

# Keep IN Touch

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DECEMBER 2007

A publication of the Arkansas Physical Therapy Association



## MISSION

To represent and promote the profession of physical therapy in its endeavors to meet the physical therapy needs of society; to develop and improve the art and science of physical therapy including practice, education, and research; and to meet the needs and interests of its members.

## **ARPTA**

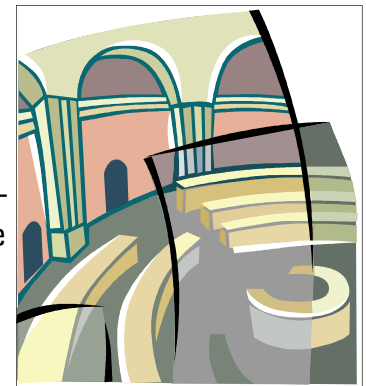
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## PRESIDENT'S REPORT

# New challenges require diligence

## *Opportunities there for the taking*

I would like to take this opportunity to thank you for participating in your profession's future by being members of the ArPTA. In addition, I would like to thank you for the opportunity to serve this chapter for two more years as President, and I would like to congratulate each of the individuals who have accepted leadership positions in the Association.



Each day, it seems, we are faced with new challenges. But with these challenges come new opportunities to better define our profession and solidify our position as the experts in neuro-musculo-skeletal diagnosis and treatment (yes, that's right, I used the word "diagnosis").

It is important that we continue to advocate for our patients at every opportunity, and my thanks go out to each and every one of you who has responded to the call.

I want to take this opportunity to issue an immediate call to action. As all of you know, the completely ridiculous and ill-conceived therapy cap is, once again, scheduled to be reinstated on January 1.

PLEASE SEE **ADVOCACY**, PAGE 2

# Advocacy for PT issues is ongoing

## CONTINUED FROM PAGE 1

Simultaneously, the current procedure for exceptions to the cap is scheduled to expire. This issue has been a thorn in our sides for more than 10 years, and we are continuing to expend our efforts to get the cap repealed entirely.

Unfortunately, the war in Iraq and partisan bickering in Congress have resulted in a rather hostile environment in which to affect meaningful policy changes. APTA has lobbied aggressively in Washington, and all of us are hopeful that we will be able to get the exceptions process extended for another two to four years.

CMS is attempting to alter the exceptions criteria, but we are opposing any changes at this time. It is likely that we will see changes in the Medicare fee schedule—primarily targeting home-health agencies and skilled-nursing facilities.

Continued advocacy will be needed to ensure that patients maintain access to physical therapists and that federal programs continue to recognize our role in advancing the health care of Americans.

If you have questions regarding APTA's efforts in Congress, please contact Justin Moore, PT, DPT, at [justinmoore@apta.org](mailto:justinmoore@apta.org) or 703-706-3162.

All four of our U.S. Congressmen and both of our Senators are signed as co-sponsors of the Medicare Access to Rehabilitation Services Act which was introduced in the 110th Congress as HR 748 in the House of Representatives, and S. 450 in the Senate. This legislation would repeal the cap on outpatient rehabilitation services.

We have the main sponsor, Blanche Lincoln (D-AR), of the Medicare Patient Access to Physical Therapists Act which was re-introduced in the 110th Congress earlier this year as HR 1333 in the House of Representatives, and S. 647 in the Senate.

This legislation would allow Medicare beneficiaries to access the services of physical therapists without a referral, if allowed by state law.

Sen. Mark Pryor (D-AR) has chosen not to support this legislation to this point. Rep. Mike Ross (D-AR) is supporting us in the House of Representatives.

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**C**urrently, student loan debt is a significant burden to physical therapists and limits their practice opportunities, particularly in rural underserved areas. On April 6, 2006, Rep. Jo Ann Emerson (R-MO) and Rep. Marion Berry (D-AR) introduced legislation (HR 5134) to add physical therapists to the National Health Service Corp (NHSC) for purpose of qualifying for loan repayment programs.

At home here in Arkansas, ArPTA continues to work to ensure access to therapy services and adequate reimbursement. Beth Stamp and I have met on numerous occasions with Arkansas Medicaid in an attempt to secure higher reimbursement to therapists providing services to children under the Medicaid system. These meetings have gone very well, and I am very optimistic that a rate hike will be attainable by the first of the year.

On another front, Michael Teston lost his case against the Chiropractic Board and the Physical Therapy Board. Mr. Teston had filed suit against the boards claiming that the practice acts of physical therapy and chiropractics were vague, and therefore, unconstitutional.

Judge Moody issued his preliminary order in early September, which appeared to state that physical therapists could not perform spinal mobilizations under our current practice act. This, of course, was of great concern to us initially. Several weeks later, however, the full and final order was released.

The wording of the final order was much more acceptable. Jack Bennet, attorney for APTA, reviewed the order and provided ArPTA with a highly detailed interpretation of the order, and encouraged us to take comfort in its wording. Contrary to information disseminated immediately following the preliminary order, Judge Moody's final ruling does not restrict the activities of a physical therapist operating under the Arkansas Physical Therapy Practice Act.

Judge Moody ruled that the state-practice acts of both the physical therapists and the chiropractors were not vague and were, indeed, constitutional. At this point, ArPTA sees no grounds for concern or reason to pursue reconsideration or appeal of Judge Moody's ruling.

ArPTA will continue to fight for PTs in all practice settings. If you and your professional staff are already members of ArPTA, I would like to congratulate you and thank you for your dedication to your profession. If you, or any members of your professional staff are not members, I would like to invite you to join us.

We can no longer afford to sit idly by on the sidelines assuming someone else will fight our battles for us.



Respectfully submitted,  
Rob Jordan

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\$550 for half-page ad  
\$750 for full-page ad

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# SCHOOL REPORTS

ARKANSAS STATE UNIVERSITY, JONESBORO

## Pilates CEU course part of 25-year celebration



As part of the College of Nursing and Health Profession's 25th Anniversary Celebration, Dean Susan Hanrahan provided the support for an Introduction to Pilates CEU Course from Polestar Pilates.

Brent Anderson, PhD, PT, OCS, and president and CEO of Polestar Pilates, provided the educational opportunity to alumni, faculty, and local clinicians. Dr. Anderson's expertise and insight into performing arts medicine and Pilates-evolved techniques for rehabilitation brought life to the scientific and holistic components of Joseph Pilates' revolutionary mind-body work. He also reminded those participating [see photo at right] about the need to stay in shape as PT's by leading the group through two 50-minute pilates-exercise sessions. Everyone attending had only praise for the course, and all gained a greater appreciation for the application of pilates exercises in rehabilitation programs.



### DPT coming

The graduate program's proposal to offer the DPT was approved by the ASU Board of Trustees on September, 7th. The University will forward the proposal to ADHE for approval.

### Housewright receives Outstanding Alumni Award

Mary L. Housewright, PTA, first started her education at ASU in 1986 as an undecided major. She signed up for the Army in 1987 and left ASU to serve her country in 1988.

Mary served in the U.S. Army during Operation Desert Shield and Operation Desert Storm. During Desert , she was a platoon leader for radio communications between field and central communications. Mary was awarded the Bronze Star for her communication assistance given to a battalion that helped them get out of a life-threatening situation. She returned to ASU and graduated in 1999 with her Associate Degree as a physical therapist assistant. Mary worked for seven years at NEA Pediatric Physical Therapy.

She is now employed by Personal Therapy in Jonesboro, and is a clinical instructor for ASU. Mary is the Vice President for the Greene County Special Needs Children's Association and volunteers as an assistant swim coach for the Special Olympics. She is also a "behind the scenes" worker in efforts to raise money for Autism Awareness, the United Cerebral Palsy Foundation and March of Dimes.

### Tailgate tradition

It's football season at ASU, and in honor of this fall tradition, the Physical Therapy Program is continuing its tailgating ritual. Every Saturday of a home Indian football game, faculty and students (past, present and future) are enjoying good company, drinks, and of course burgers, brats and dogs. Come by Tailgate City on the ASU campus and join in on the fun. Check out the website at [www.pt.astate.edu](http://www.pt.astate.edu) for some "TailGreat" pics.

# SCHOOL REPORTS

## PTA students and faculty participate in United Way Day of Caring

Twenty-two students and faculty of the PTA program joined hundreds of others in the 14<sup>th</sup> Annual United Way Day of Caring earlier this fall.

The day is set aside for community volunteers to work in various non-profit organizations served by the United Way. This was the fifth-consecutive year for the PTAs to participate in this event. The students and faculty performed numerous outside jobs for a client who is served by the United Way. A shed was torn down, a roof was repaired, the yard was mowed, flowers were planted, a fence was removed, and the yard was cleaned of debris. The students were able to see and feel first-hand the importance of serving the community.

## Faculty achievements

Dr. Jim Farris was recently awarded "Best Professor" by the Jonesboro Sun newspaper in its annual readers' poll of "Local Favorites." Dr. Farris also completed a book chapter titled, "Nutritional Supplementation and Meal Timing" for the book titled "Nutritional Supplements in Sports and Exercise" which is scheduled for publication soon.

Roy Aldridge has recently been published in the 25<sup>th</sup> Anniversary Edition of Hippotherapy Magazine. The article title was "The Effects of Hippotherapy on a Six Year Old Child with Down Syndrome".

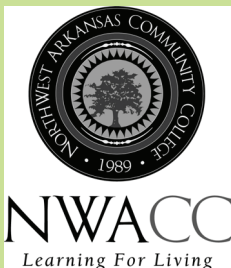
Dr. Susan Roehrig recently had an article accepted for publication titled, "Effects of a new orthosis and physical therapy on gait in a subject with longstanding hemiplegia." It will appear in the April 2008 issue of the *Journal of Geriatric Physical Therapy*. She collaborated with Mr. David Yates, CO, FAAOP, owner of Jonesboro Prosthetics and Orthotics, for this investigation and publication. Roehrig also was inducted into the Academy of Advanced Item Writers of the Federation of State Boards of Physical Therapy.

Inductees into the Academy must have attended an advanced-item writer workshop, had a minimum of 60 items accepted for use on the licensing examination and been nominated by an Item Writer Coordinator. The recognition took place at the Federation's national meeting in Memphis in September.

Dr. Shawn Drake has written a chapter for the American College of Sports Medicine's Guidelines for Exercise Testing and Prescription latest edition that is scheduled for release in 2008.

## NORTHWEST ARKANSAS COMMUNITY COLLEGE, BENTONVILLE

# Graduates facing wide variety of opportunities



NWACC graduated 11 students in August 2007. The graduates are in the process of obtaining their license and beginning careers as LPTAs. They have a wide variety of opportunities to choose from.

Twelve students began the program in June of this year, and are scheduled to graduate in August 2008.

- Sammi Eddie, the new Director of Clinical Education, just completed the APTA Clinical Instructor Credentialing course in Conway. A wonderful role model and mentor for her students, NWACC is glad to have her on board.

- The free continuing-education course "Role of the PTA" is still available and continues to be requested and utilized by our clinical sites and non-clinical sites. Approximately 50 licensed professionals have received 0.3 CEUs for the course.

- NWACC is in the planning stages of developing another course which will be offered in the spring of 2008. More information will be provided as the course is finalized.

# SCHOOL REPORTS

## SOUTH ARKANSAS COMMUNITY COLLEGE, EL DORADO



The PTA Program at South Arkansas Community College has expanded to 24 students to meet the growing demand in Southern Arkansas and Northern Louisiana. In addition, we are pleased to announce the addition of Cindy West, PTA to the Program faculty. Cindy is a graduate of the first PTA class at SouthArk and will assist with all labs as well as team-teaching in several content areas. The PTA Class of 2008 is busy raising money so that 18 students can attend CSM in Nashville in February. In March 2008, SouthArk's PTA Program will host a two-day examination preparation course to assist students in their studies for the NPTE.

Jennifer Parks, P.T., D.P.T. | PTA Program Director | 870.862.8131

# PT program at ASU will benefit from Reynolds gift

**A**rkansas State University in Jonesboro has received the largest single donation in its history, a charitable gift of \$14,508,342 from the Donald W. Reynolds Foundation.

The Physical Therapy Program will be able to expand into a remodeled teaching laboratory, a classroom, and faculty offices in the renovation of the Chickasaw Building, and the program will immediately move into dedicated research space in the new building — the Donald W. Reynolds Center for Health Sciences — with over \$175,000.00 of state-of-the art

neruological, orthopedic, and cardiopulmonary testing equipment provided by the grant.

The PT Program will also be collaborating with the Communication Disorders Program to provide pediatric and adult neurorehabilitation to the clients of the Speech and Hearing Center.

The gift will be utilized to construct the Reynolds Center, a three-story health sciences building just northeast of the Student Union/Reng Student Services Center.

The center is designed as a 50,650 square foot structure that will house the Speech and Hearing Clinic, nursing and nurse anesthesia skills laboratories, large and small classrooms, computer lab, dedicated research spaces and special project rooms. The gift in-



The construction of the new Donald W. Reynolds Center for Health Science (artist's rendering above) will free up much-needed room for the ASU Physical Therapy Program.

square feet of space in the Chickasaw Building, immediately south of the building site, for programs in Nursing and Health Professions. Space will include two large classrooms as well as a suite of offices for faculty who teach in the social work department.

The Center construction and the Chickasaw renovation will result in 67,400 square feet of new space for the college, more than doubling the current available space of 65,756 square feet. The College of Nursing and Health Professions will retain its current six-story building, which was built in 1936.

“The generosity displayed through this gift will make a significant difference for the faculty, staff and students in the College of Nursing and Health Professions and those they serve in our region” said Dr. Susan Hanrahan, dean of the college.

# Avoid these claims mistakes to ensure smooth process

**P**Ts who submit claims electronically can avoid quite a few errors by making sure their claims are "clean." Claredi, a HIPAA transaction testing and certification service, notes that it has uncovered a number of common—and easily remedied—mistakes. The most common errors are (in order of decreasing frequency):

1. Incomplete or missing facility information (facility name, address, ZIP code, or state abbreviations). Be sure to include your facility's complete name, address, and ZIP code. And be sure to use the official, 2-letter U.S. Postal Service state abbreviations; other abbreviations will not work.

2. Missing assignment indicator. Be sure to include the Medicare assignment indicator or the benefits assignment indicator.

3. Using an incorrect UPIN. Be sure that you have the correct UPIN, for the referring physician (if there is one) and for the treating physical therapist.

4. Incomplete name of referring physician. Include the full name of the referring physician (if there is one).

5. Missing the birth date of plan subscriber. The subscriber/enrollee's birth date should be included.

6. Missing the insurance-type code. The "insurance

type code" is necessary for filing claims that have secondary coverage.

7. Incomplete or missing payers' names or ID numbers. The payer name and/or payer identification number must be included for all primary, secondary, and even tertiary payers.

8. Missing admission date for hospitalized patients. If the services were provided while the patient was hospitalized, the admission date must be included.

9. Missing code for electronic claim attachments. If you are sending an electronic claim attachment, the "attachment transmission code" must be included

10. Incomplete "other payer" information. For all secondary payer claims and all primary payer claims that will go to a secondary payer, this information is critical.

11. Invalid procedure codes. Do not submit HIPAA claims with local codes (such as those used by some workers' compensation programs). CPT and HCPCS are the only valid procedure-coding systems.

—arpta.org

# For feet's sake, be good to yourself



**W**hether taking a leisurely weekend stroll or engaging in some serious exercising, there are several preventative measures to take to avoid discomfort, pain and injury while walking, according to the American Physical Therapy Association (APTA).

Several factors are involved to help make a walking-exercise regimen successful:

## **Pace yourself.**

Start slow and easy, gradually building up to your pace and distance. You should be able to maintain a "conversational" pace – one that enables you to hold a normal conversation while walking without feeling winded.

## **Shoe sense.**

Initially, purchase walking shoes at a professional shoe store, where trained staff can fit your exact type of foot. For example, a high arch will require a shoe with more cushion; a flat foot will need more arch support.

## **Proper gait.**

Your own particular style of walking, or gait, determines the distribution of the stress to various parts of your legs and feet. If you are experiencing discomfort – particularly back pain, kneecap pain, legs cramps or a sore Achilles tendon – it may be the result of a gait problem and should be analyzed by a physical therapist.

## **Hydrate.**

As with all sports, hydration should be maintained - drink comfortably and don't let thirst be your guide. Amounts vary depending on weather and walking conditions; sipping 8-12 oz. of water every 30 minutes from a hydration pack or water bottle stored in a fanny pack is recommended.

**Spring Continuing Education**  
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**Something for Everyone!**

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**Location TBD**

# APTA Audio Conference: "Medicare 2008-Changes for Physical Therapy"

1.5-Hour Live Audio Conference  
December 12, 2007  
2 pm – 3:30 pm

**Hurry—Registration ends Sunday, December 9!**

## **Featured Speakers:**

Roshunda Drmmond-Dye, Esq.  
Gayle R. Lee, JD  
Steve Levine, PT, DPT, MSHA

Changes to the Medicare program that go into effect in 2008 can have a dramatic effect on physical therapist practice and reimbursement. Find out the latest information on the new 2008 Medicare payment rates, certification changes to the therapy plan of care, qualification standards for physical therapists and physical therapist assistants, the therapy cap, and more.

Expert outpatient physical therapy practice management and reimbursement consultant Steve Levine, PT, DPT, MSHA, joins Gayle Lee, JD, APTA's Director of Regulatory Affairs, to provide critical information about Medicare's new rules affecting coverage and payment for physical therapy services in 2008.

During a Q & A session following the overview, participants may ask questions directly to the experts.

## **Upon completion of the audio conference, you will be able to:**

- Determine the bottom-line impact on your practice of CMS's changes to the physician fee schedule.
- Identify the new therapy cap amount for 2008.
- Comply with rules regarding plan-of-care certification.
- Ensure your personnel are meeting the new qualification standards for physical therapists and physical therapist assistants.
- Adapt your practice to participate in the physician quality reporting initiative (PQRI).
- Cite the latest government activities regarding the therapy cap and fee-schedule payment amounts.
- And much more!

## **Cost**

APTA Members and Life Members: \$79

APTA Members' Office Managers (must be registered by the APTA member): \$79

Nonmembers: \$149. No group rates are available.

Each registrant will receive a CD-ROM of the audio conference to be mailed after February 1, 2008.

If you can't participate live in "Medicare 2008—Changes for Physical Therapy," you may purchase the CD-ROM (AV-44VP), which includes the audio-conference recording and handouts, all for the same price as the LIVE seminar, available after February 1, 2008. Member price: \$79; Nonmembers: \$149. Don't miss this chance to learn about 2008 payment rates and coverage for physical therapy services.

## **Registration:**

1. To register, visit the APTA Web site at [www.apta.org/thesource](http://www.apta.org/thesource) to complete the registration form, or call the APTA Service Center at 800/999-2782, ext 3395.
2. Please Note: An e-mail address is required for registration in order to send a confirmation. APTA does not share e-mail addresses with any other parties. Please use your most frequently used email address to ensure the timely receipt of your confirmation materials.
3. You will need a credit card for payment.
4. You will receive an e-mail with a toll-free number and access code to dial in for the presentation, and the Web site to download course handouts. It is imperative that we have a correct e-mail address so that we can provide this information.

Continuing Education Units: Each registered participant will receive a Certificate of Attendance to earn .2 CEU or 2 contact hours after successful completion of a test with a score of 70% or better.

Visit [www.apta.org/thesource](http://www.apta.org/thesource) to register for "Medicare 2008—Changes for Physical Therapy."

# Six in the City

6th Annual Little Rock Marathon



**March 1,  
2008**



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