



OC CPTA

ORANGE COUNTY CALIFORNIA PHYSICAL THERAPY ASSOCIATION



PT Legislative Day

SACRAMENTO - MARCH 18, 2025

Orange County District members joined CAL-PT-PAC in Sacramento in our advocacy efforts. AB 574 (Prior Authorization: Patient Access to Physical Therapy Services) was one of the big hitters. AB 574 recently passed out of the Senate Health Committee with a 7-0 vote, and is heading to Senate Appropriations Committee on June 30th.

In-Person CEU

BREA - MAY 17, 2025

"Managing Psychological Factors in Patients with Musculoskeletal Disorders" led by Joe Godges was hosted at St Jude Centers for Rehabilitation & Wellness.



*The latest on
this quarter's updates:*

PAST EVENTS:

- PT LEGISLATIVE DAY
- JOE GODGES CEU
- RESEARCH MOVES US
- PT MEET & MINGLE

NEW

ANNOUNCEMENTS:

- SERVE
- AUTHENTICALLY
- CALL FOR LEADERSHIP
- STUDENT VOLUNTEERS



Research Moves Us

ANAHEIM - MAY 31, 2025

Orange County partnered with Inland Counties to host a collaborative event supporting CAL-PT-FUND's Research Moves Us Fundraiser. It was a great way to hike and catch up with our neighboring district.

“Getting our social on!”

Our social networking event was held at Contra Coffee & Tea! It was great to cool off with their iced specialties, and catch up with other physical therapy professionals

Meet & Mingle

ORANGE - JUNE 28, 2025



Authentic Professional Service

BY BRENT HARPER, PT, DSC, DPT, OCS, FAAOMPT
CALIFORNIA ORTHOPEDIC MANUAL PHYSICAL THERAPY SPECIAL
INTEREST GROUP (COMPTSIG), CHAIR
ORANGE COUNTY DISTRICT, NOMINATING COMMITTEE MEMBER

Sometimes your life is full, so busy it seems one more thing-to-do is impossible. Service to your profession comes in various forms and activity levels depending on your availability. Juggling your professional and personal life is always demanding. Authentic service can vary throughout your career from maintaining professional membership to simply attending professional meetings to volunteering occasionally to serving as an elected local or state office. Each level of participation signifies **authentic involvement** to the contributing individual's professional experience.

Maximizing your ability to impact your patients' health involves more than providing quality treatments, as a physical therapist or a therapy assistant. Laws passed through the state and federal legislative bodies form legal boundaries that either constrict or expand your professional practice through direct impact issues such as the limitation or inclusion of research supported treatment options, the degree of direct patient access, and reimbursement.

Healthcare is at the forefront of the American consciousness as citizens debate healthcare policy, patient access to quality health care, and ratios of cost to benefit for any given service. Each physical therapy professional must decide how involved they will be in impacting the passage of those laws which will, inevitably, maintain, limit, or expand the opportunities for physical therapists and therapy assistants.

We have strong leadership in the APTA/CPTA providing physical therapy with a voice within the legislative arena. The more active professionals in this profession, the more united we will be. The more united we are, the greater our strength. The greater our strength, the more optimal the legislation passed. The more optimal the laws, the better you will be able to serve your patients. And isn't that what quality physical therapy is all about?

Make an impact in our profession by taking an active role to whatever degree you are able.
You define authentic professional service for yourself.

There is never a good time to become professionally active and/or change your current level of participation. NOW is the time to participate, NOW is the opportunity, and NOW is the time to serve your profession. Contact an [Orange County \(OC\) District representative](#) to see how you can get involved.

Serve authentically.

OC District Contact Email: orangecountycpta@gmail.com

***“Serve
Authentically”***



OCCPTA
ORANGE COUNTY CALIFORNIA PHYSICAL THERAPY ASSOCIATION

LOOKING TO BUILD YOUR PT NETWORK?



JOIN OUR TEAM

WE ARE LOOKING FOR

superstar CPTA members for our 2025 elections! The following positions are open for election/appointment this year:

- **Vice Chair** (1 position open, 2 year-term)
- **Nominating Committee Member** (1 position open, 3 year-term)
- **Assembly Representative** (multiple positions open, 2 year-term)
- **Student Representatives**



Interested?

Contact:

orangecountycpta@gmail.com

orangecountycpta.com/

**WANT YOUR PT RESUME TO
STAND OUT?**

**LOOKING FOR EARLY
LEADERSHIP OPPORTUNITIES?**

JOIN THE OC DISTRICT CPTA

**WE ARE LOOKING FOR PT AND PTA
STUDENT REPRESENTATIVES!**

WHY JOIN?

Networking

Join and learn from a
community of 800 local PTs
and PTAs in the Orange
County area

1

Leadership

Develop experience in
working as a team to
support CPTA initiatives

2

Advocacy

Learn how to use grassroots
efforts to fight for our
profession in the community

3

INTERESTED?

EMAIL

ORANGECOUNTYCPTA@GMAIL.COM



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@oc_cpta
orangecountycpta.com

District Leadership

2025 Leadership

Chair

Laura Tan

Vice Chair

Jessica Phung

Secretary/Treasurer

Janet Konecne

Chief Representative

Lauretta Rustad

District Elected Delegate

Lauretta Rustad

Nominating Committee

Shane Yap (Chair)

Brent Harper

Lena Parker

Education Committee

Michael Lian

Jessica Phung

PR

Jessica Phung

2025 Assembly Representatives

Lauretta Rustad (Chief Rep)

Laura Tan (Chair)

PT Representatives

Chris Baranick

Tricia Brown

Alisha Joshi

Brent Harper

Janet Konecne

Michael Lian

Charles Line

Bryan Stewart

Melissa Walls

PTA Representative

Open Seat

Student Representatives

Chapman - Open Seat

Stanbridge- Open Seat

*American Career College- Open
Seat*

*Concorde Career College- Open
Seat*

Please email us if you are interested in serving as a PT or PTA Representative, Alternate, or Student Representative

Save the Dates

OC District Business Meeting

TBD

September 10, 2025

Assembly of Representatives

Palm Springs

September 19, 2025

Annual CPTA Conference

Renaissance Hotel Palm Springs

September 20-21, 2025

APTA CSM 2026

Anaheim

Feb. 12-14, 2026

<https://www.apta.org/csm/future-dates>

Stay Connected



[Orange County CPTA Website](http://www.orangecountycpta.com)

<http://www.orangecountycpta.com>

[California Physical Therapy](#)

[Association](#)



[Follow our Instagram](#)



[Follow our District Google
Calendar for events straight to
your planner!](#)

Any comments or questions?

Contact orangecountycpta@gmail.com for inquiries.

RETURN TO RUNNING: THE CURRENT CONCEPTS & SYSTEMATIC APPROACH TO SUCCESSFULLY TREATING THE INJURED RUNNER

August 2 & 3, 2025

Reischl Physical Therapy, CA

3292 E. Willow St Signal Hill, CA 90755

15 CONTACT HOURS / 1.5 CA CEUs

(CEUs Approved #2025-03)



Course Description

This course provides participants with an in-depth exploration of current best evidence related to running biomechanics, injury theories, and targeted rehabilitation strategies. Participants will learn how to systematically perform a detailed observational running analysis, breaking down critical phases of the running gait cycle, identifying abnormal movement patterns, and understanding their relationship to common running-related injuries and performance deficits. Through a structured, evidence-informed framework, attendees will gain practical skills to accurately identify running dysfunctions and implement individualized, criterion-based interventions. Emphasis will be placed on integrating biomechanical principles, tissue loading considerations, and progressive exercise prescription to facilitate safe and effective return-to-run programming. By applying these concepts, clinicians and coaches will be empowered to optimize running mechanics, enhance performance, and reduce the risk of re-injury, ultimately improving outcomes for runners of all levels.

Day 1: Assessment & Mechanobiology Foundations

7:30 am – Registration and Check-In
8:00 am – Introduction to Running Injury & Epidemiology
8:30 am – Phases of Running and Ground Reaction Forces
9:15 am – Lab I: Identifying key biomechanical phases in slow-motion running videos
10:00 am – Biomechanics of ‘Ideal’ Running Mechanics
11:00 am – Lab V: Identifying & improving mechanics with video analysis
1:00 pm – Subjective Examination of the Runner
2:00 pm – Footwear Evaluation & Prescription Strategies
2:30 pm – Objective Examination of the Runner
3:00 pm – Lab IV: Performing Clinical Examination Objective Tests for Running Readiness
3:45 pm – Lab VI: Testing for Return to Running Readiness

Day 2: Advanced Progressions & Return to Sport

8:00 am – Day 1 Review with Q & A
8:30 am – Criteria for Return to Running (Lecture)
9:00 am – Running Assessment Tool (RAT): Overview and Practical Application (Lecture + Lab)
10:30 am – Procedures of Running Video Analysis
Lab VII: Running video capture and analysis with RAT
1:30 pm – Developing Functional Interventions for Runners (Lecture + Lab)
3:00 pm – Return-to-Running Progression (Lecture)
3:45 pm – Case Studies and Application (Lecture + Lab)
4:45 pm – Summary and Closing Remarks
5:00 pm – Adjourn

Instructors

Dr. Michael Jeanfavre, PT
DPT, FAAOMPT, SCS, OCS, CSCS

Dr. Matthew Klein, PhD, PT
DPT, FAAOMPT, SCS, OCS, GCS



\$400 COMPTSIG Members
\$550 Non-COMPTSIG Members

[Register for Course](#)

