

NABPT NEWSLETTER

ISSUE NO 6 | OCTOBER- DECEMBER 2020



OUR MISSION

National Association of Black Physical Therapists is a nonprofit organization with the primary focus of increasing opportunities for the African Diaspora in the physical therapy network. NABPT's mission is to provide opportunities for increased visibility, networking, community service, career development, and mentorship.

This Newsletter will unify the chapters of NABPT with information that affects us personally and professionally. We want to spark different conversations each quarter and provide ideas to make changes in our communities.

TOPIC 01

Happy PT Month!

Thinking about a Speciality? Check out what these Specialists have to say first!

TOPIC 02

PT Day of Service

October 10th, 2020

Topic 03/04

Influencers in the PT
World

Oh YEAH!
Scholarships!

Happy National Physical Therapy Month



@NABPT_



@NABPT_



National
Association of Black
Physical Therapists



NABPT.org

01: Speciality or Nah!?!?

We have interviewed several PTs on the benefits of receiving their speciality or specialized certifications and the difference that it has made in their practice. If you are thinking of advancing your skillset and career in this way, check them out on page 4-8.

02: PT Day of Service

Every year PT Day of Service Falls in PT month. Even though this year looks differently then previous years, check out information on page 9 about how you can be of service on October 10th.

03: Influencers in the PT world

We want to highlight some PT influencers that are changing the way we look at Physical therapy. Whether they are advocating for change for black clinicians to shedding light on different ways to monetize your skill, you will want to check out their next move (Oh and they look like us!) page 10-14.

04: OH YEAH! Scholarships!

We love our members and we love this field. We want to offer membership scholarships this month to continue to grow this family. Check it out on page 15. Be on the look out for more scholarships in November and December via social media and email.



Find us at www.nabpt.org

Instagram: nabpt_

FaceBook: National Association of Black Physical Therapists

Twitter: NABPT

Email us at info.nabpt@gmail.com



01: SPECIALITIES OR NAH?!?!

Board Certifications and Specializing in PT

We wanted to highlight some professionals in our community who have pursued advanced certifications to give us the inside scope. *What does it take? What do you wish you knew before you got certified? How has it helped your career?* If you have been considering sitting for a board certification or you are interested in specializing in the field, keep reading...

Sabrina Altema PT, DPT, OCS, CDNT

Center Manager and Senior Physical Therapist

Executive Board Member for Comprehensive Medical Mentoring Program, a non-profit organization for diversity and inclusion in Medicine: www.cmmppmed.org

What is your specialty/certification?

Orthopedic Certified Specialist and Certified Dry Needling Therapist

How has it helped your career?

Obtaining my OCS has helped improve my foundational knowledge in orthopedics and further supported my commitment to continued learning and growth in my field. Overtime, this allowed me to provide efficient, evidence and experience-based interventions for all patients.

What study resources do you recommend?

I recommend revisiting your learning styles and incorporating APTA Study Resources, any biomechanics textbook (I love Levangie and Norkin Joint Structure and Function), and small study groups as accountability partners. Give yourself PLENTY of study time!

What do you wish you knew before you got certified?

The immediate impact having a deeper understanding of orthopedics has when treating very complex cases, and how that updated foundation made mentoring and coaching more effective and efficient.

What are the qualities that make someone a good fit for this certification?

Grit, passion and commitment to advancing orthopedic care. Also, taking the time to discern whether your goals align with OCS or SCS—both have nice overlap, but can impact your overall plan in different ways.

Erica ColClough, PT

Board Certified Cardiovascular and Pulmonary Specialist

www.ptcorecompetency.com

Learn with Erica here: <https://www.ptcorecompetency.com/ecmo-advantage-training/>

What is your specialty/certification?

Board certified cardiovascular and pulmonary specialist

How has it helped your career?

I traveled the road of residency to meet the requirements to sit for specialization. The process of residency taught me a lot about myself both as an individual human being and as a professional. The most important thing I gained professionally was the development of my critical thinking/clinical decision making. Personally, I learned the value of communication and self reflection.

What study resources do you recommend?

The text we utilized for residency was Essentials of Cardiopulmonary Physical Therapy 4th Edition. Dr. Ellen Hillegass

What do you wish you knew before you got certified?

There's such huge growth from the beginning of residency to the end of residency/achieving specialization but where I appreciated and felt the most growth was the year following residency. I wish I could go back and tell myself to enjoy the process.

What are the qualities that make someone a good fit for the certification?

The great thing about the specialization is that the qualities that make physical therapy a good fit make CCS a good fit. But the quality I found most helpful the ability to be inquisitive/comfortable with the why questions and asking it more than 2-3 times sometimes to come up with a working hypothesis.

Alexandra Hill, PT, DPT

Instagram: @OncoPelvicPT

Facebook: www.facebook.com/OncoPelvicPT

Twitter: @AlexHillPT

What is your specialty/certification?

I am a dual Board Certified Clinical Specialist in Women's Health and Oncology through the American Board of Physical Therapist Specialties as well as a Lymphology Association of North America Certified Lymphedema Therapist (CLT-LANA). With these Certifications, I specialize in treating all genders experiencing pelvic health, oncology, and lymphedema concerns.

Examples of diagnoses I see are incontinence (urine or stool leakage), constipation, pelvic organ prolapse, pelvic pain, sexual dysfunction, and side effects of cancer treatment including fatigue, balance issues, decreased range of motion, weakness, scarring and fibrosis, and lymphedema (swelling).

How has it helped your career?

Becoming a dual Board Certified and CLT-LANA physical therapist has significantly elevated my practice, from increasing the depth of my knowledge to improving my hands-on skills to more targeted marketing. It is an easy way to communicate my level of expertise and specialization to my patients, other medical providers, and the public, which in turn has helped increase my referrals from medical providers and patients as self-referrals. For me, becoming Board Certified also demonstrates to myself and others the dedication I have to these particular patient populations, which are significantly underserved. Finally, these Certifications have helped with navigating jobs and salaries, getting speaking engagements, and becoming more involved with mentoring and leadership roles.

What study resources do you recommend?

For my Women's Health exam, I was fortunate to have gone through a Women's Health Residency at Duke University which prepared me very well for the exam. Although residencies aren't necessary to become Board Certified, it certainly played a pivotal role in getting me to "expert level" my first year out of my DPT program and passing the exam!

Studying for the Oncology exam, which I took earlier this spring, was different in that I needed more time to study and I read an abundance of journal articles and textbooks. As a member of the APTA Pelvic Health and APTA Oncology components, I have access to the Physical Therapy, Journal of Women's Health Physical Therapy, and Rehabilitation Oncology journals which were extremely helpful resources. I also found listening to podcasts, taking additional continuing education courses and webinars, shadowing other physical therapists and medical providers, and having mentors to be invaluable.

Podcasts Alex recommends: TheOncoPT, The PTJ podcast, The Pelvic Health Podcast, Rehabilitation Oncology Podcast, and Pain Reframed. (*Editor's note*)

What do you wish you knew before you got certified?

I did a significant amount of research online and talking with mentors on what becoming Board Certified entailed including the maintaining and re-certification processes, so I knew what I was diving into. However, I wish that I had a better grasp of how to market and communicate about my Board Certifications earlier on to patients in terms of what they were and how they would benefit them. This has been something I've continued to actively work on!

What are the qualities that make someone a good fit for this certification?

The most important quality is being truly passionate about the population. Becoming Board Certified is not an easy achievement and having a fire inside that will help drive you to the finish line of passing the examination is critical. I found that as I was studying, I would think of different patients I either treated previously or were working with at the time, and was inspired to keep studying hard so I could be a better physical therapist for them and future patients. Other important qualities needed for these particular populations and Board Certifications are being able to talk about personal and difficult topics in a compassionate and empathetic manner, and have excellent skills in organization, time management, analyzing research and applying it to clinical care, and a desire to amplify and elevate the specialty practice. Having a Board Certification isn't just about how much you know; you need to be an advocate for your patients, specialty area, and profession!

Liyongo Tolin, MPT, DPT, OMPT, CI

What is your specialty/certification?

Orthopedic manual physical therapy (I am also certified in myofascial decompression, hocks grips and Kinesio tape.)

How has it helped your career?

OMPT has made my evaluations much more efficient and effective. The philosophy and teaching I received resulted in a significant decrease in evaluation times. It also provided me with great tools to see immediate results during the evaluation (decreasing symptoms, increasing movement and or improving function by the end of the evaluation based on the assessment).

What study resources do you recommend?

The specific certification came via a two-year residency program at Oakland University. They allow us to free access to their continuing education and updated resources. Continued literature research and manual therapy is highly recommended.

What do you wish you knew before you got certified?

How much quicker my valuations could be. I rely more on "symptom localization" versus many of the "special tests" I learned in PT school.

What are the qualities that make someone a good fit for the certification?

You must not be content on your current knowledge and skill set as there is always room for improvement. You must be able to take feedback well. Most importantly you must have a desire to make your patients better (in an orthopedic setting).

Tyra Ceasar-Mitchell, PT, DPT, MHA, CLT, CEAS
Professor of Practice in Exercise Science, Tulane University
Board Member, Louisiana Physical Therapy Board
Chair, HPA the Catalyst Programming

What is your specialty/certification?

Vestibular Rehabilitation (via Vestibular Rehabilitation: A Competency-Based Course) and post-concussion syndrome.

How has it helped your career?

This specialization has helped to solve many clinical conundrums throughout my career. From the athlete who couldn't perform at pre-injury levels to the older patient who thought they would have to live with their persistent dizziness, I've been able to change and save lives through engaging the vestibular system for safe, functional activities and returning to sport.

What study resources do you recommend?

I highly recommend Vestibular Rehabilitation: A Competency-Based Course offered by Emory and Duke Universities. This course is an intense immersion into the evidence and practice of vestibular rehabilitation. For resources to keep on your bookshelf, I recommend Vestibular Rehabilitation by Susan Herdman and Richard Clendaniel. But for a digital reference with speedy access to the most useful information in the clinic, I recommend downloading to your phone or other mobile devices Vestibular Function: Clinical and Practice Management. Both have great visual demonstrations that can be helpful to clinicians and patients.

What do you wish you knew before you got certified?

I wish I hadn't waited so long to attend the Vestibular Rehabilitation course at Emory University. I think I wasted time and even money by taking other courses. I could have been more efficient and effective in my clinical practice much earlier in my career.

What are the qualities that make someone a good fit for the certification?

Vestibular rehabilitation requires patience and the ability to encourage through recovery from an invisible disability. A vestibular therapist must clearly and truthfully explain treatments and symptoms to patients. The hardest and the most honest instruction that I share with patients is, "You are going to feel worse before you feel better. And if I can make you worse, I can make you better."

Nicole Fuller, PT, DPT, NCS

What is your certification?

Board Certified Specialist in Neurologic Physical Therapy

How has it helped your career?

It has opened up opportunity for increased job prospects and participation in specialized group and organizations. But more than anything, studying for the exam was a structured way for me to develop expert clinical skills.

What study resources do you recommend?

Description of Speciality Practice - Utilize as a study guideline and help identify strengths and gap in knowledge

ANPT NCS Resources: <https://neuropt.org/professional-resources/neurologic-specialist-certification/ncs-resources>

ANPT Outcome Measures Recommendations : <https://neuopt.org/practice-resources/neurology-section-outcome-measures-recommendations>

Neuroconsortium (if you are not in a residency): <https://www.neuroconsortium.org>

ASIA website

Recommend seeking mentorship, observation or PRN in different setting

What do you wish you knew before you got certified?

Maintenance of specialty certification (MOSC) is extensive. Be prepared to continue maintain documentation (and a little piggy bank) of how you are maintaining your specialist certification to avoid retaking the exam every 10 years. Although the specialty certification can open doors it does not necessary lead to a change in salary. It will be dependent on your employer.

What are the qualities that make someone a good fit for this certification?

Someone who truly want to advance their knowledge to expert clinical reasoning within they specialty. A true excitement and passion for the specialty. I would not recommend someone pursue this certification just for the letters after their name, or for salary increase.

02: PT DAY OF SERVICE

THE PTDOS STORY

PT Day of Service started with a simple question “**WHAT IF?**”

In February of 2012 while serving as a health volunteer in Peru, PT Day of Service (PTDOS) Co-Founder, **Efosa Guobadia**, had this bold and inspirational idea “WHAT IF, on the same day, clinicians, students and associated staff of the Physical Therapy profession volunteered in different communities around the world?” Efosa then sought out his colleague, **Josh D’Angelo** (PTDOS Co-Founder), who describes his immediate response to this initiative. “I had a visceral response, one that told me this is something we not only SHOULD do, but something we NEED to do; a chance for the profession to show what we can do when we all work together.”

Since its inception PTDOS has grown exponential with service projects occurring each year in countries all over the world, and in all 50 states across the United States. To our knowledge, PTDOS is the first global Day of Service coordinated by a whole profession. It gives us the chance to lead and serve at the same time.

Alongside the growth of PTDOS has been the development our parent non-profit organization, [Move Together](#). Move Together’s mission is to increase access to quality rehabilitation medicine around the corner and around the world. Move Together aims to achieve this by increasing the quality and quantity of physical therapy clinics worldwide, empowering clinicians, and catalyzing servant leaders. PT Day of Service directly contributes to Move Together’s goals by empowering leaders with a platform to serve, providing mentorship to those interested in creating sustainable service projects in their area, and providing the opportunity to financially contribute through sponsorships.

Check out their website at <http://ptdayofservice.com/#home-section>

Also they have a list of virtual service ideas such as *Support local Nursing Homes, Online Fundraisers, Virtual Mentoring, Covid-19 relief efforts, and virtual 5Ks.*

03/04 Influencers and Scholarships

INFLUENCERS

Karl Bourne, Jr. and Paul Ochieng

Co-hosts of Off the Clock, The Healthcare Entrepreneurs Podcast

Karl Bourne, Jr. SEO strategist for business owners and Paul Ochieng, co-owner of Kinetic Plus, a physical therapy and virtual personal training company, come together as the co-hosts of Off the Clock, the Healthcare Entrepreneur Podcast. In addition to "giving you game on everything related to healthcare, finance, real estate, and business," their show highlights the voices of entrepreneurs and influencers in healthcare, celebrating diversity, equity and inclusion...and doing it while still in PT school. That's right.

Karl, a 2nd year SPT and Paul, a pre-PT student, are not waiting for permission or even graduation to take up space in the healthcare community, sharing, highlighting and amplifying the voices of members of the healthcare community who previously may have not been given a platform.

- Check out their Instagram profile @otcuniversity for stories, inspiration and straight talk.
- Listen to the podcast:
<https://podcasts.apple.com/us/podcast/off-the-clock-the-healthcare-entrepreneurs-podcast/id1497431356>
- Subscribe to the Off the Clock YouTube Channel:
https://www.youtube.com/channel/UCvH-OaHfDi8dw_JYWY3WHTw
- Follow Karl Bourne, Jr. @bourne2prosper and Paul Ochieng @the_pride_of_simba
- Check out kineticpluspt.com
- Grab your free t-shirt for healthcare professionals (while supplies last) by texting them at 321-384-6275, because who doesn't like free stuff?!

TaVona Boggs, PT

TaVonaDenise.com

TaVona is on a mission to eliminate burnout, boredom and glass ceilings and her speciality is helping women in healthcare make the transition from patient care to a thriving coaching business. She is making her mark in the PT community and beyond by helping those who want to leverage their skills and expertise to work on the prevention and optimization side of the fence.

More than business, her approach helps clients develop the courage to say what they REALLY want, and the audacity to create it through mindset coaching and stepping into the role of CEO of their life and business.

TaVona is the founder of the Thrive Network for Coaches in Healthcare, the author of Unstoppable Success: How to Finally Create the Body,



Business and Lifestyle You Want, and the voice behind the podcast, Breaking Protocol.

Join the Thrive Network bit.ly/ThrivingHCP

Listen to the Breaking Protocol Podcast <https://anchor.fm/tavonadenise>

Follow/Connect with TaVona:

- Instagram @tavonadenise
- Facebook <https://www.facebook.com/tavonadenise>
- LinkedIn <https://www.linkedin.com/in/tavonadenise/>

YouTube <https://bit.ly/TaVonaDeniseYT>

Chyna Hardy, PT, DPT

Chyna is the creator of the Minorities of Physical Therapy Instagram page. She is a new grad physical therapist from Langston University and created the page during her first year of PT school. She was inspired to create the page in an effort to bring the minorities of physical therapy together considering that we make up a small percentage of the field. Chyna loves to shed light on the accomplishments that our community has made in physical therapy to motivate young people to pursue the profession.

Follow/Connect with Chyna:

- Instagram @minorities_of_pt and @ihoop_hardy
- YouTube Channel: @Chyna the DPT (<https://www.youtube.com/channel/UCrxBBQFBc8xoxoPcf5PPX7Q/videos>)



JENNIFER HUTTON, PT, DPT

Dr. Jennifer Hutton, aka Dr. Jpop, is a pediatric physical therapist from Nashville, TN. Jennifer loves to showcase her "pop stars" and share creative treatment ideas on Instagram. In 2018, Jennifer became an instructor for RockTape which sparked a passion for teaching others. She is currently working on her own educational content for pediatric movement specialists. As a Black woman, Jennifer knows what it is like to identify as different, and it has helped in her quest to be an ally for children with disabilities inside and outside of the clinic. Now she is educating others on how to be effective allies to BIPOC and furthering her desire to create a diverse and inclusive space she calls Dr. Jpop's Neighborhood.

Follow/Connect with Dr. Jpop:

- Instagram @dr.jpop
- Website: drjpop.com





Breana Richardson, SPT

Breana is a DPT student at Alabama State University that started a Instagram page highlights physical therapists and provides a space to connect, inspire hopefuls, and promote the much needed diversity in this profession.

Follow/Connect with Breana:

- Instagram: @PTsofColor

Rhianna Green, PT, DPT, CSCS, CCI

Coalition of Black Physical Therapists was created by 5 African-American PTs in August 2017 in an effort to build a network with like-minded professionals. The group is for PTs/PTAs of color to connect, engage in clinical dialogue, provide mentorship/clinical affiliations, provide a gateway for career opportunities [NOW HIRING DOC], highlight outstanding SPT/PT/PTAs, as well as, develop a successful network for those new/current within the profession.

Follow/Connect:

- Facebook: Coalition of Black PTs



Ashley Johnson, PT, DPT

DocJay Physical Therapy is a locally-owned, cash-based physical therapy clinic that offers income-based pricing and payment plans to make physical therapy affordable for everyone! No Insurance? No Problem. The mission of DocJay PT to make each and every client stronger, faster, and safer!

Follow/Connect with DocJay:

- Twitter and IG : @docjaypt
- Website: www.docjaypt.com



Uchenna Ossai, PT, DPT, WCS, CSC

Dr. Uchenna "UC" Ossai PT, DPT, WCS, CLT is creator/founder of YouSeeLogic, a judgement-free social media platform dedicated to the sex education and empowerment of adults/"grown folk". She is also an assistant professor at University of Texas Dell Medical School for Department of Women's Health and manager of the pelvic health physical therapy program at UT Health Austin.

How am I influencing the profession: I have been speaking on issues of racism, gender, and sexuality my entire career. My goal was not just to "include" these issues in education, research, and clinical practice; but to influence how we think about health by normalizing these discussions in rooms where decisions are being made. As PTs, we must be able to weight social determinants of EQUITY just as much as we weight manual therapy, dry needling, and other technical skills.

Follow/Connect with UC:

- FB, IG, and Twitter: @youseelogic
- Website: www.youseelogic.com

SHANTE COFIELD, PT, DPT, OCS, CSCS, CFL1



Physical therapist turned entrepreneur, Dr. Shanté Cofield, aka The Movement Maestro, is the founder of The Movement Maestro LLC, a social-media based company that provides both online and in-person education for movement professionals around the world. Shanté's passion for digital business has helped her amass a social media following of over 58,000 people, become an international speaker, and launch her own podcast, Maestro on the Mic, which has been downloaded over half a million times to date. With her continued success in the digital space, Shanté's professional pursuits now center around providing business coaching to

movement professionals, with a focus on brand strategy and community development in the ever-growing digital marketplace.

Shanté is a proud SoCal resident, drives a hypergreen Jeep Wrangler, and wishes to leave you with this message:


Be fearless in the pursuit of what sets your soul on fire.

Follow/Connect with Shante:

- IG: @themovementmaestro
- Website: www.themovementmaestro.com

04: Scholarships


Check out our social media platforms for directions to apply. Also be on the lookout for BIGGER Scholarships to wrap up 2020 on a positive note!



**MEMBERSHIP
SCHOLARSHIP
DRAWING**

PRACTICING PT/PTA

Two \$50 PT/PTA Scholarships available!
Follow the directions below



**MEMBERSHIP
SCHOLARSHIP
DRAWING**

PT/PTA STUDENT

Four \$25 PT/PTA Student Scholarships available!
Follow the directions below



NABPT

**MEMBERSHIP
SCHOLARSHIP
DRAWING**

PROSPECTIVE PT/PTA STUDENT

Five \$5 Prospective Student Scholarships available!

Follow the directions below

**NATIONAL ASSOCIATION OF BLACK
PHYSICAL THERAPISTS, INC.**

Mentor Mondays

Every 3rd Monday of Each Month

Register in advance by email
memberships@nabpt.org to receive the Zoom
registration link.

MENTORSHIP PROGRAM

[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSDYPBGGOB1QYP-IP6OU4WVAMBSIGUGM76QTZYJRKTDJYBUZD5A/VIEWFORM](https://docs.google.com/forms/d/e/1FAIPQLSDYPBGGOB1QYP-IP6OU4WVAMBSIGUGM76QTZYJRKTDJYBUZD5A/viewform)

PLEASE FILL OUT THIS FORM TO START THE MENTORSHIP PROGRAM.
YOU CAN ALSO GO TO WWW.NABPT.ORG/MENTORSHIP AND FILL OUT
THE SURVEY UNDER HOW TO GET STARTED.

WE WILL SEND OUT EMAILS AT THE END OF THIS MONTH TO MATCH
YOU WITH YOUR MENTOR OR MENTEE.

NABPT Directory

NABPT has a database of over 300 in our subscriber list and 5 chapters across this nation. NABPT also has nearly 800 followers on Instagram, Twitter, and FaceBook. NABPT has recently initiated a relationship with most PT/PTA programs in the US. NABPT also has access to many PT related groupchats. Joining our database and family will ensure a greater connection with *all* PT/PTAs across this country.

All members have access to the following packages Free of charge. Please email your information to membership.nabpt@gmail.com and fill out this form <https://forms.gle/u9JhVuGhft3Eqv5RA>

Not ready to be a member yet, but want exposure? Select the package that's right for you and contact us at info.nabpt@gmail.com for the link.

\$25 to add your name and business to the NABPT directory

\$35 for IG and FB post as well as NABPT directory

\$50 for IG post, FB post, NABPT directory, and Business highlight in quarterly newsletter