Who doesn’t love summer in Minnesota!

I had the privilege of attending the NEXT/House of Delegates meeting this June in Boston. One of the discussions that took place during the Component Leadership meeting centered around the theme “We Are Better Together.” APTA CEO Dr. Justin Moore talked about our history of becoming an independent profession. We have taken many big strides toward this goal. Thanks to each of you for demonstrating professionalism in each and every interaction you have with your patients and within your community. YOU have helped us grow.

Justin recognized the value and importance of expanding our network by working in collaboration with other professional organizations. He stated that there are others in health care who share visions very similar to ours and that we have much to offer each other as we pursue common goals. There are those who have already reached out to the APTA. For example, currently there are ongoing discussions with the American College of Sports Medicine focusing on the topic of “Exercise is Medicine.”

What does this mean to MNPTA? We will be exploring local relationships with other professional groups with whom we share common ground. For example, could we work together with the MN Pharmacy Association on opioid management? Or, what if we worked together with the MN Athletic Trainers Association on concussion management? I’d love to hear your ideas. Please send them to me.

Good news! I am very pleased to announce that Lyndsey Vandenburg, from Savage has been named a recipient of the APTA’s Emerging Leader Award for 2017. Lyndsey has made significant contributions to our Professional Organization including serving as member and Co-Chair of the Membership Committee, serving as a MN Delegate and is currently our Chief Delegate, and being appointed to APTA’s Leadership Development Task Force for 2017-2020. Congratulations Lyndsey! We thank you for your commitment to physical therapy.

Part of my role as chapter president is to help connect our members. This month, I’ve asked Physical Therapist Assistant Board Representative Molly Madich from St. Louis Park to share some thoughts about the importance of APTA membership. Please feel free to share her message with your nonmember colleagues:

I became a member of MNPTA during my second-year as a PTA student at St. Kates. My professors and mentors were already involved in the Association and I saw the good work they were doing to advance our profession, in addition to the networking and friendships it provided. I began my active membership by creating a specialized clinical rotation at the MNPTA chapter office where I participated as a Student PTA Relations Committee member via the APTA Student Assembly. I was hooked! I began participating in the Guiding Coalition as well as other PTA workgroups, which led to my elected position on the Board of Directors. My role on the Board has allowed me gain experience with, as well as influence over various Association initiatives, legislative efforts and finances.

Why is it important to get involved? In short, we need you! The APTA will grow and develop with more active members. Our PTAs are a vital part of the association, but our PTA participation rate is only 6% of our membership! And out of 1,762 active licensed
PTA's in the state, there are only 141 (8%) that have chosen to be members of the association. Join us. Get involved and make a difference!

Once a member, please be involved. Choose a committee or workgroup that interests you and attend meetings. If you are not sure which to choose, please contact the chapter office at 651/635-0902. The MNPTA staff will help you find a committee that matches your passion. Participating in different areas of the Association has given me the opportunity to learn more about our entire profession and fully appreciate the value our profession and chapter provide. I am grateful for the opportunities membership has provided me to grow professionally and personally and encourage all my PTA peers to make the commitment to advancing our profession by joining the APTA.

Molly Madich

Finally, don’t forget about our Annual Membership Appreciation Event being held at Lake Nokomis on July 23 from 11:00 - 3:00. Back by popular demand we will have Yoga Paddleboarding for all to try out. Come network with other PT professionals, have a snack and enjoy some sun and fun. No experience needed! Please sign up here to secure your yoga session on the board.

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Chapter President
MN Physical Therapy Association