Vol. 6, No. 1 Winter 1994

Orthopaedic Physical Therapy Practice



AN OFFICIAL PUBLICATION OF THE ORTHOPAEDIC SECTION AMERICAN PHYSICAL THERAPY ASSOCIATION

ORTHOPAEDIC PHYSICAL THERAPY HOME STUDY COURSES

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- An Orthopaedic Approach to the Hip Part II
- Current Rehabilitation Dilemmas Following ACL Reconstruction
- Peripheral Nerve Entrapment Syndromes of the Lower Extremity
- Kinetic Chain: Dysfunctional and Compensatory Effects within the Lower Extremity

2

HSC 92-1 TOPIC: LOWER EXTREMITY

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Orthopaedic Physical Therapy Practice

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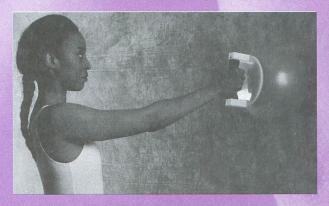
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Editor's Note

Hopefully many of you took time to read our last issue, which featured articles on Performing Arts Physical Therapy. I was very pleased with its content and layout. More importantly, I am proud to be associated with a section that is dedicated to encouraging and supporting, both financially and administratively, special interest groups (SIGs). The SIGs remind us how clinically diverse orthopaedic physical therapists are. As an editor, they provide me with a ready made and invaluable channel to content experts and potential authors.

Many of you also read the October issue of PT Magazine. Perhaps you were as surprised as I to find that it also featured Performing Arts Physical Therapy. Between the two publications, readers were offered a good deal of clinical information. Unfortunately, there is no denying that there was some duplication of effort. Our APTA currently produces five publications and the Orthopaedic Section, two. The editors of these publications have limited contact, although there has never been a reluctance to share by either party. This is just one of those coincidences in publications that we have to deal with.

Authors, however, must be reminded to be up front about projects that they are working on for other publications. The fact that authors are not being paid for their work does not lessen their duty to inform. Any therapist who writes for, guest edits or is interviewed by, any PT publication needs to be clear about any other projects they are working on which involves similar content.



Jonathan M. Cooperman, MS, PT

PRESIDENT'S REPORT

The Orthopaedic Section's 20th Anniversary is an opportunity to reflect on the Section's accomplishments and a time to establish plans for the future. To date the Section has created award winning publications, advanced educational programs, a convenient home study curricula, initiated orthopaedic subspecialization, and a valid process to certify clinical specialists in orthopaedics.

Where do we go from here?

The publications, JOSPT and Orthopaedic Practice, will continue to maintain quality and evolve as our profession evolves. JOSPT is oriented toward juried research papers while Orthopaedic Practice is more clinical. Both publications should provide members with a forum, a medium of discussion in their respective domains.

The programming at the Combined Sections Meeting has expanded significantly in the last twenty years. While providing challenging presentations for the experienced therapist the Education Program Committee continues to program for the novice therapist. The Committee attempts to joint program with other sections, offer concurrent sessions, and to solicit topics of interest from section members. The 'Review for Advanced Orthopaedic Competencies' course is scheduled each summer and also offered in the Fall if a Chapter, hospital or practice will cosponsor this additional course. The Committee is also developing an overview of graduate programs in Orthopaedics. The home study course will provide two new six month courses in 1994 and also offer any past home study course as well. The Section has started awarding contact hours for all of its educational courses in an attempt to make it easier for participants to obtain CEU credit from their individual states.

Special interest groups created within the Section are a relatively new development. The Occupational Health Special Interest Group (SIG) was the first group approved for this status but the Performing Artist, Foot and Ankle, and Craniovertebral Roundtables are also in various stages of development. The next challenge is the establishment of the administrative and financial structure of these groups in a manner that will provide equitable support without burdening the entire section membership who may not share similar interests in these subspecialties.

The specialization process certifies the largest number of clinical specialists in the profession each year. This year electronic test administration will be instituted and the number of applicants may increase at an even faster rate. The examination has been verified by an elaborate, valid process but the Orthopaedic Specialty Council is considering possible exam evolution, combined testing of shared knowledge bases among sections and the opportunity to test an individual in a subspecialty. The Orthopaedic Section, the American Academy of Orthopaedic Manual Physical Therapists, and the American Physical Therapy Association are cooperatively investigating the feasibility of establishing residency programs to certify the hands on competence of the clinical specialist.

This year the Section will be sponsoring a student to attend the Combined Sections meeting. This action will provide a student with a professional experience that they may not have been able to participate in otherwise and orient a future physical therapist to the Section. The student will be required to make a presentation to his classmates on his experience upon returning to school.

The Section's talent in management was recognized by the Association in 1993 through the Award for Excellence in Financial Management. The Orthopaedic Section is providing administrative services to the Sports Section as well as editorial management and publishing of newsletters and Journals for the Section on Geriatrics, Section on Hand Rehabilitation and the Cardiopulmonary Section. These administrative activities generate nondues income which enable the Section to expand its services dramatically without increasing its dues from fifty dollars (\$50).

New directions for the Section includes: creating an Adopt/Loan-A-Doc program to financially assist a member in their doctoral program and thus ameliorate the shortage of PhD's in academic physical therapy programs; promoting a more international platform for Orthopaedics by initiating the expansion of Section activities within the World Confederation of Physical Therapy; investigating new member services ranging from serving as a resource for educational materials to the possibility of assisting members prepare their own patient education slides.

The next twenty years may prove to be

even more challenging than the first twenty years. Whether the President is successful in instituting a national health care program or not, changes have already taken place in the health care economy. Insurance carriers are limiting reimbursement and duration of physical therapy services, hospitals are competing for patients with the private practitioner by creating stiletto offices, and HMO's are seeking capitation contracts based on utilization statistics from outcome studies. These changes will dramatically impact on our members.

How can the section assist its members to meet these challenges through the remainder of the nineties and into the next century?

We need your input! We need your continued support! The officers and committee chairs will continue to earn that support!



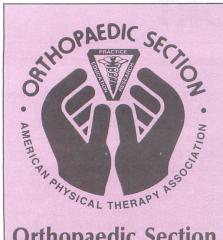
Z. Annette Iglarsh, P.T., Ph.D. President

ATTENTION— ALL SECTION MEMBERS

The Orthopaedic Section has been receiving substantial requests for back issues of the *Journal of Orthopaedic* and Sports Physical Therapy.

Due to these requests, we have found it necessary to implement a policy limiting the number of back issues to a maximum of three months. We are sorry for any inconvenience this may cause.

As another option, additional issues may be obtained through the publisher, Williams and Wilkins at 1-800-638-6423. There will be a \$15 charge per copy.



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- Mentorship/Study Group Activities
- Occupational Health SIG
- Review for Advanced Orthopaedic Competencies

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- Contract proposals for Administrative Services
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OFFICE HOURS

8:00 am-4:30 pm CST

Please leave a message on the answering machine if you cannot call during these hours. We will gladly return the call!

FROM THE SECTION OFFICE

Terri A. Pericak, Executive Director

The Executive Committee met in San Diego September 30—October 3 for their annual Fall Executive Committee Meeting. The meeting minutes and meeting agenda are published in this issue of *Orthopaedic Physical Therapy Practice*. One of the outcomes of this meeting was an approved 1994 balanced budget. Graphs showing the total income and expense breakdown for 1994 appear on page 18.

November 3-7 the 'Review for Advanced Orthopaedic Competencies' course was held in St. Louis, Missouri. The course was a great success once again. I would like to thank our speakers: Garvice Nicholson, MS, PT, OCS; Joe Sutter, MS, PT; Carol Waggy, PT; Lori Thein, MS, PT, SCS, ATC; Tom McPoil, PT, PhD, and; Paul Beattie, PT, PhD, OCS, who have helped make this a course of excellent quality. Thank you also to Nancy White, MS, PT and Lola Rosenbaum, PT, Education Pro-

gram Chair and Co-Chair, for all their hard work in finding great quality speakers and critiquing the course content and schedule so the course can continue to be improved upon each time it is offered. Last, but certainly not least, thank you Tara Fredrickson. Tara is the organizer behind this course who sees to every detail. She is responsible for how smoothly the course runs.

The APTA Combined Sections Meeting is next month. The dates are February 3-6. Please see the complete Orthopaedic Section program found on page 16. Don't forget that in addition to the full programming each day, the Section is planning a grand event Saturday evening, February 5, to celebrate their 20th anniversary. See the details on the back cover of this issue of *Orthopaedic Physical Therapy Practice*. I am looking forward to seeing you all there!

Please remember to vote! 1994 Election Ballots will arrive in April.

LETTER TO THE EDITOR

As a member of the Orthopaedic Section, APTA I would like to voice my opinion regarding the commentary in the Fall issue, 1993. For the last fourteen vears I have been involved primarily with the prevention and rehabilitation of dance injuries as well as with teaching interested physical therapist interns about dance medicine. (Mr. Gallagher was one of my many students.) Through lectures for the APTA, ACSM, NIH as well as dance departments in local universities I have tried to disseminate information which would be useful to the professional working with dancers as well as educating the dance community. I have written several chapters in books as well as published articles and participated in research projects (a few of which finally got published) all in dance medicine and related topics.

Therefore it was with dismay and trepidation that I read the commentary regarding the possibility of a special interest group being formed entitled Per-

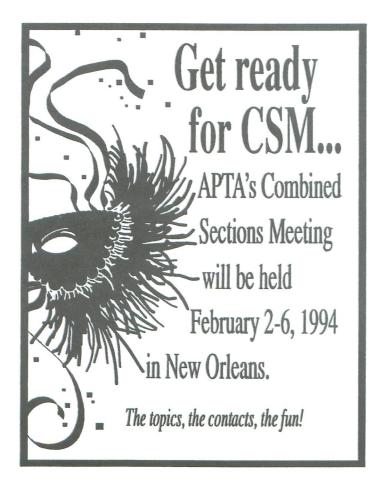
forming Arts Physical Therapy. First of all, it is the name of Sean Gallagher's private practice in New York and would be inappropriately self-aggrandizing. Secondly, there appears to be entrepreneurial motivation behind the formation of this SIG; it should not be set up as a vehicle to sell Pilates equipment. Thirdly, a dancer uses her body as an instrument to express her art form whereas a violinist uses an instrument to play on. Both will need help with their musculoskeletal problems but to a very different extent. Visual artists do not perform, yet they also have physical problems. Where do they fit in?

One of our primary roles in the health care system is in the preventative medicine which can best be practiced on the students of the arts, many years before they can be considered performers. As orthopaedic physical therapists we should have the knowledge and skill required to be of service to the Arts community in whichever field of endeavor

we feel we can best serve. Perhaps a SIG entitled Arts Medicine in Physical Therapy with subcategories could be considered.

I sincerely believe that physical therapists interested in these areas will greatly benefit by having this type of information available and applaud those members of the section who have obviously worked very hard to make it a reality.

Sincerely, Marika Molnar, PT Director, Westside Dance PT



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WASHINGTON STATE: A DIFFERENT MODEL FOR ORTHOPAEDIC STUDY GROUPS

By Michael Tollan, PT, OCS

Foot and ankle biomechanics, shoulder arthroscopies, orthotics, treatment of thoracic outlet; these are but a few of the topics the Washington State Physical Therapy/Orthopaedic Special Interest Group (OSIG) covered during the 1992-93 season. Every year since 1977 the OSIG has met to share current treatment concepts and interact with fellow practitioners. The OSIG grew from a study group of a handful of therapists interested in learning evaluation and manual therapy techniques to an organization currently boasting 139 members with 3 divisions meeting 24 times a year in three cities.

When the original members initiated the study group, manual therapy for physical therapists was a new concept and orthopaedics was rapidly changing. The need for a study group and educational courses was so great, that the group grew rapidly. The original membership developed outside the State Association, writing bylaws in 1977. The popularity of OSIG courses brought about the first significant change in the organization. The OSIG became part of the State Association and a partnership between the

groups remains today. The focus initially was on active participation, but as the membership grew, this became more difficult. The OSIG then began to sponsor weekly speakers and weekend courses. Presently, the organization sponsors one to three long courses a year and meets monthly for 9 months.

The success of the OSIG in Washington is due to the efforts of each successive board of officers who have provided quality educational programs and quality speakers at the monthly meetings. These programs attract local therapists, which enables more people to keep up with the rapid changes often seen in orthopaedic physical therapy. The speakers expose therapists to new concepts or schools of thought and this often spurs the members to take more in depth training in those areas of interest. The past officers of the board have maintained their involvement in the OSIG, Washington PT Association and National organizations. Interviewing some of the past officers of the OSIG for this article revealed this common thread. All saw OSIG involvement as a hook that kept them involved in WSPTA and APTA. This demonstrates again, that participation at the grass roots level can develop the willingness to give back to the profession in time and talent.

The success of the OSIG has led to the formation in Washington of special interest groups in Administration, Geriatrics, Pediatrics, Physical Therapy Assistants, and Private Practice. All of these groups function as part of the state association, improving communication and developing networks between therapists, assistants, and the state organization. The existence of the SIG in Washington speaks highly of their past chairmen. Each chairman has changed the groups to meet new needs and challenges. This has kept the SIG's healthy and growing. The Washington concept is not the only model operating successfully, but is proof of what can be done positively when people become involved in their local association.

Michael Tollan is a member of the Public Relations Committee.



The American Physical Therapy Association held its first annual fund-raiser for the Minority Scholarship Fund, "Diversity 2000 - Physical Therapy Scholarships for a Diverse Future" on October 30, 1993 at the Hotel Sofitel in Chicago, Illinois. This event raised over \$30,000 for the Fund. More than 130 people were present for the black-tie optional dinner dance. It was held in conjunction with the Illinois Chapter Meeting. An additional fund-raising activity was a raffle. Items from APTA members and the Orthopaedic Section of the APTA were donated. Attendees were able to purchase tickets for the drawing. The Orthopaedic Section donated a review course for the Orthopaedic Specialty Exam. APTA's CEO, William D. Coughlan won the initial drawing. He then graciously offered the course to the highest bidder. The master of ceremonies, Donald E. Jackson, PT, then led a spirited round of bidding. James Milder, PT, of Chicago Physical Therapy, Inc., was the lucky winner of the certificate.



THE ORTHOPAEDIC SECTION, APTA, INC. and THE NATIONAL INSTITUTES OF HEALTH present:

"Evaluation and Management of Orofacial & Temporomandibular Pain/Dysfunction Syndromes"

April 16 - 17, 1994

Bethesda, Maryland

Course Location:
The National Institutes of Health
Bethesda, Maryland

Orthopaedic Section Members: \$125.00
APTA Members: \$175.00
Non-APTA Members: \$200.00

Course Tuition:

Speakers: Dr. Gary Cohen, DDS Jeffrey Mannheimer, MA, PT Lola Rosenbaum, PT, OCS

Schedule: Saturday, April 16, 1993
7:00-8:00 Registration; Continental Breakfast
8:00-10:00 Sessions
10:00-10:15 Break
10:15-12:15 Sessions
12:15-1:15 Lunch (on your own)

12:15-1:15 Lunch (on your own)

1:15-3:15 Sessions 3:15-3:30 Break 3:30-4:30 Sessions **Sunday, April 17, 1993**

7:30-8:00 Continental Breakfast

8:00-10:00 Sessions 10:00-10:15 Break 10:15-12:15 Sessions

12:15-1:15 Lunch (on your own)

1:15-3:15 Sessions

Cancellation received in writing prior to the course date will be refunded in full minus a 20% administration fee. Absolutely no refunds will be given after the start of the course.

For more information, complete the form below, detach and mail to:
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Enclosed is my registration fee in the amount of \$		Ortho Sec. Mbr	APTA Mbr	Non-Mbr
Make checks	payable to	o the Orthopaedic S	ection	
Check here if you have spec		***************************************		bilities Act

A WINNER HAS BEEN CHOSEN FOR THE 1994 STUDENT GUEST PROGRAM

The winner of the first annual Student Guest Program was drawn from a pool of 36 students whose names were submitted by their schools. The winner, Luis Hincapie, is a physical therapist student in the entry level Master's degree program at Temple University in Philadelphia, Pennsylvania.

Please join the Section in welcoming Luis Hincapie at CSM in New Orleans.

The following is an alphabetical list of the students whose names were submitted for this year's drawing:

Mike Allen,

The Wichita State University,

Witchita, KS

Blair Biggers,

University of Tennessee Memphis,

Memphis, TN

Randy Brown,

Medical University of South Carolina,

Charleston, SC Ned Bruns,

Boston University,

Boston, MA

Jason Chambers,

University of Louisville,

Louisville, KY

Tony D'Angelo,

Suny HSC at Syracuse,

Syracuse, NY

Mark Deysher,

US Army-Baylor University,

Ft Sam Houston, TX

David Ellis,

The University of Tennessee at Chat-

tanooga,

Chattanooga, TN

Alicia Fisher,

Duke University,

Durham, NC

Heather Flaer,

Stockton College of New Jersey,

Pomona, NJ

Andrea Gallant,

University of Connecticut

William A. Gamble,

Florida International University,

Miami, FL

Lynnelle Gelinske,

University of North Dakota,

Grand Forks, ND

E. Scott Gillespie,

Loma Linda University,

Loma Linda, CA

The Student Guest Program presents an excellent opportunity to foster the interest of a promising physical therapy student in the field of orthopaedics.

This program, sponsored by the Orthopaedic Section, is open to all accredited, entry level physical therapy schools in the United States and Puerto Rico. Each eligible school is invited to submit the name of one student for inclusion in a random drawing that will be held at the Section office. The winner of the drawing will receive funding from the Orthopaedic Section to attend the 1994 Combined Sections Meeting (CSM).

Eligible students are those members of the senior class who have demonstrated an interest in orthopaedic physical therapy, who exhibit professionalism, and who are able to attend the entire conference.

The winner of the drawing is expected to attend the *Orthopaedic Section Business Meeting* and *Issues Forum* during CSM, serve as a moderator at an orthopaedic platform session during CSM, and make an oral presentation to his/her class upon returning from CSM.

Amy Goddard,
Texas Women's University,
Dallas, TX
Barry Haneke,
University of Colorado,
Denver, CO
Bryan Heiderscheit,
University of Wisconsin La Crosse,
La Crosse, WI
Mike Kalvoda,
University of Nebraska,

Lori Linville,
University of Kentucky,
Lexington, KY
Vicky Miller,
Hahnemann University,
Philadelphia, PA

Christopher Mims, Florida A & M University, Tallahassee, FL

Brad Olson,

University of Minnesota

Robyn Pester,

University of Montana, Missoula, MT

Howard Quackenbush,

Washington University, St. Louis, MO

Amy Rosenmayer,

University of Health Sciences/ The Chicago Medical School,

Chicago, IL

Larry Rossi, TTUHSC,

Lubbock, TX

Catherine Sauer,

College of St. Scholastica,

Duluth, MN

Margo Scharlin-Aprile,

Cleveland State,

Cleveland, OH

Emily Selby,

Southwest Texas State University,

Austin, TX

Gahl Silverberg,

New York University

Dawn Stermur,

Ohio State University

Steve Thompson,

Samuel Merritt College,

Oakland, CA

Shannon Vissman,

Slippery Rock University School of

Physical Therapy, Slippery Rock, PA

Laura Voss,

California State University,

Long Beach, CA Jenny Zackrison,

Grand Valley State University, MI

Omaha, NE

BOOK REVIEW

By Edie Knowlton Benner, PT, MA

Evaluation, Treatment and Prevention of Musculoskeletal Disorders: Volume 1, Spine, Saunders HD, Saunders R, Minnesota: Saunders Group, 1993, 396 pp, hard cover, illus, \$59.95. (7750 W. 78th St, Bloomington, MN 55439)

Evaluation, Treatment and Prevention of Musculoskeletal Disorders, Volume 1, Spine, is the third edition for Duane Saunders, MS, PT. The text is completely updated, reorganized and divided into a spine volume and an extremity volume. Robin Saunders, MS, PT joins Duane Saunders as coauthor.

The *Spine* volume is organized into four sections containing fourteen chapters and many useful illustrations.

Section One, Laying the Foundation includes basic spinal biomechanics and general principles of spinal evaluation and treatment.

Section Two contains five chapters on Evaluation and Treatment, including Treatment of the Spine by Diagnosis and Treatment of the Spine by Problem. A few problems discussed are soft tissue hypomobility, poor ergonomic conditions and poor physical condition. There is a chapter on Pelvic Girdle Dysfunction from an Osteopathic viewpoint by Allyn Woerman MMSc, PT and a very thorough chapter by Steven Kraus, PT, OCS on Temporomandibular Disorders.

Section Three focuses on Specific Treatment Techniques for joint mobilization, traction, orthoses, exercise, work hardening, work conditioning and functional capacity evaluations.

The final section outlines Industrial Back and Neck Injury prevention and management guidelines. Basic ergonomic principles in the workplace are at the conclusion of the text.

A key concept highlighted throughout the text is that the current thought process for the physical therapist involves the application of a comprehensive, systematic approach to the evaluation and treatment of function in spinal disorders with the treatment emphasis on addressing the problem which originally caused the disorder. The text describes the many roles of the physical therapist in patient

evaluation, problem assessment, treatment planning, application of treatment techniques, reassessment, modification of the treatment program, rehabilitation, education, motivation and prevention with active participation of the patient throughout the program.

Overall, this text is a positive contribution to the physical therapy profession and is recommended for the student as well as the experienced clinician. This text can be used as a reference; however, reading the material cover to cover gives the broader perspective about spinal disorders that the author's are trying to convey to the reader. The author's intent was not to present one school of thought, rather an integrated approach to solve the problems of working with Spinal Disorders and to guide the therapist in making appropriate clinical decisions.

Edie Knowlton Benner is a committee member of OP.

ORTHOPAEDIC SECTION, APTA COFFEE MUGS



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ORTHOPAEDIC SECTION, APTA BRASS PAPERWEIGHT OF LOGO



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The Orthopaedic Section, A.P.T.A. and the A.A.O.M.P.T.

1994 Combined Sections Pre-Conference Course: "A Combined Approach to Manual Therapy"

F	ebruary 2,	, 1994 New Orleans, Louisiana
100	11.0	Course Schedule:
7:	30-8:00	Registration
	00-8:15	Opening by the President: "The Combined Approach"
1.00	15-9:00	Bjorn Svendsen, PT, DHSc: Evaluation
10.7%	:00-9:45	Michael Rogers, PT, OCS: Mobility Testing
	45-10:00	Panel Questions
	0:00-10:15	Break
	0:15-11:00	Stanley Paris, PT, PhD: Mobilization/Manipulation (Low Velocity)
11	1:00-11:45	Michael Moore, PT: Soft Tissue/Stretching
11	1:45-12:00	Panel Questions
12	2:00-1:00	Lunch
1:	:00-1:45	Dick Erhard, PT, DC: Manipulation: High Velocity Thrust
1:	:45-2:30	Ola Grimsby, PT: Exercises
2:	:30-2:45	Panel Questions
2:	:45-3:00	Break
3:	:00-3:45	Joe Farrell, PT, MS: Patient Management
3:	:45-4:30	Kornelia Kulig, PT, PhD: Manual Therapy
4:	:30-5:00	Panel Discussions with Questions & Answers of all Speakers
5:	:00-5:15	Closing Remarks by the President
1 1497		TUITION:
		\$125 - Orthopaedic Section Members
		\$175 - APTA Members
		\$200 - Non-APTA Members
Cancellation received in writ refunds will be given after the		e course date will be refunded in full minus a 20% administration fee. Absolutely no ourse.
Fo	or More Infor	rmation, complete the form below, detach and mail to:
		, 505 King Street, Suite 103, La Crosse, WI 54601 *(800)444-3982

"A Combined Approach to Manual Therapy" Pre-Conference Course NAME: ______ Day-Time Phone No. () _____ ADDRESS: ______CITY: _____ STATE: ZIP: APTA ID #:

Enclosed is my registration fee in the amount of \$ ______. Ortho Sec. Mbr ____ APTA Mbr ____ Non-Member ____ Make checks payable to the Orthopaedic Section Check here if you have special needs that are regulated by the American Disabilities Act

Do Baby Boomers Retire?

By Larry Boatman, an Investment Executive who provides investment advice to the Orthopaedic Section, APTA

You bet they do! Baby boomers, those born between 1946—1964, presently account for one third the population and are saving at one third the rate necessary to provide them with a secure retirement at age 65. In 1978, only 4% of the population reached age 65 financially independent. In 1991 the percentage was the same. As the average American lifespan increases, you can expect to spend more than 20 years in retirement, one third of your adult life. Yet only 63% have started to save for retirement.

Most American workers expect the majority of their income in retirement to come from employer backed pension plans. However, the amount provided by employers is an average of 40% less than expected. It is unlikely that Social Security will be able to make up the difference.

In planning for retirement, it is important to not only accurately assess where retirement income will come from, but to also take into consideration the rising cost of living. With a 5% annual inflation rate, the \$10,000 you've saved today will have the purchasing power of \$5,988 in 10 years, \$3,585 in 20 years or \$2,146 in 30 years. Estimates indicate that someone planning to retire in the year 2020 (38 years old now) will need \$1 million to provide them enough income to maintain one's current lifestyle in retirement.

The most important step in insuring that you can afford retirement is to plan appropriately. The most common type of retirement savings is keeping assets in either commercial banks or savings and loans. However, in most cases, the rates of return of these savings are too low to even keep ahead of inflation.

Thirty four percent (34%) of pre-retirees and 54% of baby boomers do not have a retirement savings, such as an IRA or annuity, separate from employee pension or retirement fund. However, tax free funds or employer backed programs allow for much quicker and substantial accumulations. Yet, only one third of those offered employee backed 401K plans actually take advantage of

them.

The average American is generally unprepared for retirement. Studies show that in order to live a comfortable lifestyle in retirement, you must start saving between 9% and 25% of after tax income each year starting at age 26.

Are you ready to retire? Regardless of your age, the answer may very likely be "NO." Perhaps its time to devise a personal long term plan based on your own financial circumstances.



If you would like additional information on putting together your plan for financing retirement, please contact Larry through the Orthopaedic Section office.

1994 MASTER CALENDAR

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JANUARY

- 1 HOLIDAY New Years Day
- 7 OP Mailing Date
- 20 JOSPT Mailing Date

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FEBRUARY

- 2 OCS Exam Pre-conference Course "A Combined Approach to Manual Therapy"
- 3-6 CSM New Orleans, Louisiana
- 18 JOSPT Mailing Date Materials due - May issue OP

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18 JOSPT Mailing Date

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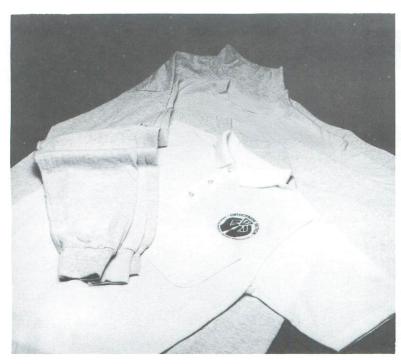
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APRIL

- 16-17 Orofacial Pain Seminar in Conjunction with NIH in Washington, D.C.
- 17-19 Component Leadership Seminar
 - 20 JOSPT Mailing Date

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- Golf Shirts with Pockets and Fashion Collar (white with blue imprint, light blue with blue imprint) cotton/polyester (\$18 Section Members, \$23 non-Section members)

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CSM 1994 — Final Program Schedule

New Orleans, LA — February 2-6

TUESDAY, FEBRUARY 1

5:30-7:30 PM Section Program Chairs Meeting

WEDNESDAY, FEBRUARY 2

7:30 AM-5:15 PM A Combined Approach to Manual Therapy Pre-Conference Course—AAOMPT

8:00 AM-3:00 PM Council of Section Presidents Meeting

8:00 AM-5:00 PM Orthopaedic Certified Specialist Exam

3:00-5:30 PM Section Officers Forum

Specialist Certification Awards Ceremony

THURSDAY, FEBRUARY 3

8:00 AM-4:30 PM Council of Executive Personnel Meeting

9:00 AM-5:00 PM Cumulative Trauma Hotline

9:00 AM-Noon Health Care Reform: Physical Therapy in the Future. MULTISECTION PROGRAM Moderator: Marilyn Moffat, PhD, PT Speakers: Colleen Kigin, MS, PT Jerry Connolly, PT Lynn Etheredge, President/Advisor An invited speaker from the Clinton Administration

1:00-2:30 PM Orthopaedic Practice Analysis: Blueprint for the OCS Exam Orthopaedic Specialty Council Members: Col. Mary Ann Sweeney, MS, PT, OCS Mary Milidonis, MMSc, PT, OCS Rick Ritter, MA, PT

2:30-4:30 PM Manual Therapy Round Table

Overview of Clinical Residency Programs: Is this a Career Direction for You? Speaker: Carol Jo Tichenor, MA, PT

What Models of Residency Programs Currently Exist in the USA Speaker: Michael Rogers, PT, OCS

3:30-4:30

Mechanics of the Intervertebral Disc Speaker: Stanley Paris, PT, PhD

Successful Physical Therapy Interventions for Patients with Diagnosis of Cervical Herniated Nucleus Pulposis Speaker: Bjorn Svendsen, PT, DHSc

Exhibit Hall Open

FRIDAY, FEBRUARY 4

8:00-10:00 AM Use of Scapular Taping to Treat Upper **Ouadrant Pain Syndromes** Speaker: Carrie M. Hall, MHS, PT

8:00-10:00 AM The Aerobic Component of a Return to Work Program Moderator/AV Assistant: Mike Downing, PT JOINT WITH CARDIOPULMONARY SECTION

8:00-9:15 The Aerobic Evaluation as Part of a FCE Speaker: William Temes, MS, PT, CCS

9:15-10:00 The Aerobic Component of the Conditioning Performing Arts Business Meeting Program for Return to Work Speaker: Stephen M. Slane, MS, PT

8:00-10:00 AM Research Platform Presentations Concurrent Sessions AV Assistants: Catherine Patla, PT Ellen Hamilton, PT Kim Schoensee, PT

8:00 AM-Noon Orthopaedic Board of Directors Meeting

9:00 AM-5:00 PM Cumulative Trauma Hotline

10:00-11:00 AM Exhibit Hall Open

11:00 AM-Noon Use of Scapular Taping to Treat Upper Quadrant Pain Syndromes—Continued

11:00 AM-Noon The Aerobic Component of a Return to Work Program-Continued Moderator/AV Assistant: Mike Downing, PT

The Aerobic Component of Work Simulation Speaker: Stephen M. Slane, MS, PT

11:30-Noon Panel on Implementation of a Comprehensive Program for Return to Work Speakers: Stephen M. Slane, MS, PT William Temes, MS, PT, CCS

11:00 AM-Noon Research Platform Presentations-Continued

12:30-2:30 PM Research Issues Forum: Low Back Pain Classification Systems Speakers: Richard DiFabio, PT, PhD Paul Beattie, PT, PhD, OCS Anthony Delitto, PT, PhD Moderator/AV Assistant: Susan Appling, PT, **IOINT WITH RESEARCH**

1:30-2:30 PM Head and Neck Business Meeting

2:30-4:00 PM Orthopaedic Board of Directors/Council of Committee Chairs Meeting

2:30-3:30 PM Exhibit Hall Open

3:30-5:30 PM Case Studies in Head and Neck Management—A Round Table Discussion Moderator: Lauri Lazarus, PT AV Assistant: Ellen Hamilton, PT

3:30-5:30 PM Performing Arts Round Table AV Assistant: Kim Schoensee, PT

3:30-4:30 PM Physical Therapy and the Musician Speaker: Nicholas Quarrier, MHS, PT

4:30-5:30 PM The Anatomy of the Neck and Throat; Physical Therapy for the Singer Speaker: Sean Gallagher, PT

3:30-5:30 PM Organizational Meeting for Chronic Pain Management Special Interest Group (SIG) Speaker: Gaetano Scotece, PT

Practice Issues Forum Section Practice Chairs only

4:00-6:00 PM Eugene Michael's Research Forum: Methods of Patient Classification **IOINT WITH RESEARCH**

SATURDAY, FEBRUARY 5

8:00-10:00 AM Orthopaedic Section Business Meeting/ Practice Issues Forum

10:00-11:00 AM Orthopaedic Board of Directors Post Meeting

10:00-11:00 AM Exhibit Hall Open

11:00 AM-12:30 PM Occupational Health SIG Business Meeting

1:00-2:00 PM Manual Therapy Business Meeting **IOINT WITH AAOMPT**

1:00-2:30 PM Research Platform Presentations Concurrent Sessions AV Assistants: Allen Lee, MS, PT, OCS Susan Appling, PT, OCS

1:00-2:30 PM Occupational Health SIG-Hot Topics Documentation: If it isn't functional it isn't Speakers: Susan Abeln, PT, ARM Darlene Stewart, MS, PT JOINT WITH PRIVATE PRACTICE

1:30-2:30 PM Foot and Ankle Business Meeting

2:30-3:30 PM Exhibit Hall Open

3:30-5:30 PM Poster Presentations

3:30-5:30 PM Research Platform Presentations Concurrent Sessions AV Assistant: Allen Lee, MS.PT. OCS

Case Studies in Foot and Ankle Management—A Round Table Discussion Speaker: Tom McPoil, PT. PhD

3:30-6:00 PM Manual Therapy for Carpal Tunnel Syndrome Speaker: Brian Miller, PT

7:00-8:00 PM Black Tie and Roses/Rose Excellence in Research Award Reception

8:00-11:00 PM Orthopaedic Section 20th Anniversary Celebration

SUNDAY, FEBRUARY 6

7:00-8:00 AM Section Program Chairs Meeting

8:00 AM-10:00 Juvenile Rheumatoid Arthritis **IOINT WITH PEDIATRICS** Speakers: Abraham Gadalia, MD Robert Dehne, MD

10:15-NOON Ilizarov Procedure IOINT WITH PEDIATRICS Speakers: Michele Zembo, MD Kathleen Kelleher, RN, MSN Karen Barnes Ball, PT

WELCOME NEW MEMBERS

The Orthopaedic Section, APTA, Inc., would like to welcome all of our new students, affiliate and active members who have joined the Section within the last three months:

Rana Adada Sherry Allard Todd Alpers Michael Anastasas Cynthia Anderson Michael Anthony Reed Argent Gail Baker Tracie Banzhaf Patty Barcenas Kathy Bay Lawrie Beardsley Agata Bednarska Lisa Beisiegel Seth Ben-Yishay Jennifer Billings Robert Binkiewicz Susan Blair Kristin Bookwalter Jennifer Borseth William Bosley Kathryn Bozinovich Debra Brooks Shelia Brooks John Brown Patricia Brown Lisa Brown David Brummel Gino Brunello Bernard Bruns Donna Bucholz lames Budiscak Sherry Burcak Bob Burr David Bustamante Deanna Cabe Jennifer Carlson Kimberly Carstens Michael Castillo Edgardo Catalan Wendy Cheesman Gerard Chin-A-Foeng Michael Chitwood Anna Chow Susan Christman Karl Chunn Patricia Clabo Nancy Clifford Sarah Cline Cory Collins Shaska Combs Lisa Conte George Cook Rise Cooper Denise Copeland Julie Cornett Donna Crismond Elzbieta Cybulska Kathryn Czajkowski Patrick Dailey Karen Dake Deborah Dastych Kristin Davey Wanda Dean Michael Dechellis Johanna Deckert Debra Dent Steven DeSousa

Anita Doubrava

John Duffy Cynthia Dy-Talaroc Susan Earles-Price Jane Edings **Ethel Elliott** Mary Elliott Danny Ertman Boyd Etter Maryellen Faircloth Charles Farabaugh Alma Farr Steve Ferdig Efrahim Fernandez Sean Fielding Kimberly Filosi Linda Florczyk Teresa Fox Suzanne Fulton Margaret Galasso Mary Gales Chris Gallagher Lisa Galley Anthony Garafalo Fredrick Garcia lanet Garfield Martin Garfinkel limmie Garner Alex Geller Martha Ghizari Tina Giachello Raymond Gibson Debra Gill Carolyn Goodrich John Graham Noah Greespan Timothy Griffin Lisa Groves Max Grunig Robert Guest Hagen Kathleen Michael Haley Trisha Hammer Timothy Haney Laura Hansen Donald Harris Judy Harvey Neala Hazleton Mona Hee Patrick Heil Lee Heisman Brenda Henoch Robert Henry Michelle Hertel Marcia Hewitt Donna Ho Jo Hofer Charles Hollier Don Howe Colleen Howes Timothy Humber Timothy Ickes Kale Isaacson Charles Ishii Eric lames Maritza Jaque Krista Johnk Denise Johnson Grace Johnson Joseph Johnston

Monica Joshi

Marina Kalfas Michael Kalvoda Mark Kane Deb Kardon Charles Keely Kevin Keenan Amy Keller Bridget Kemna Joseph Kiefer Susan Kilian Robert King Julie Kliesch Ronald Klingensmith Iulie Koesterer Michael Kohm Dedra Kolkhorst Chris Krug Kim Kvarda Elizabeth Lagesse Audrey Lamb Thomas Lambiotte Marina Lang Jamie LaPage Leonard Lasky Stefanie Lawhorn Kelly Lawrence Robert Le Beau Melani Lehman Elizabeth Lenhart Christine Lim Gerard Linskens Clifford Liu Rebecca Longhurst Ginger Loomis Kristin Lovold Marilyn Magoini Carl Malatesta Mark Marchino Cynthia Martin John Matise Janel May Margaret McLaughlin Tracy McAreavey Marian McDonald Joel McGinnis David McIntosh Patrica McMaster Margaret McReynolds Wendell Mendenhall Karen Messier Steven Michaud James Mikrut Flizabeth Miles Pamela Morgan Dianna Moroz Geraldine Morwood-Milligan Susan Motts Darius Murgala Laurie Mulanax Ma Najarro Teri Nakamura Daniel Ness Jeffrey Newman Timothy Newton Tracy Nicosia Alejandro Nunez Brooke Nyssen Donna O'Dell

Debra Orlando Robert Ortmeyer Kirk Painter Mark Palmer Michele Paulucci Janice Park Jennifer Parker Carolyn Parrack Patrice Pegaz Patty Pelen Brenda Perorazio James Petaccio Greg Petersen Michael Peterson Kevin Pifer Kenneth Pinkerton Margaret Pitkethly Nan Platto Rodney Plunkett Sharon Podsednik Laurie Porter Gregg Potter Phyllis Quinn Maureen Raffensperger Jacqueline Randa Susan Raymond Michael Reichler Jane Reinsch Mari Reisekiso Joanne Riviello Clarice RoachSmith Margery Rodgers Charles Rodman Martin Roecker Tim Rollins Stanley Rose Robin Roughton Gregory Ruskan Terri Sannes Donna Sargent Pamela Sax Christine Scavone Shiphra Schorr Edward Schrank Heidi Schubert Dennis Schultz Jeffrey Schwarz Gaetano Scotece Debbie Sentner Linda Shepardson Laurie Sherman Sharlynn Shikuma Paula Silva Romi Singh Chris Smallen Karin Smiertka Frederick Smith Ellen Smith Helen Smith Anthony Smith Karin Sobotta Sharon Solomon Laura Sparks Minnie Sparks Joseph Starr Anne Steinbroner

Jennifer Swan Royce Takahashi Vincent Tam Lisa Tanguay Susan Taube Mae Terrion-Fahey Peter Thoresen Sarah Thurber Mary Tichenor Jill Titus Tiffany Tryner R Tucker Paul Turner Iris Turner Jane Ubben Mary Urner Armando Valerio Ronald Vance Ann Vance Walter Vanderhorst Susan Vero Harvey Villa David Voellinger William Wallace Dave Walter Michael Ward Steven Warren Christine Watson Marilyn Welton Lee Werchau Thomas Wederitis Deborah Wheeler Daryl White Julie Whitman Charles Williams Lisa Wilson Mary Wilson Becky Wittig Cheryl Wolpert Leilani Wong Kellie Wood Debra Woodall Robert Worms Maria Yasay Leigh Yonago Dean Yoshimoto Douglas Young Debbi Zeller Elizabeth Zelus Peter Zenelak Karen Zimmerman



Brian Olson

Dawn Stermer

Alison Stevens

Sara Stutz

Katheryn Strandberg

SECTION NEWS

EDUCATION PROGRAM COMMITTEE

Plans have been finalized for the 1994 Combined Sections Meeting in New Orleans. The conference will begin with a one day course cosponsored with the American Academy of Orthopaedic Manual Physical Therapists on updates in manual therapy. The week will be full of updates on health policy, roundtable discussion in various clinical practice areas, forums on classification of low back syndromes, a record number of research presentations, and many other exciting presentations.

During CSM, the Orthopaedic Section will be celebrating its 20th anniversary with a Cajun Cookout and Dance. This party is free to all and immediately follows the Section's annual Black Tie and Roses Reception on Saturday night. Please make plans to attend this fun event.

The Education Committee is pleased to announce that we will be offering two Home Study Course series in 1994. Both will be on the lumbar spine and will feature an outstanding selection of topics and authors. Look for information on these courses in this issue. The home study

courses have been extremely popular with Section members because of their high quality and convenience. The last series had over 1000 participants.

The Section has held two successful Review for Advanced Orthopaedic Competencies courses in 1993. The next course is scheduled for July in Williamsburg, Virginia. We are very pleased with the quality of our speakers and the responses of the participants.

Nancy T. White, MS, PT Education Program Chair

FINANCE COMMITTEE

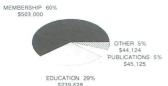
1993 BUDGET TO ACTUAL INCOME: BREAKDOWN - Sept. 30, 1993 (+33.9% over our expected budget YTD)



BUDGETED: \$623,908.71

ACTUAL: \$835,583.90

1993 STRATEGIC PLAN PROJECTED INCOME



Total: 831,878

1994 STRATEGIC PLAN PROJECTED INCOME



Total: 891,860

* * * * YEAR END FISCAL TRENDS 1987-1992 (1993 data is as of Sept. 30, 1993)



To nearest thousand

1993 YTD BUDGET TO ACTUAL EXPENSE: BREAKDOWN - Sept. 30, 1993 (-9.96% under our expected budget YTD)



BUDGETED: \$589,190.49

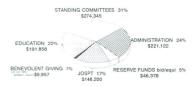
ACTUAL: \$530,517.14

1993 STRATEGIC PLAN EXPENSES



PROJECTED: \$831,878

1994 STRATEGIC PLAN EXPENSES



PROJECTED: \$891,860

* * * * **RESERVE FUND**January 1, 1991 to Sept. 30, 1993



 + Reserves
 + Minimum
 * 1993 Goal

 + IDEAL
 ★ STANDARD
 ★ BLDG, FUND

ORTHOPAEDIC CLINICAL SPECIALIST PRACTICE ANALYSIS AND COMPETENCY DOCUMENT UPDATE

By Mary K. Milidonis, MMSc, PT, OCS Member, Orthopaedic Specialty Council

Thanks to the continued support from Annette Iglarsh and the Executive Officers of the Orthopaedic Section, a new Orthopaedic Physical Therapy Specialty Competency Document will be completed by February 1994. A full report of the research project and a new document will be presented at the Combined Sections Meeting in New Orleans. The project has involved many individuals who have volunteered to serve on committees to refine the survey and competency document. Our goal is a competency document that will be very user friendly and have strong linkages to the Orthopaedic Competency Exam.

After enthusiastic debate and much review by subject matter experts (SMEs) and pilot study experts, the Orthopaedic Practice Analysis Survey galvanized in June of 1993. The survey was distributed in June and July to practicing orthopaedic therapists across the country. The largest group sampled was the Board Certified Clinical Specialists with 325 members. Other orthopaedic physical therapists were also sampled at National APTA conference, the Orthopaedic Review Course in Seattle, at postgraduate orthopaedic academic and residency programs and through a random sample of Orthopaedic Section Members. A total of 1000 surveys were distributed with a high return rate of 42%.

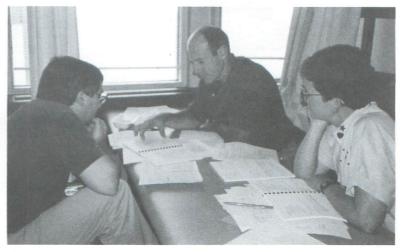
The practice analysis data was compiled and statistically analyzed by our psychometric consultant from Knapp and Associates. The subject matter expert committee met in September at Northwestern University to review the demographic data and the survey instrument results.

The respondents had a median range of 6 to 15 years in orthopaedic practice. Ninety percent of the respondents ranged in age from 25 to 44 years old. Fifty four percent of the respondents









were male and 46% female. Fifty seven percent of the respondents were Board Certified Orthopaedic Clinical Specialists.

Seventy eight percent of the respondents practiced in outpatient clinics and the median number of patients treated per day ranged between 6 to 20. Slightly over 60% of their professional activities were in direct patient care, 12.8% administration, 11.5% teaching and 2.3% research. When asked what educational method had the most influence developing your skills, 52% identified workshops, seminars and study groups and 25% identified formal residency or graduate education.

Once the demographics and results were reviewed, the experts broke into groups to decide on rules to eliminate or revise any responsibilities, knowledge or procedures that were ranked low by the survey respondents. When the final responsibilities, knowledge or procedures were identified, the experts began development of the examination blueprint. During this session, major responsibility areas were linked with knowledge and procedures. The responsibilities included: patient evaluation; design a plan of care; implement a plan of care; assessment/re-eval; research and documentation; professional relations and development. The knowledge areas included: anatomy and physiology, movement science, clinical pathology, medicine, orthopaedic physical therapy, research, and ethical/legal considerations. The procedures and techniques simply included evaluation procedures and treatment techniques.

On the second day of the SME meeting, operational definitions for the linkages were created. Detailed specifications were developed to describe the situations that would test critical areas on the Orthopaedic Specialty Exam. By far this was the most difficult and time consuming process during the meeting.

Technical specifications for the exam were also developed. The specifications include weights or percentages given to each knowledge area, procedures or techniques. Cognitive levels for questioning were established for all linkages. Consequently, the end product of this process will give item writers for the orthopaedic specialty exam a clear idea of number and types of questions.

At the end of the Chicago meeting, SMEs proposed a new competency document. The goal of the document is to be user friendly for: therapists who sit

for the exam, curriculum designers, test item writers, and test construction developers. We wanted to construct a document that can be revalidated, that utilizes the results from the current process but does not discard the last competency document.

Five major sections were proposed at the September meeting. The first section would explain the development of the competencies including: the history of the process, the recent process used to evolve the competency document, and a summary of the technical report including demographics. A section would be devoted to explaining the cognitive levels of questioning. A matrix would be included to indicate linkages between responsibilities and knowledge/procedures. The number of guestions and cognitive level of questions will be identified. The matrix would be expanded to show how the knowledge and procedures relate to the responsibilities. This will include patient scenarios. The responsibilities will be delineated and defined in another section. Finally, major components of the procedures and techniques will be operationally defined.

Assembling the new competency document will occur during an early December meeting at the University of Pittsburgh by a subcommittee of the SMEs. The final approval of the document will be done by the American Board of Physical Therapy Specialties in late December of 1993. The Orthopaedic Specialty Council will have a sample competency document available at the

Orthopaedic Section booth at the Combined Sections Meeting. In addition, you may want to attend a 90 minute platform presentation on the Orthopaedic Competency Document, Thursday at CSM.

I want to recognize the members of the SME group for their untiring efforts to complete the project within our deadline of one year.

Leon Anderson III
Jean Bryan
Tony Delitto
Karen Ensley
Joe Godges
Bob Johnson
Alan Lee
Mary Milidonis
Rich Nyberg
Rick Ritter
Mary Ann Sweeney
Russ Woodman

The pilot study experts also deserve a sincere thank you for carefully critiquing the survey instrument and keeping the process honest.

Mike Cibulka Scott Hasson Ann Porter Hoke Elaine Rosen Eileen Vollowitz



Front Row: Rick Ritter, Mary Milidonis, Jean Bryan, Karen Ensley, Mary Ann Sweeney and Alan Lee. Back Row: Joe Godges, Tony Delitto, Leon Anderson III, Bob Johnson, Russell Woodman and Rich Nyberg.

MEETING AGENDA

ORTHOPAEDIC SECTION, APTA, INC.

FALL EXECUTIVE COMMITTEE
MEETING
SEPTEMBER 30—OCTOBER 3, 1993
SAN DIEGO, CALIFORNIA

THURSDAY, SEPTEMBER 30, 1993

CALL TO ORDER— 3:00 PM—Annette Iglarsh, PT, PhD

WELCOME

PRESIDENT'S REPORT-3:15 PM

- A. Approve Executive Committee Minutes (from CSM, February, 1993, San Antonio, TX and AC, June, 1993, Cincinnati, OH)
 - B. Review and Accept Agenda
 - C. Review of Meeting Procedures
 - Format of the Meeting
 - Motion Forms
- D. Annual Conference Activity List (Under Old Business in Notebook)
 - E. Commission on Accreditation
 - F. PTON vs APTA Net
- G. ASAE Job Survey/Management Analysis
 - H. Self Evaluation for JOSPT
- I. Orthopaedic Section Election Sequence
- J. 1994 APTA Election Nominations
- K. 1994 APTA Appointed Group Nominations
- L. 1994 APTA Award Nominations

EXECUTIVE COMMITTEE REPORTS—4:15 PM

- A. Vice-President—John Medeiros, PT, PhD—3:45 PM
 - American Red Cross Back Program
- B. Treasurer—Dorothy Santi, PT—4:00 PM
- 1. Approve Minutes from AC and Fall Finance Committee Meetings
- 2. Policy on Fiscal Relationship between SIGs and the Section
 - 3. Allocation of Membership Dues
 - 4. 1993 Year to Date Budget
 - 5. 1994 Budget
 - 6. Building Fund Update
- C. Member-at-Large—Stanley Paris, PT, PhD—4:30 PM
- D. Education Program—Lola Rosenbaum, P.T.—4:45 PM
- 1. MOTION Post Entry Level PT Programs

- 2. Adopt-a-Doc
- 3. Board members to attend Review Courses
 - 4. HSC Editor Agreement
- 5. Annual Conference 1994 Program Ideas
 - 6. Orthopaedic PT Definition
- E. Research—Dan Riddle, MS, PT—5:00 PM
- 1. Rose Excellence in Research Award
- 2. Platform/Poster Presentations—CSM 1993
 - 3. Clinical Research Consultant Update
- F. Executive Director—Terri Pericak—5:30 PM
 - 1. Forum Medicum
- 2. Occupational Brief—Physical Therapists
- 3. Endorsements and Integrity in Serving the Association
- =MOTION= That the Orthopaedic Section adopt the APTA Board of Directors policy on Endorsements 03-93-07-14 and the policy on Integrity in Serving the Association 06-88-03-05.
- 4. November 1993 APTA Board Meeting

Fiscal impact for President to attend: Travel and lodging for two days. Meals are covered by APTA.

5. =MOTION= The Orthopaedic Section pay the application fee and annual fee to become a member of the International Association for Continuing Education and Training.

Rationale: To give credibility to the Section for awarding CEU's and to be kept updated on any changes in the requirements for awarding and documenting CEU's. Also, insures those taking our courses that the courses are of the highest standards.

Fiscal Impact: \$275 application fee and \$500 per year membership fee.

- 6. Chicago O'hare American Airlines Meeting Rooms
- 7. RFP's for JOSPT to be sent out the beginning of 1994 per Finance Committee

FRIDAY, OCTOBER 1, 1993

PROGRAM REPORTS— 8:00 AM—NOON

- A. Membership—Terri Pericak
- B. Education—Lola Rosenbaum, PT C. Publications—Jonathan Cooper-

- man, MS, PT
 - 1. Scenarios on removal from office
- 2. Publishing and Administrative Contracts
- 3. Gifts for Sections who have contracts with us
 - D. Specialization—Rick Ritter, MA, PT Nominations for OSC position
- E. Practice—Scott Stephens, MS, PT, FFSBPT
- 1. Task Force to Define APTA Orthopaedic Section Practice Committee Goals and Objectives—MOTION
- 2. Organization of Intra-Section Practice/Legislative Committee—MOTION
- 3. Possible Future Project—Third Party Reimbursement Issues
- F. Public Relations—Karen Piegorsch, MS, PT, OCS
 - 1. Hotline sign-up
- 2. Volunteer Mentor for student guest in exhibit hall
 - 3. Association liaisons
 - 4. Orthopaedic Bookstore
- 5. Request for Section mug to be sent to all PR Committee members
- G. Awards—Annette Iglarsh, PT, PhD
- 1. Appoint new Awards Chair
- 2. Paris Distinguished Service Award
- H. Nominating Committee—Gary Smith, PT

Section offices

I. Occupational Health SIG—Dennis Isernhagen, PT

SATURDAY, OCTOBER 2, 1993

1994 STRATEGIC PLAN AND BUDGET 8:00—10:00 AM

THREE YEAR PLAN— 10:00 AM—1:00 PM

NEW BUSINESS-1:00-2:00 PM

Adjournment

MEETING MINUTES

ORTHOPAEDIC SECTION, APTA, INC.

FALL EXECUTIVE COMMITTEE
MEETING
SEPTEMBER 30—OCTOBER 3, 1993
SAN DIEGO, CALIFORNIA

CALL TO ORDER—

3:00 PM, Thursday, September 30, 1993 - Annette Iglarsh, PT, PhD, President

Those present were John Medeiros, Stanley Paris, Dorothy Santi, Dan Riddle, Lola Rosenbaum, Jonathan Cooperman, Rick Ritter, Don Lloyd, Scott Stephens, Karen Piegorsch, Gary Smith, Dennis Isernhagen, Terri Pericak.

MOTIONS

- A. Governance
- 1. 93-FALL-EC-GOV =MOTION= To approve the February CSM 1993 Executive Committee minutes, the April 1993 Executive Committee conference call minutes, the May 1993 Finance Committee conference call minutes and the June Annual Conference Executive Committee minutes as written.=PASSED=
- 2. 93-FALL-EC-GOV =MOTION= To approve the agenda as written with amendments.=PASSED=
- 3. 93-FALL-EC-GOV =MOTION= That the Orthopaedic Section adopt the APTA Board of Directors policy on Endorsements 03-93-07-14 and the policy on Integrity in Serving the Association 06-88-03-05.=PASSED=
- 4. 93-FALL-EC-GOV = MOTION = To rescind the recommendation of the Finance Committee dealing with the determination of the benevolent fund. = PASSED =
 - B. Finance
- 1. 93-FALL-EC-FIN =MOTION= To approve the June 1993 Annual Conference and Fall Finance Committee meeting minutes.=PASSED=
- 2. 93-FALL-EC-FIN =MOTION= That the Orthopaedic Section pursue the collection of the \$16,186.25 judgement awarded from Forum Medicum.=PASSED=
- 3. 93-FALL-EC-FIN = MOTION = When an individual is representing the Section it is their responsibility to immediately submit a report of significant items germane to the Section and then to submit the minutes of any meetings,

when they are received, to the Section office so that they can be disseminated to the Executive Committee.=PASSED=

4. 93-FALL-EC-FIN =MOTION= That we accept the 1994 budget as amended with the addition of \$9,105. The Finance Committee and Executive Director will re-balance the budget and distribute to all officers and committee chairs by the end of 1993. A detail of where the changes occurred will be included.=PASSED=

C. Research

- 1. 93-FALL-EC-RES =MOTION= That Dr. Tony Delitto be recognized as the 1994 Rose Excellence in Research Award winner.=PASSED=
- 2. 93-FALL-EC-RES =MOTION= That the Research Committee develop a conflict of interest policy for the Rose Excellence in Research Award. The policy will read as follows: Members of the Research Committee will not be considered for the award. Nominated papers in which a Committee member is a secondary author will also not be considered for the award. A Committee member's paper can be considered for the award if that member resigns from the Committee for the remainder of their term at least one (1) month prior to the determination of the award winner.=PASSED=
 - D. Public Relations
- 1. 93-FALL-EC-PR = MOTION = That Karen Piegorsch and Jonathan Cooperman draft a letter to publishers to determine if they are willing discount publications to members of the Orthopaedic Section, APTA, Inc., and report back at CSM 1994.=PASSED=
 - E. Practice
- 1. 93-FALL-EC-PRAC =MOTION= That the Section office prepare a one page member survey to be included in Orthopaedic Physical Therapy Practice. The page should include a postage paid response card. Highlight its inclusion on the cover.=PASSED=
- 2. 93-FALL-EC-PRAC =MOTION= That the Section office be responsible for sending out mugs to every person who served on a committee at the end of that person's term with a thank you note. =PASSED=
 - F. Occupational Health SIG
- 1. 93-FALL-EC-OHSIG =MOTION= That the Orthopaedic Board of Directors form a task force to develop 'Guide-

lines for the Acute Care of Work Related Injuries'. Subject to support by the Private Practice Section 50/50.=PASSED=

Fiscal Implication: Two, two day meetings; Travel (\$450 ×2 meetings ×6 people) \$5,400; Lodging & Meals (\$150/day ×2 days per meeting) \$3,600; Secretarial (40 hrs ×\$10/hr) \$400; Postage \$100. Money to come out of the Miscellaneous Fund for 1994.

- 2. 93-FALL-EC-OHSIG =MOTION= That the Board of Directors amend the 1994 operating budget for the Occupational Health Physical Therapy SIG to \$15,000.=PASSED=
- 3. 93-FALL-EC-OHSIG =MOTION= That the Board of Directors of the Orthopaedic Section charge the Occupational Health Physical Therapy SIG to work with the Section Treasurer and Finance Committee to develop Section policy for funding of Special Interest Groups. This policy should include but not be limited to:
 - 1) Start up funding
 - 2) Annual supplemental funding up to no more than 5 years
 - 3) SIG administrative charge (dues)
 - 4) Revenue splitting from fund raising activities of SIG's with a report back to the Board of Directors at the next meeting at CSM 1994. = PASSED =

SPECIAL INTEREST GROUP UPDATE



OCCUPATIONAL HEALTH PHYSICAL THERAPISTS SPECIAL INTEREST GROUP

EXECUTIVE BOARD MINUTES SEPTEMBER 11-12, 1993 WHIPPOORWILL HILL, WISCONSIN

September 11, 1993

CALL TO ORDER AND WELCOME

7:56 A.M.—Dennis Isernhagen, PT The second Fall Meeting of the SIG Executive Board was called to order by Dennis Isernhagen, PT. Those present included: Joanette Alpert, PT, Vice-President and Education Committee Chair; Mary Mohr, PT, Secretary; Dottie Nelson, PT, Treasurer; Kathy Lewis, PT, JD, Bylaws Committee Chair; and Bob Richardson, PT, Nominating Committee Chair.

PRESIDENT'S REPORT

Dennis Isernhagen, PT

- A. Approve the Executive Board Strategic Planning Meeting Minutes (San Diego, California, May 15-16, 1993). =MOTION= To approve minutes as printed. =PASSED=
- B. Review and accept agenda. =MOTION= To approve the agenda as printed. =PASSED=

EXECUTIVE COMMITTEE AND COMMITTEE CHAIRPERSON REPORTS

A. Treasurer's Report—Dottie Nelson, PT

- 1. Treasurer met with Orthopaedic Section Finance Committee at the Annual Meeting in June. 1994 Budget was submitted for review at the August meeting.
- 2. Per feedback from Terri Pericak, Ortho Section Executive Director, the Finance Committee decreased the SIG 1994 Budget. Several budget cut options were discussed by the Executive Board as alternatives to the Finance Committee recommendations.
- 3. The need for membership drives and special projects will be a focus of the SIG as the SIG is expected to be "fiscally neutral" at the end of the third year as far as the Ortho Section is concerned.
- 4. As 1993 is the first formal budget year, detailed recommendations for the 1994 budget will be presented to the Ortho Section B.O.D. by Dennis Isernhagen,

PT, SIG President, at the end of September which will deal with the SIG's financial independence.

- B. Vice-President's Report—Joanette Alpert, PT
- 1. The 1993 Strategic Plan Detailed Program Descriptions were reviewed to determine what areas would be carried over to 1994.
- 2. 1994 Strategic Plan was reviewed in detail and individual officers of the Executive Board were assigned responsibilities for completion of the Detailed Program Descriptions.

3. Status of Health Care Policy-Program 17 was discussed in detail. Purposes and Future Objectives will be included in the 1994 Strategic Plan.

- 4. Issue of establishing a Research Committee was discussed. =MOTION= Recommend that the SIG President select a Chairperson for the Research Committee with the approval of other SIG officers, anticipating that there will be a Research Committee upon passing of the Bylaws at the Annual SIG Business Meeting in 1994. =PASSED=
- C. Bylaws Committee—Kathy Lewis, PT, JD, Chairperson
- 1. Proposed Bylaw changes and rationale for the changes were presented. =MOTION= To amend Article VIII, Section II.A to read...and Research; Section II.D to read, 1) the formulation of recommendations for standards of practice and reimbursement issues, 2) identification of legislative, regulatory issues and reimbursement issues; and to add Section II.E—The Research Committee facilitates: 1) identification of research questions 2) formulation of research priorities 3) identification of mechanisms and parties to perform research. =PASSED=
- 2. SIG membership will receive a copy of the proposed changes at least 30 days prior to next business meeting of the SIG.
- 3. Approve procedures for changing the Bylaws as illustrated in flow chart format. =MOTION= To approve "Procedures for Changing the Bylaws" as printed. =PASSED=
- D. Education Committee—Joanette Alpert, PT, Chairperson
- 1. Program update for CSM in New Orleans given. This is a joint program with the Cardiopulmonary Section which is entitled, "The Aerobic Component of a Return to Work Program". Guest speakers include: Bill Deterk, PT and

Gale Kaiser, PT.

- 2. Hot Topics Forum will be presented on Saturday with guest speaker Susan Abeln, PT lecturing on "Workers' Compensation and Functional Documentation".
- 3. Educational Committee Chair will solicit topics for future meetings at the 1994 CSM. A full day program is tentatively planned for the 1995 CSM as a means to generate more income for the SIG.
- D. Nominating Committee—Bob Richardson, Chairperson
- 1. Two positions are due for re-election in the even year 1994: Vice-President and Secretary.
- 2. Call for candidates will be published in the Fall issue of *OPTP*.
- 3. Committee Chair will send copies of P & P to committee members. =MOTION= Delete Section II.B. Take a vote from SIG members in attendance at the SIG Business Meeting at CSM for approval of the slate. =PASSED= =MOTION= Change oversee the election process at CSM to read "Prepare and distribute the election ballots at CSM. =PASSED=
- E. Practice & Reimbursement Committee—Dennis Isernhagen, PT, for David Clifton, PT, Chairperson
- 1. Update on Workers' Compensation Focus Group given. Nine members have been assigned areas of research which include: basis for payment, provider credentialing, managed care networks, utilization review and outcomes, billing and documentation, blending of professional services, legal and regulatory agencies, and prevention. Written formats will be completed by each group member and will include an overview of critical issues, sub-issues, problems, solutions, and obstacles to solutions. Research findings will be discussed at the Private Practice Section Meeting in November.
- 2. Algorithms for reimbursement are being developed.
- 3. Discussed idea of inviting more diverse, non-physical therapy professionals to future focus group meetings. President of the SIG asked Executive Board members to send him names of possible participants.

UNFINISHED BUSINESS

- A. Policies & Procedures
- 1. Areas previously assigned to Execu-

tive Board members were reviewed in detail and corrections were made. Upon completion of corrections, final copy will be sent to the SIG Secretary.

- 2. SIG Secretary will compile P & P and send to Orthopaedic Section Administrative Staff. Will request notebooks be made and distributed to the appropriate officers and committee members. First distribution will occur at CSM in New Orleans in 1994.
- 3. To insure that all of the Board member's work on the P & P is not lost, each member was requested to keep a disk of his/her efforts and pass it on to their succeeding officer/committee chair.
- 4. The heading for all of the SIG Policies and Procedures will follow the format used by the Bylaws Committee Chair for the "Meetings" policy. A footer will be typed in the lower left corner: "Approved Fall 1993".

B. Membership Packets

- 1. Present membership packet will include: SIG Newsletter, W/C, W/H Guidelines, and an article by Pat Williams. Target mailing date is October 15, 1993.
- 2. New membership packet will include: welcome letter by SIG President, W/C, W/H Guidelines, article by Pat Williams, blank membership survey, and SIG Newsletter. The Ortho Section Administrative Staff will mail the packets.

Adjourned 6:05 p.m.

September 12, 1993

NEW BUSINESS-7:58 a.m.

- A. Results of Membership Survey
- 1. Present membership surveys were reviewed. Summary of survey will be included in the SIG's first newsletter.
- 2. Survey item number 19 (What issues would you like the SIG to focus on?) was prioritized so the Executive Board could utilize the survey as a tool to help with strategic planning. Five top issues, broadly defined, include: standardization, reimbursement, research, marketing/public relations, and credentialing.
 - B. Newsletter
- 1. Development of a SIG newsletter is a response to both verbal and written requests by the membership. Content and format of newsletter was discussed in detail.
- 2. Executive Board members were assigned different areas of content. All typed copies will be sent to the SIG

Secretary who will then forward a rough layout to Ortho Administrative Staff for final publication.

- 3. Newsletter target date for mailing is October 15th.
 - C. Article on Maryland FCE Standards
- 1. Final edition of the above standards were submitted to the SIG by Dennis Hart, PhD, PT, for review by the SIG.
- 2. First recommendation for change was that of changing "Standards" to "Guidelines".
- 3. Question was raised as to "What do we do with the document?" Suggestions were made to have the three top PT providers review the document. Possibility of developing a task force was discussed. =MOTION= That the Orthopaedic Section BOD form a task force with the purpose of developing a FCE Guidelines document which is complimentary to the existing work conditioning/work hardening guidelines. =PASSED=
- 4. The SIG recommends the following individuals for the task force: Bob Richardson, PT, and Jackie Montgomery, PT as mediators; Keith Blankenship, PT, Susan Isernhagen, PT, and Glenda Key, PT as the core group.
- 5. The SIG sees the need for this task force based on the membership survey and we perceive this as the first step to have a FCE document endorsed by the APTA.
- 6. President of the SIG Executive Board will submit a proposal for a task force to the Orthopaedic Section BOD.
- D. ERRS—Health Ergonomist Guidelines
- 1. The National Interdisciplinary Committee on Health Ergonomics (NICHE) sent the proposed job functions and academic background of a "Health Ergonomist" to the SIG Executive Board for our information at this time. Once the NICHE members agree upon the final version of the document (anticipated late 1993), the SIG will receive the final guidelines for review by the SIG.
- 2. In view of the membership requests (via the recent survey) for certification as an ergonomist, the SIG Executive Board supports the NICHE's definition of "Health Ergonomist". = MOTION= To accept the definition of Health Ergonomist as presented by members of the NICHE meeting. = PASSED=
- 3. Each member of the SIG Executive Board is requested to review the document and send comments to the SIG President.

- E. Deletion of Spring Executive Board Meeting
- 1. The SIG Executive Board will meet the Sunday after the Annual Business Meeting at CSM which is scheduled for Saturday.
- 2. The reason for eliminating this meeting is due to completion of the initial Strategic Plan and Policies & Procedures as required by the Orthopaedic Section.
 - F. Research Committee
- 1. Selection of the Research Chairperson and Committed members was discussed in detail.
- 2. SIG President will contact Jean Bryan, PT, and Richard Smith, PT, as potential chairpersons.
- 3. Call for Chair & Committee members of Research Committee will be published in the SIG newsletter.

Adjournment: 10:50 a.m.

MENTOR LIST

The following is a list of those members who have expressed an interest in acting as a mentor to fellow Orthopaedic Section members who are interested in obtaining on-site training in a specific specialty area:

John M. Barbis, MA, PT, OCS Suite 1500 1015 Chestnut Street Philadelphia, PA 19107 215/592-0240 Specialty: spinal pain, thoracic outlet syndrome

Marvin R. Beck, PT, OCS 1108 East Patterson Street Kirksville, MO 63501 816/665-4073 Specialty: orthopaedics

Virgil Beck, PT, OCS 620 S. 400 E., Suite 101 St. George, UT 84770 801/628-2855 Specialty: manual therapy, orthopaedics

Anne H. Campbell, PT, OCS Access Physical Therapy 1406-B Wilson Road Conroe, TX 77304 409/756-0086 Specialty: spine, shoulder

Russell A. Certo, PT, OCS 1282 Stony Point Grand Island, NY 14072 716/773-4323 Specialty: orthopaedics

Michael T. Cibulka, MHS/PT, OCS 430 Truman Blvd. Crystal City, MO 63019 314/937-7677 Specialty: orthopaedics, sports, manual therapy

Frank J. Fearon, MS, PT, OCS The Rehabilitation Institute 743 Spring Street Gainesville, GA 30501 404/535-3494 Specialty: spinal mobilization, isokinetics

Sean Gallagher, PT 2121 Broadway, Suite 201 New York, NY 10023 212/769-1423 Specialty: performing arts physical therapy

George F. Hamilton, PT, MS, OCS Department of Physical Therapy School of Allied Health Sci. East Carolina University Greenville, NC 27858 919/757-4445 Specialty: extremity and spinal problems Ann Porter Hoke, PT, OCS, COMP 1708 SE 74th Portland, OR 97215 503/775-8062 Specialty: manual therapy, spine

Paul LaStayo, MPT University of Florida Department of Orthopaedics Box J-383 Gainesville, FL 32610 904/392-8945 Specialty: orthopaedic upper extremity, hand therapy

Alan I. Lee, MS, PT, OCS 1221 Kapiolani Blvd, Suite 201 Honolulu, HI 96814 808/526-0108 Specialty: orthopaedics, spine, TMJ, foot/ankle

Merry N. Lester, PT, OCS, CET, CSCS, MTC 1328 S. Humboldt Street Denver, CO 80210 303/694-8098 Specialty: sports, orthopaedics

Thomas McPoil, PhD, PT, ATC
Department of Physical Therapy
Northern Arizona University
P.O. Box 15105
Flagstaff, AZ 86011
Specialty: foot and ankle, clinical research related to foot and ankle, foot orthoses

Stephen S. Morgenstein, MS, PT, OCS Midland Physical Therapy Group, Inc. 1500 Oakland Avenue Cranston, RI 02920-2639 401/463-9240 Specialty: spine, sports

Michael L. Nored, MS, PT, OCS 377th Medical Group, SGHY Kirtland Air Force Base, NM 87117 Specialty: pelvic girdle, spine, TMJ

William H. O'Grady, MA, PT, MCT 8011 112th St Ct. E. Puyallup, WA 98373 206/848-0662 Specialty: manual medicine, industrial rehab

Irene Barlow Rademeyer, PT, OCS Arthritis Therapy Center 32615 U.S. 19 N., Suite 2 Palm Harbour, FL 34684 813/789-2784 Specialty: manual therapy, spinal & peripheral joint management

Terry L. Randall, MS, PT, OCS, ATC 4833 NE Winfield lawton, OK 73507 405/351-0700 Specialty: orthopaedics, sports Richard Ritter, MA, PT 125 Shoreway Road, Ste. 1500 San Carlos, CA 94070 415/591-9581 Specialty: orthopaedics, spine, sports

Michael D. Rogers, PT, OCS, OMT 1500 45th Avenue, Ste B Gulfport, MS 39501 601/864-1212 Specialty: orthopaedics, manual therapy, sports

Kathleen DeMolli Shirley, PT, OCS Arthritis Therapy Center 32615 US 19 N, Suite 2 Palm Harbor, FL 34684 813/789-2784 Specialty: rheumatology, manual therapy

Gary J. Smith, EdD, PT, OCS Eastern Washington University Department of Physical Therapy Mail Stop #4 Cheney, WA 99004 509/458-6435 Specialty: orthopaedics

Kent E. Timm, PhD, PT, OCS, SCS, ATC, FACSM St. Luke's OSF 600 Irving Avenue Saginaw, MI 48602-3380 517/771-6355 Specialty: isokinetics, clinical research, spine, sports

Allyn L. Woerman, MMSc, PT Olympic Sports & Spine Rehabilitation 8011 112th St Ct. E. Puyallup, WA 98373 206/848-0662 Specialty: manual therapy, musculoskeletal assessment

Michael J. Wooden, MS, PT, OCS 966A Killian Hill Road Lilburn, GA 30247 404/923-4815 Specialty: orthopaedics, orthotics

Russell Woodman, PT, OCS Quinnipiac College Physical Therapy Program Hamden, CT 06518 281-8684 Specialty: cyriax approach

Members are encouraged to contract directly with their chosen mentor. The Orthopaedic Section provides the above list for informational purposes only as a service to its members. The Section assumes no liability and will not be part of any contract.

The Orthopaedic Section, A.P.T.A.

presents

1994 REVIEW FOR ADVANCED ORTHOPAEDIC COMPETENCIES

July 17 - 23, 1994 Williamsburg, Virginia

MEETING A: July 17 - 19
The Cervical Spine
The Shoulder & the Elbow
The Wrist & Hand

MEETING B: July 20 - 23
The Foot

The Knee

The Low Back/SI Joint/Hip

TUITION: Meeting A:	Before June 10 \$300 - Orthopaedic Section Members \$350 - APTA Members	After June 10 \$350 \$400
	\$450 - Non-APTA Members	\$500
Meeting B:	\$350 - Orthopaedic Section Members \$400 - APTA Members \$500 - Non-APTA Members	\$400 \$450 \$550
Meetings A & B	\$550 - Orthopaedic Section Members \$650 - APTA Members \$800 - Non-Members	\$600 \$700 \$850

The purpose of the "Review for Advanced Orthopaedic Competencies" is to provide Orthopaedic Section Members and non-members with a process of review. (It is not intended to satisfy examination criteria for the Orthopaedic Physical Therapy Competency examination, but to serve as a review process only.) Cancellation received in writing prior to the course date will be refunded in full minus a 20% administration fee. Absolutely no refunds will be given after the start of the course.

Join the Section and take advantage of the discounted registration rate immediately!

For More Information, complete the form below, detach and mail to: Orthopaedic Section, APTA, 505 King Street, Suite 103, La Crosse, WI 54601 *(800)444-3982

NAME: ______ Day-Time Phone No. () ______

Make checks payable to the Orthopaedic Section

Check here if you have special needs that are regulated by the Americans With Disabilities Act



Non-Profit Org. U.S. Postage PAID Permit No. 101 La Crosse, WI



Orthopaedic Section's 20th Anniversary Celebration

Saturday, February 5, 1994 New Orleans Hilton 7:00 - 11:00 p.m.

The Orthopaedic Section is celebrating its 20th anniversary in 1994. We are starting off the evening with our traditional Black Tie and Roses reception where the Rose Excellence in Research Award winner will be honored. A New Orleans jazz band will provide the background music for the reception. Complimentary beer, wine and soda will be available.

After the awards ceremony, the jazz band will lead a Mardi Gras parade to the Mark Twain Courtyard where members will feast on crawfish and shrimp, Cajun style. Don't worry, bibs will be provided!

Once the feasting has ended the dance floor will be cleared and the band will change its repertoire so members and guests can dance on into the night.

We hope you will all be able to come join us in celebrating the Section's 20th Anniversary, New Orleans Mardi Gras style!

