Dear Melissa,

Welcome to the Fall 2012 edition of Mobility at a Glance, official publication of the American Kinesiotherapy Association.

Presidential Address

Hello Fellow Colleagues... Happy Belated Kinesiotherapy Week! I hope you all were able to take the time during KT week to celebrate and promote the profession. I often sit and ponder how we can get more recognition and respect for our profession. Thinking of a plan always brings us back to our roots... where did we come from and why are we here? Physical educators had performed so well for the Army during the later part of WWII, Dr. Howard Rusk and Dr Donald Covolt (from the Department of Physical Medicine and Rehabilitation in the Veterans Administration of Health Care leadership offices) believed that incorporating corrective physical rehabilitation would serve a tremendous need. In 1943, the first school to qualify for personnel in the field of 'corrective physical rehabilitation' was organized at the 307th Station Hospital in Coventry England with the US Army. The collaboration and development of the new profession was to prepare for the disabled veterans coming back to the states during and after World War II. Corrective Physical Rehabilitation Specialists (Corrective Therapists) were born.
Also included in this newsletter is a short survey to allow you, the readers, to let us know what you want to see in Mobility heading forward. Please take time to fill this out and let us know your thoughts.

As always, if any of you would like to submit an article or have new ideas that you would like to share with the KT community please contact me via email. Enjoy the upcoming holidays and continue working hard to improve yourself and the profession.

Taken from an excerpt from the convention program of the first conference in Chicago Illinois, 1947 describing the purpose of the new profession:

- "The need for socializing and physical activities in the follow-up to shock is indicative of our assistance to Psychiatric treatment."
- "There are two mediums of expression, one being verbalization and the other is neuro-muscular expression. Corrective Physical Rehabilitation is colossal in its wide span of both of these mediums. We excel as no other department in the capitalization of patient expression and physical and social adjustment. Often it is impossible for the patient to make social adjustments, whereas he may be capable to a high and outstanding degree to make physical adjustment. It is also impossible for agencies who depend upon verbalization to assist in any treatment to mute, catatonic, shock, and regressed patients, but we in Corrective Physical Rehabilitation give vent to his neuromuscular expression. And fortunately, we are one agency which as the patient commences to verbalize, assist him in advancement. It might be said, that we are in a position to give the patient the greatest amount of 'Follow-through.'"
- "The functions of Corrective Physical Rehabilitation are highly diversified and most unique in nature.... We handle the daily needs of the patient! No other section of medical rehabilitation so closely follows or so constantly administers treatment as corrective physical rehabilitation."

In 1955, the official definition of Corrective Therapy was reported during a board of governors meetings as, "the application of the principles, tools, techniques, and psychology of medically oriented physical education to assist the physician in the accomplishment of prescribed objectives."

In 1984, a motion was passed to examine the definition of corrective therapy and rewrite it to reflect the six areas of specialization: Physically handicapped children, developmentally disabled, geriatric health care, extended care, psychiatric health care, and special categories. In 1986, it was decided through a survey of the members of the American Corrective Therapy Association that a name change would help better define ourselves. The areas of uniqueness were
by: Robert Ordonez, MPA, RKT

As the Baby Boomer generation reaches retirement age, the United States faces a safety dilemma. The number of Americans aged 65 years and older will double from 35 million today to 70 million by 2030, when there will be 60 million licensed drivers aged 70 and older. Subsequently, as the population begins to age, it also increases their vulnerability to chronic health and physiological limitations. Unfortunately, these limitations may cause an increased risk to safe driving.

Use this link for an article on becoming a certified as a driver's trainer

Kinesiotherapy Represented in Europe

described with developmental Kinesiology, behavioral kinesiology, mechanics and similar areas. In 1987, the profession's name was officially changed to Kinesiotherapy.

Of course, there were many events in between and following the name change to Kinesiotherapy. The highlights are too many to share. I challenge you to read the history of Kinesiotherapy. The pioneers that laid the structure of our profession deserve great recognition. There are several that served early in the profession that continue to serve today- Thank you. It is clear to me in reading the history of the profession that Kinesiotherapists have a purpose in the healthcare spectrum. It is now our job to take the torch and grow the profession to the next level. Please join us at this year's annual conference shared with the Medical Fitness Association to see how you can get involved and make a difference for the next generation of Kinesiotherapists.

Lori Shuart
president@akta.org

National Posture Institute

Many Kinesiotherapists deal with patients with low back pain on a daily basis. Actual pain site locations in the low back may be related to discs between the vertebrae, ligaments that surround the spine/disks and sacrum, nerve impingement sites, and muscles of the low back to name a few. Proper arrangement and position of each of the above locations is often the reason why your patients and even why the practitioner or kinesiotherapist may begin to experience low back pain. We must consider if proper posture and body alignment are implemented on a daily basis; many of the issues of low back pain could be mitigated or reduced all together.

Posture positioning from the neck to the low back area or waist line undergoes different positions throughout the day. These activities may include long hours in a seated or static position while performing administrative work to twisting/rotating and flexing of the spine when having to physically move or treat a
patient which we can define as dynamic movement patterns. During these two different activities, our posture may not be in the correct position which can then begin to take a toll on the structures that we are trying to protect the most: discs, nerves, and muscles. If we can understand the location of the current posture position for your patients; you can then implement a program of "Re-Training Posture" in your patient's while they are in a static or dynamic position while you are bringing them back to health. Remember, for your patients, as their posture begins to improve you should start to hear that their back pain issues are subsiding. The other benefits of better postural alignment for your older patients will be improved balance and stabilization; thus reducing their chances of falling and getting a serious injury.

About the National Posture Institute
The National Posture Institute (NPI) is an educational and certificate organization that provides health and fitness educational programs, public outreach, corporate wellness, educational/assessment products, and professional certificate programs for allied health/medical/fitness professionals to become an NPI-Certified Posture Specialists™. AKTA Kinesiotherapists receive AKTA (0.7 CEUs) for attending an NPI onsite posture workshop and AKTA (2.3 CEUs) for completing the Certified Posture Specialist™ Certificate Program. NPI will be conducting a Posture CEU Workshop at the Medical Fitness Association Conference in New Orleans, LA on Tuesday, November 27, 2012. To learn more about NPI go to: www.npionline.org or email us at info@npionline.org

32nd VETERANS WHEELCHAIR GAMES IN RICHMOND
by: Alicia Frazier

More than 500 of America's best wheelchair athletes, all disabled U.S.military Veterans, met in Richmond, Va., for the 32nd National Veterans Wheelchair Games June 25-30, 2012. VA and the Paralyzed Veterans of America (PVA) present the games each year. They are a multi-event sports rehabilitation program open to U.S. military Veterans who use wheelchairs for sports competition due to spinal cord injuries, amputations or certain neurological problems, and who receive care at VA medical facilities or military treatment centers.
Sports are important in the therapy used to treat many disabilities. For many injured Veterans, the games provide their first exposure to wheelchair athletics. Veterans competed in 17 different sports, including air guns, archery, basketball, bowling, field, hand cycling, nine-ball, a motorized wheelchair relay, power soccer, quad rugby, softball, swimming, table tennis, track and field, trapshooting, weightlifting and wheelchair slalom. Click here for an article from a KT who was present to assist with the games.

Clinical Kinesiology

"SHARE YOUR BEST WORK"

AKTA members are encouraged to participate in Clinical Kinesiology, not only by sharing the research they might be doing, but also interesting case studies or effective rehabilitation protocols for the "Clinician’s Corner". If you have something that you think might be of interest, contact the Managing Editor of Clinical Kinesiology, Jeff Armstrong at armstroj@wou.edu.

The official Journal of the American Kinesiotherapy Association, is now posted online. Click here to view the Fall publication.

See the latest issue for:

- Cardiovascular Responses during Graded Treadmill Exercise in Men with Peripheral Arterial Disease and Intermittent Claudication
- Cardiovascular and Pain Responses During Recovery from Treadmill Exercise in Men with Peripheral Arterial Disease and Intermittent Calf Claudication
- A Comparison of the Effects of Concentric Versus Eccentric Exercise on Muscle Activation Patterns
- ERRATUM: Prediction of VO2 Peak Using a Sub-maximal Bench Step Test in Children (Revised)

Mobility Survey

This survey allows you, the readers, to let us know what you want to see
Registration Renewal Applications were sent from CCBKT@aol.com during the first week of May. Please notify Bridget Collins at the above address by if your application was not received via email.

Quick Links

- AKTA Website
- Medical Fitness Association
- CAAHEP
- Contact Us via Email

Fall 2012 Mobility heading forward. Please take time to fill out this online survey and let us know your thoughts. [This link takes you directly to the survey.]

Officer Nominations

The AKTA is accepting nominations for the following positions on the AKTA Board:

- 1st Vice President
- 2nd Vice President
- Member at Large (East)

These positions are a 2 year term and nominations are due no later than October 31, 2012.

[Use this link to access the Officer Nomination form.]

Please e-mail nominations with supporting documentation to: Arthur J. Morris, RKT @ Arthur.Morris@va.gov

For more information contact Arthur J. Morris, RKT @ (224)610-4071

Lou Montalvano Memorial Scholarship

The AKTA is accepting applications for the AKTA Scholarship program:

The Lou Montalvano Memorial Scholarship is designed to assist those students who are preparing for a career in Kinesiotherapy who demonstrates academic excellence, display exceptional promise as a clinician and educator, expresses definite intentions to pursue certification and a career in Kinesiotherapy and show potential for professional leadership.

Applications are due no later than October 31, 2012. Use these links for the [application] and [reference] forms

Awards Nominations

The AKTA is accepting nominations for Awards. Nominations are due no later than October 31, 2012.
Please e-mail nominations with supporting documentation to: Arthur J. Morris, RKT @ Arthur.Morris@va.gov

For more information contact Arthur J. Morris, RKT @ (224)610-4071

Use this link for Awards application

Interested in AKTA t-shirts? Please visit our website for pictures, use this link for direct access or type "T-shirts" in the search box on the right hand side of the site.

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