

Rehab Net News Update

R E H A B I L I T A T I O N N E T W O R K O F A R K A N S A S

BECKY'S SCHEDULE

4-1 to 4-3 AR Gerontology Conference
 4-6 to 4-7 HR Conference
 4-8 to 4-10 AWCC Conference
 4-15 BCBS Workshop
 4-17 PAC Event
 4-18 ArPTA Meeting
 4-20 Comp Day
 4-21 CMSA Meeting
 4-24 Off

Important Numbers

Becky's Cell 479-858-2760

Lobbyists Bill Phillips
 (501) 329-3111 or
 Bradley Phillips
 (501) 269-2723

HEES (501) 225-8077 for
 calibration services

ArklaMed—Rick Pate
 (870) 864-8896

AR State Board of PT
 Web site <http://www.arptb.org>

ArPTA Web site <http://www.arpta.org>

APTA Web site <http://www.apta.org>

AFLAC Anneke Bollman
 (479) 264-4623

www.rehabnet-ar.com
 User = rna Password = 10144
 For member only section

Can I Perform Spinal Mobilizations in Arkansas?

Many of you have expressed concerns regarding performing spinal mobilizations. Rehab Net has heard your concerns and in an effort to reassure you that you can legally perform spinal mobilizations, we have consulted both Marshall Ney, Attorney at Law, and the Arkansas State Physical Therapy Board. It is the opinion of the AR State Board of Physical Therapy that mobilization is within the scope of practice for physical therapists, including the spine. The statute prohibits spinal manipulation and adjustment. Marshall Ney, Attorney at Law, reviewed the Michael Teston files as well as the Physical Therapy and Chiropractic Practice Acts and concurs with this assessment.

Rehab Net also asked the Physical Therapy Board for their advice on what to do if someone is faced with a suit claiming they performed spinal manipulation (chiropractic) when the therapist performed spinal mobilization. The Board's suggestions were to be proactive in educating your patients on exactly what you are doing before doing it, document what you do, and if sued, obtain legal counsel.

Rehab Net's Board of Directors suggests to you that if you are accused to have the matter reviewed by the Physical Therapy Board. If they find you are practicing within the scope of practice you should request a Declaratory Order to use in your defense.

Since the passage of the Healing Arts Bill some years ago you will never be taken directly before another healing arts board, such as the Chiropractic Board. Complaints against physical therapists must be heard by the Arkansas State Board of Physical Therapy unless a civil suit is filed. With the filing of a civil suit, it is possible for you to be taken directly to court.

(Copies of the letters from the Physical Therapy Board and Mr. Ney are available upon request.)

ArPTA Spring Meeting & PAC Fund Raiser

The Arkansas Physical Therapy Association is having their Spring Meeting, Course and PAC Fund Raiser this month. On Friday, April 17th at the Comfort Suites, 707 I-30, Little Rock, from 6pm to 7pm there will be Platform Presentations at no cost to attend and from 7pm to 9pm there will be a PAC Event at the Crush Wine Bar located at 115 E. Markham Street, Little Rock where you can try some wonderful wines and cheeses. The cost of the PAC Event is \$35 a person. Saturday, April 18th, the ArPTA is offering **Diagnostic Imaging in Orthopaedic Physical Therapy** taught by Michael D. Ross, PT, DHS, OCS back at the Comfort Inn from 7:30am till 6pm with a business meeting from 12pm till 2pm. For more information visit the association webpage at www.arpta.org.

This should be a wonderful course offering. I urge you to attend the course but even more importantly I want to see lots of you at the PAC Event as the PAC is shared by the ArPTA and Rehab Net. If you are an ArPTA member, I hope you will make an effort to come be apart of the ArPTA business meeting. It is important that you have a say in what your association is doing.



CLINICS IN THE SPOTLIGHT



Coulter Physical
Therapy
115 Skyline Dr, # A
Russellville, AR
72802
479-967-5155

Seth Coulter, PT, is the owner and lead therapist at Coulter Physical Therapy in Russellville. Coulter Physical Therapy is a general orthopedics practice, but they also offer special services like wound treatment, aqua therapy, kinesio taping, light therapy, Functional Capacity Evaluations and nerve conduction studies.

Seth's staff includes Phil Howard, PT; Michele Williams, PT; Karen Brossard, PTA; and Chellia Hunt, PTA. He also has two aides, Delena Burris and Kala Duvall, and a wellness coordinator, Clint Brown, that assist with the patients. Susan Hall is the office manager, Helen Tadel is the bookkeeper and Brittney Burris is the office assistant. Helen and Karen get the prize for being at Coulter Physical Therapy the longest. They both started back in 1991. Karen began as a physical therapy aide but went to school and became licensed as a physical therapist assistant in 2001.

Seth was the long time president of Rehab Net and still sits on the Board as Past President. He also serves as the Chair of the Arkansas Physical Therapy Board and is active with the Federation of State Physical Therapy Boards.

Clint Brown, wellness coordinator, provides bone density testing, skin damage and body fat analysis as part of his wellness programs. He also provides weight loss management, balance programs and osteoporosis programs with the assistance of the other staff.

Move Forward.
Physical Therapy Brings Motion to Life



Grand Prairie Physical
Therapy of Stuttgart
2105 S. Main Street
Stuttgart, AR 72160
(870) 673-7679

Jerrie and Dwayne Cummings and Penny Schroeder are the owners of Grand Prairie Physical Therapy of Stuttgart (GPPTS). GPPTS serves the general population and specializes in geriatrics. They treat orthopedic injuries, sports injuries, workers comp, veterans, auto accidents, and back and neck pain.

The staff states that they provide one on one care and provide a very caring, motivated atmosphere to help the patients achieve their goals.

Penny Schroeder, PTA, has been providing therapy to the people of Stuttgart for over 20 years. Mandy Fischer has been the office manager at the clinic for nine years. Jerrie Cummings, PT, is the main therapist at the clinic and has a wonderful rapport with all the patients. Kate Wingfield, PT, began working part time with the clinic two years ago and is a great asset to the company. Jerrie's husband, Dwayne Cummings, PTA, also lends a hand when needed but he predominantly works at his and Jerrie's other clinic, Grand Prairie Physical Therapy in Dewitt.

It is easy to see when you walk in GPPTS that the staff loves what they do and really enjoy talking with the patients and helping them achieve their goals. Penny states, "Our patients enjoy their therapy session, encouraging one-another with their therapy and enjoying the fellowship with each other. We are a small town clinic that has a lot of repeat patients that we get to know on a personal level and really enjoy helping them."

You may recall the tornados last year that hit this facility. They were out of commission a few days as the windows and the roof were repaired. GPPTS is back up and running like nothing ever happened. They did get a new nicer sign out of the deal too.



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HATHA YOGA HELPS REDUCE FEAR OF FALLING

Indiana University researchers found promising results in an exploratory study involving yoga practice by older adults who expressed a fear of falling.

After a 12-week, twice weekly hatha yoga class, taught by a professional yoga therapist, study participants reported a reduced fear of falling, increased lower body flexibility and a reduction in their leisure constraints.

The study involved 14 men and women with an average age of 78. Five participants had fallen previously. According to Van Puymbroeck, a 90% weekly attendance rate was notable, as was the 6% dropout rate, which was much lower than most physical activity and yoga studies. The participants took a class in hatha yoga, which is a gentle form of yoga that easily can be adapted for individual needs and can be performed from a seated position. The twice-weekly classes each lasted 60 minutes.

After the 12-week class, participants reported a 6% reduction in their fear of falling, a 34% increase in lower body flexibility, and a statistically significant reduction in leisure constraints.

Van Puymbroeck said participants reported "tremendous benefits," with emerging themes that included the ability to generalize principals of posture to other situations, increased range of motion, increased flexibility, and improved balance.

[Source: Van Puymbroeck M. Indiana University]

Letter From the Editor

April is going to be a busy month for me as you can tell by the calendar on the front page. While I will be out of the office a great deal this next month please feel free to call me on my cell at 479-858-2760. I may not be able to answer right away but I will return your phone calls. I will also try to check messages on the office phone daily and if I can remember to turn Outlook off on my computer, I can check my email while in Hot Springs the first full week of April.

I also want to remind you all that we are attempting to recruit some new members and hope that you will help by telling friends in private practice about Rehab Net and what we do for you. If you have suggestions of clinic owners we can contact, please let me know and I will happily contact them or have one of our Board members give them a call.

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Legislative Update

As you all are aware, the Arkansas Physical Therapy Board has been trying to cleanup and update the Arkansas Physical Therapy Practice Act. With the aid of Senator Baker, they put forth SB844. The bill failed to pass through the Senate Committee on State Agencies and Government Affairs mainly due to opposition by the Chiropractic community.

One of the things this bill attempted to do was add physiotherapy as a protected term. The chiropractors have continued to use this term to describe the therapeutic modalities they use in their practices. They argued that the physical therapists tried to broaden their scope of practice while limiting the scope of chiropractic practice. The bill in its original form would not have done this. It would simply have stopped them from advertising they provided physiotherapy which is misleading to the public. While this was brewing, the Arkansas Medical Society began to object to the wording, "performed by the physician."

The Arkansas Physical Therapy Board has been very agreeable in making compromises and the legislators are pleased with our efforts but the chiropractors remain in opposition of the bill. Senator Baker has amended the bill to remove both "physiotherapy" and "performed by the physician" to show compromise because the PT Board wants to get the bill cleaned up regardless. Seth Coulter, Arkansas State Physical Board Chair, is hopeful that the newly amended bill will pass through the committee even though the chiropractors are still in opposition.

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