

# ASSET



American  
Society of  
Shoulder and  
Elbow  
Therapists

SUMMER NEWSLETTER 2010

## PRESIDENT'S MESSAGE

A very famous high school football coach from New Jersey once said, "The dictionary is the only place success comes before work. Hard work is the price we must all pay for success. I think we can accomplish almost anything if we are willing to pay the price. The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." Thanks to our members ASSET is experiencing the fruits of its hard working membership.



TIM TYLER  
PRESIDENT

After a few years and many, many, many reviews and edits the The American Society of Shoulder and Elbow Therapists published a Consensus Rehabilitation Guideline for Arthroscopic Anterior Capsulolabral Repair of the Shoulder in the *J Orthop Sports Phys Ther* 2010;40(3):155-168. It was co-authored by Bryce W. Gaunt, Michael A. Shaffer, Eric L. Sauers, Lori A. Michener, George M. McCluskey, Chuck Thigpen and they should be commended not only for their paper but on their presentation of this work at the 2010 CSM.

In addition, the annual ASSET shoulder continuing education meeting was held in Boston on May 15 & 16. It was a complete success. There were 109 attendees which generated a nice profit. Thanks to Reg Wilcox for organizing it and the speakers for their time.

Last I hope to see many members at the 3rd International Congress of Shoulder and Elbow Therapists Meeting in Scotland in September. It is shaping up to be a great program. Have a great and safe summer!



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INSIDE THIS ISSUE	EXECUTIVE BOARD 2010	COMMITTEE'S 2010
PAST-PRESIDENT/ REPORT 2	<b>Timothy Tyler</b> President	<b>Communication—Joe Kostuch—Chair</b> Elmer Platz
EDUCATION COMMITTEE REPORT 3	<b>Amee Seitz</b> Past-President	<b>Education—Reginald Wilcox—Chair</b> Basil Baccash      Arlene Frederick John Basti          Daphne Hooyboer Brian Coote        Kevin Laudner Will Clark
MEMBERSHIP COMMITTEE REPORT 4	<b>Timothy Tyler</b> President-Elect	<b>Nominating—John Basti—Chair</b>
WELCOME NEW MEMBERS 4	<b>Brian Coote</b> Secretary Treasurer	<b>Membership—Chuck Thigpen—Chair</b> Kathleen Pierce—Member-at-Large Kevin Laudner—Member-at-Large
COMMUNICATION COMMITTEE REPORT 8	<b>Kathleen Pierce</b> Member-At-Large	<b>Research –Wendy Burke-Chair</b> Dorcas Beaton      Eric Sauers Dave Ebaugh        Timothy Tyler Jeff Fleming
TREASURER REPORT 9	<b>Kevin Laudner</b> Member-At-Large	

### PAST-PRESIDENT'S REPORT

As the 3rd International Congress of Shoulder and Elbow Therapists Meeting is quickly approaching, I wanted to reiterate a few recent updates announced by the planning committee.

- Deadline for advanced registration is June 1<sup>st</sup> (<http://www.icses2010.com/Registration-g.asp>)
- ASSET attendees will be reimbursed \$595 to defray cost of registration fees/attendance shortly following the course
- All attend/present membership requirements for 2010 will be deferred to next year when ASSET resumes the annual conference
- Therapist conference begins at 2pm followed by opening ceremonies at 6pm on Sunday, September 6<sup>th</sup>
- Closing ceremonies begin at 4pm on Wednesday, September 8<sup>th</sup>
- 24 papers were accepted for presentation at the therapist meeting out of 47 submissions
- Preliminary programming can be found at <http://www.icses2010.com/Therapy-Programme-g.asp>



AMEE SEITZ  
PAST-PRESIDENT



## EDUCATION COMMITTEE REPORT

I trust everyone is well as we approach the summer months. Here are the ASSET education activity updates for the first half of 2010. The **2010 ASSET RC Course** in Boston on May 15, 2010 went very well. We ended up with 109 attendees and not including sponsorship funds we profited \$6,620.00. The attendee feedback was very strong and rated on a scale of 1 to 5:

<b>Objectives Met</b>	<b>4.91</b>
<b>Facility Conducive</b>	<b>4.83</b>
<b>Time Efficient</b>	<b>4.82</b>
<b>Recommend to Peers</b>	<b>4.9</b>



REG WILCOX  
EDUCATION COMMITTEE CHAIR

I would like to thank a number of ASSET members who worked very hard to make this course a success. Our current *ASSET Staff & Officers* provided a great deal of support and behind the scenes work: Jean Evans, Executive Secretary; Tim Tyler, President; Ameer Seitz, Past President; Chuck Thigpen, President Elect; Brian Coote, Secretary/Treasurer; and Joe Kostuch, Communications Chair. A number of *ASSET Members* gave their time and expertise as well: Daphne Hooyboer, Ellen Shanley, and Brian Leggin. Thanks to all of you!

Brian Leggin is working on editing our course recordings so that we can have an **online version of the entire 2010 Boston course** that will be available to ASSET members as a member benefit. More details to follow this summer. Chuck Thigpen and I are exploring the feasibility of repeating the RC course again this fall in South Carolina. More details to follow. If you are interested in assisting with this course please let me know.

**Seeking a host city for the ASSET Rotator Cuff Course in 2011:** We have held the course in a number of cities over the past several years. It is time to start planning for 2011. Do you have a facility that can host 100 plus attendees? Do you have a strong connection with some ASES surgeons that would collaborate with us on this course? Do you feel therapists in your geographical area could benefit from our course? If so, please contact me so we can discuss the potential logistics. You check out the [ASSET](http://www.asset-usa.org) website for the 2010 course details.

**Post operative Rotator Cuff Guidelines:** Chuck Thigpen, Brian Leggin, and I are working on finishing up the cuff guidelines and have been in touch with JSES and JOSPT regarding interest. More details to follow as we complete the editing process.

**Total Shoulder Arthroplasty & Inverse Arthroplasty Guidelines:** We currently do not have established ASSET guidelines for shoulder arthroplasty. I have been contacted by many members suggesting these be the next project. The ASSET BOD would like to move forward with getting these started. I am looking for 3-5 key members to begin this process. Please contact me by June 30, 2010 if you would like to be considered for this ASSET initiative.

Please let me know if you have any questions or suggestions regarding ASSET educational activities. Have a great summer

### MEMBERSHIP COMMITTEE REPORT

It has been an exciting Spring for the membership committee as we have welcomed 10 new members to ASSET. We are now represented in 32 states and 6 countries. We look forward to their involvement and growth of ASSET. We were sorry to see 7 members not continue their membership. This brings our membership total for 2010 to 72 as of this newsletter. There are a number of individuals (23) who will be required to present at the 2011 annual meeting in order to maintain membership. I will be sending letters out to you if you are due to present next year. This membership wide involvement is one of the qualities that makes ASSET different from any other organization I know. Please see the list of states we are not represented in below. If you know of other colleagues that would be great ASSET members please encourage them to apply for membership. If you have questions or concerns please let me know: [chuckt@proaxistherapy.com](mailto:chuckt@proaxistherapy.com).



CHUCK THIGPEN  
MEMBERSHIP CHAIR/  
PRESIDENT ELECT

#### NEW MEMBERS

David Bertone, PT, OCS  
Lincroft, NJ

Theresa A. Chiaia, PT, DPT  
New York, New York

Andrew Duncan, PT  
Rochester, New York

Mark D. Fay  
Baton Rouge, LA

Nancy A. Honeycutt, BS, PT  
Macon, GA

Alexander Ivashenko  
Edison, NJ

Daniel S. Lorenz, DPT  
Kansas City, KS

Travis W. Manners, MPT  
Omaha, NE

Katherine Nelson, PT  
Macon, GA

Matthew J. Zens, DPT  
Sioux Falls, SD

**States without Asset Member representation:** Alabama, Alaska, Connecticut, Delaware, Hawaii, Idaho, Maine, Maryland, Mississippi, Montana, Nevada, New Mexico, North Dakota, Oklahoma, Rhode Island, Utah, Vermont, West Virginia

### WELCOME NEW MEMBERS!

#### David Bertone

db Orthopedic Physical Therapy, PC in Lincroft, NJ is the solo private practice of David Bertone, PT, OCS. Mr. Bertone has 21 years of experience specializing in orthopedic rehabilitation and resolution of musculoskeletal problems.

David is a 1988 graduate of New York University's Physical Therapy program. He became a Board Certified Orthopedic Clinical Specialist by the American Board of Physical Therapy Specialties in 2005. He is the current Vice President of the New Jersey Society of Independent Physical Therapists and is also a diplomat by the American Board of Physical Therapy Specialties.



DAVID BERTONE, PT, OCS

**WELCOME NEW MEMBERS!****Theresa Chiaia, PT, DPT**

Theresa is the Section Manager of the Sports Rehabilitation and Performance Center at Hospital for Special Surgery (HSS). She has 20 years experience at HSS treating a broad spectrum of orthopedic injuries. Theresa has been an integral part of the Women's Sports Medicine Center since its inception.

**THERESA CHIAIA, PT, DPT**

Theresa earned a Bachelor of Science in Physical Therapy from New York University after earning her first Bachelor of Science in Physical Education from Adelphi University. She received her Clinical Doctorate from the University of New England. Theresa serves on the faculty of New York University's and Columbia University's Doctoral level Physical Therapy Programs. Theresa is also a member of NYU's Physical Therapy admission committee. She continues to mentor students as a clinical instructor and as a Master Clinician in New York University's Physical Therapy program.

Theresa has lectured extensively on various rehabilitation topics in the field of Sports Rehabilitation. She also developed and ran an ACL Injury Prevention Workshop at NCAA Hoop City Basketball Final Four in Philadelphia. Theresa played collegiate basketball and maintains a keen interest in basketball.

Theresa's research focuses on creating musculoskeletal profiles of athletes that help identify risk factors for faulty movement patterns and injury. Her work was most recently presented at the Combined Sections Meeting of the American Physical Therapy Association (APTA), Orthopaedic Research and Education Foundation (OREF), and at the APTA's national meeting.

**Andrew Duncan, PT**

Andrew is director of the physical therapy unit in the University Sports Medicine at the University of Rochester Medical Center and a faculty Associate in the Department of Orthopaedics at the University of Rochester Medical Center. He is certified as a Sports Therapy Specialist by the American Physical Therapy Association ABPTS, as an athletic trainer by the National Athletic Trainers Association Board of Certification and as a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association. He is licensed in New York as a Physical Therapist and Athletic Trainer.

**Andrew Duncan, MS, PT, SCS, ATC, CSCS, MBA**

Andrew is active professionally both clinically and with research and teaching. He is Past President and a member of the executive Council of the NYSATA. He is a member of the American Physical Therapy Association, the National Athletic Trainers' Association, the National Strength and Conditioning Association and the American College of Healthcare Executives.

## WELCOME NEW MEMBERS!

### Mark Fay, PT, MPT

Mark currently works in an outpatient clinic in Baton Rouge, Louisiana specializing in orthopedics. I have been a PT for 11 years. I got my Bachelors degree from The University of Florida and was an ATC before making the mistake of getting into medical sales. I then returned to school and got my MPT unfortunately I let my ATC lapse while I was in sales.



MARK FAY, PT, MPT

Our clinic is a very busy outpatient clinic that employs three other PT's. Our caseload is 99% orthopedics and roughly about 35% of that is shoulders and elbows. I am ASTYM and ART certified and use a variety of manual techniques as well as Kinesio-Tape on occasion.

I have been married for 16 years to my wife Julie, who is a chemical engineer. I enjoy a variety of sports including running, biking and the occasional golf game. I also play in an over 35 baseball league as well. We enjoy traveling and are both avid Florida Gator fans (we both graduated from Florida). We moved to Baton Rouge in 1996 when my wife was transferred and have been here ever since.

### Nancy Honeycutt, PT

Nancy is a physical therapist at Forsyth Street Orthopaedics Surgery and Rehabilitation Center. Since joining the team at FSO in 2005, she has had a focused practice area in the rehabilitation of patients with shoulder and spinal conditions. Nancy graduated Summa Cum Laude from the Medical College of Georgia in 1995 with a Bachelors Degree in Physical Therapy. She also holds a Bachelors Degree in Education with an emphasis in Therapeutic Recreation from the University of Georgia. She also has extensive experience in home health and inpatient rehabilitation. Nancy enjoys tennis, travel, reading, and spending family time with her husband, Russell, and her daughter, Anna Katherine.



NANCY HONEYCUTT, PT

### Alex Ivashenko PT, DPT, OCS, CProT

Alex completed his Bachelor of Science Degree at Rutgers University, Post Graduate Degree in Physical Therapy from Drexel and Doctorate in Physical Therapy with a specialization in Orthopedics from Chatham University in 2006. He is also Board Certified in Sports and Conditioning as of 2002. Alex successfully passed the APTA Specialty Board Examination in Orthopedics in 2009 as one of a small percentage of physical therapists in New Jersey. He has published an innovative technique based on Mulligan's Hypothesis (Movement with Mobilization) in Articulations, a Newsletter of the American Academy of Manual Physical Therapists. He is currently involved in a variety of orthopedic case studies. Alex has taken more than 75 courses with an emphasis on the treatment of spinal conditions and upper extremity disorders while preparing for additional Board Specialization. When not at work, Alex enjoys spending time with his wife, Caroline, their 3 daughters and son-in-law. They are involved extensively in their church and various charities. During their free time they are passionate Rutgers University Football Fans.

**WELCOME NEW MEMBERS!**

**Daniel S. Lorenz DPT, ATC/L, CSCS**

Dan is a sports medicine specialist at Providence Medical Center in Kansas City, KS, as well as an adjunct clinical faculty member at Rockhurst University in Kansas City, MO. Dan also is an athletic trainer in the Student Athlete Foundation of Kansas (SAF-K). He recently completed his Doctor of Physical Therapy with an Emphasis in Manual Therapy from the University of St. Augustine in St. Augustine, FL. Dan is also an active member in the research committee of the Kansas Physical Therapy Association responsible for reviewing and assessing current research articles and presentations. In his free time, he enjoys playing several recreational sports, exercising, and being involved as a "Big Brother" with Big Brothers / Big Sisters of Kansas City.



DANIEL LORENZ, DPT, ATC/L, CSCS

**Travis W. Manners, MPT, SCS, CSCS**

Travis is President and Founder of Athletes' Training Center Sports Performance and Physical Therapy in Omaha, Nebraska. He is also a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). A member of several professional organizations, he frequently lectures on sports related injuries and rehabilitation for shoulder, elbow, and knee disorders, and is a published author. In his free time, Travis enjoys spending time with his wife and their two children. He stays active by playing hockey, golf, and weight training.



TRAVIS MANNERS, PT, SCS, CSCS

**Katherine Nelson, PT, MS, OCS, ATC, CSCS**

Kathy started her career in orthopedics as an athletic trainer/graduate student at the University of Illinois in Champaign-Urbana. Her work included assisting the wheelchair sports athletes and this led to an interest in shoulder girdle rehab. She currently treats patients within the rehab division of a physician owned orthopedic surgery practice in Macon, Georgia. She has a wide variety of interests and especially enjoys travel, gardening, music and fun folks of all ages.



KATHERINE NELSON, PT, MS, OCS, ATC,

The following is a favorite quote: "Long after people have forgotten what you said, they'll remember how you made them feel."

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## WELCOME NEW MEMBERS!

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### Matthew J. Zens, DPT, SCS, ATC

Matt is a physical therapist at Orthopedic Institute in Sioux Falls, SD. focusing on rehabilitation of shoulder patients and overhead athletes. Matt received his Doctorate in Physical Therapy degree from Des Moines University in Des Moines, Iowa. He is also a Certified Athletic Trainer as well as Board Certified Specialist in Sports Physical Therapy. He is a member of the American Physical Therapy Association and the National Athletic Trainer's Association



MATTHEW J. ZENS, DPT, SCS, ATC

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## COMMUNICATION COMMITTEE REPORT

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Summer has arrived here in Georgia: hot, muggy and ready for the beach. This usually brings preparations for the fall annual conference, but with the International Conference this year, our plate has been lightened. The registration process for the International Meeting is all being handled through their website which is linked on our homepage. As updates are put forth for the International Meeting, please look for 'all members' email from our list serve and I will post the information on our Conferences page. The International Meeting will be a wonderful experience for all attending.



JOSEPH KOSTUCH  
COMMUNICATION CHAIR

This spring has produced the publication of our organizations Consensus Rehabilitation Guidelines in JOSTP. Copyright restrictions prevent us from directly posting this document online – so we've linked to JOSPT for reading. Many congratulations go out to all members who've contributed along with the lead authors for all their work. This is an excellent representation of our collective expertise!

We've just concluded our Spring Educational program which was held in Boston again this May. With PayPal, we were again able to handle all of the registration online without any additional cost. Also, our printed material cost was also cut in half due to the hard work and resources which Reg was able to secure through the hospital. You will hear more about the success of the conference in Reg's article.

Finally, we've been very fortunate to have secured additional corporate sponsorship again for 2010-11 from several companies. We've recently updated our website to include all of our corporate sponsors into our footer. Many of us work with representatives of these companies every day – let's be sure to thank them for their support of our organization and urge their continued sponsorship for years to come. Their financial support directly helps to offset your membership costs.

I am excited to continuing carrying out our committee's objectives. Please continue to send both myself and Jean any contact updates or new links to your companies for posting. As I am handling the daily maintenance and updates to our website, please address any errors, omissions, corrections or additions to myself at [jkostuch@hprc.net](mailto:jkostuch@hprc.net) and I will take care of them ASAP. I can use all the pairs of eyes I can get to make sure everything stays on track.

**TREASURER REPORT**

Through the early part of June, we have \$33,230.45 in our savings account and on target for our budget this year. This year with the help of Reg Wilcox, Brian Leggin and Chuck Thigpen as well as many other volunteers our CEU course was again profitable. We have added three corporate sponsors: Joint Active Systems, Thera-Band Corporation and Rehab Innovations, Inc. If you get a chance to thank these companies and their representatives it would be greatly appreciated in addition to using their products.



BRIAN COOTE  
TREASURER

On the expense side, we have renewed our phone forwarding service but cancelled our mail forwarding service as we were losing too much mail. Please make a note of our new mail address which has been provided by the APTA Sports Section. We greatly appreciate their assistance in our time of need. The cost of providing the journal has increased slightly to \$90 per person and \$125 our foreign members.

The 3<sup>rd</sup> International Congress will take place on September 5-8<sup>th</sup>. At the conclusion of this meeting, I relinquish my duties as secretary/treasurer over to Will Clark's capable hands. I have enjoyed serving and now have a greater appreciation for all the officers past and present who have volunteered their time to improving ASSET. Have a great summer.



WILL CLARK  
TREASURER-ELECT

**ASSET'S NEW MAILING ADDRESS:**

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