

CSM 2015 In Review: A Look to the Future

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Almost 12,000 physical therapists and physical therapy students descended upon Indianapolis, Indiana, last February. I would be willing to bet that every single one of them left in some sort of a level of fatigue. Between poster presentations, outstanding programming, preconference courses, caucus meetings, alumni gatherings, a busy exhibit hall, and presentations from all of the 18 special interest sections of the APTA, there was not a dull moment. For the foot and ankle special interest group (FASIG), CSM is a time to gather together our membership (about 700 strong), to meet with the Orthopaedic Section Board, and meet with the other special interest groups. Since the FASIG is responsible for providing programming, we are also proud to annually present nationally known speakers who are also often members of the FASIG.

Programming at CSM

This past year, FASIG provided an overview of the recently published heel pain clinical practice guidelines in a presentation including RobRoy Martin, JW Matheson, Christine McDonough, and Todd Davenport. This presentation brought the foot to life in practical and clinical ways, particularly through the comparison of the original heel pain clinical practice guidelines from 2008 to the more recent version in 2014. In certain categories of foot and ankle research, our knowledge base is increasing rapidly and our confidence in using certain interventions, in favor of others, continues to improve. We urge all physical therapists to review and use the heel pain clinical practice guidelines.

Annual Business Meeting

Each CSM allows the FASIG the opportunity to conduct a Business Meeting. We really do not discuss business at all; rather, this meeting is a gathering of all available FASIG members and FASIG leadership. Our current officers include myself as President, Todd Davenport as Vice President and Program Chair, Chris Neville as our Research Chair, and our three-person Nominating Committee includes Judy Gelber, Steve Petineo, and Ruth Chimenti.

As most of you may know, our primary FASIG directive over the past few years has been the development and creation of "foot and ankle curriculum guidelines for entry-level physical therapists." This impressive document is a curriculum-based treatise on the evaluation and treatment of foot and ankle conditions. The purpose of such a guideline is simply a curricular aid to physical therapy orthopaedic instructors. The FASIG membership has long felt that it would be helpful to provide orthopaedic instructors a product that establishes a referenced and minimal level of content related to foot and ankle instruction. The Orthopaedic Section supports the evidence-based

approach by the FASIG to provide information to entry-level programs, to aid in the development of skilled foot and ankle clinicians and researchers. To date, the document is reaching the final stages of preparation and will be disseminated to all entry-level physical therapy programs nationally. This document, as well as the entire project, was funded and completed by the FASIG membership.

The Business Meeting was highlighted by bringing forth of a motion to provide a \$15,000 grant toward foot and ankle research. This grant should be available to interested Orthopaedic Section researchers. Funds used for this grant were generated by income from CSM preconference programming and ISC sales.

A Look Ahead

The annual Business Meeting also included healthy discussion from the floor about the roles and directives for the FASIG in the years to come. These topics included:

- Patient Handouts (prepared, printed, professional)
- Certification in Foot/Ankle Therapy
- Fellowship/Residency Opportunities
- Advanced Practice Standards
- Intra-member Communication via Social Media

In an effort to brand and market the FASIG, and, thereby, bring interested foot and ankle physical therapists to the SIG and Section, the FASIG membership also overwhelmingly agreed to work more closely with the other SIGs within the Orthopaedic Section to:

- generate marketing strategies/materials,
- optimize CSM programming variety and timeliness, and
- improve the service and practicality of SIG webpages.

If you are reading this...

Orthopaedic Physical Therapy Practice, and this FASIG newsletter in particular, is an outstanding place to present your Clinical Pearl, your research idea, or viewpoint/strategy regarding the treatment of foot and ankle conditions. Do you have some preliminary research that could be presented here for a greater perspective? Do you know of a particularly interesting or innovative research article that could be discussed in this column? Please do not hesitate to contact me by email at brownstonept@gmail.com if you have any questions or ideas related to foot and ankle research or clinical strategy.



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