



## APTA PA Southeast District Newsletter | September 2022

*Learn About the Latest News, Upcoming Events and More!*

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### MESSAGE FROM THE SED CHAIR



Greetings Southeast District!

We are yet again excited to bring you **another edition of the SED newsletter**—Fall 2022 (hey, if someone out there could tell us exactly where the Summer went, that would be great. We blinked in May and now it's September? How does that work again?),

We have an **ambitious agenda** for the Fall in the SED, leading to **even more exciting things for 2023** we can't quite talk about yet (cue suspenseful music). We know that there are some heavy things out there for all of us so we are gonna **lead with the positive** and focus on **showing how the SED is working to support us** and the important work that we all do as professionals.

I am going to **let the events and items** we have chosen to highlight here **tell a story on its own**. I will only say that what you see represents the **talent, personal commitment,**

and positive energy within the leadership and team of volunteers working for us all in the SED. We are **building our ranks** of local leaders and diverse voices in the SED and it is paying off!

[Take a look at our leadership and volunteer page](#) when you can—if you ever see one of these folks, make sure to **give them a big thanks!**

And maybe ask them how they got involved...I'm just sayin'

Gratefully,  
Alex

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

Chair, Southeast District

[SED@aptapa.org](mailto:SED@aptapa.org)



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## BUSINESS MEETING

**When:** Wednesday, September 14, 2022 6:30-8:30pm\*

**\*\*NOTE Extended Time for Expanded Educational Offering–90 minute CEU course\*\***

**See our Second Installment of the SED Emerging Entrepreneur Series during the business meeting!!**

**Education Session Title:** Management of the Patient with Patellofemoral Pain: An Update on a Clinical Practice Guideline

**Speaker:** Lisa T. Hoglund, PT, PhD, Professor, Department of Physical Therapy, Thomas Jefferson University

**Panelists:**

Brian Eckenrode, PT, DPT, PhD, Associate Professor, Program Director Hybrid DPT Program, Arcadia University

Trish Crane, PT, DPT, FAAOMPT, Assistant Professor, Dept of Physical Therapy, Temple University

**Course Description:** Patellofemoral pain (PFP) is a common condition among adolescents and adults that causes significant pain, reduced function, and reduced physical activity. PFP is the number one cause of pain in runners. Even more concerning, PFP is often chronic, frequently recurs, and may lead to development of patellofemoral osteoarthritis. The Patellofemoral Pain Clinical Practice Guideline (CPG), published by the Academy of Orthopaedic Physical Therapy, summarized the scientific evidence and can be used as an evidence-based guide for management of patients with PFP. This course will review and apply the PFP CPG evidence to a patient case to demonstrate use of proposed PFP subcategories to guide clinical decision making.

This presentation will be followed by a panel discussion of experts from our region!

- 6:30pm – 6:54 pm – SED business meeting
- 6:53pm – 7:00 pm – Emerging Entrepreneur Series
- 7:00 pm – 8:15 pm – PFP CPG Talk
- 8:15 pm – 8:30 pm – Panel Discussion with attendee Q/A

**[REGISTER NOW](#)**

*This course is approved for 1.5 evaluative credits*

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**EVENTS**

- **Thursday, Sept 8** - MAC Kickoff Meeting
  - **Saturday, Sept 10** - PAC Fundraiser Phillies game
  - **Saturday, Sept 24** - [Meeting with Mindfulness, Catania Park](#)
  - **Friday, Oct 14 - Sunday, Oct 16** - [Fall Conference, Kalahari Resorts](#)
  - **Tuesday, November 15**, Virtual Combined District Webinar  
\*SAVE THE DATE FOR YOUR ETHICS CREDITS!\*
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**CALL FOR NOMINATIONS**

The APTA PA Nominating Committee is accepting nominations for several positions for the Chapter and SIG Elections! **Nominate yourself or a fellow Pennsylvania PT/PTA professional no later than Sept. 15<sup>th</sup>.**

[Submit your nomination today.](#)

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## IN CASE YOU MISSED IT (ICYMI)

*Get a head start on your 2022 MovePA Annual Conference registration, early registration is available until **September 19th** - review this year's conference details below and [register today!](#)*

All attendees who book through the APTA PA room block will automatically receive 4 wristbands for the indoor waterpark!

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## MINORITY AFFAIRS COMMITTEE

Applications have been received and are under review for the **ADAPT Scholarship** and **Minority Student Award**. Stay tuned for updates on selected recipients.

The Second Annual MAC/SED [Meeting With Mindfulness](#) is happening on Saturday September 24th in Catania Park in Ridley Park, 9am - 12pm. Stay tuned for further information including the full itinerary!

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## LATEST ON ADVOCACY

Frequent readers of this space are well aware of the continued opposition APTA PA are mounting against SB 1160/61–bills that ARE POISED TO NEGATIVELY IMPACT the PT profession and potentially expose our patients and family members to increased risk of harm.

IF you have not yet, [please take a look at our specific resources here](#) and make your voice heard to your legislature.

Check out the APTA [release](#) on a new member benefit: [a suite of payment advocacy tools to help PTs address the overuse of prior authorization and utilization management.](#) APTA

and PPS collaborated to curate the collection, housed on the PPS website, as part of a joint initiative known as the **State Payer Advocacy Resource Center, or SPARC**.

Members of the U.S. Senate and House of Representatives head to their home states and districts for summer recess, which means **more opportunities to meet in person and advocate** for policies important to the physical therapy profession and its patients. To help you prepare for that town hall or office visit, the [APTA put out a rundown](#) of some of the top issues and APTA-supported legislation to discuss with your congressperson. You can also visit [Take Action](#) for more information.

Not sure who to talk to? Go to the PA General Assembly [website](#) to look up who your legislator is.

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## CONGRATULATIONS TO SED AWARD WINNERS

APTA award recipients were recognized during the Honors & Awards Ceremony in Washington, D.C. on Sunday Aug 14. The following members of the APTA PA were selected by APTA's Board of Directors to receive the following awards:

[Catherine Worthingham Fellow](#)

Mary C. Sinnott, PT, DPT, MEd, FAPTA

[Lucy Blair Service Award](#)

Colleen Chancler, PT, MHS, PhD

Susan Flannery Wainwright, PT, PhD

[Margaret L. Moore Award for Outstanding New Academic Faculty Member](#)

Ryan Zarzycki, PT, DPT, PhD

[Minority Scholarship Awards](#)

DeJ'a Crippen, SPT, University of the Sciences

[Emerging Leader Award](#)

Claire McCann, PT, DPT

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## 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!](#)

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

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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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