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PhDLeigh Ann Lechanski, PT,
DPT**Air Force**Ben Hando, PT, DSc
Josh Van Wyngaarden, PT,
DPT PhD**Navy/Marines**Stephen Grist, PT, DPT
Alexa Clifton, PT, DPT**USPHS**Charles Rainey, PT, DPT, DSc
TaNesha Nobles McCulley, PT,
DPT**Veterans Administration**Michael Waller, PT, DPT
Peter Glover, PT, DPT

Federal Physical Therapy

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APTA FederalSM

A Section of the American Physical Therapy Association

APTA Federal President's Message

Andrea Crunkhorn, PT, DPT

APTA Federal members,

I hope your holidays were filled with food, family, friends, and an opportunity for reflection on the past year and your goals for the year to come. 2022 was a good year, with the world starting to open again, but also a very long year as we've yoayed back and forth with masks, vaccines, continued deaths, and a hard winter in front of us. But we've persevered and done our best by our families and friends, patients and coworkers, and for that 2022 ends with a sense of accomplishment.

APTA Federal had a great year, with development of an Education Committee, more mature strategic planning, two more Special Interest Groups (Residencies and Human Performance), a new Volunteer Coordinator, new Defense Health Agency Service Representatives, and of course hitting the 1000 mark with membership.

As we move into the new year, we're looking to develop a Research Chair for the Section and consolidate those wins on membership and structural growth with improved service to you. One major item for the coming year will be education content outside the formal structure of the Combined Sections Meeting; stay tuned for more on that. This is a Bylaws review year, and we will also be developing our first Policy and Procedure manual. Please reach out (our emails are on the webpage) with ideas and suggestions on what you need for professional and personal growth.

*OTHER APPOINTED
POSITIONS***CSM Program Chair**Jonathan Glasberg, PT,
DPT**Communications Chair**

Michelle Jamin, PT, DPT

Federal Affairs Liaison

Amanda Simone, PT, DPT

Membership Chair

Amy Banks, PT, DPT

Practice ChairRebecca Vogsland PT,
DPT**PTA Liaison**

Mary Stapert, PTA

Student Liaison

Anna Dudin, SPT

Section Historian

Pat McAdoo, PT, MEd

While the Section's growth and development is tremendously exciting, life is unpredictable at best. Today I attended a funeral for a former Sailor and current Defense contractor who died suddenly while serving overseas. His family noted that his unexpected death, while devastating, occurred in the context of service to nation and others. For this they were proud, and they were happy in the knowledge that he died doing what he so loved.

For those of us working in the federal sector, service is what we do, knowing it may separate us from our loved ones and put us in harms way. Service to nation is a hallmark of the APTA Federal Section. All of you give a part of yourselves to your patients as well as your nation every day. Service binds us together. I am proud to call you coworker, teammate, friend, and family.

Take care of yourselves, have a phenomenal new year, and I hope to see all of you in San Diego.

All the best,
Andrea

2023 Election Results

Congratulations to the following. They will start their terms of office in February 2023. All terms are for 3 years.

President: Andrea Crunkhorn, PT, DPT

Secretary: Renee Schroeder, PT, DPT

Delegate: Christine Gantt, PT, DPT

Air Force Service Representative: Joel Henderson, PT, DPT

Army Service Representative: Jon A. Umlauf, PT, DPT, DSc

Navy/Marines Service Representative: Cortney C. Shewmaker, PT, DPT

USPHS Service Representative: Carlos A. Estavez, PT, DPT

VA Service Representative: Mark E. Deysher, PT, DPT



Quality Physical Therapy Care

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www.aptafederal.org

APTA Combined Sections Meeting

Feb. 23-25, 2023 / San Diego, CA



APTA Federal CSM Programming

Tuesday, February 21, 2023

8:00 AM - 5:00 PM

FD-13767 *At the Tip of the Spear: Sharpening Your Skill Set as a Direct Access PT*

*1-day Preconference Course

Eliza Blackford Szymanek, PT, Robert John Halle, PT, DPT, DSc, Mark Alan Riebel, PT, DSc and Laura K. Riebel, PT, DPT

8:00 AM - 5:00 PM

FD-14124 *Point-of-Care Musculoskeletal Ultrasound: An Introduction and Hands-on Course*

*1-day Preconference Course

Jon A. Umlauf, PT, DPT, DSc

Wednesday, February 22, 2023

8:00 AM - 5:00 PM

FD-13762 *CANCELED - Kick-Starting Your Diagnostic Imaging Skill Set for Lower Extremity Injuries in Direct Access Physical Therapy*

*1-day Preconference Course

John Sterling Mason, PT, DPT, DSc, Michael Scott Crowell, PT, DSc, Michael Robert Johnson, PT, DSc and John Hedrick McGinniss, PT, DPT, DSc

8:00 AM - 5:00 PM

FD-14012 *Holistic Treatment of the Injured Runner*

*1-day Preconference Course

Eliza Blackford Szymanek, PT, Scott Greenburg, Erin Marie Miller, Jamie Bush Morris, PT, DPT, DSc, Amy Nicole Weart, PT, DPT and Donald Lee Goss, PT, DPT, ATC, PhD

Thursday, February 23, 2023

8:00 AM - 10:00 AM

FD-14044 *Amputation Care Yearly Research Evidence Update*

Benjamin Jacob Darter, PT, PhD, Sheila Marie Clemens, PT, MPT, PhD, Chris Doerger and Ignacio Alejandro Gaunard, PT, MSPT, PhD

8:00 AM - 10:00 AM

FD-14470 *Building Performance or Just Getting Fatigued? Structuring Treatment Plans for Return to Duty and Sport*

Mark Alan Riebel, PT, DSc, Derek Lee Miles, PT and Robert Walling Rowland, PT, DPT

11:00 AM - 1:00 PM

FD-13719 *Two Legs Are Better Than One: Gait Deviations in Individuals With Lower Extremity Limb Differences*

Angela Cummings Morgan, PT, DPT, Scott Michael Love, PT, DPT, DHS, Jacqueline Lark Moore, PT, ATC, DScPT and Michael Jason Highsmith, PT, DPT, PhD

11:00 AM - 1:00 PM

FD-14758 *Understanding How Sleep and Mindset Affect Rehabilitation*

Joseph Rahmon Kardouni, PT, PhD, Bradley Michael Ritland, PT, DPT, PhD, Christine J Matthews and Nick Barringer

3:00 PM - 5:00 PM

FD-14268 *Screening and Management of Persistent Pain in a Primary Care Physical Therapy Setting*

Evan E. Kelley, PT, DPT, Steven Spoonemore, Ashish Kakar, PT, DPT, Daniel Chang Yun Kang, PT, DPT and Stacey Gorter

3:00 PM - 5:00 PM

FD-14278 *Lateral Ankle Sprains: A Deeper Look to Guide Management*

Matthew Lane Bush, PT, DPT, DSc, Steven Keith Hunter, PT, DPT, Jon A. Umlauf, PT, DPT, DSc, Bradley Scott Wells, PT, DPT, DSc and John J. Fraser, PT, DPT, PhD

3:00 PM - 5:00 PM**FD-15284** *Federal Section Platform Session 1*

Joseph Rahmon Kardouni, PT, PhD

Friday, February 24, 2023**8:00 AM - 10:00 AM****FD-13986** *Interdisciplinary Care for Veterans With Persistent mTBI: Lessons Learned Collaborating Within an Interdisciplinary Team*

Ashley McCann, PT, DPT, Rachel Frank, Kayla Crowder and Meg Stevenson

8:00 AM - 10:00 AM**FD-14406** *Perioperative Performance Training for the Tactical Athlete*

Nancy C. Henderson, PT, DPT, Ryan Michael Decarreau, PT, DPT, ATC, Dr. Haley Worst, PT, DPT, EdD, Nicholas Koreerat, PT, DPT and Christina Koreerat, PT, DPT

11:00 AM - 1:00 PM**FD-14017** *The Tactical Athlete: Shifting the Paradigm From Rehabilitation Alone to Injury Prevention and Human Performance*

Eliza Blackford Szymanek, PT, Jacob Allen Naylor, PT, DPT, Samantha Conway Morgan, PT, Jason Hartman and Lily Irene Nealon, PT, DPT, ATC, LAT

11:00 AM - 1:00 PM**FD-14845** *Adaptive Sports Innovation: Creative PT Applications Promote Inclusion for Athletes With Complex Impairments*

Kendra Lynn Betz, PT

11:00 AM - 1:00 PM**FD-15285** *Federal Platform Session 2*

Joseph Rahmon Kardouni, PT, PhD

3:00 PM - 5:00 PM**FD-14053** *Building Resilience in People With Chronic Health Conditions Using Integrative Behavioral Health Solutions*

Joseph D. Tatta, PT, DPT, CNS, Rose Marie Pignataro, PT, DPT, Carey Elizabeth Rothschild, PT, DPT and Jeremy Chad Fletcher, PT, DPT

3:00 PM - 5:00 PM**FD-14813** *Polytrauma, TBI, Blast: PTs Essential Role to Optimizing Recovery and Positive Outcomes*

Robyn D. Bolgla, PT, DPT, Karen Melissa Skop, PT, DPT, MS and Barbara Joan Darkangelo, PT, DPT

3:00 PM - 5:00 PM**FD-15286** *Federal Platform Session 3*

Joseph Rahmon Kardouni, PT, PhD

Saturday, February 25, 2023**8:00 AM - 10:00 AM****FD-14032** *Human Performance Optimization in the Tactical Athlete, Paradigms Less Traveled*

Teresa L. Schuemann, PT, DPT, ATC, AASPT, Charlie Ernest Anderson, PT, Heidi Marie Edwards, PT, DPT and Lisa A Roof

8:00 AM - 10:00 AM**FD-14304** *Tele-Pelvic Health PT: An Emerging VA Practice to Improve Patient Outcomes, Access, and Satisfaction*

Shannon Michelle Gorman, PT, Deena Lynn Olson, PT and Kristin Joy Eneberg-Boldon, PT, DPT

11:00 AM - 1:00 PM**FD-14150** *Run With CLASS: Gait Retraining for Musculoskeletal Injury One Step at a Time*

Donald Lee Goss, PT, DPT, ATC, PhD, Kelly P. Leugers, PT, DPT, Sara Marsico Mathews, PT, DPT, Henry Steward Haltiwanger, PT, DPT, Rhoda Anderson, PT, DPT, Lauren Mulier, SPT and Nicholas Reilly

11:00 AM - 1:00 PM**FD-14884** *Roll With It! Wheelchair Skills Assessment and Training from Novice to Expert PART 1*

Kendra Lynn Betz, PT

3:00 PM - 5:00 PM**FD-13635** *Clinical Decision Making and Telemedicine Onboard the International Space Station*

Danielle Nicole Anderson, PT, DPT, DSc and Richard Scheuring, DO, MS

3:00 PM - 5:00 PM**FD-14447** *Expanding Scope of Practice and Service to Others Through Medical Mission Trips*

Mary Christine Gantt, PT, DPT, Jean Bryan Coe, PT, DPT, PhD and Thomas A. Longbottom, PT, DPT



Army PT Update

Leigh Anne Lechanski, Army Service Representative

9A Army Medical Department Recipients- 2022:

Two Army physical therapy officers were recently awarded the prestigious designation from the United States Army Surgeon General: LTC Carrie Hoppes (Section Delegate) and LTC Leigh Anne Lechanski (Army Service Representative & Pelvic Health Rehab SIG Chair). The Army Surgeon General bestows the AMEDD "A" proficiency designator upon candidates who have attained full professional status and national prominence

in their field. This designation recognizes the highest level of professional accomplishment within the Army Medical Department (AMEDD). The award criterion are defined by US Army OTSG Regulation 15-35.

Army Health and Holistic Fitness (H2F) Update

In 2021 the Army began a new initiative to field human performance teams across the conventional force. In 2022, the U.S. Army expanded the new Holistic Health and Fitness (H2F) human performance initiative to 12 additional Army units including the first of the training brigade programs at Fort Jackson and Fort Huachuca. In Fiscal Year (FY) 21, 56 physical therapist positions (28 active duty and 28 government civilians) and 56 physical therapy assistant (28 active duty and 28 government civilians) were added to 28 brigades across U.S. Army Forces Command (FORSCOM) units. In the past year the U.S Army also increased the number of contracted strength coaches and athletic trainers in brigades. H2F currently includes 504 strength coaches and 167 Athletic Trainers employed in the 28 original H2F resourced brigade units. Additional government service civilian and contract hiring opportunities will be available in FY23 to support performance optimization mission requirements.



USPHS PT Update

*Charles Rainey, PT, DPT, DSc and TaNesha Nobles McCulley, PT, DPT
USPHS Service Representatives*

U.S. Public Health Service Commissioned Corps Student Opportunities

Senior Commissioned Officer Student Training and Extern Program (SRCOSTEP)

Overview In the SRCOSTEP, full-time students entering their final year of graduate school or professional training get paid while in school in exchange for committing to

enroll in the U.S. Public Health Service (USPHS) Commissioned Corps upon graduation. Students receive the basic pay and allowances of an O-1, Ensign, while in the program and are guaranteed a spot in the USPHS Commissioned Corps upon graduation. The service obligation is equal to twice the time.

Eligibility:

- Students within one year of receiving a degree in physical therapy.
- Participants must be enrolled full-time in an academic or professional training program which upon completion will qualify them to receive a commission in the USPHS Commissioned Corps.
- Participants must also meet certain physical, medical, and security background requirements.

Benefits:

- Financial assistance. Up to 12 months of pay equivalent to an Ensign while you finish your coursework (more for those with prior service).
- Job upon graduation. A full-time position as a Public Health Service officer immediately upon graduation.
- Housing. A tax-free allowance for your rent or mortgage calculated based on your rank, duty station, and dependent status.
- Free health care. Coverage through TRICARE.
- The same privileges and benefits given to Public Health Service officers.

Sources:

1. [www.usphs.gov/students/for more information](http://www.usphs.gov/students/for_more_information)
2. <https://www.usphs.gov/media/dao3qyv/srcostep-faqs.pdf>
3. <https://www.usphs.gov/media/5aumubu5/usphs-factsheet-srcostep.pdf>

APTA FEDERAL SIG UPDATES



Pelvic Health Rehabilitation Special Interest Group Update

Leigh Anne Lechanski, PHR SIG Co-Chair

Defense Health Agency Practice Recommendations Recent Publication

Four recently published Pregnancy and Postpartum Defense Health Agency (DHA) Practice Recommendations (PRs) provide standardized, evidence-informed guidelines that military health system practitioners should refer to when caring for patients during the pregnant and postpartum time periods. These work products were developed and approved in response to Fiscal Year 2022 National Defense Authorization Act (NDAA), Section 707 guidance requiring enhanced postpartum care services in the Department of Defense. Pelvic floor muscle dysfunction (PFD) conditions are likely underdiagnosed. Early recognition of PFD symptoms, followed by appropriate diagnosis and treatment, is important for maintaining readiness, minimizing time away from duty, and retention of Active Duty Service Members.

Summary of DHA Pregnancy/Postpartum Practice Recommendations:

- **Pelvic Health Pregnancy and Postpartum Rehabilitation Services:** Recommends that all postpartum women (regardless of time elapsed since pregnancy and delivery) be screened for pelvic floor dysfunction (PFD) using the Cozean Pelvic Dysfunction Screening Protocol. Patients responding 'yes' to three or more questions on the Cozean Pelvic Dysfunction Screening Protocol should be referred to pelvic health rehabilitation services for further evaluation and treatment of PFD during and/or after pregnancy to address urogenital and/or orthopedic conditions with the appropriate designated clinician type. This PR also identifies appropriate screening and outlines baseline clinician decision making considerations in the management of the pregnant and postpartum patients with pelvic muscle dysfunction.
- **Optimizing Postpartum Care:** Recommends PFD screening using the Cozean Pelvic Dysfunction Screening Protocol be included at least annually during comprehensive health evaluations. Patients responding 'yes' to three or more questions on the Cozean Pelvic Dysfunction Screening Protocol should be referred to pelvic health rehabilitation for further evaluation and treatment of PFD. Pelvic health screening should be completed at the comprehensive postpartum visit (six to twelve weeks postpartum) with the Cozean Pelvic Dysfunction Screening Protocol. Further screening should be executed by the patient's healthcare provider at four, nine, and twelve months postpartum and/or if symptoms develop.
- **Behavioral Health (BH) Screening and Referral in Pregnancy and Postpartum:** Outlines the recommended clinical management process for BH screening and referral in pregnancy and the postpartum periods of life. These are based upon the 2018 VA/DoD Clinical Practice Guidelines (CPGs) for the Management of Pregnancy and recommendations from the American College of Obstetricians and Gynecologists (ACOG).
- **Pelvic Health Evaluation, Treatment, and Referral for Women:** Recommends postpartum care be an ongoing process with services and support tailored to each birth parent's individual needs. Requires clinicians to address a birth parent's needs during the postpartum period that is necessary for both physical and emotional recovery, in addition to improving wellbeing and readiness.



Primary Care SIG

Primary Care SIG Update

Ashley Cassel, PC SIG Co-Chair

Our mission is to serve as leaders in advocating for Physical Therapists by providing an avenue for information exchange, networking, and professional development from a primary care PT perspective. We are committed to networking and growing our SIG, and are pleased to have over 130 engaged members. We encourage all of our members to join our community of practice on Basecamp for information exchange, networking, case study discussions, virtual mentorship opportunities and more. Based on membership feedback, we have been hosting quarterly membership meetings which provide opportunities for networking and open discussion. Our quarterly membership meetings are in February at CSM, May, August, and November. Please join us for our next Quarterly Membership Meeting on November 29th, 8:30-9:30 EST where we will provide SIG updates as well as a case presentation with follow up discussions.

We had Board Elections in July and brought on some great and energetic talent:

Robert (Bob) Long, Co-Chair; Katie O'Bright, Education Chair; Alyson Cavanaugh, Research Chair; and Steve Wentz, Advanced Practice Chair. They are joining: Evan Kelley, Co-Chair; Ashley Cassel, Petition Chair (a new position); Dan Kang, Communication Chair; Steven Spoonmoore, Practice Chair; and Brady Kurtz, Student Liaison.

Per the ABPTS/ABPTRFE Joint Review Board recommendation, the Primary Petition Workgroup will be fielding a supplemental practice analysis survey in the near future. We will be specifically targeting a diverse group of clinicians practicing in a variety of settings and practice areas within physical therapy. If you are a clinician with expertise outside of orthopedics practicing in Primary Care PT, or if you are a clinician practicing Primary Care PT within an Emergency Department – we need your input! If you are interested in completing the survey, please reach out to us at PrimaryCareSIG@aptafederal.org.

Our SIG is committed to promoting high quality educational content and professional development opportunities to advance practice in the primary care PT setting. We are offering both an On-Demand and in person presentation at CSM 2023: Screening and Management of Persistent Pain in a Primary Care Physical Therapy. Our last webinar 'Diagnostic Imaging: What to Order and When?' presented by our former Direct Access Chair and Clinical Associate Professor at the University of Illinois Chicago, Aaron Keil PT, DPT, OCS. We are always looking for not only good ideas for webinars related the Primary Care Physical Therapy, we are looking for those interested in providing those webinars. If you have an interest you can contact either Evan Kelley, Co-Chair (evan.e.kelley@gmail.com) or our new Education Chair, Katie O'Bright (info@redefinehealthed.com).

The Primary Care SIG is planning education sessions for 2023-24. If you are interested in presenting a primary care related topic, please reach out to Katie O'Bright at info@redefinehealthed.com.

Formats requested:

- 20-min case presentations
- 45-60 min live webinars

Suggested topics - multi-systems cases, cases which involve collaboration of multiple disciplines, referral for labs/imaging, primary care PT models, team-based care, systems review, population health considerations, and more

We are also planning for Primary Care PT Pub Nights around the country where we can present cases in-person with live webcasting. If you are interested in coordinating a space in any of the following location, please reach out!

Salt Lake City	Friday, January 27, 2023
Philadelphia	Friday, April 14, 2023
Pittsburgh	Friday, June 8, 2023
Chicago Metro	any dates

Finally, we have paired 14 SIG members seeking mentorship with mentors for an 18-month mentorship program. This is the Primary Care SIG's second mentorship cohort with the plan kicking off new 18-month mentorship opportunities every 12 months.

Visit www.aptafederal.org to find our SIG page and 'click to join' if you are interested in joining this passionate group of professionals. We look forward to collaborating, learning and growing with you.

Primary Care Special Interest Group:
<http://federalpt.org/members/specialinterest-groups/>

Email: PrimaryCareSIG@aptafederal.org

Facebook: [Primary Care SIG Federal Section APTA](#)

Twitter: [@PrimaryCareFPTS](#)

Instagram: [PrimaryCareFPTS](#)