012

March 2-4

LPTA Spring Meeting
Shreveport, LA

March 29

LPTA Day at the Capitol
Baton Rouge, LA

April 20-24

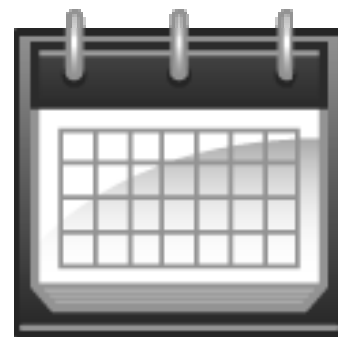
APTA Leadership Conference
Washington, DC

September 28-30

LPTA Fall Meeting
Baton Rouge, LA

November 2-4

APTA National
Student Conclave
Arlington, VA



Bayou Bulletin Publisher Information

The *Bayou Bulletin* is published six times a year by the Louisiana Physical Therapy Association, (LPTA). Copy and advertising inquiries should be directed to LPTA. Advertising rate sheets and deadlines for each issue are available upon request.

Newsletter Chairman, *Kinta LeBlanc*
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LPTA MEMBERSHIP UPDATE

Please continue to encourage your fellow PTs, PTAs and students to join or renew their APTA/LPTA membership!

	Current	Last Year
Active members	683	624
Life Members	28	24
PT Students	188	200
PTAs	98	76
PTA Students	<u>36</u>	<u>2</u>
Total	1,033	926

(Continued from page 1)

body that makes decisions that affect how all physical therapists practice now and into the future. Push your co-workers and classmates to be members. Tell them why you value your membership. It is this grass-roots effort that brings new members in to help us be strong.

In closing, I look forward to seeing you at the Spring Meeting at Diamond Jacks in Bossier City March 2-4. I will be available to discuss any issue with you. Thank you for being members of APTA and LPTA. You are making a difference as our profession moves forward!

APTA's PT-PAC Needs YOU!

The PT-PAC allows the physical therapy profession to have access to Members of Congress and candidates who are running for Congress in the upcoming elections. It is vital to educate both groups and to help them understand that physical therapy is a high quality method of care that will save money for the health care system. This year's election will be very important as we could see many changes in Congress because of redistricting and the closeness of many races since both houses of Congress could change hands.

Here are some of the major legislative issues that the PT-PAC is championing to Congress:

- To identify, develop, and advance payment models that reflect the value of the physical therapists in health care,
- To improve access to physical therapists by the elimination of regulatory, legal, and payment policy barriers, to eliminate physician referral for profit in physical therapy,
- To achieve eligibility for physical therapist students in federal student loan forgiveness/scholarships, To increase funding for rehabilitation research, To ensure that all models of care delivery, such as medical homes and accountable care organizations (ACOs), enhance patient access to rehabilitation services and preserve patient choice, To advocate for physical therapy services to be a mandated benefit under the Medicaid program.

We need every physical therapist, physical therapist assistant and all students to donate to the PT-PAC so we can have a positive effect on these issues. Currently only 12.3% of the LPTA contributes to the PT-PAC which is only 127 members. Eight of those members are Eagle contributors (\$500), two are Double Eagles (\$1,000) and 46 are Century Club (\$100). Any amount is accepted but the Century Club level is the first recognized level. If 500 more members each gave \$20 that would increase the LPTA's contribution by over 50%. Additionally, it is strong PR to be able to tell our members of Congress that over 50% of LPTA members contribute to our PAC. Students have a special \$20 level called the Student Stars. Please consider donating to the future of your profession by contributing to the PT-PAC.

We'd like to recognize the LPTA's Eagles and Double Eagles:

Mr Stephen Wayne Brittain
Mr Marc David Cavallino
Ms Sharon L. Dunn (Double Eagle)
Paul A. Hildreth
Mr K. Bart Jones
Dr Seth A. Kaplan
Karl L. Kleinpeter
David W Qualls (Double Eagle)
Freddie Ann Regan
Beth Ward

Please contact me if you have any questions. If you would like to donate to the APTA PAC, you may do so by going to their website, www.ptpac.org.

Paul Hildreth, LPTA PT-PAC Ambassador

Smart Phone Apps for You!

By: Aimee Kramer, PT



As technology in health care moves forward, physical therapists are adapting with these changes. I have researched several applications for smart phone users to begin the discussion of what truly will work in the clinical settings. I hope you are able to use the applications effectively and avoid others. Your feedback from using these programs is welcomed on our Facebook page for LPTA or by email at akramer@physicaltherapyinc.net. Your comments will be passed on to our fellow therapists in other newsletters.

Smart Phone Technology:	Is It For You The Practicing Therapist?
<p>My Therapy Exercise: Priced: \$4.99</p> <p>Endorsed by the APTA. Used by patients to have follow directed exercises chosen by the therapist including set up, positioning, and precautions. Instant access for patients at any part of their day.</p> <p>Available for Iphone/Ipad</p>	<p>Goniometer: Priced: \$3.99</p> <p>This is a patient favorite with good reviews and may be handy in any situation where a quick measurement is needed. Similar apps available on Android systems.</p> <p>Available for Iphone/Ipad</p>
<p>Muscle and Bone Anatomy in 3D: Priced: \$6.99</p> <p>Allows therapists to educate patients on anatomy of specific impairments and functional limitations. Quizzes and videos available. Stellar reviews.</p> <p>Available for Iphone/Ipad</p>	<p>KneeDecide: Priced: \$4.99</p> <p>Also available for the shoulder and the spine. Educates patients on their medical problems along with treatments for common conditions. View joints in 3-D. Positive reviews for all joints noted online.</p> <p>Available for Iphone/Ipad .</p>
<p>iPT: Priced: \$4.99</p> <p>Includes balance tests such as Berg, Tinetti, and Timed Up and Go. Stores individual patient data from testing. Limited downloads and less than average ratings</p> <p>Available on Android or Iphone/Ipad</p>	<p>Stop Watch and Timer: Priced: \$.99</p> <p>Easy use for balance tests or managing time of visits. Stores repeated bouts of activity. Great reviews posted. Similar apps available on Android systems.</p> <p>Available only on Iphone/Ipad .</p>
<p>iOrtho App: Priced : Free/\$9.99/\$14.99</p> <p>Allows therapists to reference over 170 orthopedic special tests and 85 joint mobs on your phone. References evidence based practice and clinical practice.</p> <p>Available IPhone/Ipad and Android</p>	<p>NP TE Quiz Priced: \$4.99</p> <p>For students wanting extra questions and practice before testing. Several other offerings available. No significant reviews so it will be a hit or miss.</p> <p>Available Iphone/Ipad and Android systems.</p>

Membership Business

Hello all! My name is Jake McKenzie, and I'm currently serving as your Membership Chairman. My goal is to improve the quantity and quality of membership for our state. Beth Ward did an excellent job as outgoing chairman as we now have over 1,000 members in the state and over 80,000 members in the nation! Here are the numbers:

Louisiana
PTs - 711
PTAs - 98
Student PT/PTAs - 224

National
PTs - 55,548
PTAs - 5,647
Student PT/PTAs - 81,179

Our numbers are up 5.52% statewide and 4.73% nationally. We look forward to continuing this wave of momentum by talking with students across the state and helping them understand the importance of membership. Also we are continuing the Each One, Reach One campaign, where each member is asked to reach out to a nonmember asking them to join. All the efforts are appreciated as we continue working hard toward our goals.

Sincerely,

Jake McKenzie, DPT

Making a Difference in Fitness

The generosity of several PTs has helped many children in Louisiana. These clinics' and individuals' selfless donations to PT Legislative Day has made the difference. We thank these kind people for their gifts and hope you join them this year in making a difference in fitness for Louisianans.

PT Legislative Day has two aspects: a hand on approach and a fitness component. The first aspect is working with Legislators demonstrating and educating them on our knowledge and skill level. This is where we shine, showing them our competence and expertise.

The second aspect is the *Committee Room Run Award*. The Legislator who takes the most steps with a LPTA pedometer wins the title "Louisiana's Fittest Legislator". Then the LPTA donates \$1000 to a recreational center in the winner's district. This promotes fitness among kids. 100% of your donations go directly to helping kids.

Over the last few years you have made PT Legislative Day one of the most anticipated groups the Legislators love to see! You are invited again to be part of this exciting event by volunteering and/or donating.

Donations can be sent to the LPTA. For more information please feel free to contact one of the following people:

Älice Quaid, PT Legislative Day Coordinator:
Phone: 504.338.6008 Email: coretouchtherapies@msn.com

Susan Blanchard, PT, Donation Coordinator:
Phone: 985.705.3225 Email: susanhblanchard@gmail.com

Melinda Wilk, Senior Association Coordinator:
Phone: 225.922.4614 Fax: 225.408.4422 Email: office@lpta.org

Come join us Thursday
March 29, 2012
at the Capitol.



**2012 Spring Meeting
Equipment Requirements for
Current Best Evidence Update for the
Management of Selected Hip Disorders
Presented by Robert Wainner, PT, PhD**

Are you attending the 12 hour course being presented at the 2012 Spring Meeting in Bossier City, LA March 2-4? If so, 3 hours of the course will be a lab. For this lab, please bring your own bubble goniometer and mobilization belt.

If you have any questions, please contact the LPTA office at office@lpta.org or (225) 922-4614.



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225-297-5383

tdaigle@donniejarreau.com

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LPTA Spotlight: Kayla Prather Bercier, PT, DPT



By Kinta LeBlanc, PT, DPT

Double-duty Kayla Prather Bercier is in the spotlight this month. Not only is she serving as the LPTA Secretary, she is also one of the delegates to the APTA House of Delegates. But working hard and service is nothing new to Kayla.

Even as a physical therapy student she shared her talents for the greater good serving as a member, as well as president, of the LSUHSC SAHP Student Government Association. She also served her physical therapy classmates as the student liaison to the LPTA Board of Directors, as well as the secretary of the Student Special Interest Group of the LPTA.

Her involvement in the field of physical therapy began as far back as 2002 when she was a physical therapy technician in Eunice. As a physical therapist she's still a Southwest Louisiana gal, working in Crowley at Select Physical Therapy since May 2010.

She tied the knot last October to Dr. Anthony Bercier, and in June they will welcome their first child; will he or she become a dentist or a physical therapist like his or her folks? No doubt their little one will be active given Kayla's hobbies which include deep sea fishing, rock climbing and "anything outdoors".



The LPTA would like to thank Kayla for sharing her time and talents with us, and we wish her and Anthony congratulations on the upcoming addition to their family.

Spring Meeting

Tentative Schedule of Events

Friday, March 2, 2012

1:00 pm—4:00 pm	LPTA Board of Directors Meeting
1:00 pm—7:00 pm	REGISTRATION OPEN
1:00 pm—6:00 pm	Exhibit Setup
4:00 pm—5:00 pm	Committee Meetings Clinical Instructors' Meeting PTA Meeting
5:00 pm—6:00 pm	LPTA Business Meeting with Open Forum
6:00 pm	EXHIBITS OPEN
6:00 pm—7:30 pm	WELCOME RECEPTION with Exhibitors

Saturday, March 3, 2012

7:00 am –7:45 am	Registration EXHIBITS OPEN Continental Breakfast in Exhibit Hall
7:45 am—9:15 am	Current Best Evidence Update for the Management of Selected Hip Disorders
9:15 am—10:15 am	EXHIBIT BREAK
10:15 am—11:45 am	Current Best Evidence Update for the Management of Selected Hip Disorders
11:45 am—1:30 pm	LPTA BUSINESS MEETING WITH LUNCH
1:30 pm—3:45 pm	Current Best Evidence Update for the Management of Selected Hip Disorders
3:45 pm—4:00 pm	BREAK
4:00 pm—6:00 pm	Current Best Evidence Update for the Management of Selected Hip Disorders

Total Number of Hours on Saturday: 7.25 hours

Sunday, March 4, 2012

7:30 am—7:45 am	Continental Breakfast
7:45 am—9:15 am	Current Best Evidence Update for the Management of Selected Hip Disorders
9:15 am—9:30 am	BREAK
9:30 am—11:00 am	Current Best Evidence Update for the Management of Selected Hip Disorders
11:00 am—11:15 am	BREAK
11:15 am—1:00 pm	Current Best Evidence Update for the Management of Selected Hip Disorders

Total Number of Hours on Sunday: 4.75 hours

Louisiana Physical Therapy Association Spring Meeting

Name: _____

Spouse/Guest's Badge Name (if applicable): _____

Company: _____

Business Address: _____

Street

City

State

Zip

Business Phone: (_____) _____

Email Address: _____

Home Address: _____

Street

City

State

Zip

Home Phone: (_____) _____

Licensure: PT PTA PT Student PTA Student ATC Other

Membership: APTA/LPTA Member Non-member

Where would you like your confirmation mailed: Business Home

REGISTRATION FEES:

	Early Bird Postmark by February 10	Regular** After February 10
PT/PTA Member	\$315	\$340
PT/PTA Non-Member	\$440	\$465
APTA Life Member	\$75	\$85
Resident PT/PTA Member	\$160	\$170
Resident PT/PTA Non-member	\$220	\$230
Athletic Trainers (Non-PTs)	\$315	\$340
Physicians/PA/Other Licensed	\$315	\$340
Student Member	\$75	\$85
Student Non-member	\$105	\$115
Spouse/Guest*	\$40	\$45
* includes social events and exhibits		
Luncheon Ticket Only (for non-registrants)	\$25	\$25
Saturday Only (PT and PTA members)	\$200	\$210
Exhibits Only Pass-Member	\$20	\$20
Exhibits Only Pass-Nonmember	\$45	\$45

Total Amount Enclosed: \$ _____

**\$10 will be added for on-site registrations.

Credit Card: (Circle one) American Express Discover MasterCard Visa

Card Number: _____

Expiration Date: _____

Cardholder's Name (Please print): _____

Signature: _____

Credit card registrations may be faxed in or mail registration form with check payable to LPTA to:
 Louisiana Physical Therapy Association
 8550 United Plaza Blvd., Suite 1001, Baton Rouge, LA 70809
 Phone: 225-922-4614 Fax: 225-408-4422
 Email: office@lpta.org



Call for Governmental Affairs Chair

LPTA would like to thank Chris Juneau for serving as the Governmental Affairs Chair. He brought energy and enthusiasm to the role, but has taken a position with his company that is taking him to New Mexico. We wish him the best.

We are now searching for just the right member who will fulfill the duties of that role, working closely with David Tatman, our lobbyist, who is an invaluable resource. This is an elected position, but because the current chair is resigning, the BOD will appoint his replacement to finish out his 2-year term which ends in January, 2014.

The Governmental Affairs Chair serves as a voting member on LPTA's Board of Directors, and thus will attend BOD meetings at the planning retreat in January, plus the Spring/Fall Meetings. Plus, this person will:

- Chair the Governmental Affairs Committee meetings.

- Develop legislative strategy with David Tatman Group, BOD and committee.

- Develop legislation proposed by membership/Gov. Affairs committee and lobbyist.

- Communicate with membership via email and mail regarding legislative activities.

- Develop and maintain legislative/LPTA "buddy list" and phone tree.

- Review bills sent by LPTA lobbyist group that impact the profession of PT and Louisiana PT practice.

- Attend Spring and Fall Chapter meetings.

- Participate in lobbying during legislative session.

- Report at Spring and Fall Meetings and BOD meetings.

Please search your heart for a call to serve. Thanks to Chris' work, you have a great committee already in place from districts across the state, you have a wonderful, well-respected lobbyist with whom you will work closely, and APTA provides valuable resources for this position as well.

Please contact Beth Ward, PT at (318) 470-9427 or bethwardpt@gmail.com to discuss this position.

2012 Spring Meeting Hotel Information

The 2012 Spring Meeting will be held at DiamondJacks Casino & Resort in Bossier City, LA. Hotel rates are \$79.00 per night for Thursday only and \$109.00 per night on Friday and Saturday night.

Please make your reservation by February 9 to ensure the group rate!

To make a reservation, please call (866) 552-9629.

Call for Public Relations Chair



The LPTA would like to thank Kinta LeBlanc for serving for over a decade in the role of Public Relations Chair. She has done an outstanding job in this role, but has recently changed employment and wants to focus on her new job and her home life and give another person the opportunity to grow in leadership in LPTA.

Haven't you loved her "Spotlight" articles and the way the *Bayou Bulletin* has progressed over the years? Kinta has been responsible on a bi-monthly basis for all of that!

What are the duties of this position?

The Public Relations Chair is an appointed position and thus is not a voting member of LPTA's BOD. We love for our Committee Chairs to attend the planning retreat in January and the Spring/Fall Meetings when we have BOD meetings. The Chair will serve a 2-year term with the following responsibilities:

- Submit written annual report to the Board of Directors.

- Submit written/verbal report as requested by the Board of Directors or Executive Committee.

- Submit information to editor for newsletter.

- Coordinate, inform, and forward any committee reports to editor timely for print.

- Assist editor in collecting/screening information to be printed in the *Bayou Bulletin*. Approve proof before printing.

- Coordinate and promote information-gathering procedures through committee members.

- Contact district chairs and committee chairs to request update regarding their activities.

Please, if you have an aptitude for creating, love your profession and want to make us shine in Louisiana, consider carefully your ability to serve in this position.

Please contact Beth Ward, PT at (318) 470-9427 or bethwardpt@gmail.com to discuss this position.

Study: Direct Access to Physical Therapists Associated with Lower Costs and Fewer Visits

The study, published ahead of print September 23 in the journal *Health Services Research* (HSR), reviewed 62,707 episodes of physical therapy using non-Medicare claims data from a Midwest insurer over a 5-year period. Patients who visited a physical therapist directly for outpatient care (27%) had fewer visits and lower overall costs on average than those who were referred by a physician, while maintaining continuity of care within the overall medical system and showing no difference in health care use in the 60 days after the physical therapy episode.

For full article go to <http://www.apta.org/Media/Releases/Consumer/2011/10/13/>



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