Volunteering at World Congress

Being a member of the Canadian Physiotherapy Association (CPA) means not only being a member of the provincial branch (in our case, PABC) but also being part of the world-wide network known as the World Confederation of Physical Therapy (WCPT).

The world of physiotherapists gathers every four years to disseminate the latest research and treatment trends, and to recognize it is a small world after all. In June, CPA was the national host and PABC had the great honour of being responsible for the volunteer programme for 15th World Congress.

World Congress may never grace our fair province again, so it was a grand event for many reasons!

With over 300 volunteers over the five-day event, it was a mammoth organizational task assumed two years ago by our three co-chairs, Brenda Hudson, Annick deGooyer, and Janet Lundie, along with the tireless support of PABC’s Member Services Coordinator Stephanie Dutto. Kudos poured in during and since Congress to thank these leaders and our wonderful red-shirted volunteers for putting the warm welcoming face and friendly help on BC’s physio event of a lifetime.

Here is the story from our co-chairs’ perspective:

We welcomed the world to Vancouver at the World Congress, and what a wonderful welcome it was. We were fortunate to have an inside view of this fantastic event and would like to share some of our experiences.

Years of commitment to scholarship went into development of the posters, lectures, courses and workshops, matched by years of preparation and planning on the part of the Scientific Committee of WCPT, CPA (both the national office and PABC) and Sea to Sky Management. Our role was to coordinate the army of volunteers who would make the vision a reality. What an army it was! Most of our 300 strong hailed from Canada, with the remainder being representatives from other countries, mainly through the bursary program or from the USA. Volunteers represented every region of the country and crossed the spectrum of physiotherapy practice. There were the many familiar faces of our veteran volunteers who always give of their time. You know who you are and you are all terrific. And there was strong representation from our future leaders – new grads and UBC students. The enthusiasm in the volunteer lounge was worth attendance. All were there with a keen interest in the content of the Congress but even more so with a sense of pride in our profession.

continued on page 4
President’s Report

Meena M. Sran, PT, PhD
President

World Physical Therapy Congress 2007
We Did It! What Next?

It’s hard to believe it was two months ago that the long awaited World Physical Therapy Congress 2007 began in our backyard. It was an amazing vibe, more than 4,000 physiotherapists from all corners of the globe arrived in Vancouver to talk ‘physio’ for five days. The scientific program had something for everyone and the exhibition and the venue were truly ‘world class.’ To the many BC delegates, volunteers, presenters, and our PABC staff—thank you for making ‘our WCPT Congress’ a success.

At the Annual General Meeting in Vancouver, I assumed the role of PABC President for the next two years. After five years on the Board of Directors representing Greater Vancouver/Peace River Liard, it is an honour and privilege to represent the Association and to lead the Board.

Your Association is healthy and well. We have more members than ever, a strong Board and staff, enviable member services, and a solid financial position. In addition, many of our members volunteer—I see this as one of our strongest assets.

As I look forward, here are a few of my goals: continued growth in membership; stability of the Board of Directors; changes to our Continuing Education programming and delivery to ensure we are meeting your needs; a tour to each District to meet you and to hear your ideas. I would also like to begin dialogue regarding our current Board and District structure to ensure we are organized in a manner that best meets our needs for leadership, advocacy and member service delivery.

Most importantly, I want to take this opportunity to thank you for being a member. I look forward to meeting you as I tour each district over the coming months. Your comments and ideas, both at these meetings and through your emails, will help us chart our future directions. Contact me at: president@bcphysio.org

Welcome to Two New Board Members

Each year we have a turn-over in a few of the Director positions. This year, we give our heartfelt thanks and bid adieu to Brian Riemer (who sat on the Board for seven years, first as Director and then President), and to Okanagan Director Joan Russell. Meena Sran moves from her District Director position to President and her previous role is now filled by Scott Brolin, while Irene Goodis assume’s Joan’s role.

Scott Brolin, Greater Vancouver/Peace River Liard Director
Scott graduated in physiotherapy from Curtin University in Australia in 2001. Since graduating, he has worked in Fraser Health, leading a workplace health program aimed at reducing the impact of hospital workers’ injuries, and has been the Chief Physiotherapist at Royal Columbian Hospital for the past three years. He is a member of the Legislative Committee for CPTBC and the External Advisory Committee for the PT School, and he chairs the Fraser Health Physiotherapy Leadership Group. Through research and consultation with physiotherapists throughout the province, Scott is committed to validating and advocating for the high value of physiotherapy in the public health system. Since 2004, Scott has been a member of the PABC Public Practice Advisory Committee, and assumed the chair role 18 months ago.

Irene Goodis, Okanagan Director, Public Practice Liaison
Irene graduated in physiotherapy from McGill University in 1987. She has worked both in the private and public sectors in Montreal, Fort Nelson and now Penticton. She is currently a Professional Practice Leader, overseeing physiotherapy services in acute care, as well as intermediate and extended care facilities. Irene’s leadership extends to many committees in the health authority and community, and she is an elected Member at Large for the Health Sciences Association. Irene has been PABC’s Okanagan District President Elect for the last two years, has been on PABC’s Professional Development and Public Practice Advisory Committees, and is now the Public Practice Liaison on the Board of Directors.
Crucial Conversations

At our recent CPA Branch Presidents’ meeting, we discussed the new buzzword/movement in leadership: Emotional Intelligence. The tenet is to increase one’s ability to change and be adaptable. This requires engaging in “crucial conversations” or those chats we have that improve ours or our dialogue partner’s understanding. The Branch Presidents are interested in this change management model because, as ever, we want highly engaged members and more non-members recruits. How has it affected PABC since that national meeting? We have engaged in a variety of crucial conversations.

The Conversation on Health: The Ministry of Health has held 15 provincial forums with groups of providers, patients and the general public in separate sessions. Several of our members, including our President, have added their voices to the discussions. In June, PABC was invited to two symposiums in this series of chats — the first gathered 25 health leaders including association CEOs (representing public practitioners such as physios, pharmacists, physicians, nurses), Health Authority HR Directors, and UBC Deans to review recommendations from the provincial forums and prioritize them. This was followed by a 2-day international symposium where speakers from Canada, UK, Australia, New Zealand, and the US presented on their successes and challenges, and the group of 200 attendees broke into discussion groups to reconcile presentation ideas to the BC system. It was an invigorating few days, and PABC was privileged to be one of the few Associations chosen to participate. Much hope rests on the depth of these crucial conversations.

The World Congress Conversation: As you’ll read elsewhere in this newsletter, we reached a high water mark when WCPT came to town. Hundreds of PABC members attended and caught the vigor of physio shop talk.

The NPAG Conversation: CPA invited us to the National Physiotherapy Advisory Group’s forum in Toronto on where the physiotherapy model of practice should be headed. With the movement to advanced practice and clinical specialties, and the increasing role of PTAs in the delivery of care, it was visionary of CPA to gather academics, clinicians, regulators and CEOs to this crucial conversation about our complex future.

Town Hall Meetings: And of course, the most important conversations are the ones we have with you! We just started a round of Town Hall meetings, beginning with our AGM on June 3rd and continuing in the Okanagan on July 4th. We are now working with Districts for dates to come see you. This is a chance to hear from our new President, Meena Sran, and hear about her insights about turning your clinical questions into research. Joining us too is Librarian Eugene with his new presentation on Keeping Up-To-Date with a few clicks of the mouse, and How To on our new eHLBC resources (see his article for details).

Here’s to your casual conversations this summer.

Word of Mouth Recruitment Tale

On the bus ride home from the Conversation on Health Summit, I met a young woman from Parksville. I asked her what physios she knew, and she said she was friends with Margaret Downs’ son. I mentioned this to Marg, who said: “I find it amusing that age group is now the new adults of our society. My son was instrumental in my getting a new physiotherapist at my clinic through a friend of a friend etc. A great, very well qualified new MScPT from McMaster who just started this week.” So, don’t underestimate the power of working your connections, both kith and kin.

Physio Factoids

- Canada has 15,772 PTs; 2/3 are CPA members; 14% are in BC
- BC’s PTs: 70% foreign trained, 30% UBC educated

RBT doing the ActNowBC Funky Fish at the Symposium with the Assistant Deputy Ministers L-R: Alison Bond, RBT, and Craig Knight
The volunteers fulfilled roles monitoring rooms, assisting in site visits, shuttling delegates to gala dinners, finding bus directions to Vancouver attractions, trouble shooting for speakers, and so many more things. They did so with humour, flexibility and ingenuity. They dealt with last minute time changes, redeployment and overflowing rooms. When called on for extra time, all who could help out did so willingly. Most started their shifts with some anxiety, but came back at the end of their shift full of confidence with a story of some new contact they had made or some new information to share.

It was impossible to be anywhere at Congress without getting a sense of the connections made at events like this. The camaraderie of sharing a common body of knowledge regardless of the language we speak was incredible. One volunteer was from the USA but had originally trained in Nigeria and Britain. He had also worked in Europe so everywhere he went he knew someone.

Time is the most precious gift we have to give and we are so grateful to those who contributed their time. There were an average of 120 shifts per day at Congress. Most were four hours long, adding up to 64 full-time workers per day for free. This was an incredible commitment – well done all!

by Brenda Hudson, Annick deGooyer, and Janet Lundie

Kudos from Members

For Eugene and the eHLBC:
I am absolutely drooling at the mouth after seeing what will be available... being a (not so devout) Catholic, I am thinking of asking the Pope to elevate you to Sainthood. PH

This is exactly the thing that we need to help all of us front line workers stay current. Thanks so much. I think your service is one of the top reasons to join PABC and I hope you stick around. SW

Thanks again for all your hard work. The Electronic Health Library of BC access is very exciting and leaves us little excuse not to practice in an informed, evidence-based manner. Let me know if you need any help setting this up; I’m more than willing to lend a hand. And thank you for providing what I think is a great service for PTs: Combining technology and information push to improve evidence-based practice for physios and ultimately improving patient outcomes. I’ll think of you as I bike to work while listening to the podcasts! SY

On the At Home Funding increase:
A big thank you to everyone involved. It is HUGE! I am extremely appreciative for all the work that has been done. I can now happily continue to work with kids and not have to put unnecessary burden onto the parents. It is also nice to feel that our work in pediatrics is recognized and valued. JS

I’ve just “put my back out” doing cartwheels and back flips!!!!!!! A funding increase for the At Home Program...I never thought I’d see the day! Thanks to all who advocated on our behalf. KD

On the UBC Accreditation Success
I just wanted to thank you very much for your hard work and advocacy on our behalf. We are VERY relieved and we really appreciate everything you have done for us!

CPA National Student Assembly rep for UBC

On the AGM
Congrats on a job well done – I’m always pleased to see the support you and the staff get from our members. We’re very lucky to have you working on our behalf! I very much enjoyed Pat Carney’s address. It’s nice to hear feedback from a non-physio politician! GP

Team Alberta salutes and thanks Team BC — particularly you and your exemplary staff — for your superb effort in hosting, organizing, planning, co-coordinating, sponsoring, cheerleading and generally celebrating the myriad of events surrounding WCPT. We were particularly blown away by your superb-run AGM and were immediately jealous of the large and enthusiastic crowd and “buzz” around that event. It’s a model for success that we could all do well to emulate. Peter Portlock, ED for APA

Well done on the meeting last night...very upbeat and what a fabulous group we have. And the Congress volunteers have been great and I am enjoying it very much. AL

Pat Carney’s delivery and the “little dance” made the evening just what we all needed personally and professionally. We have a great team at PABC and it is very satisfying to know how much you all think, appreciate and believe in the physiotherapy profession. KV

May Nolan, Award of Excellence recipient was not able to attend the AGM (see Baby News) and sent PABC a thank you letter, and said: “PABC recently sent the results of a survey stating the high level of satisfaction among physios, and I can attest to that. I love what I do now more than when I first started practicing.”

I was thrilled to win a door prize at the AGM, so I phoned to thank the donor. He said that he has unexpectedly had many, many “thank you’s” which he feels reflects on the quality of PABC members. He is very impressed...it also made me very proud. SH
The Road to Ergonomic Certification

by Peter Goyert, PT, CCPE

In the past decade, there has been a growing recognition of the field of ergonomics and human factors. With this has come increased demand for ergonomics services, which are currently offered by individuals with a wide range of expertise and training. Certification, with its requirement to meet a set of standards in training and experience, is crucial, both for ergonomists and for the users of their services. It protects the clients’ interests and improves the quality of practice.

There are many for-profit companies selling ergonomics ‘certification.’ You take their course and get a certificate on completion, but often the requirements are not particularly robust. I have taken some of these courses over the years and the information has, in most cases, served me well. However, there are only a handful of certifications endorsed by the International Ergonomics Association (IEA). They are the American CPE, the Canadian CCPE, the European Union CREE, the Australian CPE, the New Zealand CNZEng, and the Japanese CPE.

Although the process was no easy task, I chose to pursue a certification that would be peer-reviewed and internationally recognized. This involved meeting standard competencies of education and practice. Unlike physiotherapy, there isn’t a specific degree requirement. Rather, applicants must have at least an undergraduate degree (physiotherapy certainly helps) and must meet the educational competencies set out by the College through university accredited courses, teaching, publications and project work. You must also have four years of practical field experience with one of those years being mentored, or five years of experience with supporting work products submitted demonstrating competencies related to professional practice. There is also a category for mature applicants with at least 10 years of experience.

The criteria for certification are geared towards those individuals who are engaged in the practice of ergonomics as their primary work. The goal, of course, is to ensure practitioners have the knowledge and skills necessary to work in the discipline. It took me approximately five months to put together my application form, and another five months for ACE to process it.

Reducing ergonomic risks and musculoskeletal injuries in the workplace can be a tough slog. We need to continue to go after the hard problems and come up with innovative and practical solutions. Physiotherapists have the right background and continue to work successfully in the areas of occupational health and ergonomics. Going through the certification process will give the practitioner in this field the focus and confidence to be even more successful.

For more information on the certification process, contact the Association of Canadian Ergonomists at www.ace-ergocanada.ca.

Note: Peter is the only registered physiotherapist in BC with the CCPE.
Researching Pain Neurophysiology Education: An Opportunity on October 15th

by Neil Pearson

By now you have likely heard about research by Lorimer Moseley into the effectiveness of pain neurophysiology education for individuals and small groups with chronic low back pain. We all work with some people who experience persistent pain, so you have probably wondered if this same style of education is beneficial for people with persistent pains other than low back. You may also have wondered if this style of education works with larger groups. You are not alone in these thoughts. On October 15th we may gain more insight.

October 15 is Global Day Against Pain in Women. On this day we will conduct a seminar and research project in Vancouver to investigate the effectiveness of large-group pain neurophysiology and pain management education on a heterogeneous group of women with persistent pain. You and your patients can participate.

The free seminar, held at the Vancouver General Hospital auditorium from 3:30 – 7:00 p.m., is open to women and practitioners; participation in the research is optional but preferable.

Similar (though smaller) educational and research events may take place in Penticton, Kelowna and Edmonton this fall.

Our research questions are:

1. Is there an immediate, positive impact on pain-related measures by providing pain neurophysiology education and pain management training to women with persistent pain?

2. Do any changes in the pain-related measures noted immediately after the education, persist for 1 month following the education?

Outcome measures include: pain ‘bothersomeness’, pain beliefs and attitudes, pain catastrophizing and pain self-efficacy. These measures are predictive of disability, and will confirm/refute our hypothesis that the education will decrease the threat value of the pain, decrease the pain itself, change attitudes to recovery and promote self-efficacy.

The website www.lifeisnow.ca has online registration and provides information for you, your patients and women with persistent pain who are interested in attending. Participants can choose whether to be involved in the research aspect of the seminar or not.

Here are five painless ways you can help:

1. Refer clients, family and friends with persistent pain.

2. Inform patient support groups and organizations whose members have persistent pain.

3. Assist with check-in and with data form distribution and collection on October 15th.

4. Donate prizes that will help us motivate participants to complete and send in the follow-up forms (such as promotional items from your practice).

5. Promote the event to doctors in your area who do not know of the education, persist for 1 month following the education.

Your support will help position our profession as leaders in pain management and promote evidence-based practice.

Beyond the education and research goals, we will use the event to promote the role of physiotherapists in the non-pharmacological management of pain. Thanks to the support of the Canadian Physiotherapy Pain Sciences Group and PABC, as well as to Dave Walton, Sheila Kerr and Lorimer Moseley.

PABC is Great, and You Can Save $100 by Widening the Loop

This fall, CPA and PABC will run the very successful Member-Recruit-a-Member campaign again. More than 160 new CPA members have been recruited over the past three years. In return for their efforts, member recruiters have received a cash refund of $100 on their CPA National and PABC fees for every full member recruited, and $40 for every support worker member recruited.

The refund applies to 2007/08 memberships received at CPA from September 1 – December 31, 2007. Please note that recruits cannot have been members within the past three membership years. Students are also exempt, since their membership is free in year one and inexpensive for year two (free for PABC portion). Full contest details and rules are posted on the CPA web site under Membership, or contact CPA at 1-800-387-8679 or information@physiotherapy.ca.
Professional Development Directions

For the past four years, PABC and UBC Continuing Studies have partnered to provide educational services for PABC members. Deena Boeck has led the initiative from the UBC side, and worked closely with PABC’s advisory group to ensure the courses and instructors were the right fit and of the highest caliber. The unique and extraordinary partnership won national recognition from the Canadian Physiotherapy Association who selected the organizations for the Partnership Award of excellence.

While the program was outstanding, the poor bottom line was unsustainably. Initially, the concept was to provide interprofessional courses, but the attendance did not warrant the expense and effort. To the great regret of UBC-CS and PABC, it became apparent that the partnership could not continue with the current model when the concept and revenues were not meeting objectives. The partnership could not survive the high cost of providing the premiere service, and although revenues covered direct and overhead costs, Deena’s time was essentially donated to us by UBC.

Therefore, from 2008 onward, Deena will continue with us on a consultative basis only, and UBC-CS will provide registration services only for our two-day courses.

We wish to thank Deena for her dedication to our partnership. She has been an inspiration to all who have encountered her, and we have been fortunate to have her mind applied to our efforts.

We are now striking a new path. Our Professional Development Advisory Committee has decided to focus our annual efforts in two areas: 1) spring and autumn evening lecture series/audiocasts and 2) one or two big name instructors. This will enable us to provide some distance learning, and to ensure stronger attendance, as well as reduce our administration and planning time and resources. Audiocasts (high quality sound recordings posted on our website and downloaded to your computer or iPod or phone or Blackberry) are our answer to your request for distance learning options.

We are very fortunate to have PABC member Kristen Playford agree to lead us in our Professional Development future. Kristen, who is currently undertaking a graduate degree in education and is working with us on a program for internationally trained physiotherapists, has already begun working with Deena to learn the ropes.

by Rebecca Tunnacliffe

I am a physiotherapist working at Oakridge Physiotherapy Centre. Last year, I decided to undertake a Master of Education at UBC, focusing on program planning, adult education and international health in the Adult Learning and Global Change program. I became interested in this area over the past few years as I was developing my clinical skills, so I decided to delve into a new direction in my career and incorporate my interest in education and global health with my physiotherapy skills. I began my program by taking two courses in program planning, and contacted PABC to see if there was a direction I could take that would help them. This led me into the Internationally Educated Physiotherapist Program that PABC, CPTBC, and the UBC PT School had been working on. They wanted to help prepare and educate foreign trained physiotherapists to sit the Canadian Physiotherapy Competency Exam. The partners are in discussion with the provincial government for funding.

My course has also created an opportunity to work with Elizabeth Dean on a Directed Studies initiative where the aim is to write a paper titled ‘Lifestyle Risk Factors and Conditions: Content Status of Entry-Level Physical Therapy Curricula and Implications for Curriculum Planning and Design.’

A few months ago, Rebecca approached me with the opportunity to work for PABC as an education consultant for their education program. I have been able to train with Deena Boeck from UBC Continuing Studies who has helped me tremendously in learning the ropes. I am honored to be in this position and look forward to working with the Professional Development Advisory Committee and with PABC’s members in providing high quality continuing education.

by Kristen Playford

PABC Audiocasts

The Fall and Spring Evening Lecture Series (see Calendar on page 24) will have audiocasts on our website on lecture day. We now have one audiocast from the Spring 2007 series; to download Derek Mah’s Rehab and the Law which includes information on writing a medicolegal report, contact Deena at info.health@ubc.ca
Public Practice Directions

Umbutu

by Scott Brolin, Chair of the Public Practice Advisory Committee

As I reflect on my past three years (two as chair) with the Public Practice Advisory Committee (PPAC), I can’t help feel some sadness that this will be my last report. I have had the privilege to work with talented, passionate physiotherapists on issues that really matter to public practice therapists. For those of you who had the opportunity to hear Dr. Piper speak at the opening ceremonies for WCPT (what a marvelous experience that was!), you may remember that she sees our profession as coming of age, with five key attributes that will set us as leaders for the health and well being of the people who depend on our unique expertise: hope, nerve, hard work, a strong sense of self and “umbutu,” an African word that literally means “I am because you are.” It is this last trait that makes me particularly proud to be a part of PPAC and all the work the committee has done.

PPAC has truly remembered its purpose, in aiming to advise the Board on issues related to public practice and by taking on the massive process of truly engaging physiotherapists in public practice over the past number of years. The surveys that many of you (and non-members) completed for us clearly indicate your passions and the most important issues at hand. It seems that whether therapists work in hospitals, community care or pediatrics, we are a volunteer team of physiotherapists who are committed to excellence – both in clinical practice and in business practice.

As we look ahead, PPAC has set a solid foundation for future innovation in public practice – whether that be to lead the province and the country in establishing a framework for caseload guidelines (if you ask any physio in the public sector what one issue is most important, I believe they would tell you it is caseload management), continuing to engage health employers and government on issues related to public practice or the many opportunities to advocate and celebrate our unique value to the health system. It is with mixed emotions that I leave PPAC to participate on the Board, but I know we can all look forward to continuing leadership from PPAC. They are a group of people that all remember why they get up to go to work in the morning – for the patients that are waiting for us, who need us and depend on our valuable service to maximize their abilities. Umbutu – I am, because you are.

Scott Brolin is the outgoing PPAC Chair and the incoming PABC Board Director (see page 2 for his bio). Kathy Doull is the incoming PPAC Chair.

When PABC succeeded in increasing the At Home Funding from $60 for direct services to $80 for direct and indirect services, Scott wrote the following to his RCH staff:

For those skeptics that question the value of PABC membership, I encourage you to note the PABC advocacy success. This funding increase (from the Ministry of Children and Family Development) for physiotherapists working in both public and private pediatrics has been a long time coming. With the increases in cost for travel (gas prices) and the increasing complexity of patients (requiring more time to document, arrange for equipment, etc) physiotherapists have long been having to do this on ‘their own time’ or to cut this time out of treatment to ensure that their time was paid for. PABC led the process to engage the Ministry in this specific issue, which has resulted in recognition of the value of this time and the commitment to pay for it. It takes a professional association with abilities and a reputation like PABC to actually get meetings with government (and yes they do also meet with the Ministries of Health and Advanced Education) and start carving out a process to recognize the high value of our profession. So, the next time you think the association fees get you no more than a journal, I encourage you consider that it is worth a lot more than that.

Private Practice Directions

From PABC AGM at World Congress

by Tanja Yardley, Chair of the Business Affairs Committee

For those of you who are unfamiliar with the Business Affairs Committee (BAC), we are a volunteer team of physiotherapists who are committed to excellence – both in clinical practice and in business practice.

Our group includes PABC’s incomparable CEO, Rebecca Bing-Tunnacliffe, representatives from our negotiating team, our ICBC and WCB liaisons, a member from public practice and designates from the WAD Implementation Team and the Low Back Strain Task Force, as well as individuals who worked on the Cost of Business Survey, Satisfaction Surveys, and numerous other important projects that impact YOU.

Those of you who persevered through the WAD Implementation are aware we have spent the last few years focusing on clinical practice excellence. We are continuing to do so through the Low Back Strain Task Force. However, we have developed an additional focus this past year on business practice excellence.

Right now in BC, we are poised to accept some of the greatest challenges and...
opportunities we have ever encountered. The Olympics are coming. The first wave of Boomers is hitting. We hosted an INTERNATIONAL World Congress. Imagine the possibilities and potential. With these opportunities for growth and diversification also comes challenge. How do we innovate? How to we manage growth and change? How do we find the right people, particularly in light of staffing crises across the province? How do we deal with our insurance system to ensure we get paid fairly for what we do? How do we manage our most valuable resources – our time, our energy and our people? How do we value and ADD value to what we do? How do we offer our hands and our hearts without compromising our own health?

Our challenge this year, and for the years to come, is to answer those questions in a way that promotes consistent patterns of business excellence for all of our members. The same core principles apply whether you are a student, an associate, a public practitioner, or a clinic owner.

We are creating a business toolkit that covers topics such as:

- time management
- hiring/recruiting
- customer service
- marketing and promoting yourself and your business
- communicating with physicians, funders and the media

We are also collaborating to build information about creating, buying, valuating and selling a physiotherapy business.

We are starting the initial phases of the roll-out with helpful “Tip Sheets” (see green insert for the first one) and other tools.

As Martha Piper said in her keynote address at our World Congress: We are coming of age.

I am proud to be a physiotherapist, grateful to be part of such a momentous project, and I look forward to serving and assisting you for the duration of my term.

Contact me anytime at: tanja@rehabinmotion.com

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**Grow Your Physiotherapy Business with Focus and Clarity**

*by Erika Trimble, Professional Business Coach*

In collaboration with PABC, I recently interviewed clinic owners to determine their biggest challenges in growing their private practice. During these interviews, I learned that the key challenges are recruiting physiotherapists, time to dedicate to business growth, and lack of business and marketing skills. In this article, I’ll help you tackle one of these challenges.

Finding enough time to grow your private practice while balancing patient care is one of your key business challenges. To grow your practice, you have to create space to focus on it and have clarity about what you need to do. Otherwise you will get pulled in multiple directions and never accomplish the important things you need to do.

To help you be more effective, I offer you my three strategies for focus, clarity, and to successfully grow your practice.

1. **Block out weekly “work on business” times.**

   When you find that months go by before you have a chance to work on marketing or planning, you clearly need to block dedicated time to focus on growing your business. Consider dedicating at least a half day a week for this. It would be ideal if it were the same day and time each week, but if this isn’t possible, then block this “work on business” time in advance of each week, say the Friday before, so your focus on growing your business isn’t lost.

   This strategy is like making an appointment with yourself. Think of this appointment as if it is a meeting with a patient. You wouldn’t miss it, would you? If you need to reschedule an appointment with yourself, you must reschedule the date sometime in the same week. The problems start when you let yourself off the hook and just don’t do it.

2. **Determine the most important one or two things you can do to grow your business each week.**

   This is best referred to as having clarity about the most important things you can do to grow your practice. You likely already know one thing you ought to do that would make a real difference. Write this down. Now add to this list other things you have thought of doing, or heard you ought to do, and get started. Use the special “work on business” time block you established for working on this list.

3. **Have regularly scheduled client days.**

   As a private practice owner, having your calendar booked fully every week with your patients won’t help your business grow. Having regularly scheduled patient days will allow you to focus your time on those days with your patients and not feel distracted by other priorities.

**Action Step**

Put at least two of these time-tested techniques into action this week and watch yourself accomplish some amazing results!

For a Special Report on *The Top 10 Marketing Strategies to Grow Your Physiotherapy Practice*, go to www.prosperousphysiotherapy.com — a website dedicated to giving you the tips, tools, and strategies you need to successfully grow your business.

Erika Trimble is a professional business coach and a business owner always developing new strategies to grow her own business.

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**For the First Time Ever: The Private Practice Business Success Program**

Erika Trimble is offering an 8 week business coaching program — a fully integrated solution to accelerate your private practice growth, business results, and success. In the Program, you will discover the 7 strategies used by the most successful private physiotherapy practice owners.

The program is delivered by teleconference on Thursdays, from September 27 – November 15 at 8-9:30 a.m. It will help you with your implementation of the 7 strategies in the 8th week of this Program! To learn more about this program and to register for one of the only 15 seats available, visit www.prosperousphysiotherapy.com
Staying up-to-date

Let’s talk this time about staying up-to-date with your clinical information needs. Do you want to quickly scan recent, major physiotherapy journals to see what the last articles are about? Our blog provides you with a one-stop place to do just that:

1. Go to the blog http://weblogs.elearning.ubc.ca/physio/.
2. Click on the “Top Physiotherapy Journals - Current Tables of Contents” category on the right side toolbar.
3. Scroll down a bit and you will see a list of the seven major physiotherapy journals.
4. Click on the journal name, and you will see all articles published in the last issue. Pretty cool, isn’t it? The list is dynamic and updates itself automatically when any new content is published.

Would you like to see additional journals added to that list? Would you like to receive email notifications about any specific journal you read when it is published? No problem — just drop me a note!

Starting this July, I also have a new workshop for you on the same topic. Say you practice hand therapy, and want to stay up-to-date with anything new published on this issue. Then, our new, 30-minute workshop — “Staying up-to-date with professional information — using alerts and current awareness services” is for you. We will cover how to stay up-to-date with your clinical literature (using U.S. National Library of Medicine PubMed database) and with your general information needs (using Google Alerts). Keep you eyes on the “Workshop” section on the blog — http://weblogs.elearning.ubc.ca/physio/workshops/, where I provide dates and times for the coming sessions.

Electronic Health Library of BC (eHLBC): Now Open to PABC Members!

This amazing service, eHLBC, has previously been available only to public practice employees. Its sole purpose is to provide the BC academic and health care community easy access to online health library resources. Championed by the health librarians in BC, in January 2006, the consortium Electronic Health Library of BC was formed to purchase province-wide access to selected resources (databases, indexes, abstracts, and full-text). Since then, yours truly has been working to get PABC access to eHLBC. Building on the eHLBC vision of: “…providing the entire BC academic and health care community with province-wide, consistent, high quality, cost-effective, equitable, and easily accessible health library resources that will support and improve practice, education, and research”, we are happy to announce that we have been successful in our pursuit of those resources. PABC is paying a fee so that it is free for you! It means all PABC members will have access to the same quality of resources as a physician working in a research hospital like Vancouver General. Check it out at: http://ehlbc.ca and see the list of databases, indexes and free full texts you now have access to!

Here’s a quick look at what is available to you from any computer with internet access via PABC’s eHLbc exclusive member link:

1. CINAHL with full-text: This is so timely! CINAHL is a database combined with full-text articles covering the fields of nursing, rehabilitation sciences, allied health, biomedicine, alternative/complementary medicine, and consumer health. This is a very good resource for physiotherapy and related topics. It covers unique physiotherapy journals not indexed in PubMed, such as Physiotherapy Canada or Physiotherapy Frontline. Moreover, this database includes the following physiotherapy journals in full text: Physiotherapy Canada (01/01/2004 to present), Physical Therapy (01/01/2000 to present), Physiotherapy Research International (03/01/2000 to present), Physiotherapy Theory & Practice (03/01/1999 to present), Physical Therapy Reviews (03/01/2003 to present), and many more. This is one of the most important resources that you get access to via eHLBC.

2. EBMR (Evidence Based Medicine Reviews): This one is very exciting! You may all know that in medicine and health sciences, there is a move towards evidence-based practice. This is the resource that summarizes much of the evidence out there. EBMR includes the following databases: Cochrane Database of Systematic Reviews (full-text); Database of Reviews of Abstracts of Effectiveness (full-text abstracts); Cochrane Controlled Trials Register (coming soon); ACP Journal Club (full-text). Wow – it means that from now on you have full-text access to all Cochrane reviews! Easy to search and browse, this is certainly the most important resource in evidence-based practice in today’s health sciences.

3. PsycINFO and PsycARTICLES: For those of you who deal with psychosocial aspect of health in their work, these are extremely important databases. PsycInfo contains citations
and summaries of journal articles, book chapters and dissertations in the fields of psychology and other social sciences. PsycARTICLES contains full-text articles in general psychology and some allied health – very broad coverage.

4. OVID Biomedical Reference Collection: Comprehensive Edition: This is a full text collection of journals covering such disciplines as clinical medicine, nursing, dentistry, veterinary medicine, pre-clinical sciences and the health care system. It includes some related full text journals with lots of physiotherapy coverage, such as Sports Medicine, Journal of Alternative & Complementary Medicine and many more.

5. LWW Total Access Journal Collection: This is another full text collection of health sciences journals containing essential core journals to specialized resources in such areas as medicine, nursing, and life sciences. Some very useful journals with lots of physiotherapy coverage, like BMJ or Spine are included.

This collection of indexes and full text databases is extremely comprehensive. Having access to those resources makes PABC members one of the most resourceful group of health professionals in North America -- really! It is up to you to use these resources. A resource is worth nothing if not utilized! I will provide in-person and online training for all those resources in the next months, so please stay tuned.

However, I also ask to you remember that you won't have access to all imaginable journal articles in full text. This package provides you with some full text, yet not every single journal is covered. It is possible that you will need to buy some articles not provided by the eHLBC package using the CPA agreement with the Canada Institute for Scientific and Technical Information (CISTI). You can read more info about this agreement at http://tinyurl.com/2okdh8

It is my pleasure to provide a review of Erl Pettman's long-awaited book, Manipulative Thrust Techniques (ISBN 1-59971-873-1), for this issue of Directions.

As the title suggests, the text contains a collection of spinal, costal and sacroiliac joint manipulations clearly described in written text, outlined in pictures and original drawings (by another legendary BC physiotherapist and artist Randy Celebrini) and demonstrated in a DVD that accompanies the book. This book provides invaluable information for not only those physical therapists who have chosen to formally undertake the study and practice of manipulative therapy, but also for those who aim to facilitate the return of optimal movement, in part, through directed use of their hands.

Safety is paramount throughout the text, which outlines absolute and relative contra-indications to the principle and practice of high acceleration thrust techniques. A guiding thought from Hippocrates, “…make a habit of two things - to help, or at least do no harm,” is woven into each technique, which is derived not only through an understanding and clinical interpretation of ‘evidence-based’ biomechanics and anatomy, but through recognition of the individual as a whole.

As a physical therapist still “in the trenches”, Erl incorporates science with practice through concise clinical scenarios found throughout the book. An expansive reference list accompanies the dialogue and the “sixth sense,” which clinicians often identify, is acknowledged. The importance of patient communication is portrayed in the text and demonstrated in the accompanying DVD.

Cross-professional dialogue and collaboration is encouraged in the preface, and is highlighted in a chapter on the history of manipulative therapy, where it is noted that: “In the technically skilled hands of a Physical Therapist, advancements in medical science are translated into safer, more effective manipulative techniques.” (p.10)

As Erl concludes in the introduction to his book, so goes this review: “If I have seen further it is by standing on the shoulders of giants.” (Isaac Newton)

Even though your sons were taller than you when they were 11, you are truly a giant, Erl.

Erl Pettman performs the manipulative thrust technique

Craig Sully graduated from the University of Alberta in 1996. He mentored under Erl Pettman and completed his Part B Examination in 2000. Since 2000, he has worked and lived in Nelson, BC.
What World Congress Meant to Me

by Judith Mathieu

When I heard that World Congress was coming to Vancouver, I was prepared to do whatever it took to attend. Physiotherapists from around the world were coming together and gathering in one place to share their most recent knowledge and experiences, and that place was very close to my doorstep. This was going to be an opportunity of a lifetime that would likely not repeat itself in Canada during my career.

The opening ceremonies with the native blessing and Martha Piper’s speech were an incredible “lift” to my career choice. I felt blessed to have the rich native culture part of our country, and to receive their blessings. The taste of the different foods was a reminder of the diversity and richness of our culture and country.

Martha Piper’s speech was one of the most vibrant I have ever heard. Suddenly, I too saw and understood what a great choice I made to be in this profession. When I saw all the flags at Congress and all those therapists with different cultural outfits and languages, I felt like I went around the world in four days. I had that sense of interconnectedness that Dr. Piper spoke about. No matter where I am in the world and how isolated the area may be, I have a strong professional body that I can rely on and people I can connect with.

My ears were dancing when Dr. Piper talked about the African concept of “Umbutu.” I had heard about this idea before under other “umbrellas” such as personal growth and science/religion. For me, this meant that interconnectedness is present among professions and also amongst cultures. Congress brought in this concept verbally and practically. I love hearing about different cultures. I am driven to go to Africa and help women and children. My presence at the congress meant that I could network with those therapists and get the latest information about women’s health. To top it all, global health was one of the main subjects at the congress. My two main interests came together not just locally but internationally. My dream of building and working overseas is starting to come together. The World Congress helped me gather missing pieces of my puzzle. I became excited again about my profession and my future plans.

I would like to thank all the people that assisted me and made it possible for me to attend the congress. Thanks to PABC for the Congress Bursary, thanks to my mom for flying over to look after my son and thanks to my friends for providing me with a place to stay in Vancouver. My congress was REAL and worth a million dollars.

In addition to the 400 BC delegates, PABC members made an impressive scientific contribution:

**Reviewers:** Maureen Ashe*, Jacky Behr, Elizabeth Dean*, Alison Hoens, Peter Hujbregts, Donna MacIntyre*, Vanessa Noonan, Darlene Redenbach*, Meena Sran*

**Presenters:** Scott Brolin, Rick Celebrini, Hilary Crowley, Karen Davies, Janice Eng, Susan Harris, Al Kozlowski, Diane Lee, Linda-Joy Lee, Linda Li, Erin Macri, Gabe Newman, Alana Giesbrecht, Darlene Reid, Sunita Mathur, Teresa Liu-Ambrose

* Also a presenter

**Volunteer Co-Chairs:** Brenda Hudson, Annick deGooyer, Janet Lundie

**Clinic Visit Organizers:** Judy Richardson, Cathy Kunz, Sarah Rowe

Words of Wisdom from Keynote Speaker Dr. Martha Piper

Physiotherapists are coming of age and are poised to make an appreciable difference in creating a worldwide civil society. There are five qualities that distinguish a profession that has come of age:

1. Hope – believing in the future
2. Nerve – accepting that some of what we do may not be efficacious
3. Hard Work – it takes a lot of energy and courage
4. Strong sense of self – a well-defined professional identity
5. Interconnectedness – being part of the health care team
**PABC Members at World Congress Closing Ceremonies**

Anne Linton gives out party hats for the Closing

L-R: Monique Ledoyen, Gillian Coates, and Margaret Waring

Steven Kotzo (see Congress story on page 22)

PABC’s Sandra Lamb (PTA) and CPA’s Christine James

Susan Harris projected on video screen during address to closing crowd

KUDOS on the Congress

I most absolutely enjoyed the awesome and exciting world congress. Millions of thanks for the bursary. It is making all the difference in my ability to attend. JM

I really enjoyed moderating the session. I really enjoyed the papers. I wished I had been able to take in some of the papers that weren’t in my area of interest but there was so much in my area that it was hard to choose! Fabulous time overall. DL

It was an awesome Congress! Sooo inspiring to be shoulder to shoulder with that special international physio culture, the physios involved in research, and to reunite with former students, classmates and colleagues. I really enjoyed it immensely. My thanks to all who helped put it together. As a Canadian Physio, I was proud. JC

I thought the whole experience was amazing. Very uplifting and inspirational, and exhausting. I am so glad to have been part of it. SB

My husband and I were one of the 4200 physios who attended the convention and indeed it was by far one of the most memorable, exciting and rewarding experiences that we had in a long time. We enjoyed meeting old friends and new friends alike from all over the globe and we truly cherished the experience every minute of it that we were there. Kudos to all the organizers, numerous volunteers and those who were involved directly and indirectly with the congress in making this affair truly successful. You all deserve the accolade and made Canadians proud. A&AN

Lasting Memories of Congress

PABC members made up the highest percentage of Canadian attendees, and Canada made up the highest percentage of national attendees. If you want to re-live the glory, or if you weren’t there and want to capture the excitement, go to the Congress website at www.wcpt.org/congress where there is a photo gallery (you can order prints), full text of all the abstracts in searchable form, plus you can even order audio recordings of the sessions.

Anne Linton gives out party hats for the Closing

L-R: Monique Ledoyen, Gillian Coates, and Margaret Waring

Steven Kotzo (see Congress story on page 22)

PABC’s Sandra Lamb (PTA) and CPA’s Christine James

Susan Harris projected on video screen during address to closing crowd

Brian Reimer and Brenda Loveridge enjoy a tipple at Closing reception given by 2011 Congress host, The Netherlands

PABC’s past Presidents, L-R: Kees Huiskens, Brian Reimer and Bill MacDonald

Summer 2007 • Members Make the Association
This year, we held the 2007 AGM in conjunction with World Congress. We had 150 enthusiastic members attend, and half of them took a prize home from the reception (*see contributor list below). In addition to the buzz generated by happy members gathering together for a PABC event amidst the hum of World Congress, we had extraordinary guest speakers. Bringing greetings from WCPT was Secretary General Brenda Myers (who also brought attendees a bag of WCPT pins), CPA CEO Pamela Fralick (who commended PABC on our nationally recognized accomplishments), and Senator Pat Carney (who danced a salsa to prove her post THR success was thanks to physiotherapy).

Our Presidency also turned-over at the AGM, with Brian Riemer being recognized for seven years contribution to the Board of Directors (two as President) and passing the mantle of leadership to Meena Sran. (photo to left)

PABC Excellence Awards
Each year, PABC members nominate their peers for recognition of excellence. This year, the PABC Awards Committee announced the following award winners at the AGM:

Research: Maureen Ashe, Linda Li
Education: May Nolan, Kate Kennedy, Christine Balkwill
Clinical Research: Carl Petersen, Marg Harris
Leadership: Perry Strauss

The Ruth Byman Memorial Award was created by the Byman Family in honour of their physiotherapy mother who made a name for herself in BC for her excellence in practice and her passion for education. The Award enables a mid-career PABC member to access $1000 in tuition for the educational pursuit of their interest. This year, the winner is Marj Belot who is currently undertaking her Masters degree while practicing at Seva Therapy.

CPA Excellence Award Winners
Many PABC members were honoured nationally, and were applauded at our AGM:

- Silver Quill: Lesley Bainbridge and Susan Harris
- Life Membership: Scotty McVicar
- Honorary Membership: Bill MacDonald, Donna MacIntyre
- National Leadership Division: Gabriele Yoned
- Partnership: PABC/UBC

PABC/CPTBC AGM 2008
Next year, PABC and the College of Physical Therapists will hold a joint AGM day that will start with an Education session (topic to be announced), respective AGMs, fabulous food and prodigious prizes. Book Saturday, April 12th from 8:30 to 3:00, and watch these pages for updates.

Board of Directors
President: Meena Sran
Chair of Finance/Kootenay Director: Kirby Epp
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External Director: Dr. Stan Leete
Chief Executive Officer: Rebecca B. Tunnacliffe

Prize Contributors
Many, many thanks to the following individuals and companies for their AGM draw prize contributions.

A special BIG thanks to HealthMed and Axel Kroitzsch who sponsored the AGM, and to SportMed and Dale Harris who provided 70% of the draw prizes. Additional thanks to RPB Hotels for the Sands by the Sea Hotel stay for the early registration winner.

Other gift donors to whom we are grateful include: Bull Housser & Tupper, Relaxus, Mardon Group Insurance, Ladiesport, Healthcare Financial, Murphy Battista, and New Balance.
Student Directions

Fast Times at UBC Physiotherapy School
by Lindsay Trimble

To say it has been an exciting month to be a physiotherapy student would be a bit of an understatement. With that said, to pick only one topic to tell you about would be darn near impossible. So instead I’d like to bring you up to speed on what’s been happening around UBC.

Let’s begin with an update from my entry in the previous issue. As of May 30, the UBC Master of Physical Therapy program has received accreditation status until 2012. To paraphrase a recent email message from the Dean of UBC’s Faculty of Medicine, the MPT program has been granted the maximum accreditation status available to a new masters program and will submit a progress report in a year to ensure the program continues on the right track. Thank you to the PABC and its members for your support on this issue. I think I speak on behalf of all my classmates when I say I feel as though a rather hefty weight has been lifted from my shoulders. It is great to focus all of our attention back onto matters within the classroom, and we look forward to enjoying the benefits of an increase in program funding.

The second bit of exciting news is the MPT1s have at last flown the coop! At the time of writing, we have begun to spread our wings to hospital wards across the province. You may have seen us around the globe, including the National Meeting, networking at Canada House and around the many potential areas your colleagues. From the sounds of effort and determination (and maybe sometimes confusion), and a rather tight attachment to the hip of one of your colleagues. From the sounds of early reports from my classmates, we are all doing well and quite enjoying ourselves. So again a thank you is in order to our supervisors and clinical educators.

Finally, the last but certainly not the least topic on our bulletin is of course World Congress! As I’m fairly confident I’m not the only columnist reporting on this event, I’ll try to briefly sum up the student perspective. It truly was an incredible experience to be able to rub shoulders with such a diverse aggregation of researchers and therapists, as well as attend a broad array of seminars and events. It was a chance to see the many potential areas our careers could someday take us, but also I believe it really accentuated just how important research and research-based practice is in the profession of physical therapy. In addition to the daily events of the Congress there were some great opportunities for students to network and meet other physical therapy students from around the globe, including the National Student Assembly Annual General Meeting, networking at Canada House and of course a student pub night at Ceilis.

PT Department Corner
by Brenda Loveridge, Interim Head

UBC has much to celebrate! July 1, we officially became the Department of Physical Therapy, Faculty of Medicine. The School of Rehabilitation Sciences has been dissolved and Occupational Therapy has formed the Department of Occupational Science and Occupational Therapy. The research graduate programs (MSc, PhD) will retain the title of rehabilitation sciences research graduate programs and continue under a shared governance model. Please visit our new website: www.physiotherapy.med.ubc.ca

UBC administration and the Faculty of Medicine worked with us to develop a resource plan to meet accreditation requirements and our MPT Program has been granted accreditation through to 2012. The additional resources will allow us to strengthen the clinical teaching and clinical education components of the program. Each student will have access to a $1000 stipend that they can use for travel and accommodation for any BC clinical placement outside the lower mainland as one incentive to encourage students to take advantage of rural and northern placements. We are also working with the Vancouver Island, Northern and Interior health authorities to develop part-time clinical coordinator positions to further develop clinical education opportunities across BC.

The Friedman Building renovation is on target for completion in July 2008 and our fundraising committee needs your help to identify potential donors. We have a bold vision to advance physical therapy connections in BC, but unlike many established groups, our needs are not known to many potential donors. Please consider your contacts and if you know of a potential donor who may have an interest in supporting physical therapy, please contact Cecily Frost, Faculty of Medicine Development Officer, who is helping us with our fundraising campaign (cecily.frost@ubc.ca). We need the physical therapy community’s help to make this a success.

UBC will soon advertise for a permanent Department Head. I have agreed to provide interim leadership for one more year as it is delightful to work with the great physiotherapy community that exists here in BC. Thanks to everyone for your ongoing support.

Did you complete the Clinical Master’s Survey? If not, we still need your response.

Your help is needed to get an accurate impression of the career plans, current practice, interest and barriers to participation in a clinical master’s program in physiotherapy at UBC.

The survey takes about 6-7 minutes; responses are confidential. Regardless of your plans to participate/not participate in this type of degree, we still need your input.

Please go to: www.pt.med.ubc.ca
Choose ‘Clinical Masters Survey’ from ‘Research’ menu, or the URL is: http://www.pt.med.ubc.ca/__shared/assets/Clinical_Masters_Survey3419.pdf (when you type this in, ensure there are two underscores before ‘shared’ and one before ‘Masters’ and ‘Survey’)

Please download the survey, complete it and return it by fax or mail ASAP—before September 30, 2007.

Call for Posters: VGH is hosting Step-Up, an education retreat on April 24/08, and are calling for physiotherapy research posters. Contact Fatima at: FInglis@providencehealth.bc.ca.
The 2010 Olympics and Physiotherapy: Interdisciplinary Program

by Rick Celebrini and Jack Taunton

Plans for Therapy

It is with great excitement that we plan the medical coverage for test events and for the 2010 Olympic and Paralympic Winter Games. We are a small but dedicated group at VANOC so far, but growing quickly!

We are fortunate to have excellent assistance from our Advisory Group and our Steering Committee, made up of some of the top medical and sports science professionals in the province.

Lessons from Torino

Torino 2006 was a challenging time for therapy. The two polyclinics consisted of two pieces of exercise equipment (a bicycle and a treadmill) and four modalities (laser, shockwave, ultrasound and cryotherapy, one per room). There were only two extra treatment tables. Physiotherapists in Italy work under physical medicine consultants. They worked in the polyclinics in Torino, but did not work at venues or practice sites. They saw just eight athletes per day and approximately twenty persons per day from the workforce. The physiotherapists worked shifts from 0700 to 2300. There was no massage therapy available in the polyclinics, nor at venues, but a private massage tent was available where athletes paid 40 Euros for a massage. Certainly, there were no chiropractors or podiatrists.

Confidence of the National Olympic Committees/National Paralympic Committees in therapy was lost in Torino, which was a tremendous disappointment to Yves Lareque, Physiotherapy Representative on the IOC Medical Commission. He had personally trained a number of physiotherapists in the area of sports medicine but they were not utilized to their capacity. In his final report on physiotherapy activities, Yves noted that most of the 72 volunteer physiotherapists in Torino were from hospitals and had no specialized training in sports physiotherapy and most had no experience working with elite athletes. This was reflected in the treatment statistics indicating therapeutic exercises and functional rehab accounted for only 2% of the total therapy services provided! The obvious bias towards acute versus chronic conditions aside, this lack of comprehensive athlete care is unacceptable.

Moving Forward for 2010

The situation will be very different in Vancouver for the test events and Olympic and Paralympic Winter Games. An important legacy of these Winter Games will be to contribute to the development of the next generation of physiotherapists. It will be a generation that has acknowledged expertise and experience in the comprehensive health care of athletes.

The term “interdisciplinary” has been used in the past in describing facilities and organizations that may work together under the same roof but are essentially independent in their care of the athlete. This may be “multidisciplinary” but certainly is not “interdisciplinary” care. There are several different factors that may inhibit this interdisciplinary approach, including a structure and organization that do not facilitate this integration and a lack of knowledge of other disciplines’ scope of practice and their potential roles in the comprehensive care of the athlete. This latter point may be compounded by an egocentric view of one’s own abilities - “I know what I do is successful and do not want to introduce any other variables.”

These factors are already being addressed in the early preparations and planning for the Games. A team of three managers will manage each of the ten competition venues: sport physician/ER doctor, an orthopaedic surgeon and a physiotherapist. Therapy services in the polyclinics in Vancouver and Whistler will be interdisciplinary. The team will be led by the Manager of Therapy and will include physiotherapy, massage therapy, chiropractic, CATA athlete therapists, acupuncture and podiatry. This team will link with sports physicians, emergency physicians, surgical and trauma teams, internal medicine and surgical consultants, plus the consultants that will operate the dental, eye and ear nose and throat clinics. We will also have orthotists available in an orthotic and bracing clinic and a wheelchair repair service for the Paralympics. Added to this integrated unit will be an Imaging Centre with MRI, CT scan and ultrasound. Our contract with GE will allow us to plan for portable ultrasounds in the field of play. Physiotherapists, in consultation with our ultrasound radiologists, will have access to these ultrasounds to evaluate acute injury and follow up on injuries during rehabilitation. Interdisciplinary meetings to develop policies and procedures that include all of these disciplines are already in the works.

An interdisciplinary team of therapists will be present at each practice and warm-up site. Again the physiotherapy venue
Members in the News

Norm Tinkham from Golden Ears Physiotherapy was interviewed for the health section of Canadian Living magazine, July 2007 issue.

Denise Morbey and her clinic were featured this June on the Knowledge Network program Wild at Heart in a story about activities that can be done in provincial parks.

Andrew Hosking made the Vancouver Sun health section for his work with headaches related to poor computer posture and his expertise in treating cervicogenic headaches.

Helen Samson was reported in the Nelson News for her work in Cuba over the past few years to establish a rehabilitation community, and her intention to return to conduct train-the-trainer courses when she retires next year.

The Courtenay Comox Valley Record reported that Jennifer Bird hosted a health fair as part of the valley’s Active Health project.

Dawn Mill wrote an article for the Kelowna Daily Courier on the causes and treatment of hip pain.

Tyler Dyck was in the Kelowna Capital News for his tips on prevention and treatment of golfer’s elbow.

Lisa Boda was in the Alaska Highway News and the Peace River Daily for her project with the School Board in modifying bikes for special needs kids.

Scotty McVicar was featured in the Parksville-Qualicum News for receiving CPA’s Lifetime Membership Award for his over 25 years devotion to physiotherapy and the Association. Complete with presentation photo, Scotty was honoured in the paper for his mentoring accomplishments with young physiotherapists.

Paul Girard was in the Kelowna paper for his newcomer’s perspective on the benefits of Kelowna’s pervasive pole-walkers.

Sarah Macey was covered in the Delta Optimist for rehabilitating fellow physio (but sadly non-member) Colleen Katsube so she could compete in the gold medal first-ever Women’s World Ball Hockey Champs in Germany.

Rick Celebrini’s World Congress presentation on adolescent soccer injuries made the Vancouver Sun main pages.

Jan Summersides was featured in the softwood lumber industry newsletter Fibrelines for the success of the ErgoRisk Management Group’s physiotherapy programme at Zellstoff Celgar Ltd.

Timberly George, chair of the Physio Sports Division, was featured in the Vancouver Sun for her tips on avoiding summer sports sprains.

Brian Riemer made CBC radio, Breakfast TV, and the Vancouver Sun for his insights on World Congress and the place of physiotherapy in BC today.

Greg Smith’s column in the Kelowna Daily Courier on sports specific training highlighted the need for the athlete and coach to design a program of periodisation.

Randy Goodman was featured in the Kelowna Daily Courier for his role as the Head of Therapy for the Olympic Village polyclinic.

continued on next page
Jay Stone’s article in the Kelowna Capital News offered tips and benefits of a spring walking program. 

Clinic partners Wendy Epp and Nadine Plotnikoff made the Vancouver Province for their tips on Fab Abs and core conditioning for the “industrial athletes” (those such as physios and nurses who have physically demanding professions) from new moms to the elderly.

Roy Gillespie made the Nanaimo Daily News for his Pro-D day sessions teaching teachers how to help injured children.

Dag Raonhovde also made the Nanaimo paper for his new shockwave therapy machine and its ability to accelerate healing.

Greg Bay made TV, radio, and newspaper headlines for his development of Core Shorts — compression shorts for athletes. Watch for Greg’s article on his core shorts R&D in Autumn Directions.

Baby News

RehabMAX Physio clinic grew by two a few months ago: Chenxi & Yung Le had their first child, Rachael, while Yojana Das also gave birth to her first child, Nishant.

May Nolan had her second child on May 13th. Finn was named by sister Clare from her favourite Irish Legend.

Jamie McGregor is the proud father of 8lb Ewan, born May 29th.

WOW. PABC’s Corine Van Doorn is a Board Director on Mascall Dance, and recommends the WAY OUT WEST (WOW) SUMMER INTENSIVE, August 13-31 for physiotherapists and clients interested in deepening physical awareness through physical training, dance creation and performance. See http://www.mascalldance.ca/classes/wow

What Members are Doing

Al Kozlowski is putting his background in competitive cycling to use as a Provincial A-level commissaire with CyclingBC, the organizing body for competitive cycling in BC. He is on the Wedgwood Cycling Team, which hosted the BC Road Race Championships at the beginning of June, organized the Tour de Gastown in July (with 40,000 spectators), and will host a Union Cyclisme Internationale level cyclocross race this fall. PABC members Sarah Stewart (MPT2 student) and Heather King are also on the team, which supports the BC Cancer Foundation (see www.teamwedgewood.com) and is sponsored by Wedgwood Hotel and Treloar Physio Clinic.

Heather King is also mountain bike racing and placing this summer: Rat Race — 4th, BC Cup — 3rd Master, Merritt BC Cup — 1st Master, and at print time was headed to the Mountain bike Nationals at Mt. Washington.

Sarah Stewart will be on Team Symmetrics for the Gastown race this year. She says “Symmetrics is a very strong local team. My focus will be on helping the team achieve a good result. Gastown is an exceptional event and I feel lucky and excited to have the opportunity to race. Vancouver offers some of the best riding and racing in the country — certainly an added benefit of pursuing my degree at UBC. I’m having my best season to date, despite being very busy with school. For me, having multiple areas of focus allows me to keep a better perspective and balance. In addition to the cycling racing, I will also be competing in Ironman Canada in August.”

Lynn Rogers has been working on the CPA Specialization Working Group (SWG) for about seven years, and says they are “finally at a point where several Divisions are planning to begin a pilot of the process.” She is also on the Pediatric Division’s Specialization Subcommittee which continues work on developing competencies and a framework for specialization in pediatrics. Lynn reports that “the work of the SWG has now been approved by the regulators, divisions, CPA board, CUPAC etc. and appears to be a viable process that will provide a framework for specialization certification that each division will use so that there is consistency among divisions.”

The Fraser Health Authority presents “Above and Beyond” awards annually in six different categories. The nominations are by peers and are hotly contested, with 172 nominations this year alone. Typically 2-3 are given in each category. PABC’s Carla Barriga and her team in TriCities Home Health came out on top by winning a “collaborative partnerships” award.

The University of Victoria’s Division of Continuing Studies has chosen PABC’s Andrew Mills and Jennifer Sutton to fill its open position on the Wealth and Wellness Advisory Committee.

Jackie Whittaker has just published a book, Ultrasound Imaging for Rehabilitation of the Lumbopelvic Region: A Clinical Approach. It provides guidelines on the integration of ultrasound imaging into clinical practice, with step-by-step instructions for deep muscle imaging. Jackie, an instructor with the Ortho Division, explains that “ultrasound imaging is emerging as an invaluable tool in the detection and treatment of motor control impairment.”

Marc Rizzardo is the Chief Therapist for Canada in the PanAm Games this summer. He and his clinic partner Kevin Tam just opened their new, 6000 square foot clinic across the street from their previous clinic in Burnaby, and business has never been better. See the virtual tour at: www.metrotwophysio.com.

Zoli Glonek opened a new clinic in July — Fairview Physiotherapy Sports and Ortho in Vancouver. Zoli is also a new parent. Lots of challenges this year!

Scott Simpson was the Physio for the Soccer Under 20 World Cup in Victoria last month.
Marathon Training to End Blood Cancer

by Erin Macri, BScKin, MPT

I don’t think there is a single person who hasn’t been affected in some way by cancer. When I recently discovered that a Canadian dies every 88 minutes from blood cancer, and that research has had a monumental impact on those living with blood cancer, I was moved to join the Leukemia & Lymphoma Society’s Team in Training. I signed up because I was given an opportunity to make a difference in the world, because I was going to train for my first full marathon, and because a friend joined with me. I didn’t do it because a family member or friend had cancer, and I didn’t know anyone who had been touched by blood cancers. Or so I thought.

For five weeks, I have been training for my first ever full marathon on October 21, 2007 in San Francisco. I have already shed many tears as I listen to stories of those running beside me who currently live with blood cancer, or from friends who shared their personal stories of surviving blood cancer or of parents who were living with or who had succumbed to the disease. Blood cancer is more prevalent than I had ever imagined. Last week, a runner in my group who had no direct link to the disease told us before our Sunday morning run that his mother was just diagnosed with cancer and has four months to live. I can’t tell you how hard this hit me. Suddenly, I do have a personal reason to run, because it can and does affect us every day.

I unsuccessfully tried to run a marathon once before, but now I gain inspiration every day from those around me with their stories of strength and courage. This is really an opportunity of a lifetime for me to reach a personal goal while also making a positive difference in the world. I’m making an effort to make sure I am successful this time around.

I cross train by riding my bike to work most mornings. I also do a hip abductor and core strengthening routine a couple of times a week. So far it seems to be working, as my usual knee and SI joint pains that would be kicking in at these distances haven’t started yet! And this time I’m planning to get some physio treatment along the way; you know, pay attention to the things I’d be telling my own patients!

I am hoping you will visit my website and help support my efforts to meet a personal goal of endurance while helping to end blood cancers: http://www.active.com/donate/tntvan/Erin_Macri. Tax receipts are issued for donations of $10 or more.

If you have questions, please e-mail me at erin_macri@hotmail.com.

Erin Macri is the Manager at CBI in Vancouver, is a new graduate from the first UBC MPT class, and has been involved with PABC on the WAD and Kin Task Forces.

Public Opinion Poll 2007 Report

by Ron Blouin, Hotshop Communications

In May, we had The Mustel Group poll 500 British Columbians and compare their opinions regarding physiotherapy to similar questions we asked in 2005. You can view a presentation of the key findings posted at: www.bcphysio.org; follow link to Members Only site, resources, public opinion poll.

Research studies like this are used to give us a snapshot of trends and attitudes. Depending on the number of people answering a specific question the margin of error can be as low as 2% and as high as 14%. For this report, the average margin of error is 4.5%.

Highlights of the report include:
• overall patient satisfaction is up 5%, with the very satisfied segment up a noticeable 10%
• a slightly higher “most inclined to visit” percentage spread over chiropractic and massage.
• a small drop in overall usage and an increase of 6% among those who have visited a physiotherapist in the last two years.

In reviewing these trends with the research company, the conclusion was that physiotherapists continue to attract British Columbians with higher education and higher household income than other professions.

This year we asked two new, specific questions:
1) about the percentage of clients who were referred by their doctor, and were pleased to see that 82% of those who visited a physiotherapist had been referred.
2) about the level of recall of our TV ad, and were happy to see that despite relatively low air-time, 20% of respondants remember seeing the ad. With this in mind we are now assessing our advertising strategies for the upcoming year.

From this study it is evident that we continue to have strong relationships with doctors and a high degree of efficacy with new and repeat clients. This is resulting in a very satisfied user group. And as we all experience ourselves, high satisfaction leads to long-term loyalty.

If you have any questions about the study, please email hotshop@telus.net and I would be glad to look into them.

PABC reached its membership all-time high goal of 1,707 in June. Congrats to UK grad, Jane Cruttenden, now in Port Alberni for being the 1,707th.
Classified Ads

Privately Hosted Courses
Details at www.bcphysio.org

Continuing Education – Private Courses
Courses Listed in Chronological Order as of July 1, 2007
- UBC’s online Master of Rehab Science
- Private Practice Business Success Program
- Spiraling Into Alignment
- Facilitating Change in the Thorax & Shoulder Girdle
- NAST Teacher Training
- Wound Management for People with SCI
- Ergonomic Assessment for Upper Limb Injuries and Developing Effective RTW Programs
- Rehab of TMJ and Cervical Spine Disorders – Victoria
- The Progressive Goal Attainment Program (PGAP)
- The Lumopelvic-hip
- The Lower Extremity and Clinical Integration
- The Thorax & Shoulder Girdle

SPACE FOR LEASE
1245 Esquimalt Road - Esquimalt (Victoria)
- from 1,000 to 3,000 sq. ft.
- new concrete and steel building
- buy or lease
- attractive finishing allowance included

10030 Resthaven - Sidney B.C.
- fully built out mixed use medical space
- ground floor of a mixed use assisted and independent living complex
- rooms to rent from 250 sq.ft. to 3,300 sq. ft.
Contact: Brenda Ferguson
Sutton Realty
Phone: 250-479-3333

POSITION AVAILABLE
Great opportunity for a physiotherapist to work in a Private Pain Clinic (www.certifiedpst.com) located at 16th and Macdonald.

This part-time position is flexible with hours and includes: booking and treating patients, answering the telephone, computer work and marketing. Remuneration includes a competitive salary as well as an office space to develop your own physiotherapy practice.

Contact: Jena
Phone: 604-732-5938

For the First Time Ever: The Private Practice Business Success Program
Erika Trimbile is offering an 8 week business coaching program – a fully integrated solution to accelerate your private practice growth, business results, and success. In the Program you will discover the 7 strategies used by the most successful private physiotherapy practice owners.

The program is delivered by teleconference on Thursdays, from Sept. 27 – Nov. 15 at 8:30am. We’ll even help you with your implementation of the 7 strategies in the 8th week of this Program!

To learn more about this program and to register for one of the only 15 seats available, www.prosperousphysiotherapy.com

Neurosciences Div. Vancouver Presentation/Clinical Studies
$3,000 Grant available to NSD members, residing in BC. Visit the website for more information. Deadline is December 1, 2007!!!
Website: www.neuropt.bc.ca

Addendum to Find a Physio 2007-2008
Pg 14: Metrotown Orthopaedic
Add: Aaron Rizzardo
Orthopaedics: *RCAMT; Sports Injury

Pg 35: North Vancouver, Add:
Active Life Physiotherapy Inc.
(John Braithwaite Comm. Centre)
145 West 1st Street
North Vancouver BC V7M 3N8
Ph: 604-987-LIFE (5433)
Fax: 1-866-246-3259
Email: activellphysio.ca
www.activellphysio.ca
Heather King Acupuncture; Spinal Manipulation/FACMT; Sports Injury
Sophia Sagur Orthopaedics; Sports Injury

Pg 65: St. Paul’s Hospital
Add: Jill Kipnis

Pg 66: Treloar Physio
Delete: Aaron Rizzardo

Pg 70: Bodhi Physiotherapy
Delete: Brentwood Bay
Replace with: Victoria

Pg 72: Shelbourne Physio
Change: Jennifer Grounds to Jennifer Kolot.
Change: Jennifer Kolot’s Orthopaedics Division from Level 1 to Spinal Manipulation *FCAMT

Pg 97: Kelowna Rheumatology
Add: Kircher, Stuart… 250-718-9099

Pg 99: Victoria Spinal Manipulation
Add: Kolot, Jennifer… 250-598-9828

Pg 82 to 101: Vancouver
Trish Hopkins’ Areas of Expertise did not download, so please update:
Add: Hopkins, Trish
Accupuncture, Pg.82, Column 1
Joint Replacement, Pg.89 Column 2
Orthopaedics, Pg.94, Column 1
Sports Injury, Pg.101, Column 2
I came for the **job.**
I stayed for the **team.**

"I always knew I wanted to work for a health care provider that cared for the whole patient. I am proud of the work done by my team, and I’m excited about the prospects for my future."

Kelly B., VCH Physiotherapist.

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**REGULAR FULL-TIME STAFF PHYSIOTHERAPIST - 1.0. F.T.E.**

The successful applicant, licensed by the B.C. College of Physiotherapy, will deliver early intervention services to families of infants and preschoolers with a variety of special needs. The therapist will be based at our Centre in Prince George where s/he will see clients. S/he will also travel to small neighbouring communities to the west and east of Prince George. Our research has shown that this important physiotherapy service is highly valued by the outreach clients and local community partners.

The physiotherapist will work as part of an enthusiastic multidisciplinary team, including physiotherapists, occupational therapists, speech language pathologists, a family service worker, early childhood educators and physicians. Telehealth services are available for consultations with professionals at B.C. Children’s Hospital and Sunny Hill as well as for continuing education. Special clinics held at the Centre include a seating and mobility clinic, orthopedic clinic and access to a child psychiatrist and pediatricians. While the physiotherapist will have a good deal of autonomy regarding caseload management and treatment decisions, experienced colleagues and a senior physiotherapist are available for mentoring. A new graduate has been successful in this position.

The Centre provides a vehicle for outreach travel and pays expenses when the therapist is out of town. Salary and benefits are competitive and are determined by the Health Sciences Association collective agreement. Benefits include medical and dental coverage, paid vacation and sick leave, group life and disability insurance, optional pension plan and an education allowance.

Prince George is a friendly, welcoming community of ±75,000 people. Set in a pleasant environment of rolling hills, forests and lakes, there is easy access to a wide range of outdoor activities which vary with the seasons, including tennis, golf, hiking, canoeing, swimming, running, camping, downhill and cross-country skiing. There are numerous cultural opportunities such as the symphony orchestra, professional and amateur theatre, musical theatre, choirs and a wide range of visual arts. There is an excellent library and art gallery. Prince George is a retail hub for a large area. The regional hospital is located in the city. For more information on Prince George, please see the city website at city.pg.bc.ca. For more information on our Centre, visit our website at [cdcpg.org](http://cdcpg.org)

Please direct enquiries and resumés to: Dr. Carol Oosthuizen, Director of Therapy  e-mail: carolo@cdcpg.org
Club Physio Update

PABC was pleased to launch an exciting new member benefit program for you and your family last November. Club Physio is designed to give more PABC value to you, our valued members. This perks program, Club Physio, provides exclusive access to discounts on a variety of products and services ranging from professional services to entertainment to travel packages.

The Club Physio survey conducted early this year provided valuable information on what you, our members, want through this program. Some highlights of the survey include:

Top desired personal product: Ski Tickets
Due to the great success in sales for ski lift passes last year, we will be running pre-season, cross-provincial tickets sales again this fall. Watch for updates for purchasing information.

Top desired business merchant: Office Supplies
You asked for it; we got it. Corporate Express will be up and running by the end of the summer, providing discounts on all business-related equipment and supplies. This will be a great way to decrease your overhead costs!

Top 2 desired services
1. Travel Packages:
Club Physio is currently working with Cruise Plus, a cruise provider who offers exceptional discounts on exotic cruises! We are also looking to an airline and an all inclusive travel provider as well!

2. Car Rentals
Club Physio now works with both Avis and Budget. Pricing includes a discounted rate off the best daily rates with locations across Canada!

Though we have had great success with these merchants on the program, there are also many others who offer amazing services on Club Physio:

Hidden Gems!
Carter Auto Group: A member purchased a new vehicle and saved $1,000 and received amazing customer service. If you are in the market to purchase a new car, don’t forget to contact Brian at Carter Auto.

Park ’n Fly
Quote the product code located on Club Physio and receive 25% off your Vancouver airport parking.

Miego Gift: Gifts for the home, for men, children and women or for that special someone! View the link on Club Physio to see all their great items.

Clearly Contacts: Receive an additional 10% off already discounted optical products; delivery provided straight to your home or workplace.

We would like to encourage our rural members to register with Club Physio and do some e-shopping! Visit the Members Only site through: www.bcphysio.org Click on Club Physio and view the Club Partners and discounts. If you have not already registered, do it today!

The 15th International World Congress for Physical Therapy: A Recent Grad’s Perspective

by Steven Kotzo, MPT

As a recent graduate from the physical therapy program at UBC, I attended my first World Congress with only a month of work experience under my belt. I was unsure what to expect. What I found was that the Congress offered many research presentations, an exhibition hall, and an opportunity to connect with colleagues old and new.

With such a variety of presentation topics to choose from, I was drawn to the ones that would benefit my clinical practice the most. Although I heard the familiar phrase from my university days, “more research is needed in this area,” I still found my clinical questions being answered and my professional practice improved by many of the presentations. My favourites included a focus symposium on the conservative treatment of patellofemoral pain syndrome and a workshop on guided activity for chronic fatigue.

In between presentations I spent my time at the exhibition hall examining the latest technology. With an interest in opening a new practice, I was drawn to professional services ranging from exercise equipment and modalities to computer software. It also turned out to be a great area to bump into colleagues and mentors. Perfect for discussing the Congress, updating each other on recent events and sharing the WCPT experience. The exhibition hall provided so much information that I found it hard to see everything. One day is simply not enough.

Finally, what could be greater than seeing your very own Susan Harris close down the 15th international WCPT with an address to the entire physical therapy community. As one of her many former students it serves as a reminder that anyone of us pursuing a path in research could be presenting at the next WCPT. The 16th international WCPT is set for 2011 in Amsterdam, the Netherlands. Hope to see you there!

Radial Shockwave Therapy and You

The PABC office has been getting an increasing number of inquiries about Radial Shockwave Therapy, and wants to send business your way. If you use it, let us know at: pabc@bcphysio.org

For Sale: KinCom 500H
Contact: Alison Hoens
Clinical Coordinator,
Physiotherapy, Providence Health Care
Phone: 604-877-8154
Email: ahoens@providencehealth.bc.ca
Dear Member,

PABC is pleased to have launched last November an exciting new member benefit program for you and your family. Club Physio is designed to give more Association value to you, our valued members. This perks program, Club Physio, provides exclusive access to discounts on a variety of products and services which are listed below.

Club Physio is implemented at no cost to the Association or its members. In fact, it even generates revenue for us, with 1% of some purchases you make coming to PABC each quarter. We have designated the 2007 revenues be donated to the UBC’s School of Physical Therapy fundraising project for new equipment for the Friedman Building space.

Sign up through the members only section at www.bcphysio.org

- Avis
- BC Lions
- Big White Ski Resort
- BossTools
- BoutiqueJacques
- Budget
- Carter Auto Group
- Chris Chernoff
- Clearly Contacts
- Corporate Express
- Crossgrove
- CruisePlus
- Cyberflowers.com
- Cypress Mountain
- Eagle Tours
- FragranceNet.com
- Grouse Mountain
- Hotels by Association
- ICE.com
- International Club Network
- KimmyShop
- Knetgolf
- LuxorLinens
- Miego Gifts
- Nebs Printing
- Park n’ Fly
- Playland
- PromoPeople
- SilverStar Mountain Resort
- Stylefly.ca
- Sun Peaks Resort
- Vancouver Opera
- Wa2
- Webnames.ca
- Vancouver Whitecaps
- Wayspa

Renew Your Membership to PABC, the Award-Winning Association:

Membership has its privileges, and PABC makes sure that your membership fees get you added value. Consider the advantages of our Librarian and free access to on-line medical databases (see Eugene’s article p. 10), TV ad campaign, Find a Physio, courses, Club Physio, advocacy, being kept in the loop, and of course this fun and informative newsletter.
Ergonomic Assessment for Upper Limb Injuries and Developing Effective Return-to-Work Programs

UBC’s School of Occupational & Environmental Hygiene, in cooperation with PABC, is presenting a 1-day course taught by Certified Professional Ergonomist Judy Village on this topic suggested by PABC's Professional Development Advisory Committee. This new ergonomics interprofessional course will provide you with ergo risk assessment tools and return to work planning skills.

PABC members get a 22% fee discount. Fee: $195 for PABC members registering before September 14. Fee includes lunch, refreshment breaks and course materials.

Saturday, November 3rd, 8:30-4:30, Arbutus Club, 2001 Nanton Avenue

To register, or for more information, contact Lydia Ma at: Lydia.ma@ubc.ca

Courses in 2007

Fall Evening Lecture/Audiocast Series

UBC Robson Square, 6:30-8 p.m.
Fee: $30 on-site or $75 for all three, $38 audiocast or $105 for all three

Three Common Injuries of the Lower Extremities
1. September 20: Groin Pain and the Unbalanced Hip, by Linda-Joy Lee
2. October 25: Common Injuries of the Knee, by Rick Celebrini

Courses in 2008

Shirley Sahrmann

Two hands-on weekends in the Spring/Fall held at UBC Physiotherapy Department. These signature courses, limited to only 39 students, offer advanced instruction on the Lower Quadrant and Upper Quadrant Diagnosis and Treatment of Movement System Impairment Syndromes. Requirement for both courses is the Introduction to Concepts and Application (previously Level 1).

• February 16-17, 8:30 a.m. - 4:30 p.m.
  Lower Quadrant Advanced Application, PABC Member rate: $525

• September 6-7, 8:30 a.m. - 4:30 p.m.
  Upper Quadrant Advanced Application, PABC Member rate: $525

For more information or to register for 2007 courses and for Shirley Sahrmann courses, visit www.cstudies.ubc.ca/rehab, call 604-822-1459, fax 604-822-0190, or e-mail dorie.gray@ubc.ca.

Spring & Fall Evening Lecture/Audiocast Series

UBC Robson Square, 6:30-8 p.m.
Fee: $30 on-site or $75 for all three, $38 audiocast or $105 for all three

Dates and instructors for both Series confirmed in the Autumn Directions.

Spring — Three Conditions of the Upper Extremities
1. February: shoulder injuries
2. March: hand/wrist conditions
3. April: differential diagnoses for the upper extremity

Fall — Three Sports Physio Topics for Countdown to 2010
1. September: Olympic and Paralympic Therapy
2. October: Sports vision training
3. November: Sports nutrition

Note: Student members receive a 40% discount when they send a copy of their student card.

For the 2008 courses, detailed registration information will be posted in the Autumn Directions.