



Long Beach/South Bay Chronicle

Volume V, Issue 1

February 2005

Your 2005 Long Beach / South Bay District Elected and Appointed Officials include:

Chair – Cuong Pho	Chief Rep – Stephanie Kaplan	Nominating Committee – Oscar Gallardo
Vice Chair – Covey Lazouras	Rep – Kelley Kubota	Nominating Comm – Mindy Winterswyk
Secretary – Lisa Smith	Rep - Chris Izu	Nominating Comm - Allyn Izu
Treasurer – Karen Frederick	Rep - Keith Ancheta	Nominating Comm - Marc Broberg
Student Liaison – Mindi Adam	Rep - Stephanie Pho (alternate)	Webmaster – Julie Hershberg
PR Chair – Stephanie Kaplan	Affiliate Rep – Oliver de la Paz	Affiliate Rep – Alice Tran (alternate)

Go to www.geocities.com/lbsapta for contact information under the Leadership link

Upcoming Events: Mark Your Calendar

Event:	DISTRICT MEETING
Date:	TUESDAY MARCH 1, 2005
Time:	6:30PM
Speaker:	CHRISTOPHER POWERS, PhD, PT
Topic:	Assessment of Abnormal Lower Extremity Mechanics; Implications for the Treatment and Prevention of Lower Extremity Dysfunction
Location:	Van Dyke Theater at Long Beach Memorial Medical Center; 2801 Atlantic Ave. Long Beach 90806.

Event:	DISTRICT MEETING
Date:	TUESDAY APRIL 19, 2005
Time:	6:30PM
Speaker:	TO BE ANNOUNCED
Location:	Rancho Los Amigos National Rehabilitation Center; Room 1150 of the Support Services Annex (SSA) 7601 E. Imperial Highway Downey 90242

THIS IS A COMBINED MEETING WITH THE **GREATER LOS ANGELES DISTRICT** (GLAD)

Event: CONTINUING EDUCATION COURSE
Dates: May 14th and 15th, 2005
Title: FUNCTIONAL BIOMECHANICS OF THE LOWER QUARTER: Implications for Movement Dysfunction and Musculoskeletal Injury

Speakers: **Christopher M. Powers, Ph.D., P.T.**
Associate Professor Adjunct
Director Musculoskeletal Biomechanics Laboratory
Dept. of Biokinesiology and P.T.
Dept. Radiology, Keck School of Medicine
University of Southern California

Stephen Reischl, DPT, OCS
Associate Professor of Clinical P.T.
Dept. of Biokinesiology and P.T.
University of Southern California
Reischl Physical Therapy, Long Beach

Location: USC Health Sciences Campus
Price: \$400.00 Long Beach South Bay APTA members; \$425.00 for APTA members;
\$680.00 non-APTA members

Long Beach/South Bay district members will receive advanced notification of the course for early registration. You can contact Covey Lazouras at clazouras@ladhs.org if you would like more information.

Chair Note

Happy New Year! I hope that everyone had a great start for 2005 and still keeping to their New Year resolutions. I began the New Year in Vietnam with my wife volunteering our time for a non-profit organization Health Volunteers Overseas. It was a priceless experience! If anyone is interested or wants more information, please contact me or log on to the websites: www.hvousa.org or www.geocities.com/lpsbapta.

The executive committee of the Long Beach-South Bay District began work in January setting goals and implementing changes based on its member's feedback. We greatly appreciate you taking the time to filling out the survey at the end of 2004 as this will help us to meet your needs. You will find that most of your requested changes are fulfilled. Here are some highlights that a majority of the members requested:

1. District meetings to start at 6:30pm on a Tuesday with the preferred locations to be Long Beach followed by Torrance.
2. The top topics were: vestibular rehab, residency/fellowship programs, bracing prescription, and PT in the gym setting.
3. The top topics for continuing education were: lower quarter biomechanics, pilates, and ortho/neuro rehab.

We are always looking to meet your professional growth. Please do not hesitate to call or email us. If one of us cannot assist you, then we will find someone that can.

On another note, there are still misperceptions of our profession. I still continue to hear: "PT does massages", "do you need to go to school to become a PT", etc. This has an affect on our profession salvation as decisions are made on our behalf based on these misperceptions. In order to maintain and advance our profession, the executive committee (working with CPTA) has set goals to increase public relations in the community and among our districts legislators. We welcome any ideas and/or assistance as it is up to all of us to protect the profession that we all worked so hard to obtain.

Thank you for your participation this year in the Long Beach South Bay District.

Sincerely,
Cuong Pho, DPT, OCS, SCS, CHT, ATC
Chair of Long Beach-South Bay District

Public Relations

The LBSB District has a new committee starting in 2005 called the Public Relations Committee. Members include Oliver de la Paz, Stephanie Kaplan, Kelley Kubota, Aimee Miltenberger and Alice Tran.

The global goal of the committee is to facilitate district business to meet CPTA goals. We have developed three initiatives this year...

1. Present a Move California presentation or support other health related events 15 times.
2. Facilitate meetings between members and each local senators or assembly member twice.
3. Promote internal and external events of the LBSB District.

The District has also been provided with \$1000 from the Chapter towards our public relations effort. More to come on how this money will be used to reach our goals. If you have suggestions or want to participate in activities of the Public Relations Committee, contact Stephanie Kaplan, Public Relations Chair @ Stephanie_Kaplan@hotmail.com

Submitted by: Stephanie Kaplan, DPT
Public Relations Chair

MOVE CALIFORNIA

Last year, the Long Beach/South Bay District started targeting elementary and middle schools in the Long Beach area with the intention to promote better backpack usage among kids and teenagers. The presentations were done through the schools' Parent Teacher Association (PTA) where it involved showing them a 20 minute Move California presentation followed by a short demonstration of correct backpack usage and proper body mechanics.

The presentations were well received by both parents and students with a lot of great feedback from the audience. The awareness brought about by the Move California presentations have made an impression not only on the parents of students, but on the schools as well. The Long Beach/South Bay District is proud to continue to promote this presentation to various schools in the Long Beach/ South Bay district and we are currently accepting invitations at this time. So, here's to another great year ahead of us and to helping promote the well-being of today's youths!

Submitted by: Oliver F. de la Paz, PTA
Affiliate Representative, Public Relations Committee

California Physical Therapy – Making Progress!

APTA credentialed Kaiser Permanente's Hand Therapy Fellowship and Kaiser's Movement Science Fellowship. These programs are the first to reach this status. Both programs will be honored at CSM.

CPTA is forming a task force on health, fitness and wellness. This is very important now as "the practice of physical therapy includes the promotion and maintenance of physical fitness to enhance the bodily movement related health and wellness of individuals through the use of physical therapy interventions". The CPTA is seeking members who have expertise in this area to participate on the task force. Call Lisa Ruport at the CPTA office (916) 929-2782 to express your interest.

CPTA Sponsored ConEd 2005

March 10-11, 2005 | Los Angeles

Diagnosis & Treatment of Movement Impairment Syndromes: Level I

Shirley Sahrman, PT, PhD

Mar 12-13, 2005 | Los Angeles

Diagnosis & Treatment of Movement Impairment Syndromes: Level II

Shirley Sahrman, PT, PhD

Registration:

Member \$359 per course OR \$699 for both Non-Member \$574 per course OR \$1118 for both

March 19, 2005 | Los Angeles

2005 California Workers' Compensation & Coding Updates for Outpatient Physical Therapy

John Wallace, PT, MS and Leslie Torburn, PT, MS Registration:

Member \$199; Non-member \$318

Office Manager \$125*

*Office managers can only attend if accompanying a physical therapist from the practice setting.

April 2-3, 2005 | San Jose

Foundations of Pharmacology and Radiology for Physical Therapists (Faculty TBA)

Registration:

Member \$259 per course OR \$359 for both

Non-member \$414 per course OR \$574 for both

April 30 – May 1, 2005 | Oakland, Samuel Merritt College

Medical Screening

William Boissonault, PT, DHSc, FAAOMPT

Registration:

Member \$359; Non-Member \$574

2005 Annual Conference in Southern California

MARK YOUR CALENDAR for CPTA's 2005 Annual Conference October 21-24 at the Doubletree Inn in Ontario.

Do you have something to say?

Do you know of an upcoming event, continuing education opportunity, editorial or have good news to share with the district? Email the district at lb_sbapta@hotmail.com and have it printed in the next newsletter. The newsletter is produced quarterly each year. If you would like to receive this newsletter electronically please email lbsbnews@aol.com. Type in your name, professional designation and email address.

Have you recently changed your mailing address or email address?

Help us keep updated records. Send an email to lbsbnews@aol.com so we can better serve you.

See Us on the World Wide Web <http://www.geocities.com/lbsbapta>. Or email us for newsletter and membership items: lbsbnews@aol.com or district business: lbsbnews@aol.com