

MiOTA Newsletter

Summer 2011

Michigan
Occupational
Therapy
Association, Inc.

Letter to MiOTA Members

By Kristen Matthews, MA, OTR/L Leader of the Executive Committee

Greetings, MiOTA members!

It appears summer is in full-speed and I hope you all are finding good health and happiness as we enjoy the (generally) nice summer weather. Summer is a time for beaches, camping, hiking, and just "getting outdoors" after being cooped up on the short winter days for what always seems like just a few days too long. Summer is a time for celebration & growing; we lovingly watch and tend to our gardens as they grow, (and maybe do the same in regards to our lawns). ☺ This year, for the first time in many years, my husband and I planted a small garden, and it kind of started me thinking...

Being a North Dakota farm girl my "pre-OT" life, I can't say I ever really felt like I put too much thought into planting and gardening. We were primarily wheat farmers, but of course always needed to put the little garden in too. I should probably mention that "little" garden was probably more like several acres and although the corn was planted with a planter and a plow was used to ready the earth, everything else was planted by hand. We would put seeds in, sometimes carefully, sometimes not, and like they were planted, would sometimes come up and sometimes not. Often we did not get enough rain to sustain our garden crops (despite what appears to have happened out there this year with all of the flooding), and it was just a given that we would have to fill huge water tanks in pickup beds and water the garden. The heat could be excruciating often well above the 90-100 degree marks; sometimes plants just sustained the burn, sometimes they found shelter from a stronger plant, and sometimes they withered and died. Mother Nature, always being full of surprises, would bring us weather such as hail, winds and tornados. When the grasshoppers and other bugs were at their worst, sometimes we would resort to spraying the garden to protect what we were growing. You just developed a routine to cope with the "expected unexpected."

Now in Michigan, my garden looks so different from that of my childhood. There is apparently nothing but sand where I live, so for the first time in my life, I had to buy bags of topsoil and put them into raised garden beds. It doesn't get as hot where I live, but boy, it is HUMID! There are also a lot of pesky trees we had to plan around because they were blocking the sun. There might also be a toddler with an eye for the "flowers" on your tomatoes - who knows! ☺ Essentially, the game has changed, but yet it is the same. We learn what to do so that our garden survives.

Sometimes it seemed as though the factors working against that garden were more than what was working for it. Sometimes, it was hard to wonder why we even bothered to try when over and over again we would be dealt another rough hand by that mischievous Mother Nature.

But here's the thing... when the tomatoes and watermelon ripen, when you get the chance to pick those fresh peas off the vine, you don't necessarily think "why did I bother" then, do you? No, you smile, you brag of your fresh produce, you tell everyone how much sweeter it is because it came fresh picked, right out of YOUR garden. Sure, it may not have been easy, but somehow, you became aware of the problems that little garden was facing, you problem solved and you adapted so your garden could survive the drought (or flood), the hail, the winds, the sun, or whatever curve ball Mother Nature through at you. You fortified the soil, protected from drought, kept the weeds and bugs away, and most of all, you

(Continued on page 2)

Letter to MiOTA Members	1,2
HAND SIS Conference	3, 5 & 6
Volunteer Needed	7
MiOTA Finance Report	7
MiOTA Awards Nominations	9-10
Call for MiOTA Elected Officers Nominations	11

*See you at
the MiOTA
Fall
Conference
on Mackinaw
Island -
Grand Hotel
October 14-
16, 2011!*

MiOTA Update (Continued from page 1)

persevered. You may not have won every battle, but you didn't quit, either.

Our profession is very much like that garden. It may not be "living" in the sense of the plants in our garden, but yet it is, in that for nearly a century, we have been growing. We started with a foundation of beliefs and values and through the integration of science, evidence-based practice, and many lessons both good and bad along the way, we have become stronger and wiser. We weather the elements, the change, the "expected unexpected" and we celebrate the fruits of our labor, whether it be a small policy change allowing private practice OT's to bill BCBS in our state to a huge feat of passing licensure in our state after many, many years of hard, dedicated volunteers and one outstanding lobbyist. We learn to respect other professions in our "garden" for their unique contributions, just as we hope for their respect of our unique contributions, and learn to lean on each other and grow with - not against - one another, for what divides us makes us weaker, subjecting us to battle the elements alone.

MiOTA is very fortunate to have the amazing people it does within its garden. We have our lobbyist, Muchmore, Harrington, Smalley and Associates; specifically the talents of lobbyist Bret Marr & the office administrator Cheryl Chapko. Bret watches out for the bills and policy changes that could act as weeds or fertilizer to the growth of our profession, so we can make decisions on how cope. Cheryl keeps our garden organized, labeled and in general "connected" to the supply of information that flows into and out of our garden. Although a separate entity from MiOTA, AOTA acts much like our lobbyist, just instead of watching on a state level, they watch changes on a federal level and alert us of important potential "weather changes" so we can "brace for the storm" if needed. Our volunteer board works hard to keep MiOTA growing and prospering as best as they can. MiOTA has recently enlisted a paid position to manage our website to help with creating a members-only and conference registration section on our website. If you haven't checked it out, please do: www.miota.org

Our garden is in need of a little nurturing, though. As always, we encourage practitioners of OT and OT practitioner students to join us by being a member. We are also coming up on elections for this year and the 2 year positions of Communications Director and Finance Director are up for election. We are still looking for an Advocacy Director as well, something that is very important right now with the evolution of health care reform and the budget crisis our state faces. If you are interested or know someone who is interested, we'd love to talk with you more.

The fall conference will be back on Mackinaw Island this year. Although I know it might be a bit further of a drive for some of you down close to the southern border, I would like to encourage you to come to "nourish" you mind and soul. And yoopers - let's take this opportunity to reconnect with the rest of our state in a beautiful and enriching environment.

☺

I would also like to put forth a challenge. At our fall conference, I would love nothing more than to take pride in this MiOTA "garden" with a little boasting.

I want to crown an OT School AND a Workplace with a Membership award for largest percentage of MiOTA members. I need you to nominate yourself/your school if you think you can do it!! Winners will receive a pizza party and perhaps even some type of crazy traveling trophy. Think you can do it??????? I hope to see the MiOTA email flooded with nominations. Don't forget, if you know of an OT or OTA who have made tremendous contributions to our profession or professional organization, please nominate them as well! It could be a boss, mentor, professor, whomever - but let's let them know that we appreciate them helping us to keep our "garden" strong for generations to come. Details will be posted soon to the MiOTA website; watch for details!

Thank you so much again for being a member of MiOTA; our members allow us to survive and thrive, and our volunteers and advocates protect us from the elements and help us continue to grow.

Sincerely,
Kirsten

Hand SIS/Summer 2011

This fall, October 14-15 the Hand SIS group will be hosting a conference at Baker College on the utilization of Graded Motor Imagery for Complex Regional Pain. The conference is open to both PT's and OT's with special rates for therapy students. Please come and be apart of this new and exciting treatment technique. Please refer to inserts for information on the speaker Susan Stralka, PT, DPT, MS, her course outline and registration form.

Understanding Complex Regional Pain Syndrome (CRPS) New Treatment Strategies Using Graded Motor Imagery Program

Presented by Susan Stralka, PT, DPT, MS:

Susan W. Stralka, PT, DPT, MS, ACHE is a licensed physical therapist with over 35 years experience. Susan earned an Advanced Master's in Musculoskeletal Disorders and a DPT from the University of Tennessee College of Health Sciences in Memphis, Tennessee. She has a strong clinical background in orthopedics, difficult pain syndromes, upper quadrant problems including thoracic outlet syndrome. Susan has been utilizing Graded Motor Imagery Programs in treating these upper extremity problems. She has presented nationally and internationally in the treatment of upper extremity dysfunction and pain management. Susan has written articles on a wide variety of topics related to physical therapy for many national publications and health journals. Her most recent publications are "Graded Motor Imagery" in the *Journal of Hand Therapy* and a chapter on "Thoracic Outlet Syndrome" in the book entitled *Neck and Arm Pain Syndromes*.

Course Description:

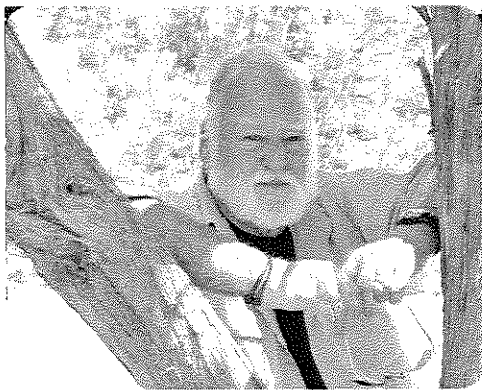
This course is designed for clinicians who have an interest in treating difficult pain syndromes especially complex regional pain syndrome I and II (CRPS I and CRPS II). Emphasis will be placed on identification of clinical signs, symptoms and treatment strategies. An overview of the physiological concepts will be discussed. Clinical treatment rationale will be presented so the audience can understand the vicious cycle that occurs with CRPS. In order to meet today's managed care environment, this presentation will discuss empowering the patient to carry out a home treatment program and designing a treatment program that fits within the framework of healthcare reforms. Individual case studies will be presented to the participants and feedback will be given as to their treatment regimens.

Course Objectives:

- Understand the relationship with pain and the brain
- Recognize and differentiate between CRPS I, CRPS II and other entrapment neuropathies
- Choose and execute a treatment program based on new science
- Develop algorithms for treatment for both pre and post op treatment
- Integrate graded motor imagery into rehabilitation, complex regional pain, phantom limb pain and other difficult pain syndromes
- Learn rehabilitation strategies
- Learn new techniques to retrain the brain with CRPS in order to improve sensory input and motor output
- Perform observation and imaging, laterality reconstruction, and motor and mirror therapy techniques as part of a graded motor imagery program

Methods of Presentation:

- Lecture - Powerpoint
- Video on CD/DVD demonstrations
- Lab for graded motor imagery program



Learn ...

Myofascial Release

John F. Barnes, PT

International lecturer, author, and authority on Myofascial Release.

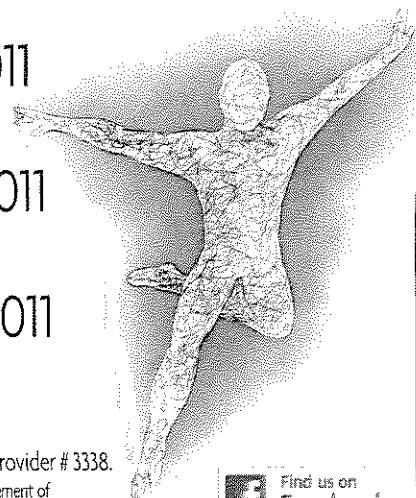
The "Missing Link" in Occupational Therapy!

Troy, Michigan – Detroit Suburbs

Myofascial Release I™ – September 9-11, 2011

Myofascial Unwinding – September 13-15, 2011

Myofascial Release II – September 16-18, 2011



APPROVED PROVIDER of CONTINUING EDUCATION
by The American Occupational Therapy Association, Inc.

American Occupational Therapy Association, Inc. Provider # 3338.

"The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA."



Develop Your "Hands-On" Expertise ... To Register Call **1-800-FASCIAL**

To register for a Myofascial Release Seminar, to order the Myofascial Release books or to receive our free Seminar brochure, complete the form below.

Register for 3 Seminars & Receive
\$300 off!

Name _____ Seminar Location _____

Professional Initials for Seminar Certificate _____

Address _____

City _____ State _____ Zip _____ Telephone _____

Charge to: VISA MasterCard Exp. date _____ Card # _____

Signature _____

- Please send me your free seminar brochure
- Please send me information on the MFR Treatment Centers
- Myofascial Release I; Myofascial Unwinding; Myofascial Release II: \$750 or \$695 for each seminar if registered 2 weeks prior to seminar date.
- Enclosed is my check payable to MFR Seminars. Send to MFR Seminars, 222 West Lancaster Avenue, Suite 100, Paoli, PA 19301. www.MyofascialRelease.com



Understanding Complex Regional Pain Syndrome (CRPS) New Treatment Strategies Using Graded Motor Imagery Program

Presented by Susan Stralka, PT, DPT, MS

Tentative Agenda

FRIDAY OCTOBER 14, 2011

8:00am – 8:30am	Registration/Continental Breakfast
8:30am – 9:30am	Overview of pain and its relationship in the brain
9:30am-10:30am	Differential diagnosis for CRPS I and II
10:30am – 10:45am	Vendor Break
10:45am – 12noon	Identify problematic musculoskeletal, neurovascular and and sympathetic dysregulation
12:00pm – 1:00pm	Lunch (provided) /Vendor Break
1:00pm – 2:00pm	Clinical interpretation of signs and symptoms
2:00pm – 2:30pm	Understanding the vicious cycle of dysfunction
2:30pm – 2:45pm	Vendor Break
2:45pm – 4:00pm	Understanding sensory and graded motor imagery for treatment
4:00pm-5:00pm	Q & A

SATURDAY OCTOBER 15, 2011

7:30- 8:00 am	Continental Breakfast
8:00am – 9:45am	Treatment strategies and case studies
9:45am – 10:30am	Utilizing appropriate treatment strategies for all dysfunctions
10:30am – 10:45am	Break
10:45am – 11:30am	Treatment programs for pre and post-op patients with CRPS at home
11:30am – 12:00noon	Q & A

The MI Chapter of ASHT/MiOTA Hand SIS
Presents

Understanding Complex Regional Pain Syndrome (CRPS)

New Treatment Strategies Using Graded Motor Imagery Program

Presented by Susan Stralka, PT, DPT, MS

Date: October 14 and October 15, 2011

Time: Friday 8:00 am – 5:00 pm, Saturday 7:30am-12:00pm

Location: Baker College/ Center for Engineering and Computer Technology. 1050 West
Bristol Rd. Flint, MI 48507

Cost: MiOTA / MPTA /ASHT/AOTA Member \$150.00

Nonmembers: \$175.00

Student Fee: \$ 75.00

Late Registration (AFTER September 23) add \$25.00

For any Questions, please call Rasa Poorman, OTR/L, CHT at (248) 543-4886

Make checks payable to Michigan Chapter of ASHT and mail to:

Rasa Poorman OTR, CHT 25529 Keenan Ct., Novi, MI 48375

Confirmations will be emailed

For lodging arrangements please contact the Court Yard Marriot (810-232-3500) which is located at 5205 Gateway Center, Flint, Mi. 48507. A block of rooms are being held at a discounted rate of \$80.00 These rooms are only being held until 9/15/11. To receive the discounted rate, mention the Mi. Chapter of ASHT

Registration Form (please complete ENTIRE form)

And please print clearly

Name: _____

Address: _____

Employer: _____

Contact Phone: _____ Fax _____

Email _____

VEGETARIAN LUNCH: YES or NO

Are you and MiOTA / MPTA/AOTA or ASHT member ? Yes / No

Membership Number: _____

Total amount enclosed: _____

Volunteers Needed for the following Position

Network Coordinator

Responsibilities include to support and coordinate Special Interest Sections (SIS) and regional Chapters of MiOTA that are interested in meeting to exchange or explore information regarding clinical practice, education and or research. The Network Coordinator reports to the Communications Director.

If you are interested or have questions please contact Nancy Vandewiele Milligan at:

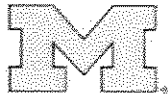
nancyv-m@wayne.edu

MiOTA Finance Report by Denise Justice, OTRL

MiOTA Finance Director

Dear MiOTA Members,

Our budget remains tight **but** on track. As you know we rely on membership to maintain the ability to protect OUR profession. Additionally income is generated from advertisement on the web site and in the newsletter. Consider advertising with MiOTA in terms of your upcoming events, new products, continuing education, employment, research opportunities, etc. Another less likely form of income for MiOTA can come in the form of donations. **Thank you to the SIS Hand Chapter for their recent donation to MiOTA!** We welcome support to the organization whenever possible.



University of Michigan
Health System



University of Michigan Health System

FREE DAY CAMP for children with **brachial plexus palsy** over the age of 7 along with one parent; at Howell Conference & Nature Center; August 6, 2011 from 8:30 AM-4 PM. Parent/child education sessions and outdoor camp activities with breakfast and lunch included. For more information: call Connie McGovern at 734-936-5017 or email bpclinic@med.umich.edu.



HOWEL Nature CENTER 08/11/11

Study No.: «HUM00035037»
IRB: «IRBMED»

Approved On:
«12/23/2010»

Project Approval Expires On:
«12/22/2011»

Study Title: Study on the Long-Term Impact of Neonatal Brachial Plexus Palsy (NBPP)



Participants needed for Neonatal Brachial Plexus Palsy Research!

We are recruiting parents and adolescents (10-17 years old) for a study to examine opinions regarding the long-term impact of neonatal brachial plexus palsy (NBPP) on adolescents and their families. If you and your child decide to participate in our study, you will be asked to complete separate one hour tape-recorded interviews and fill out two paper surveys (~30 minutes). Participation is voluntary and the entire study will take approximately 2 hours and 30 minutes to complete. To thank you for your time, each patient-parent pair will receive a \$100 gift card from your choice of Target, Meijer, or Home Depot.

If you are interested in our study or have any further questions, please contact: Connie McGovern at (734) 936-5017 (cmcgover@med.umich.edu).

Research appointments may take place at whichever one of the following study locations is most convenient for you:

- The University of Michigan Brachial Plexus Clinic: Burlington Building, 325 East Eisenhower Pkwy, Ann Arbor, MI 48108
- The University of Michigan Eisenhower Plaza Orthotics and Prosthetics Center: 2850 South Industrial Highway, Ann Arbor, MI 48104
- The University of Michigan Hospitals: 1500 East Medical Center Drive, Ann Arbor, MI 48109



MIOTA AWARDS NOMINATIONS BEING ACCEPTED IMMEDIATELY

With the Fall MiOTA meeting coming up sooner than most think, I would like to encourage everyone to consider nominating someone that they have known to have positively influenced them in their career be it currently or in the past. There are many worthy individuals out there that have not received the recognition for their efforts. Below are listed the various awards and the criteria for nomination. Please take the time to review the various awards and submit a nomination for an award this year. One important criteria is that the nominee be a current member of MiOTA.

1. OTR Award of Excellence: To honor members of MiOTA who have made an outstanding global contribution to the profession via encouraging the desire to contribute to the development and growth of the profession, focused public attention on the scope of OT, increased awareness of OT as a health provider and as a profession whose body of knowledge and skills are innovative in research and in implementation of new approaches to increasing quality of life.
2. COTA Award of Excellence: Highest Association award for a COTA to honor members of MiOTA who have made an outstanding global contribution to the advancement of occupational therapy via exemplifying the highest level of technical skills and knowledge that benefit the profession of occupational therapy. Shall have served as a leader within the profession and the health care community fostering growth and development of the profession and MiOTA.
3. Roster of Fellows: To recognize members of the MiOTA who, with their knowledge and expertise, during their career have made a significant contribution to the continuing education and professional development of members via utilizing special skills and/or knowledge in therapeutic practice, education, research, and/or administration. Both scholarly contribution and organizational leadership will be considered.
4. Distinguished Service Award: To honor a member of MiOTA for extraordinary service to the MiOTA. Nominee has made continuing and outstanding contributions to the development, growth and process of MiOTA.
5. Certificate of Appreciation: To express the appreciation of the MiOTA to members and non-members for extraordinary contributions to the advancement of OT. Their efforts could include, but are not limited to: financial contribution, political support, pioneer work, or outstanding leadership role.
6. Legislative Award: To recognize a member of MiOTA for significant contribution in promoting OT in the political arena via assuming an active role in training and organizing occupational therapists to impact on federal or state regulations and/or policies, educating legislators of other key government officials about the purpose and function of OT, responding to requests for action from the legislative committee of the MiOTA, acting as an advocate for consumers of health care and educational services, or playing an active role in state activities related to state PACs.
7. Departmental Membership: To actively support MiOTA participation by recognizing occupational therapy departments in which 80% or more of the staff are members of MiOTA.
8. Honorary Member Award: To recognize MiOTA members who have, or are, retiring, and who have performed distinguished service in the field of occupational therapy.
9. Master Clinician Award: To recognize members of MiOTA, who with their knowledge and expertise, have made a significant contribution to occupational therapy through a combination of some of the following: supervision of students and staff; articles and presentations; workshops; mentoring; education; therapeutic work with clients and families. This therapist stands head and shoulders above the crowd: a model for fellow therapists.

PLEASE SEND INFORMATION TO MiOTA Office.

Award Nomination Form

Name of Nominator: _____ Date: _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

Phone (W): _____ (H): _____

Part A: Use this portion for all the awards except Departmental Membership:

Name of award: _____

Name of Nominee: _____ MiOTA membership #: _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

Directions: return this form along with a narrative of at least 50 words specific to the award purpose and criteria, (listed on page 6). Also include a curriculum vitae or resume of the nominated individual by September 1, 2009. Please make sure information is accurate as this facilitates the determination of awards by the Awards Committee via specific information and examples of qualification for the award.

Part B: Use this portion for the Departmental Membership Award Only

Name of Department: _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

List the name and MiOTA membership # of all applicable departmental personnel along with number of OT staff within the department.

Please complete a separate form for each nomination if making more (feel free to copy this form). Be sure to send a narrative and curriculum vitae by **September 1, 2009**.

MiOTA

124 W. Allegan St., Suite 1900

Lansing, MI 48933

Fax 517 484-4442

MiOTA is looking for a few individuals to run for office this year.

Communication Director: This position appoints, (with the approval of the Executive Committee) and oversees the Coordinators of the Newsletter, Website and Listserv coordinator as well as Networking Committees and the subsections of the Networking Committee (Special Interest Sections [SIS] and Chapters). They discharge the duties of the Leader of the Executive Committee in the absence of the Leader; perform other such duties as are assigned by the Executive Committee, and orient incoming elected director at least two (2) months prior to the first day of the fiscal year before the elected member assumes office.

Financial Director: This position is responsible for managing the fiscal affairs of the Corporation so that the financial resources are available to allow the Corporation to achieve its goals. They prepare the budget and present it to the Executive Committee for approval. Act in an advisory capacity to the Agent of the Corporation. Keep full and accurate accounts of all receipts and disbursements of the Corporation or delegate to an Agent for the Corporation as specified within a contract. Arrange for the annual review of the corporation accounts by a qualified accountant.

Submit written statements of financial affairs to the Executive Committee for all Executive Committee meetings and at other intervals as it determines. Review submitted Co-Sponsoring Activity with MiOTA Worksheets and Cost Projections Worksheets with other interested parties and informs the person or persons of acceptance, need for revision, or denial of the proposal. Orient incoming elected director at least two (2) months prior to the first day of the fiscal year before the elected member assumes office. Perform other such duties as are assigned by the Executive Committee.

We're also looking to appoint someone to finish out the term of the Advocacy Director. The advocacy Director is responsible for overseeing licensure and reimbursement issues as reported to her/him by the committee chairs of those areas. This involves working with our lobbyist as issues arise.

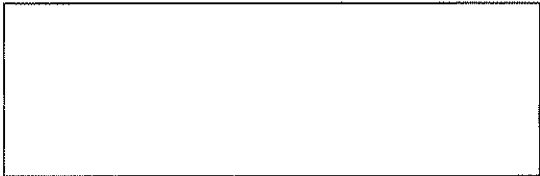
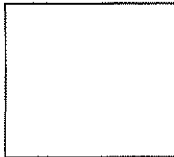
If any member has interest in any of these positions, please contact the MiOTA office. To be eligible, nominees must be members of both MiOTA and AOTA registered within the state of Michigan to practice and have served on at least one committee of the corporation. A waiver of these qualifications may be granted by a majority vote of the Executive Committee. More information can be shared. Individuals may want to communicate with current officers for more in depth discussion about the positions in making a decision to be nominated for the offices. Deadline is August 30, 2011. If interested please contact MiOTA Office.

MiOTA Annual Fall Conference

**October 14-16, 2011 Grand Hotel
Mackinaw Island**

***Check out miota.org for Conference Info and Registration
Forms***

Michigan Occupational Therapy Association
Inc.
124 W. Allegan St., Suite 1900
Lansing MI 48933



MiOTA reserves the right to edit or reject articles and advertisements submitted for publication. In publishing the MiOTA Newsletter, MiOTA seeks to acquaint the reader with techniques, procedures and philosophy or material set forth, and does so primarily for informational and educational purposes and not for the purposes of promoting or sanctioning one technique, procedure, philosophy, etc., over another. MiOTA hereby disclaims any liability for the accuracy of material accepted for publication and included herein, and for the individual use or application of the procedures and techniques described. Acceptance of articles or advertisements does not imply endorsement by MiOTA.



**Michigan
Occupational
Therapy
Association, Inc.**

124 W. Allegan St.,
Suite 1900
Lansing MI 48933
Website: miota.org

The MiOTA Newsletter is always looking for article ideas or sharing from you what works in your practice area. If you have an idea to share contact Donna Case at casedo@northville.k12.mi.us

**Deadlines for
MiOTA Newsletter**

Issue Deadlines:

Fall October 01, 2011
Winter January 01, 2012
Spring April 01, 2012
Summer July 01, 2012