

the 2018 Review

We inspire, engage and empower you to reach your potential.



Highlights from APTA MA 2018

Hi Members!

APTA of MA has had a busy year working on initiatives to expand educational opportunities, social and networking events, advance our advocacy efforts for the practice and payment of physical therapy, improve access to member benefits through virtual attendance and more.

You have an amazing group of volunteers working to bring you all of this. We cannot do it alone and YOU are APTA just as much as we are.

Interested in getting more involved?
Email me at president@aptama.org

**I AM APTA.
YOU ARE APTA.
WE ARE APTA.**



This newsletter is intended to share with you some of what occurred this year with APTA of MA in case you missed it! Many of these events are now annual and we are always working hard at providing more value to you as a member and strengthening the position of our profession within the Commonwealth. We listened to your feedback that you want more updates on what's happening. You can expect to hear from us more in 2019!

Save the date for 2019!

**Leadership
Retreat**

January 5th

2:30-6pm

Worcester, MA

**PT Day on the
Hill**

April 22nd

10am-2pm

Boston, MA

**Annual
Conference**

October 26th

7am-5pm

Norwood, MA

2018 in Review

2018 Leadership Retreat.

We had the highest attendance in recent years at the 2018 Leadership retreat with over 70 attendees and many new faces. Agenda started with a back to basics approach to understanding APTA then launched into making advocacy easy with advice from Representative James O'Day and rounded out with setting plans for 2018.

Early Professionals form new Special Interest Group.

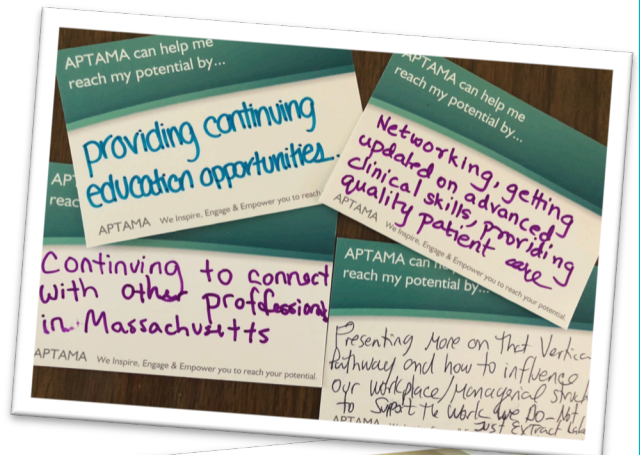
A passionate group of early professionals presented a proposal to the Board in September and was approved as our newest Special Interest Group. Their first act: *Are you at risk for burnout? A panel discussion.*

Defining our Why.

APTAMA board worked with an external consulting firm to review who we are and why we do what we do. Within a matter of hours, we paired it down to, "We inspire, engage and empower you to reach your potential." You will see this message integrated in our new strategic plan and what we do.

Payment for PT services.

We hired a second lobbying firm, Smith, Costello & Crawford, at the start of 2019 specifically to represent us and partner in driving advocacy related to payment for physical therapy services, working towards true direct access and working to improve cost transparency for patients.





Growth in advocacy for the profession.

- Greatest attendance yet at PT Day on the Hill with more meetings with legislators.
- Growth of the scope of PT practice fair at the MA capital building highlight what PTs and PTAs do to law makers.
- Advocacy grant to bring Western district students and therapists to MA Capital for PT Day on the Hill
- Two National Student Advocacy Dinners with over 60 total attendees.
- Successfully advocated to maintain the ability to practice dry needling.
- Amendment to the Health Care Bill related to cost transparency passed the house. While the Health Care Bill did not pass the House or Senate, we expect it will be back next cycle.
- Recognized Representative Dan Cahill and Carolyn Dykema for the 2018 APTAMA Legislator of the Year award.
- Expanding relationships with Blue Cross Blue Shield and MassHealth.



PTAs receive equal representation in MA Assembly of Representatives by unanimous vote.

Expanded Networking

First Annual Graduation Party

Over 30 third year DPT and second year PTA students joined APTAMA leaders at Idle Hands Brewery for brews and bites to celebrate their accomplishments of completing their programs and entering the profession.



First Annual Ski Trip

Attendees got an inside look at the adaptive sports program at Mount Sunapee and then hit the slopes with discounted lift tickets. This year's ski trip will take place the weekend of March 16-17th in Killington, VT.



APTA of MA on Tap Events

A growing number of APTA of MA Tap events hosted by your district representatives and special interest groups like the PTA special interest group.



Networking Breakfast at Annual Conference

All of your Special Interest Groups (SIGs), District and Committees set up to interact with members and answer questions related to chapter activities at the start of the day for MA Annual Conference.



Community Involvement

Working to combat the opioid epidemic

- Commitment to supporting the efforts of the Governor Baker's administration against the epidemic.
- Academic programs adopted core principles incorporating education related to opioid use, abuse and treatment into DPT programs and shared with this Department of Public Health.
- APTAMA treasurer, Kyle Rodehni, has spoken publicly about the role of PT in treatment of pain and prevention of opioid abuse.



Fall screening events

We have created a standardized tool kit for members to host fall screening events in the local communities. This has led to relationships with local senior centers and getting to support our older communities to #AgeWell.

Boston Heart Walk

APTA of MA has had a long standing support of the American Heart Association and this year had over 70 participants fundraise and walk in the Boston Heart Walk.



Active and Safe Transportation

Interest in joining the Active Transportation taskforce was overwhelming. This taskforce is getting involved with community programs for better bike and walking routes, transportation safety and supporting legislation to make our communities healthy and safe.

Educational Programming

APTAMA remains committed to providing high-quality, low-cost continuing education opportunities to members. Now with 10 special interest groups providing continuing education plus annual conference there is more than ever.

Expect to see even more virtual attendance options in 2019.



2018 Special Interest Group Highlights

- Improving Physical Therapy Delivery Models in Chronic Neurologic Conditions
- Neuro SIG: Highlights of CSM 2018
- Are you at risk for burnout?
- Keep them moving: the role of physical therapy for individuals with ALS
- PEDI-CAT: introduction and clinical application
- TAAP treadmill for students with autism and apraxia protocol
- Case presentation and discussion: Ehlers-Danlos Syndrome
- Management of selected pediatric shoulder conditions
- Post-operative rehabilitation following total shoulder arthroplasty
- Evident based evaluation and management of temporomandibular joint dysfunction
- Introduction to evaluation and treatment of upper cervical spine mobility deficits
- Conservative management of chronic exertional compartment syndrome in the running athlete



Thank you for being a member!

#PTFam

#MovementMatters

#ChoosePT

