



## The President's Message

### ArPTA President's Message

The health arena has changed dramatically in the past two months. When people undergo changes in their personal lives or their professional obligations and environment, the first response is typically anxiety or even worry. Many mental health professionals have discussed how a person's responses to a changing environment are the first indicator of their health status. Those able to adapt to the change and move forward are labeled as the healthiest with longest mortality, and those who are the least adapting are those they worry about the most. How are you personally coping with the changes brought into your environment with the recent recession and the latest changes in health reform legislation brought into being on the Federal level? Hopefully, you are educating yourself by reading about the changes which have occurred through the APTA website and other forums of discussion and preparing a strategic plan for your personal and professional lives. If you feel excessively worried or anxious about what might happen to you, your job, or your practice, please feel free to contact one of you officers and discuss your concerns. We may be able to help or point you in the right direction for answers. I personally feel that PT is alive and well and will continue to prosper in our newly defined environments.

I would like to take just a moment to address some of the questions I have been asked by interested (or worried and anxious) members over the past few weeks:

1. Is physical therapy going to be a part of the required new health plans all citizens will need to have by 2014? *The APTA made sure physical therapy benefits are required to be included in all health plans that will be created to meet the federal requirements.*

2. Will we still be reimbursed at the same level under the new plans? *No one really knows the answer to this. We will be reimbursed and hopefully at the same levels initially. There has been a cut in Medicare benefits but none of this should affect PT initially. After time, there may be more*

*rationing of benefits and some costs may be reduced but should not be eliminated under the present law*

3. What will happen to the volume of our businesses? *Discussion is rampant among experts in our profession on the expected changes in volumes over the next 4 years. By 2014, if the law stays as passed through both bodies of legislature, there should be a dramatic increase in demand for PT services in all non-Medicare areas. Potentially, there might be a shortage of available therapists but this is not known at this time.*

4. Will hospitals and tertiary care facilities be affected differently than outpatient facilities? *Again, the volumes would increase in most areas. If more persons are insured, the hospitals will have much less volume of "write-offs" and indigent care and will probably be more profitable. SNFs are under great scrutiny recently through CMS. The numbers of ultra-high patients (supposed to be 5% of the volume of a normal facility) have been abused by many entities and will be under strict review in the next few months. There may be changes from this review that might negatively affect employment and billing in SNF. SNFs should be less changed in volume from this new Health Reform Initiative.*

I write this note just having spent the last two days orienting Stanley Paris to Arkansas and helping him in the start of his week-long Spinal I course being offered for the first time in 11 years here in Arkansas. Stanley is impressed with where Arkansas is in terms of manual therapy and initiatives over the past three years. There was less turnout than wished for this course (18 participants) but the enthusiasm of the participants was evident. This is the first time Stanley has personally taught any S1 course over the past 5 years and we are so honored to have him grace us with his presence. As this is written, there have been no actions by any



ArPTA President Steve Forbush

group to limit this educational course as has been done in the past. Your ArPTA "ponied-up" with an adequate retainer for legal counsel to be available for any problems from the Chiropractors during his stay. Hopefully, he will have only positives from his stay here with us this week.

We will be having two educational opportunities in the month of May for our membership (remember that this is a continuing education biennial year). First, on May 1, 2010, we will be having our annual spring meeting with a special course entitled "Interactive Computer Gaming for Rehabilitation" being offered at St. Vincent's Infirmary in Little Rock. We will also have a course on Examination and Rehabilitation of the Shoulder at the SACC in El Dorado, AR. Look for these notices in your electronic mailbox.

Finally, we will be having a lot of activity over the next few months here in Arkansas related to physical therapy. We are trying to put on courses (very inexpensive) in your geographical area at least once this year. If you are willing to sponsor a course (free participation for your staff and only have to supply location and refreshments) please let Becky Sewell know at our Chapter office.

Have a wonderful Spring,

*Steven W. Forbush, PT*

Steven W. Forbush, PT

President, ArPTA

## Committee News

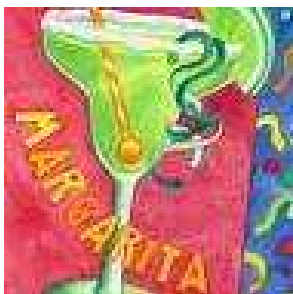
### Program Committee:

Program Committee Chair Leah Lowe is excited to announce that St. Vincent's Infirmary is co-sponsoring our Spring Meeting which will be held on May 1, 2010 in the Terrace Dining Room at St. Vincent Infirmary in Little Rock. We will be offering the course **Interactive Computer Gaming for Rehabilitation**. Our speaker for the course will be **Judith Duetsch**, PT, PhD, a Professor and Director of the Research in Virtual Environments and Rehabilitation Sciences (Rivers) in the Doctoral Programs in Physical Therapy at the University of Medicine and Dentistry of NJ. Her current research includes the development and testing of virtual reality rehabilitation, and off-the shelf gaming systems to improve functional mobility and computer assisted clinical reasoning. This should be a fun and valuable course. For more information, feel free to call Executive Director Becky Sewell at 501-499-6163 or 501-548-6003.

Leah and Becky challenge you to put the Wii in PT. They will be giving away a Wii Game Console as a door prize at the Business Meeting so we hope you join us for a chance to win one for your home or practice.



### Political Action Committee:



PAC Chair Amy Denton and Executive Director Becky Sewell invite you all to attend the April 30th, **ArPTA Margaritaville PAC Reception** at Cozymel's Restaurant, 10 Shackelford Drive, Little Rock, AR at 7pm. The cost is \$35 a person to attend. There will be some of delicious Cozymel's appe-

tizers and everyone will receive two tickets they can exchange for Margaritas. Come join the fun as we kick back relax and enjoy visiting with friends at the Margaritaville Reception. To RSVP just call Becky at 501-499-6163 or 501-548-6003 or email her at [arpta@alliancecable.net](mailto:arpta@alliancecable.net). You can pay at the door.

### Officers and Committee Chairs

President: Steve Forbush  
Vice President: Joel Sebag  
Treasurer: Stan Harris (starting January 1, 2010)  
Secretary: Debbie Crandall

Bylaws Chair: Tegan Miller  
Ethics Chair: Shon Riley  
Legislative Co-Chairs: Nancy Reese and Bill Bandy  
Membership Co-Chairs: Ashley Mott and Becky Keith  
Newsletter: Becky Sewell  
Nominating Chair: Misty Booth (starting January 1, 2010)  
Practice Chair: Steve Forbush  
Political Action Chair: Amy Denton  
Program Chair: Leah Lowe  
Public Relations Chair:  
Research Chair:  
Student Liaison: Shane Irgens

### Executive Committee:

You may have noticed we do not currently have a public relations chair or a research chair. If you think you might be interested in serving in either of these capacities, please contact President Steve Forbush at [sforbush@uca.edu](mailto:sforbush@uca.edu) or Executive Director Becky Sewell at [arpta@alliancecable.net](mailto:arpta@alliancecable.net).

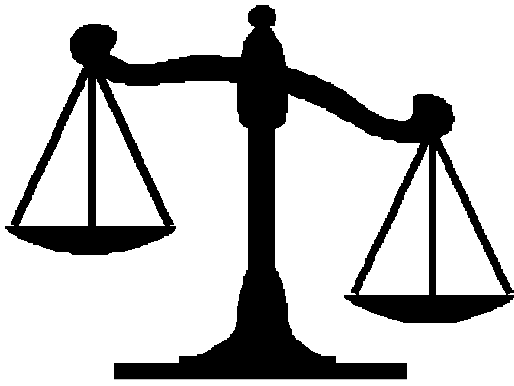
The Public Relations Committee shall: (1) Build the reputation, public awareness, and recognition of physical therapy to help physical therapists gain a fair degree of credit and recognition for who they are and what they do; (2) Disseminate information through statewide news media.

The Research Committee shall foster the development of applied research in physical therapy and facilitate information about the process, data collection, and interpretation of results applied to practice.

## Call for Nominations

Nominations are currently being accepted for ArPTA offices/positions with terms to begin January 2011. Candidates will be elected this year to fill the following offices/positions: Vice President--2 years, Secretary--2 years, Delegate (3 positions—1 delegate; 2 alternates)--2 years, PTA Caucus Representative--1 year, Nominating Committee (1)—3years.

Election to one of these positions provides excellent opportunities for service and professional development. If you would like to nominate yourself or someone else for one of these offices, please contact Misty Booth, ArPTA Nominating Committee Chair at [mbooth@uca.edu](mailto:mbooth@uca.edu) or call 501-450-5543 with the individual's name and contact information. The individual will be contacted to verify the individual's desire to run for office. Candidates for office must have been a member in good standing for at least one year prior to holding office.



## LEGISLATIVE REPORT –

The following letter from Scott Ward, President of the APTA, serves as our legislative update on the effect the latest law passed on health care reform has on physical therapy.

Nancy Reese, Bill Bandy – Co-Chairs

Dear Colleagues –

I write you today both as a member of the American Physical Therapy Association (APTA) and your professional colleague, to update you on the impact new health care reform legislation will have on your practice, your patients, and your profession. Today, President Barack Obama signed into law the Patient Protection and Affordable Care Act (HR 3590), the most comprehensive piece of health care legislation this country has seen since the enactment of Medicare 45 years ago. APTA did not take a position of support or opposition to HR 3590 but advocated for the inclusion of provisions critical to the physical therapy profession and the patients we serve. We are fully aware of and respect the diverse opinions held by our members regarding this landmark legislation. APTA's primary objective as health care reform evolved was to position physical therapy as a cost-effective, high-quality, and accessible solution. It is clear we have been successful in our efforts. This is thanks to APTA's political action committee (PT-PAC) and our coming together, APTA and its members, to build a strong grassroots advocacy initiative and provide a daily lobbying presence on Capitol Hill. Over the past 15 months, hundreds of you visited your members of Congress in Washington and at home, thousands of you sent e-mails, wrote letters, and made phone calls, and many of you provided your patients with information on these issues. As a result of our advocacy efforts, HR 3590 contains several provisions that are consistent with APTA priorities. Highlights of a few of the APTA priorities included in HR 3590 are as follows:

- Extends the Therapy Cap Exceptions Process for 2010
- Authorizes a 1-year extension of exceptions process to December 31, 2010.
- Authorizes Study of Direct Access Under Medicare
- Creates the new Centers for Medicare and Medicaid Services (CMS) Innovation Center,

which specifically authorizes a study on innovative models of delivery in physical therapy, including direct access to physical therapists under Medicare. Advances the Physical Therapy Workforce

- Includes physical therapy in the allied health recruitment and retention programs to address health care workforce issues. Provides Rural Payment Equity Under the Medicare Physician Fee Schedule
- Extends the Geographic Practice Cost Index floor of 1.0 for 2010. Establishes Rehabilitation as a Minimum Benefit
- Authorizes rehabilitation and habilitation as required minimum health care benefits as part of the health care insurance exchange.
- Non-Discrimination- Includes strong non-discrimination language on benefits and providers as an essential element of insurance reform. This will allow patients to choose their providers and the full range of needed services, which is critical as we increase coverage and access to health care. Provides Guaranteed Issue, Renewal, and Choice
- Eliminates the denial or rescission of coverage based on pre-existing conditions.

APTA's work is not done, however. Now that health care reform has passed, much work remains to implement this law; educate our members, colleagues and patients; and seek policy changes to areas of concern. APTA will continue to work to ensure that physical therapy is advanced from a practice, research, education, and business perspective. One of these concerns is that the new legislation does nothing to prevent the 21.2% cut in the Medicare physician fee schedule, effective April 1, 2010. APTA will continue its advocacy efforts to prevent these cuts from going into effect. APTA will continue to provide you with information on the provisions of health care reform and how they will affect your practice. The best place to find the latest information is

[www.apta.org/healthcarereform](http://www.apta.org/healthcarereform) (<http://www.apta.org/healthcarereform>)

Additionally, we soon will host free evening informational webinars exclusively for members to learn more about this new law. We will e-mail you more information and dates as these webinars are scheduled. On behalf of APTA, I'd like to thank you for your input in crafting the profession's message and making a difference on Capitol Hill.

Sincerely,  
R. Scott Ward, PT, PhD  
President - APTA

**The APTA Working For You!!!**

## Arkansas Physical Therapy Association Now a

### DavisPTnetwork Partner

The ArPTA and DavisPTnetwork—the online continuing education provider founded by F. A. Davis—are now working together to provide over 120 contact hours of online CE for ArPTA members. DavisPTnetwork makes a contribution to the ArPTA for every purchase made by members who sign up through [www.davisptnetwork.com/ArPTA](http://www.davisptnetwork.com/ArPTA). To launch this relationship, we're offering unlimited access to the more than 45 DavisPTnetwork CE courses for only \$149 (a \$2,500 value). This special promotion is available through June 30, 2010. With individual courses typically costing between \$45 and \$70 each, this is an incredible offer. And, supervisors, be sure to tell your staff about this great deal. Visit [www.davisptnetwork.com/ArPTA](http://www.davisptnetwork.com/ArPTA) for more information.



**ArPTA partners with Affiniscape to provide job listings on our websites to help our members find jobs and find employees. Check it out at [www.arpta.org](http://www.arpta.org) or**

**<http://pt.ar.associationcareernetwork.com/Common/HomePage.aspx>**



## Upcoming Events

- APRIL 30 **ArPTA Margaritaville PAC Reception** at Czymel's in Little Rock from 7pm to 9pm
- MAY 1 **Interactive Computer Gaming for Rehabilitation** Course at St. Vincent Infirmary in Little Rock. 8am to 4:30pm. Course Instructor will be Judith Deutsch, PT, PhD. Course Sponsored by ArPTA and St. Vincent's Infirmary
- MAY 1 **ArPTA Spring Business Meeting** at St. Vincent Infirmary in Little Rock 4:30pm to 6:00pm
- MAY 8 **The Shoulder: Assessment and Treatment** at South Arkansas Community College Library Auditorium in El Dorado from 8am to 5pm. Course Instructor will be Steve Forbush, PT, PhD, Course Sponsored by ArPTA and South Ark Community College
- JUNE 16-19 **APTA Annual Conference** in Boston, MA.
- JULY 24 **PTA Supervision and Reimbursement Rules** at Northwest Arkansas Community College in Bentonville. Course Instructor will be Steve Forbush, PT, PhD. Course Sponsored by ArPTA and Northwest Arkansas Community College.
- SEPT. 18 ArPTA Fall Business Meeting (location and time yet to be determined)
- SEPT. 18 Joint Course with Rehab Net: **Vestibular Rehabilitation** (location and time yet to be determined). Course Instructor will be Susan L. Whitney, PT, DPT, PhD, NCS, ATC, FAPTA

### FUNFitness 2010

#### Special Olympics Needs PT Volunteers

FUNfitness is a fitness screening for children and youth developed by the American Physical Therapy Association (APTA). FUNfitness was initially developed for the Special Olympics "Healthy Athletes" program. It premiered in March 2001 at the Special Olympics World Winter Games in Anchorage, Alaska.

Although originally developed for use at Special Olympics events, FUNfitness is appropriate for children and youth with and without developmental disabilities and for populations who require primarily visual educational materials. It features published tests and measures for physical therapists to use in assessing flexibility of the hamstring, calf, shoulder rotator, and hip flexor muscles; functional strength of the abdominal and lower extremity muscles; and balance (single leg stance and functional reach).

FUNfitness also provides "take-away" educational materials for participants and information for families and coaches about the importance of and methods to improve flexibility, functional strength, and balance in sports performance and activities of daily living.

The Arkansas Special Olympics FUNFitness is scheduled for May 21, 2010 from 8am to 4pm. If you would be willing to volunteer some of your valuable time for this worthy cause contact Becky at the ArPTA office, 501-499-6163 or 501-548-6003.

Arkansas Physical  
Therapy Association

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Fax: 501-548-6003  
E-mail: [execdirect@arpta.org](mailto:execdirect@arpta.org)



**Move Forward.**<sup>TM</sup>  
Physical Therapy Brings Motion to Life



We're on the web at  
[www.arpta.org](http://www.arpta.org)



**Putting on the Ritz - 2010 Foundation Gala  
Thursday, June 17, 2010**

Step back into the 1920s at the Foundation's *Putting on the Ritz* Gala during APTA's Annual Conference in Boston. We are rolling out the red carpet and pulling out all the stops! This Roaring 20s bash is THE party you do not want to miss! Tickets are on sale now! Individual tickets are \$150 and Student tickets are \$100. Sponsor a table of 10 for \$2,000 and receive recognition for your company or group. Purchase your tickets through the [www.apta.org](http://www.apta.org) website or you can purchase your tickets through APTA when you register for conference.

6:30pm Cocktail Reception  
7:30pm Dinner  
9:00pm Awards Presentation & Program  
10:00pm to Midnight Dancing

The Foundation's 2010 Service Awards will be presented to the following:

**Robert C. Bartlett Innovation in Fundraising Award**

Home Health Section

**Spirit of Philanthropy Award**

James B. McKillip, PT

**Spirit of Philanthropy Award**

Posthumously awarded to Laura K, Smith, PT, FAPTA

**Charles M. Magistro Distinguished Service Award**

Robert Deusinger, PT, PhD & Susan S. Deusinger, PT, PhD, FAPTA

**Premier Partner in Research**

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**Become a Corporate Gala Sponsor** and join leaders of the physical therapy profession at this prominent event that celebrates the vital role physical therapy research plays in advancing the profession.