



Fourth Quarter Newsletter 2023

Happy New Year! I hope each of you had a wonderful celebration welcoming 2024 with those you hold dear. As we embark on this new year, it's a great time to reflect on the achievements of the past and set the stage for what lies ahead. In this edition, let's take a few moments to highlight some notable accomplishments from the Fourth Quarter of 2023, celebrating the collective efforts that have shaped our association's success. Here's to a year filled with growth, collaboration, and continued achievements!

Introducing the Neurological Physical Therapy Special Interest Group

Maine APTA is excited to announce that we have a new Special Interest Group (SIG) for our members to connect and further the profession. Tailored for Physical Therapists and Physical Therapists Assistants with a shared passion for neurology, this SIG aims to foster community, collaboration, and professional development. The SIG will create a network of neurologic therapists to support advocacy efforts, share resources, and promote evidence-based practice in the state of Maine. If you would like more information or would like to get involved, please contact our organizers, Kathryn Palano or Cory Hall. You can also reach out to executive director, Christie Krueger at ckrueger@orthopt.org to get connected. Thank you, Katie and Cory, for your leadership in this area!

Pop Up Meeting at CSM Boston

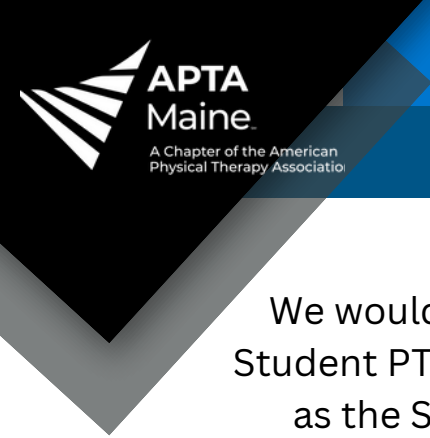
The Combined Sections Meeting for APTA is occurring in Boston in February. If you are planning to attend, we invite you to join us for a casual gathering at our Pop-Up Meeting, bringing together PTs and PTAs from Maine.

Place: Harpoon Brewery

Time: 5:30 pm

Date: Thursday, February 15th, 2024

Stay tuned for more details.



Student PT Special Interest Group

We would like to introduce and congratulate our new leaders for the Student PT Special Interest Group (SIG)! Hilde Everson has been elected as the Student PT SIG Vice Chair, and Narissa Libby will serve as a valuable member of the Nominating Committee. Congratulations, Hilde and Narissa – we are eager to collaborate with you!

New England Student Conclave: Save the Date!

In another exciting development, the Maine Student PT SIG is teaming up with fellow Student PT SIGs from the New England area to bring you the inaugural New England Student Conclave.

DETAILS:

Tentative Date: April 20th

Location: University of Hartford, CT

Hilde Everson will be representing Maine in the planning process, ensuring our state's perspective is well-represented. Maine APTA will also be offering scholarships for attendance – stay tuned for more details on this fantastic opportunity!

We look forward to the collaborative efforts and vibrant experiences that these initiatives will bring to our student community. Keep an eye out for further updates on the Conclave and scholarship details!

October PT Month

Though October may feel like a distant memory, there are a few points worth noting as a part of 4th quarter. I would like to take this opportunity to express our heartfelt gratitude to all the Physical Therapists (PTs) and Physical Therapists Assistants (PTAs) who tirelessly contribute to providing exceptional care to patients! Physical Therapy has proven to be an invaluable component of many patients' healthcare journeys, offering skills that enhance their quality of life – often surpassing what surgery alone can achieve. As we reflect on the past, we eagerly anticipate the future of this amazing profession, with ongoing

research and innovative practices shaping the way care is delivered. APTA offers some amazing and easy to use resources for public awareness and education. Please take time to visit ChoosePT.com to educate consumers about the profound value of physical therapy. Additionally, find resources to increase public awareness at brandcenter.apta.org. See an example below:



Research confirms that
choosing physical therapy for

acute low back pain

outperforms usual care, including
all the hidden costs of your time,
pain, missed life events; and
the dollars paid for services.

ChoosePT
Provided by  APTA

Based on "The Economic Value of Physical Therapy in the U.S." – a report by APTA.

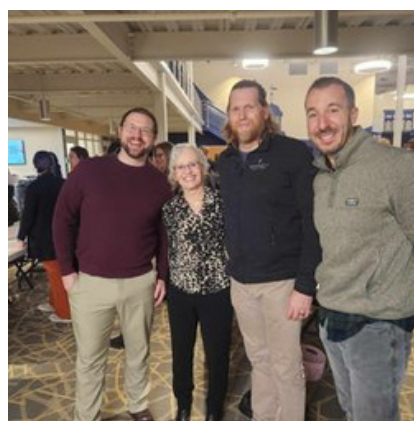
Economic Report

APTA has completed a landmark report called “The Economic Value of Physical Therapy in the United States.” If you haven’t had the chance to delve into it yet, I strongly encourage you to do so as it is incredibly validating of the PT profession. The full report, details about the study, and methodology can be found on the APTA website.

Highlights from the Annual Members Meeting and UNE Poster Symposium

The Maine APTA Annual Members Meeting occurred Friday, December 8 and kicked off with a social featuring sponsor and special interest group tables while signing up for raffles, having a drink and hors d’oeuvres. It was held at the University of New England Portland Campus where members could come and support PT and PTA Students at the UNE Poster Symposium and hear our special guest speaker, Gwen Simons. The night ended with presenting the President’s Service Award to Gwen Simons, recognizing Jen Corbeil for her

outstanding service as the Payment and Policy Chair and announcing the election winners. Thank you to our sponsors noted at the end of this newsletter that helped make this evening possible. Congratulations are in order for the following:



Election Winners:

Treasurer: Tara Paradie

Delegate: Stephanie Long

District 3 Chair: Mike Rioux

Orthopaedic-Manual SIG Vice Chair: Chad Howland

Pediatric Physical Therapy SIG Vice Chair: Maryam Nahidian

Pediatric Physical Therapy SIG Nominating Committee Member: Amanda Wargo

Student SIG Vice Chair: Hilde Everson

Student SIG Nominating Committee Member: Narissa Libby

Award Winner and Service Recognition:

President's Service Award: Gwen Simons

Service Recognition: Jennifer Corbeil



Raffle Winners:

Free Registration for the Maine APTA Fall Continuing Education Conference:

- Leanna Kline
- Cara Moran

Independent Study Course, "The Female Athlete Throughout the Lifespan"

- Holly Benzi

Pediatric PT Textbooks

- Maggie Chang

Congratulations Raffle Winners!

Pediatric PT SIG

Please see the following newsletter from our Pediatric PT SIG:

Maine APTA Pediatric PT Special Interest Group
Winter 2023 Newsletter

What's New?

Thank you to those who attended our October event! We developed a task force that is organizing and developing a guide to the pediatric provider resources collected. We are seeking additional support, please contact Betsy at ecyr3@une.edu for more information.

Upcoming SIG Events & Meetings:

➤ **Listen & Learn with Dr. Branch**

Wednesday, December 6th 7-8pm via Zoom

Join us for a listen & learn with Dr. Benjamin Branch who will be sharing information regarding opportunities for collaboration with community based pediatric physical therapists.

Zoom: [Add a little bit of body text](#)

➤ **Pediatric Orthotics Learning Lab**

Thursday, Feb 8th 6:30pm @ Hanger Clinic, 959 Brighton Ave Portland, ME

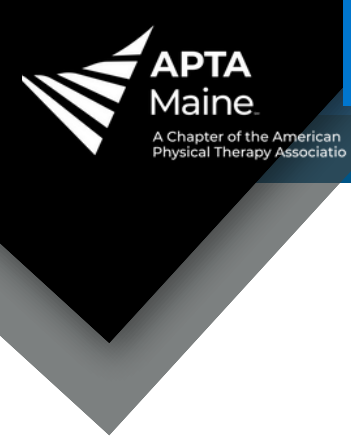
RSVP: [Add a little bit of body text](#)

Gail Fitzmaurice, CO will be leading a Pediatric Orthotics Learning Lab at Hanger Clinic in Portland. This will be an in-person event with an option of Zoom for the beginning informational session. Come learn about new orthotic technologies and the role pediatric PTs can play in assisting with the bracing process.

➤ **School Based PT Documentation & Billing Practices Discussion**

Thursday, April 11th 6:30-7:30pm via Zoom

Calling all school-based PTs! We will discuss topics related to documentation and billing across the state. The goal will be to share our questions & concerns with the Offices of Mainecare and Maine Department of Education.



Ortho-Manual PT SIG

Current Topic: *Chronic Mortise Instability – Part 1*
Functional Anatomy of the Ankle Mortise

Written by: Dr. Chad Howland, PT, DSc, DPT, SMT, CMPT

Introduction

An underlooked cause of chronic ankle instability (CAI) is an unstable mortise. An unstable ankle mortise arises from ankle sprains of moderate-to-severe trauma. This type of lower limb instability alters the rear foot and midfoot biomechanics, resulting in premature loading of the medial foot (i.e., sudden foot flattening), and impaired absorption and propulsion during gait. The sequela of an unstable mortise produces concomitant clinical conditions ranging from an acquired flat foot, posterior tibialis tendon dysfunction, hallux valgus, and metatarsalgia¹. Extrinsic to the foot and ankle, the unstable mortise can produce altered motor control, evidenced by muscle inhibition and facilitation patterns of the lower limb, pelvic girdle, and spine. Altered activation within specific neuromuscular sets can produce hip internal rotation mal-tracking (credit to Gail Molloy (<https://denverptis.com/our-team/gail-molloy/>))², SI-joint dysfunctions (innominate rotations and sacral torsions), and lumbar spine disorders (disc injury and functional instability)^{1,2}.

The purpose of this initial commentary is to describe the functional anatomy of the ankle mortise. Subsequent posts aim to answer the following questions.

1. How does ankle mortise instability occur?
2. How do we identify ankle mortise instability?
3. How do we restore ankle mortise stability?

To read the full article go to: <https://www.maineapta.org/content/special-interest-groups/maine-orthopaedic-manual-sig>



SIG Leaders Needed!

We are in need of volunteers to assist in managing and growing the SIG. If you have a desire to have community and have ideas to help other Ortho-Manual Physical Therapists and Physical Therapists Assistance. Please contact Chad Howland or Christie Krueger to have a conversation. Email contacts are below.

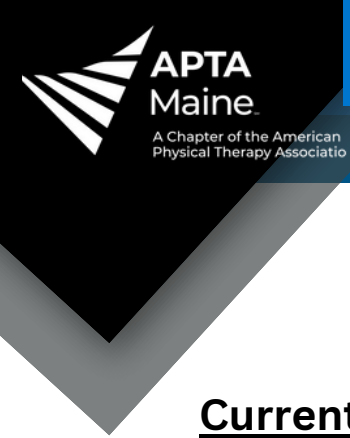
The positions listed need to be filled. If you are interested in any of the positions, please submit a nomination form. We need people like you!

- Chair
- Vice Chair
- Secretary
- Nominating Committee
- Student Liaison

You are always welcomed to talk with Chad Howland at howlandc@husson.edu or Christie Krueger at ckrueger@orthopt.org.

Volunteers Needed

We're reaching out to you, our valued members, with a call for volunteers. As the saying goes, "Many hands make light work" and we believe that your contribution can have a meaningful impact on the PT and PTA profession. This is an incredible opportunity to make a difference, not only in Maine but also on a broader scale throughout the country. By volunteering, you'll have the chance to be part of a community of like-minded individuals, recharge your energy, find inspiration, and actively contribute to the growth and enhancement of our profession. If you're eager to be around like-minded people, be rejuvenated, and inspired to make a change – this is the place for you. Please reach out to Christie Krueger at ckrueger@orthopt.org for any questions. Thank you for considering this call to action. We look forward to working together to advance our profession.

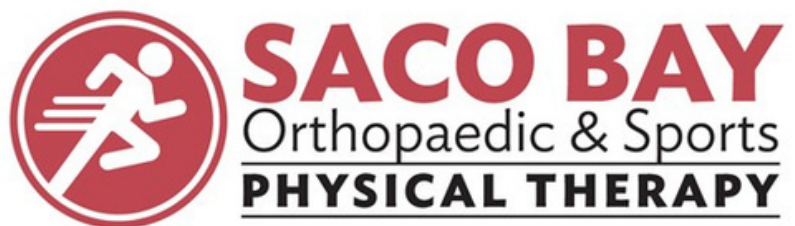


Open Positions for Board and SIGS

Current Open Positions:

PTA Council Rep
District 2 Chair
District 4 Chair
Nominating Committee Member (2)
Nominating Committee Members (3)
Continuing Education Committee (2)
Practice Committee Chair
District 2 Chair
District 4 Chair
PTA Council Representative
Student Liaison
Finance Committee Member
Ethics Committee Member (2)
Ethics Committee Member (3)
Nominating Committee Chair
Nominating Committee (2)
Nominating Committee (3)
Pediatric PT SIG:
Peds Nominating Member (1)
Peds Nominating Member (2)
Orthopaedic-Manual SIG:
OMT Secretary
OMT Student Liaison
OMT Nominating Member (1)
OMT Nominating Member (2)
Student SIG:
Student Secretary
Student Liaison
Student Nominating Member (1)
Student Nominating Member (2)

Thank You Sponsors!



**Thank
You
to
Our
Supporters!**



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