



APTA PA Southeast District Newsletter | May 2022

Learn About the Latest News, Upcoming Events and More!

MESSAGE FROM THE SED CHAIR



Greetings Southeast District!

May is the best time to be in Southeast Pennsylvania (IMHO) as we transition through the region's floral palette of Spring. Additionally, we all can benefit from the recent cooler temps preserving our wondrous blooms a little longer.

We also look to celebrate our moms this time of year and how can we not?! Remember, our profession was founded by women (in case you haven't seen the [APTA Store](#), lately). Happy Mother's Day to all the moms out there.

Here are some important things in our issue this month:

- Our May education offering is not only from a recent CPG+ clinician-author, it also will get you some FREE evaluative credits for direct access.
- QUICK QUIZ! Do YOU know who your state legislators are and how to contact them? If yes, then make sure you get them on speed dial. If not, then now is the second best time to find out! [Explore the link for more info.](#)
- Ready to get moving and help our PA PAC at the same time? Join us on the riverfront for our second [SED Exercise Class!](#) Exercising your body will help us exercise our profession's right to advocate in Harrisburg.
- Check out the recent updates from APTA PA MAC, including the "Be The Change" seminar held in April that received great feedback and attendees from across the mid-Atlantic region!

Lastly, I want to take a moment to remind us all to ensure we are taking care of both ourselves and those around us. If you, or someone you know are in need of mental health care, please find a list of [Southeast Pennsylvania County](#) specific resources as well as this [excellent compendium by ACAPT](#). We all know how to take care of patients, clients, and their families. Let's make sure we do the same for ourselves!

Please stay tuned to our social media channels (Twitter [@SEDPPTA](#) and Instagram [@apta_pa_sed](#)) and watch your email inbox for our newsletters to stay up to date. You can always stay up to date on our [district website](#).

If you have any comments or suggestions for ways we can better serve your membership needs, I would love to hear from you ([please email me](#)).

Gratefully,

Alex

M. Alex Haddad, PT, DPT, PhD, OCS

Chair, Southeast District

SED@aptapa.org



BUSINESS MEETING

When: Wednesday, May 11, 2022, 6:30-8:00 p.m.

Title: Insights into Interventions for Breast Cancer-Related Lymphedema: Applying the CPG, CPG+

Speaker: Michele Moravec PT, DPT, Board Certified Clinical Specialist in Oncologic Physical Therapy, Certified Lymphedema Therapist

Course Description: Lymphedema is a debilitating chronic condition of limb swelling that is, unfortunately, a possible effect of breast cancer and its related treatment. However, evolving evidence demonstrates less incidence and severity of breast cancer-related lymphedema with intervention. This intervention is based on a patient's clinical presentation at any point along the cancer treatment timeline. This course will describe evidence-based treatment interventions for breast cancer-related lymphedema utilizing the Interventions for Breast Cancer-Related Lymphedema: Clinical Practice Guideline from the Academy of Oncologic Physical Therapy of APTA. Furthermore, this course will describe its CPG+ and highlight the positive impact of using these tools to guide clinical decision-making for appropriate interventions across the patient care continuum.

[REGISTER NOW](#)

This course is approved for .75 evaluative and .25 general contact hours.

EVENTS

- **Wednesday, May 11** - [SED Business Meeting](#)

- **Wednesday, Sept. 13** - SED Business Meeting
 - **Wednesday, Nov. 9** - SED Business Meeting
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CALL FOR NOMINATIONS

The APTA PA Nominating Committee is accepting nominations for several positions for the Delegate, Chapter and SIG Elections! Nominate yourself or a fellow Pennsylvania PT/PTA professional now.

[Submit your nomination today.](#)

IN CASE YOU MISSED IT (ICYMI)

The Southeast District would like to acknowledge Janet L. Readinger, PT, DPT, Assistant Professor of Physical Therapy, Arcadia University for her contribution to the accepted manuscript Physical Therapist Management of Parkinson Disease: A Clinical Practice Guideline from the American Physical Therapy Association. [Members can resource this link.](#)

Several SED members represented our district in educational sessions and research presentations at the 2022 APTA Combined Sections Meeting (CSM) in San Antonio, Texas in February. Stephanie Muth taught an educational session on the topic of aging with a degenerative neurologic disease. Bryan Spinelli had a platform presentation on his research investigating functional shoulder workspace before and after breast cancer surgery. Lisa Hoglund had a poster presentation about her research which found altered hip and knee kinematics during a single leg squat task of men with patellofemoral pain compared to the kinematics of pain-free men.

MINORITY AFFAIRS COMMITTEE

MARCH

On Wednesday, March 30, the Minority Affairs Committee hosted its annual Virtual Game Night. There were 10 participants in attendance (including both PT/PTA professionals and students). There were two teams in fierce competition, The Spirit STICC and True Blues. But the True Blues were victorious overall in the themed challenges!

APRIL

On April 27, the MAC hosted the “Be the Change you Want to See - ADAPT Follow Up Seminar.” In the fall of 2021, APTA PA awarded the very first “ADAPT” scholarships to four schools in Pennsylvania, totaling up to \$30,000. This monetary award was provided to PT or PTA education programs to support the development of programs that aim to increase recruitment and enrollment of students from under-represented racial and ethnic minority groups (URMG).

We had over 45 attendees, including leaders from across other APTA state chapters! Thanks to all those who helped produce such exciting content for us all.

LATEST ON LEGISLATION

Learn how to advocate for the APTA. Check out the [APTA PA Public Policy page](#) to watch the advocacy micro-learning series. If you are an APTA member, you can visit the APTA Legislative Action Center to contact your state legislator on national issues. We recommend you download the APTA Action App to make this easy.

You can go to the [PA General Assembly site](#) to look up who your legislator is.

Visit <https://www.apta.org/advocacy/take-action> for more information.

APRIL WAS OCCUPATIONAL THERAPY MONTH

Congratulations to our esteemed occupational therapy colleagues and friends as they celebrated Occupational Therapy Month! Recent successes and highlights include the 4th edition of Occupational Therapy Practice Framework: Domain and Process, investigating change in activity participation on children's mental health during COVID-19, and two legislative victories on diversity and mental health.

Did you know: The AOTA was formed in 1917 making it four years older than the APTA.

VOLUNTEER AND ENGAGE

There are many opportunities in the various committees and projects in the APTA Pennsylvania. Your efforts impact the lives of patients, students, and colleagues on a daily basis. Your engagement in the conversation and the work of this association is how we move this profession forward. Build a strong PA by volunteering today! Not sure where to start but want to know more? [Go to the APTA PA Volunteer page to learn more!](#)

Have an idea for the next SED update or a great event idea? **Submit your comments and suggestions to the [APTA PA Office](#) today!**

If you or someone you know is struggling with their mental or physical health and safety, please visit and share these resources available: [Mental Health Resources SED](#)

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