

ACADEMY OF
ORTHOPAEDIC
PHYSICAL THERAPY



**Independent Study Course, Clinical Practice Guideline,
Orthopaedic Physical Therapy Practice, and
Orthopaedic Specialty Council Reports**

CSM 2023

San Diego, CA

February 2023

- **Independent Study Course Report**
- **Clinical Practice Guideline Report**
- **Orthopaedic Physical Therapy Practice Report**
- **Orthopaedic Specialty Council**

Independent Study Course Report

CSM 2023 Board of Directors Report
Submitted by:
Guy Simoneau, Editor
& Sharon Klinski, Managing Editor

Editorial Team

Guy Simoneau, Editor

Dhinu Jayaseelan, Associate Editor

Sharon Klinski, Managing Editor

Derrick Sueki, Board Liaison

2017-2022 ISC Comparison

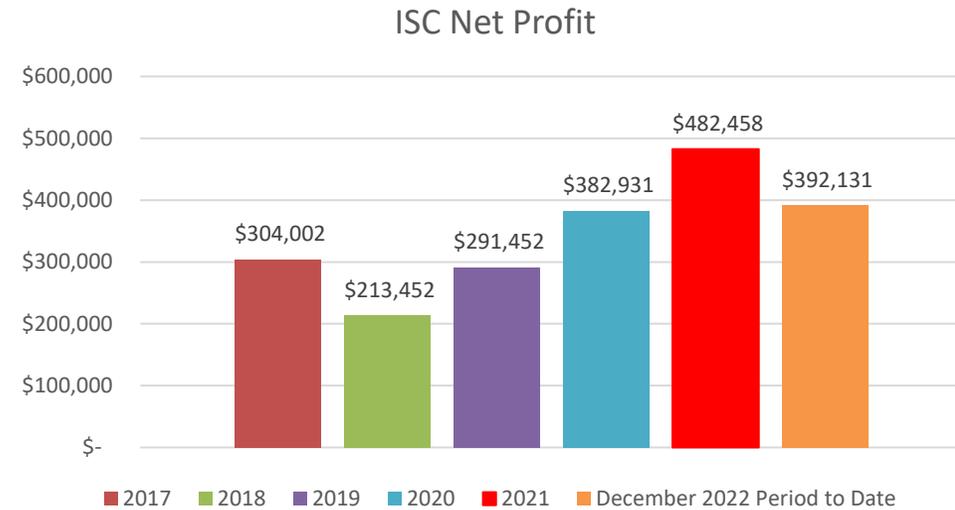
	Independent Study Courses					Period to Date
	2017	2018	2019	2020	2021	2022
Income	\$ 421,695	\$ 379,624	\$ 439,041	\$ 546,584	\$ 638,310	\$ 611,578
Expenses	\$ 94,494	\$ 128,872	\$ 119,889	\$ 163,653	\$ 155,852	\$ 219,447
Profit	\$ 327,201	\$ 250,752	\$ 319,152	\$ 382,931	\$ 482,458	\$ 392,131
*Current Concepts 4th Edition was released July 2016						
*Current Concepts 5th Edition was released August 2021						

- Year-to-date 2022 ISC sales ended strong. For the first time, we actually saw an increase in Current Concepts of Orthopaedic Physical Therapy registration in year 2 by 7%. It is typical that we see a decrease in total registrations each year that a course has been available.
- 2019 began concentrated marketing with weekly e-blasts, osteoblasts, and social media posts (Facebook, Twitter, & Instagram). This practice has become part of our weekly routine and is working well.

ISC Gross Income



	Income	Expense	Profit	Platform Fee	Net Profit
2017	\$ 421,695	\$ 94,493	\$ 327,202	\$ 23,200	\$ 304,002
2018	\$ 379,624	\$ 128,872	\$ 250,752	\$ 37,300	\$ 213,452
2019	\$ 439,041	\$ 119,889	\$ 319,152	\$ 27,700	\$ 291,452
2020	\$ 546,584	\$ 163,653	\$ 382,931	Included	\$ 382,931
2021	\$ 638,310	\$ 155,852	\$ 482,458	Included	\$ 482,458
December 2022 Period to Date	\$ 611,578	\$ 219,447	\$ 392,131	Included	\$ 392,131



2022 Projected Net Profit

Budget based on % of Average	Actual												Budget	Projected		Original
	Jan	Feb	March	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	2022	Annual	Budget	
Income	\$ 66,170	\$ 40,364	\$ 49,391	\$ 31,850	\$ 33,070	\$ 45,845	\$ 62,635	\$ 70,779	\$ 59,894	\$ 60,360	\$ 44,080	\$ 47,140	\$ 611,578		\$ 405,080	
Expense	\$ 45,534	\$ 11,385	\$ 12,823	\$ 8,183	\$ 13,288	\$ 13,537	\$ 19,876	\$ 21,746	\$ 18,276	\$ 28,304	\$ 16,144	\$ 10,350	\$ 219,447		\$ 217,720	
Net Profit/(Loss)	\$ 20,636	\$ 28,979	\$ 36,568	\$ 23,667	\$ 19,782	\$ 32,308	\$ 42,759	\$ 49,032	\$ 41,617	\$ 32,056	\$ 27,936	\$ 36,790	\$ 392,131		\$ 187,360	

ISC Annual Sales: January – December 2022

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Active Courses						
Course	Member Online	Member Print	Non-Member Online	Non-Member Print	Total Sales	Total Sales \$
28.1 PT Management of Concussion	29	44	11	19	103	\$ 13,270.00
28.2 The Shoulder	5	12	6	4	27	\$ 6,340.00
28.3 The Lumbopelvic Complex	11	15	3	8	37	\$ 8,390.00
28.10 Reg Sp Adolescent Spine	4	0	0	0	4	\$ 150.00
28.4 Pharmacology	7	7	3	2	19	\$ 2,409.00
28.5 Basic Research Methods for the PT Literature	7	0	3	0	8	\$ 890.00
28.6 Special Collection Series: Hip	3	7	0	1	11	\$ 1,700.00
28.7 Special Collection Series: Knee	6	5	0	1	12	\$ 1,620.00
28.8 Special Collection Series: Shoulder	10	10	0	1	21	\$ 1,610.00
29.1 Physical Therapy Approaches to the Lower Quarter	2	7	3	5	17	\$ 4,705.00
29.2 Neurology in Orthopaedics	11	17	10	2	40	\$ 9,960.00
29.3 Screening for Orthopaedics	14	30	11	5	60	\$ 8,550.00
30.1 The Running Athlete	17	35	17	14	83	\$ 21,660.00
30.2 Tissue Tolerances	21	42	5	5	73	\$ 9,735.00
30.3 Special Topics: Enhancing Performance Using a Mind, Body, Metric Approach	9	9	0	1	19	\$ 4,250.00
30.3.1 Special Topics: Optimizing Recovery	5	5	2	0	12	\$ 1,755.00
30.3.2 Special Topics: Optimizing Performance	3	2	1	0	6	\$ 740.00
31.2 Current Concepts of Orthopaedic Physical Therapy 5th Ed.	141	497	60	181	879	\$ 327,822.70
31.2.1 Current Concepts Upper Quadrant	5	11	1	3	19	\$ 4,960.00
31.2.2 Current Concepts Lower Quadrant	8	5	7	4	24	\$ 5,900.00
31.3 Mechanisms of Manual Therapy Interventions	69	111	5	6	191	\$ 16,835.00
32.1 Management of Tendinopathies	64	108	12	9	193	\$ 39,716.25
32.2 The Female Athlete	24	28	6	6	64	\$ 8,590.00
32.3, Clinical Management of Circus Artists	2	5	0	1	8	\$ 1,090.00
32.4 Bridging the Gap Between the Workplace and Therapy Clinic	28	36	6	23	93	\$ 20,395.00
32.5 Advanced Therapy Programs in Occupational Therapy	7	11	1	17	36	\$ 7,890.00
32.6 Management of Headaches	38	57	10	8	113	\$ 14,818.75
32.7 Webinar	3		1		4	\$ 2,130.00
Archived	98				98	\$ 5,121.00
Single Monograph Online Only	17				17	\$ 775.00
Totals	668	1116	184	326	2291	\$ 553,777.70
Total Percent of Sales	29%	49%	8%	14%		

Other Courses						
Course	Member Online	Member Print	Non-Member Online	Non-Member Print	Total Sales	Total Sales \$
Residency Curriculum	90				90	\$ 43,520.00
Residency A la Carte	46				46	\$ 11,470.00
Copyright	11				11	\$ 1,880.00
CrossFit	77		5		82	\$ 930.00
					Total Other	\$ 57,800.00
					Total Active	\$ 553,777.70
					Grand Total	\$ 611,577.70



Future Projects/Initiatives

- ✓ Do we want to consider a flat pricing model? Are all of our options confusing or overwhelming to the consumer? Instead of offering an online price plus an online plus print, do we want to go back to a single price especially for Current Concepts when a good share of registrants who order online only call back for the printed copy (it is 808 total pages of information and that is posted on our website).
- ✓ Do we want to start the process for developing an item bank of questions for Current Concepts and have this in place for the release of our Current Concepts, 6th ed (which should happen in 2026)?
- ✓ Do we want to consider volume discounts – bronze, silver, and gold levels for volume purchasers? Currently we do not have volume purchasers but could this encourage workplace training or study groups?
- ✓ We have implemented Free Previews, Test Your Knowledge, and Reading Lists for every new course. We added short 10-15 minute lessons from their topic area from the Female Athlete authors to our YouTube channel. Additionally considering Other Freebies and Did You Knows.
- ✓ We are considering hosting a Trivia Night with Jimmy McKay using ISC questions from the individual monographs.

**Clinical Practice Guidelines for Common Musculoskeletal Conditions
February 6, 2023**

Submitted by: Namrita Sidhu, CPG Managing Editor
**Co-Editors: Christopher Carcia PT, PhD, Guy Simoneau, PT, PhD, FAPTA, RobRoy
Martin, PT, PhD, CSCS**

Academy of Orthopaedic Physical Therapy, APTA

Strategic Framework Directive:

ACADEMY OF ORTHOPAEDIC PHYSICAL THERAPY, APTA STRATEGIC
FRAMEWORK: 2020-2023.

- Position members as experts in managing movement and functional performance
Initiative 1: Develop and disseminate resources to educate the public about orthopaedic
physical therapy.

Advisory Panel:

Jim and Tom have confirmed that they are no longer part of the panel.

~~Jim Elliot, PT, PhD (implementation methods overview)~~
Sandra Kaplan, PT, DPT, PhD (methods)
~~Tom McPoil, PT, PhD, FAPTA (foot/ankle & production strategies)~~
Paul Beattie, PT, PhD, OCS, FAPTA (low back and neck)
Kevin Wilk, PT, DPT (shoulder, knee, and sports)

Steps of Clinical Practice Guideline Development

1. Topic Selected
2. Selection of authors
3. PICO Development
4. Discussion with CPG editorial team
5. Identify librarian to do searches
6. Literature Search
7. Identify team to review literature
8. Systematic Review & Critical Appraisal
9. Initial Draft in Development
10. Discussion with CPG editorial
11. Initial Draft Reviewed by Managing Editor
12. Author Review and Approval of Managing Editor
13. Place Draft on orthopt.org to Disseminate and Solicit Feedback
14. Draft in Review by Content Experts
15. Authors Incorporating Content Expert Comments
16. Conduct Expert Draft Review by Managing Editor

17. Place Updated Draft on orthopt.org to Disseminate and Solicit Feedback
18. Draft in Review by Stakeholder Reviewers
19. Authors Incorporating Stakeholder Reviewer Comments
20. Stakeholder Reviewer Comments Review by Managing Editor
21. Draft in Review by *JOSPT* Editors
22. *JOSPT* Editor Draft to Authors for Change Requests or Approval
23. Final Draft to *JOSPT*
24. Author Review of Proofs
25. Publication in *JOSPT*
26. Submission for National Guidelines Clearinghouse Acceptance
27. Post Publication Dissemination & Implementation Initiatives

Topics and Status of CPGs at a Glance (Current updates in yellow highlight)

Ankle/Foot

- Achilles Pain/Tendinopathy (working on second revision)
- Heel Pain/Plantar Fasciitis (working on second revision)

Arm/Elbow/Wrist/Hand

- Hand Pain: Carpal Tunnel Syndrome (working on first revision)
- Distal Radius Fractures (working on original CPG)
- Lateral Elbow Epicondylitis (Published: December 1, 2022)

Lumbar Spine/ Low Back Pain

- Low Back Pain (Published: November 1, 2021)

Concussion

- Post-Concussion Syndrome (first revision pending)

Hip

- Hip Pain Mobility Deficits (pending second revision, commencing launch activities once Hip Pain Non-OA CPG is published)
- Hip Pain Non-Arthritic (working on first revision)

Knee

- Knee Pain/Meniscal & Articular Lesions (second revision pending)
- Knee Stability & Movement Coordination (second revision pending)
- Knee & Anterior Cruciate Ligament Injury Prevention (Published: January 1, 2023)
- Patellofemoral Pain (pending first revision)
- Patellar Tendinopathy (working on original CPG)

Leg

- Hamstring Muscle Injury (Published: March 2022)

Medical Screening

- Medical Screening in Management of Common MSK Conditions (Pending approval)

Neck

- Neck Pain (working on second revision)

Pain

- Prevention of Chronic Pain (working on original CPG)

Pelvic

- Pelvic Pain (working on original CPG)

Shoulder

- Shoulder Pain & Mobility Deficits/Adhesive Capsulitis (working on first revision)
- Shoulder Instability (working on original CPG)
- Shoulder Rotator Cuff (working on original CPG)

Temporomandibular Joint Disorder

- Temporomandibular Joint Disorder (working on original CPG)

Work Rehabilitation

- Work Rehab (first revision pending)

Guidelines Completed and Published in JOSPT and Revision Status

(Current updates in yellow highlight)

Ankle/Foot

1. Heel Pain - Plantar Fasciitis (2008)

McPoil TG, Martin RL, Cornwall, MW, Wukich DK, Irrgang J, Godges JG. Heel Pain — Plantar Fasciitis 2008; J Orthop Sports Phys Ther. 2018; 38:4, A1-A18
<https://www.jospt.org/doi/full/10.2519/jospt.2008.0302>

(Work Group Lead: RobRoy Martin, PT, PhD, CSCS)

✚ Heel Pain - Plantar Fasciitis - first Revision (2014)

Martin RL, Davenport TE, Reischl SF, McPoil TG, Matheson JW, Wukich DK, McDonough CM. Heel Pain—Plantar Fasciitis: Revision 2014; J Orthop Sports Phys Ther. 2014; 44:11, A1-A33

<https://www.jospt.org/doi/full/10.2519/jospt.2014.0303?code=jospt-site>

(Work Group Lead RobRoy Martin, PT, PhD, CSCS)

✚ Heel Pain - Plantar Fasciitis - second Revision (2020)

Work Group Lead: RobRoy Martin, PT, PhD, CSCS

Status: Writing and Editors Review – scheduled JOSPT submission in April 2023

2. Achilles Pain, Stiffness, and Muscle Power Deficits / Achilles Tendinitis (2010)

Carcia C, Martin RL, Houck, J, Wukich DK. Achilles Pain, Stiffness, and Muscle Power Deficits: Achilles Tendinitis; J Orthop Sports Phys Ther. 2010;40(9):A1-26

(Work Group Lead: RobRoy Martin, PT, PhD, CSCS)

✚ **Achilles Pain, Stiffness, and Muscle Power Deficits / Midportion Achilles Tendinopathy - first Revision (2018)**

Martin RL, Chimenti R, Cuddeford, T, Houck, J, Matheson JW, McDonough CM, Paulseth S, Wukich DK, Carcia C. *Achilles Pain, Stiffness, and Muscle Power Deficits: Midportion Achilles Tendinopathy Revision 2018*; *J Orthop Sports Phys Ther.* 2018 Sep;48(5):A1-38

<https://www.jospt.org/doi/10.2519/jospt.2018.0302?code=jospt-site>

(Work Group Lead: RobRoy Martin, PT, PhD, CSCS)

✚ **Achilles Pain, Stiffness, and Muscle Power Deficits / Midportion Achilles Tendinopathy – second Revision (2024)**

Work Group Lead: RobRoy Martin, PT, PhD, CSCS

Status: full text screening activities

3. Ankle Stability and Movement Coordination Impairments (2013)

Martin, R. L., Davenport, T. E., Paulseth, S., Wukich, D. K., Godges, J. J. *Ankle Stability and Movement Coordination Impairments: Ankle Ligament Sprains*; *J Orthop Sports Phys Ther* 2013;43(9):A1– A40

<https://www.jospt.org/doi/full/10.2519/jospt.2013.0305?code=jospt-site>

(Work Group Lead: RobRoy Martin, PT, PhD, CSCS)

✚ **Ankle Stability and Movement Coordination Impairment - first Revision (2021)**

Authors: RobRoy L. Martin, PT, PhD; Todd E. Davenport, DPT; John J. Fraser, DPT, PhD; Jenna Sawdon-Bea, PT, PhD; Christopher R. Carcia, PT, PhD; Lindsay A. Carroll, DPT; Benjamin R. Kivlan, PT, PhD; Dominic Carreira, MD *J Orthop Sports Phys Ther.* 2021;51(4):CPG1-CPG80.

doi:10.2519/jospt.2021.0302

Arm/Elbow/Wrist/Hand

1. Hand Pain and Sensory Deficits: Carpal Tunnel Syndrome (2019)

Erickson, M, Lawrence, M, Stegink Jansen, CW, Coker D, Amadio, P, Cleary, C., *Hand Pain and Sensory Deficits: Carpal Tunnel Syndrome*; *J Orthop Sports Phys Ther.* 2019; 49(5), CPG1-CPG85 <https://www.jospt.org/doi/full/10.2519/jospt.2019.0301>

(Work Group Lead: Mia Erickson, PT, EdD)

✚ **Hand Pain and Sensory Deficits: Carpal Tunnel Syndrome (2024) – first revision**

Workgroup Lead: Mia Erickson, PT, EdD

Status: Title and Abstract Screening

Lumbar Spine / Low Back

1. Low Back Pain (2012)

Delitto A, George SZ, Van Dillen LR, Whitman JM, Sowa G, Shekelle P, Denninger TR, Godges JJ. *Low Back Pain*; *J Orthop Sports Phys Ther.* 2012 Apr;42(4):A1-57

<https://www.jospt.org/doi/full/10.2519/jospt.2012.42.4.A1?code=jospt-site>

✚ **Low Back Pain – first revision (2021)**

Work Group Leads: Steven George, PT, PhD and Julie Fritz, PT, PhD, FAPTA
 Status: Published November 2021

Concussion

1. Physical Therapy Evaluation and Treatment After Concussion/Mild Traumatic Brain Injury (2020)

(in collaboration with the Neurology Section and Sports Section)

Authors: Catherine C. Quatman-Yates, Airelle Hunter-Giordano, Kathy K. Shimamura, Rob Landel, Bara A. Alsalaheen, Timothy A. Hanke, Karen L. McCulloch. *J Orthop Sports Phys Ther.* 2020;50(4): CPG1-CPG73. doi:10.2519/jospt.2020.0301
<https://www.jospt.org/doi/10.2519/jospt.2020.0301>

(Work Group Lead: Karen McCulloch, PT, PhD, FAPTA)

Hip

1. Hip Pain and Mobility Deficits / Hip Osteoarthritis (2009)

Cibulka MT, White DM, Woehrle J Harris-Hayes M, Enseki KR, Fagerson TL, Slover J, Godges JG. *Hip Pain and Mobility Deficits—Hip Osteoarthritis; J Orthop Sports Phys Ther.* 2009;39(4):A1-A25 <https://www.jospt.org/doi/abs/10.2519/jospt.2009.0301>

✚ Hip Pain and Mobility Deficits / Hip Osteoarthritis - first Revision (2017)

Cibulka MT, Bloom NJ, Enseki KR, Macdonald CW, Woehrle J, McDonough CM. *Hip Pain and Mobility Deficits—Hip Osteoarthritis: Revision 2017; J Orthop Sports Phys Ther.* 2017 Jun;47(6):A1-A37
<https://www.jospt.org/doi/full/10.2519/jospt.2017.0301?code=jospt-site>

✚ Hip Pain Mobility Deficits / Hip Osteoarthritis – second revision (2021)

Work Group Lead: Mike Cibulka, PT, MHS, DPT

Status: Pending revision until Hip Pain Non-OA publication

2. Nonarthritic Hip Joint Pain (2014)

Enseki K, Harris-Hayes M, White DM, Cibulka MT, Woehrle J, Fagerson TL, Clohisy JC. *Nonarthritic Hip Joint Pain; J Orthop Sports Phys Ther.* 2014 Jun;44(6):A1-32
<https://www.jospt.org/doi/full/10.2519/jospt.2014.0302?code=jospt-site>

✚ Nonarthritic Hip Joint Pain – first revision (2023)

Work Group Lead: Keelan Enseki, PT, MS, OCS, SCS, ATC, CSCS

Status: Writing and preparing for editors review

3. Physical Therapy Management of Older Adults with Hip Fracture (2021)

Authors: Christine M. McDonough, PT, PhD; Marcie Harris-Hayes, PT, DPT, MSCI; Morten Tange Kristensen, PT, PhD; Jan Arnholtz Overgaard, PT, MSc; Thomas B. Herring, DPT; Anne M. Kenny, MD; Kathleen Kline Mangione, PT, PhD, FAPTA *J Orthop Sports Phys Ther.* 2021;51(2):CPG1-CPG81. doi:10.2519/jospt.2021.0301

Knee

1. Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions (2010)

Logerstedt DS, Snyder-Mackler L, Ritter, RC, Axe MJ, Godges JG. *Knee Pain and*

Mobility Impairments: Meniscal and Articular Cartilage Lesions. J Orthop Sports Phys Ther. 2010;40(6):A1-A35 <https://www.jospt.org/doi/full/10.2519/jospt.2010.0304>
(Work Group Lead: David Logerstedt, PT, MPT, MA, PhD)

✚ **Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions – first Revision (2018)**

Logerstedt DS, Scalzitti DA, Bennell KL, Hinman RS, Silvers-Granelli H, Ebert J, Hambly K, Carey JL, Snyder-Mackler L, Axe MJ, McDonough CM. Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions Revision 2018. J Orthop Sports Phys Ther. 2018 Feb;48(2):A1-A50 <https://www.jospt.org/doi/ref/10.2519/jospt.2018.0301>
(Work Group Lead: David Logerstedt, PT, MPT, MA, PhD)

✚ **Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions – second Revision (20XX)**

Work Group Lead: David Logerstedt

Status: Determined by Work Group Lead that there's not enough evidence to move forward with revision, will circle back in 6 months to ensure monitoring of CPG

2. Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain (2010)

Logerstedt DS, Snyder-Mackler L, Ritter RC, Axe MJ, Godges JG. Knee Stability and Movement Coordination Impairments: Knee Ligament Sprain; J Orthop Sports Phys Ther. 2010;40(4): A1-A37
(Work Group Lead: David Logerstedt, PT, MPT, MA, PhD)

✚ **Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain – first Revision (2017)**

Logerstedt DS, Scalzitti D, Risberg MA, Engebretsen L, Webster KE, Feller J, Snyder-Mackler L, Axe MJ, McDonough CM. Knee Stability and Movement Coordination Impairments: Knee Ligament Sprain Revision 2017; J Orthop Sports Phys Ther. 2017 Nov;47(11):A1-A47 <https://www.jospt.org/doi/full/10.2519/jospt.2017.0303?code=jospt-site>
(Work Group Lead: David Logerstedt, PT, MPT, MA, PhD)

✚ **Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain – second Revision (20XX)**

Work Group Lead: David Logerstedt

Status: Determined by Work Group Lead that there's not enough evidence to move forward with revision, will circle back in 6 months to ensure monitoring of CPG

3. Exercise-Based Knee and Anterior Cruciate Ligament Injury Prevention (2018)

Arundale, A, Bizzini, M., Giordano, A, Hewett, T., Logerstedt, D., Mandelbaum, B., Scalzitti, D., Silvers- Granelli, H., Snyder-Mackler, L., Exercise based Knee and Anterior Cruciate Ligament Injury Prevention;

J Orthop Sports Phys Ther. 2018 48:9, A1-A42
<https://www.jospt.org/doi/abs/10.2519/jospt.2018.0303>

(Work Group Lead: Amelia Arundale, PT, PhD, DPT, SCS, and Celeste Dix, PT, DPT)

✚ **Exercise-Based Knee and Anterior Cruciate Ligament Injury Prevention – first Revision (2023)**

Work Group Lead: Amy Arundale

Status: Published January 2023

4. Patellofemoral Pain (2019)

Willy, R, Hoglund, L, Barton, Bolgla, L, Scalzitti, D, Logerstedt, D, Lynch, A, Snyder-Mackler, L, McDonough, C. *Patellofemoral Pain*; *J Orthop Sports Phys Ther.* 2019;49(9): CPG1–CPG95.

<https://www.jospt.org/doi/fpi/10.2519/jospt.2019.0302>

(Work Group Lead: David Logerstedt, PT, MPT, MA, PhD)

✚ **Patellofemoral Pain – first revision (2024)**

Status: pending first revision

5. Patellar Tendinopathy (2024)

Work Group Lead: David Logerstedt, PT, MPT, MA, PhD

Status: Title and Abstract Screening

Neck

1. Neck Pain (2008)

Childs JD, Cleland JA, Elliott JM, Teyhen, DS, Wainner, RS, Whitman, JM, Sopky BJ, Godges JG, Flynn, TW. *Neck Pain*; *J Orthop Sports Phys Ther.* 2008;38(9):A1-A34

<https://www.jospt.org/doi/abs/10.2519/jospt.2008.0303>

✚ **Neck Pain – first Revision (2017)**

Blanpied PR, Gross AR, Elliott JM, Devaney LL, Clewley D, Walton DM, Sparks C, Robertson EK. *Neck Pain: Revision 2017*; *J Orthop Sports Phys Ther.* 2017 Jul;47(7):A1-A83 <https://www.jospt.org/doi/full/10.2519/jospt.2017.0302?code=jospt-site>

(Work Group Lead: Pete Blanpied, PT, PhD)

✚ **Neck Pain – second revision (2023)**

Work group leaders: Derek Clewley, DPT, PhD, FAAOMPT and Cheryl Sparks, PhD, DPT

Status: Draft development and writing manuscript – anticipated JOSPT submission Nov 2023

Shoulder

1. Shoulder Pain and Mobility Deficits/Adhesive Capsulitis (2013)

Kelley MJ, Shaffer MA, Kuhn JE, Michener LA, Seitz AL, Uhl TL, Godges JJ, McClure PW. *Shoulder Pain and Mobility Deficits: Adhesive Capsulitis*; *J Orthop Sports Phys Ther.* 2013 May;43(5):A1-31 <https://www.jospt.org/doi/full/10.2519/jospt.2013.0302?code=jospt-site>

(Work Group Lead: Phil McClure, PT, PhD, FAPTA)

- ✚ **Shoulder Pain and Mobility Deficits/Adhesive Capsulitis – first Revision**
Work group leader: Ellen Shanley PhD, PT, OCS, CSCS
Status: Editors review of draft (second round)

**** Refer to CPG Dashboard at the end of this report**

Additional CPG – not published in JOSPT

Pelvic Girdle Pain in the Antepartum Population: Physical Therapy Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability, and Health From the Section on Women's Health and the Orthopaedic Section of the American Physical Therapy Association 1st Published Date (May 2017)

Clinton, SC, Newell, A, Downey, PA, Ferreira, K. *Pelvic Girdle Pain in the Antepartum Population J Women's Health Phys Ther: 2017 May;41(2): p 102–125*

https://journals.lww.com/jwhpt/Fulltext/2017/05000/Pelvic_Girdle_Pain_in_the_Antepartum_Population.aspx?WT.mc_id=HPxADx20100319xMP

New Original Guidelines - Under Development

- 1. Distal Radius Fractures**
(collaborating with the Hand Rehabilitation Section) (Workgroup Lead: Saurabh Mehta, PT, MS, PhD) **January 2023 – Writing Manuscript**
- 2. Shoulder Instability**
(collaborating with the Sports Section) (Co-Workgroup Leads: Ameer Seitz, PT, PhD, DPT, OCS and Tim Uhl, PT, ATC, PhD, FNATA) – **January 2023 - Writing Manuscript**
- 3. Medical Screening in Management of Common Musculoskeletal Conditions**
(collaborating with the Federal PT Section) (Workgroup Lead: Todd Davenport, PT, DPT, MPH, OCS) – **January 2023 – Pending AOPT BoD approval.**
- 4. Patella Tendon Pain and Muscle Power Deficits: Patella Tendinopathy**
(Workgroup Lead: David Logerstedt, PT, PhD) – **January 2023 – Title/Abstract Screening**
- 5. Prevention of Chronic Pain Associated with Common Musculoskeletal Conditions**
(collaboration with Education Sections) (Workgroup Lead: David Morrisette, PT, PhD) – **November 2022 – Re-running searches and lit review**
- 6. Pelvic Pain**
(collaboration with Section on Women's Health) (Workgroup Lead: Meryl Alappattu, DPT, PhD) – **December 2021- Systematic Review and Critical Appraisal – not responsive.**
- 7. Rotator Cuff Tendinopathy Diagnosis and Management: A Clinical Practice Guideline**
(collaboration with Sports section) (Workgroup Lead: Lori A Michener, PhD, PT, ATC, FAPTA) **January 2023 – Writing Recommendations and Data Extraction (work divided into section)**

8. Temporomandibular Joint Disorder

(Workgroup Lead: Janey Prodoehl, PT, PhD)

January 2023 – Full text screening

**** Refer to CPG Dashboard at the end of this report****Korean Translated CPGs**

Please note that links may change as the new website comes online.

1. Neck Pain Revision 2017-
https://www.orthopt.org/uploads/content_files/files/1.%20Neck%20Pain%20_%20Revision%202017.pdf
2. Shoulder Pain and Mobility Deficits-
https://www.orthopt.org/uploads/content_files/files/2.%20Shoulder%20Pain%20And%20Mobility%200Deficits%20_%20Adhesive%20Capsulitis.pdf
3. Low Back Pain: https://www.orthopt.org/uploads/content_files/files/3.%20Low%20Back%20Pain.pdf
4. Nonarthritic Hip Joint Pain-
https://www.orthopt.org/uploads/content_files/files/4.%20Nonarthritic%20Hip%20Joint%20Pain.pdf
5. Hip Pain and Mobility Deficits Hip Osteoarthritis-
https://www.orthopt.org/uploads/content_files/files/5.%20Hip%20Pain%20and%20Mobility%20Deficits%20-%20Hip%20Osteoarthritis%20_%20Revision%202017.pdf
6. Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions-
https://www.orthopt.org/uploads/content_files/files/6.%20Knee%20Pain%20and%20Mobility%20Impairments%20_%20Meniscal%20and%20Articular%20Cartilage%20Lesions.pdf
7. Knee Stability and Movement Coordination Impairments: Knee Ligament Sprain Revision 2017-
https://www.orthopt.org/uploads/content_files/files/7.%20Knee%20Stability%20and%20Movement%20Coordination%20Impairments%20_%20Knee%20Ligament%20Sprain%20Revision%202017.pdf
8. Achilles Pain, Stiffness, and Muscle Power Deficits: Achilles Tendinitis-
https://www.orthopt.org/uploads/content_files/files/8.%20Achilles%20Pain%20C%20Stiffness%20C%20and%20Muscle%20Power%20Deficits%20_%20Achilles%20Tendinitis.pdf
9. Ankle Stability and Movement Coordination Impairments: Ankle Ligament Sprains-
https://www.orthopt.org/uploads/content_files/files/9.%20Ankle%20Stability%20and%20Movement%20Coordination%20Impairments%20_%20Ankle%20Ligament%20Sprains.pdf
10. Heel Pain, Plantar Fasciitis: Clinical Practice Guidelines Revision 2014-
https://www.orthopt.org/uploads/content_files/files/10.%20Heel%20Pain%20-%20Plantar%20Fasciitis%20_%20Clinical%20Practice%20Guidelines%20Revision%202014.pdf

Chinese Translated CPGs**All translated CPGs have been updated with logos with the addition of new CPGs**

1. Neck Pain Revision -
https://www.orthopt.org/uploads/content_files/files/Neck_Pain_Revision_2017%282%29.pdf
2. Neck Pain (initial)
https://www.orthopt.org/uploads/content_files/files/Neck_pain_2008.pdf
3. Shoulder Pain and Mobility Deficits: Adhesive Capsulitis-
https://www.orthopt.org/uploads/content_files/files/Shoulder_Pain_and_Mobility_Deficits_Adhesi

- [ve Capsulitis.pdf](#)
4. Low Back Pain Revision –
https://www.orthopt.org/uploads/content_files/files/LBP_Revision_2021.pdf
 5. Low Back Pain (initial) –
https://www.orthopt.org/uploads/content_files/files/Low_Back_Pain.pdf
 6. Hip Pain and Mobility Deficits: Hip Osteoarthritis Revision-
https://www.orthopt.org/uploads/content_files/files/Hip_Pain_and_Mobility_Deficits_Hip_Osteoarthritis_2017.pdf
 7. Hip Pain and Mobility Deficits: Hip Osteoarthritis (initial) –
https://www.orthopt.org/uploads/content_files/files/4.%20Chinese_Hip%20OA%20-%202014.08.14.pdf
 8. Nonarthritic Hip Joint Pain-
https://www.orthopt.org/uploads/content_files/files/Nonarthritic_hip_joint_pain.pdf
 9. Knee Movement Coordination Impairments: Knee Ligament Sprain Revision-
https://www.orthopt.org/uploads/content_files/files/Knee_Movement_Coordination_Impairments_Knee_Ligament_Sprain_2017.pdf
 10. Knee Movement Coordination Impairments: Knee Ligament Sprain (initial) –
https://www.orthopt.org/uploads/content_files/files/Knee_Movement_Coordination_Impairments_Knee_Ligament_Sprain_2010.pdf
 11. Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions Revision -
https://www.orthopt.org/uploads/content_files/files/Knee_Pain_and_Mobility_Impairments_Meniscal_and_Articular_Cartilag_Lesions_2018.pdf
 12. Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions (initial)
https://www.orthopt.org/uploads/content_files/files/Knee_Pain_and_Mobility_Impairments_Meniscal_and_Articular_Cartilag_Lesions.pdf
 13. Achilles Pain, Stiffness, and Muscle Power Deficits: Achilles Tendinitis Revision -
https://www.orthopt.org/uploads/content_files/files/Achilles_Pain_Stiffness_and_Muscle_Power_Deficits_2018_Revision.pdf
 14. Achilles Pain, Stiffness, and Muscle Power Deficits: Achilles Tendinitis (initial) -
https://www.orthopt.org/uploads/content_files/files/Achilles_Pain_Stiffness_and_Muscle_Power_Deficits_Achilles_Tendinitis_Initial_Guideline_2010.pdf
 15. Ankle Stability and Movement Coordination Impairments: Ankle Sprain Revision -
https://www.orthopt.org/uploads/content_files/files/Ankle_Stability_and_Movement_Coordination_Impairments_Lateral_Ankle_Ligament_Sprain_Revision_2021.pdf
 16. Ankle Stability and Movement Coordination Impairments: Ankle Sprain (initial) –
https://www.orthopt.org/uploads/content_files/files/Ankle_Stability_and_Movement_Coordination_Impairments_Initial_guideline_2013.pdf
 17. Heel Pain Revision
https://www.orthopt.org/uploads/content_files/files/Heel%20Pain%20Revision%202014-1.pdf
 18. Heel Pain (Initial Guideline)-
https://www.orthopt.org/uploads/content_files/files/Heel_Pain_Plantar_Fasciitis_Initial_Guideline_2008.pdf
 19. Exercised Based Knee and Anterior Cruciate Ligament Injury Prevention –
https://www.orthopt.org/uploads/content_files/files/Exercise_Based_Knee_and_Anterior_Cruciate_Ligament_Injury_Prevention_2018%281%29.pdf
 20. Patellofemoral Pain –
https://www.orthopt.org/uploads/content_files/files/Patellofemoral_Pain_2019.pdf

21. Physical Therapy Evolution and Treatment After Concussion Mild Traumatic Brain Injury
https://www.orthopt.org/uploads/content_files/files/Physical_Therapy_Evaluation_and_Treatment_After_Concussion_Mild_Traumatic_Brain_Injury.pdf
22. Physical Therapy Management of Older Adults With Hip Fractures
https://www.orthopt.org/uploads/content_files/files/Physical_Therapy_Management_of_Older_Adults_With_Hip_Fracture_2021.pdf
23. Work Rehab
https://www.orthopt.org/uploads/content_files/files/Work_Rehab_2021%283%29.pdf

Recent Activities

Activity #1 – Indico

- Transitioned majority of the CPGs into Indico
- CPG Managing Editor has taken full responsibility and is SME with Indico Guidelines Development Platform to provide continuous application training and overall guideline, project, and process support across all CPG workgroups

Activity #2 – AOPT NOW Mobile App

- Collaborated with Indico to develop executive summaries for each CPG for the mobile app
- Coordinated meetings to ensure tracking and deliverables are achieved from all stakeholders involved.
- Incorporated icons for recommendations and levels of evidence statements
- Performed several rounds of quality assessment and user acceptance testing on all CPGs to ensure successful technical build in the AOPT NOW mobile app
- Collaborated to launch CPG application beta testing

Activity #3 – Educational Sessions at CSM

- Hosting educational sessions with CPG workgroups led by the CPG Editors
- Focus is to meet CPG work groups' needs where they can enroll in sessions based on where their CPG is in the process and learn, ask questions and engage with other CPG workgroups to brainstorm and discuss strategies and processes

Activity #4 – CPG Editor Candidate Process

- Currently in meetings with potential CPG Editor candidates
- Decision to onboard in March

High Level Web Traffic from JOSPT

High Level Web Traffic from ECRI

Academy of Orthopaedic Physical Therapy, APTA Guideline Usage
January 1, 2021 - June 30, 2022

Guideline ID	Guideline Title	Total Hits	Published Date
342	Knee pain and mobility impairments: meniscal and articular cartilage lesions revision 2018.	43	12/19/2018
343	Achilles pain, stiffness, and muscle power deficits: midportion Achilles tendinopathy revision 2018.	45	12/19/2018
360	Neck pain: revision 2017.	81	11/30/2018
361	Hip pain and mobility deficits—hip osteoarthritis: revision 2017.	59	11/30/2018
362	Knee stability and movement coordination impairments: knee ligament sprain revision 2017.	45	11/30/2018
402	Exercise-based knee and anterior cruciate ligament injury prevention.	42	12/19/2018
1256	Hand pain and sensory deficits: carpal tunnel syndrome.	79	08/07/2019
1657	Patellofemoral pain.	62	05/12/2020
1824	Physical therapy evaluation and treatment after concussion/mild traumatic brain injury.	164	08/18/2020
2242	Physical therapy management of older adults with hip fracture.	15	10/11/2021
2311	Ankle stability and movement coordination impairments: lateral ankle ligament sprains revision 2021.	2	10/25/2021
2561	Interventions for the management of acute and chronic low back pain: revision 2021.	293	02/08/2022
2599	Clinical guidance to optimize work participation after injury or illness: the role of physical therapists.	75	02/25/2022
2705	Hamstring strain injury in athletes.	7	06/24/2022

*Note: Guidelines in red font were withdrawn from EGT in December 2022 due to our 5-year dating criterion; and guidelines highlighted in yellow are currently being updated by the EGT Content Team to reflect the latest version.

Post Publication Implementation

- Meet the Authors of the Clinical Practice Guideline for Physical Therapy Management of Older Adults with Hip Fracture Webinar Live Q&A and information videos about the CPG. Videos are now available on the AOPT YouTube Channel.
 - Live Q&A: <https://www.youtube.com/watch?v=XiTpipjamM>
 - Part 1 of 6: <https://www.youtube.com/watch?v=5HBXY3f48wQ>
 - Part 2 of 6: <https://www.youtube.com/watch?v=OtkPiVLLayw>
 - Part 3 of 6: https://www.youtube.com/watch?v=Pav_I_Lk_WE
 - Part 4 of 6: <https://www.youtube.com/watch?v=RbZ2E-0Om48>
 - Part 5 of 6: <https://www.youtube.com/watch?v=2kExKk1Isqk>
 - Part 6 of 6: <https://www.youtube.com/watch?v=zCt86T2MKc8>
- Social media quizzes were developed to promote engagement with members and awareness of certain aspects or recommendations in CPGs.
 - ✚ Quizzes complete:
 - <https://www.surveymonkey.com/r/DW83DQ9> (Interventions for the Management of Acute and Chronic Low Back Pain)
 - <https://www.surveymonkey.com/r/MD9FB2P> (Clinical Guidance to Optimize Work Participation After Injury or Illness: The Role of Physical Therapists)
 - <https://www.surveymonkey.com/r/37ZPDKT> (Physical Therapy Management of Older Adults with Hip Fracture)
 - <https://www.surveymonkey.com/r/kneeligcpgquiz> (Ankle Stability and Movement Coordination Impairments Lateral Ankle Ligament Sprains)
 - <https://www.surveymonkey.com/r/GGQBJYD> (Physical Therapy Evaluation and Treatment After Concussion/Mild Traumatic Brain Injury)

- <https://www.surveymonkey.com/r/HeelPainQuiz> (Heel Pain Revision: 1st quiz to launched on both social media and emailed out to membership – n=761 (Jan 2019) (March 2019 n=933) (May 2019 n=1,135) (July 2,2019 = n=1237) (September 2019 n=1302) (December 2020 n= 1407)
- <https://www.surveymonkey.com/r/KneeLigFunQuiz> (Knee Ligament Revision: emailed out to members n=200 (Jan 2019) (March n=356) (May 2019 n=881) (July 2, 2019 n=1,167) (September 209 n=1230) (December 2020 n=1568)
- <https://www.surveymonkey.com/r/KneeMeniscCartFunQuiz> (Knee Meniscal & Cartilage Revision: emailed out to members n=192 (Jan 2019) March n=417) (May n=599) (July 2, 2019 n= 834) (Sept 2019 n=895) (December 2020 n=1540)
- <https://www.surveymonkey.com/r/AchillesCPG> (Achilles Tendinopathy Revision: launched March 2019) (May 2019 n= 420) (July 2, 2019 n= 501) (September 2019 n = 539) (December 2020 n= 940)
- <https://www.surveymonkey.com/r/HipOAQuiz> Hip OA Revision Quiz (launched June 10th n=313)(September 2019 n=383) (December 2020 n= 1568)
- <http://ow.ly/rYtj50APfuh> (Post-Concussion: 1st quiz launched on social media July 2020- (December 2020 n= 178)
- <http://ow.ly/wEwH50Ayi0g> (Patellofemoral Pain: 1st quiz launched on social media July 2020)- (December 2020 n= 191)
- <http://ow.ly/3xRi50xH0J0> (Neck Pain: 1st quiz launched on social media November 2020) (December 2020 n= 1160)
- <https://www.surveymonkey.com/r/9G2JCLN> (Hand Pain: 1st quiz launched on social media July 2020) December 2020 n= 135)

✚ Quizzes in development

- Exercise-Based Knee and Anterior Cruciate Ligament Injury Prevention – first Revision (2023)
- Lateral Elbow Epicondylitis (2022)

Multi-Academy Implementation and Dissemination Effort:

- Post-concussion CPG: Sports, Neuro, Pediatric, Ortho – Three knowledge translation meetings have been completed with new volunteers recruited and materials for implementation and dissemination have been developed.

CPG Dashboard (February Update) 2023

STATUS		Q1			Q2		
Title/Abstract	Full Text	January	February	March	April	May	June
Achilles Pain (Rob M)							
Hand Pain (Mia E.)							
Patellar Tendinopathy (Dave L.)							
TMJ (Janey P.)							
Data Extraction and Quality Assessment							
Hip Pain Non-OA (Keelan E.)		Exam/Outcome	Interventions				
Writing							
Distal Radius Fracture (Saurabh M.)							
Heel Pain (Rob M.)							
Shoulder Instability (Tim U.)							
Adhesive Capsulitis (Ellen S.)		<i>Draft prepared for editors review</i>					
Neck Pain (Dereck C.)							
Rotator Cuff Tendinopathy		<i>Data extraction and writing (separated by sections)</i>					
STATUS		Q4		Q1		Q2	
Published		November	December	January	February	March	April
Exercise Based Knee (Amy A.)							
Lateral Elbow Tendinopathy (Ann L)							
Outstanding Status Updates							
Pelvic Pain (Meryl A.)		<i>Update requested</i>					
Prevention of Chronic Pain (David M.)		<i>Update requested</i>					
Launch Process (I.e. Design Scope, Lit Searches)							
Medical Screening (Becky V)		<i>Pending board approval</i>					
Upcoming Revision							
Physical Therapy Evaluation and Treatment After Concussion							

**star icon: submission to JOSPT*

**flag icon: published in JOSPT*

Orthopaedic Physical Therapy Practice Report
2023 CSM BOD Meeting

Submitted by:

John Heck, Editor & Sharon Klinski, Managing Editor
 Academy of Orthopaedic Physical Therapy, APTA

Advisory Council & Term Limits:

John Heck, Editor	2019-2025
Rita Shapiro, Associate Editor	2017-2023 (has officially rotated off)
Carey Rothschild, Incoming Associate Editor	beginning February 1, 2023
Beth Collier, Board Liaison	2021-

Update on Activities since February:

1. Regularly published issues

Due to dramatic increases in printing (46%) and postage costs (4%), the decision was made to go online only earlier than our planned January 2023 issue. The October and January issues were produced online only. Special messaging was sent via e-blast and osteoblast informing them of the decision We're excited to bring this new advancement to you for a few reasons:

- Speed - You now have instant access to our great information
- Simple - This is now easily searchable and archivable as a pdf file
- Cost - We're able to save the academy valuable financial resources

I have received no comments—good or bad. We will monitor the online traffic and continue to push the membership toward the online content.

Printed copies can still be purchased on our new eCommerce site is LIVE and ready for business!!

The new *Orthopaedic Physical Therapy Practice* eCommerce site is:

<https://optp.directfrompublisher.com/> We will try this for a year and can cancel the site at any time.

Although the membership responded in recent surveys they wanted to maintain the printed copy, it appears they really don't want to have to purchase it either. At this time, very few are taking advantage of purchasing the printed copy.

2. Pending articles

At this time, we have 7 accepted articles and 7 additional articles in various stages of review.

3. OP Associate Editor

Rita Shapiro has finished her second term as OPTP Associate Editor and as of February 1, Carey Rothschild has taken over as the incoming OPTP Associate Editor. Rita and Carey worked together as mentor/mentee for almost 6 months. It has been a smooth transition.

Rita has been a joy to work with over the last 6 years and although it is hard to see her go, we also look forward to working with Carey.

4. Blog Editor

Jasmine Marcus has been approved to serve as the AOPT Blog Editor. I believe there are a total of 3 articles in the works; see Jimmy's report for additional details.

5. Advertising

The total 2023 advertising sales to date equals \$6,300. Our advertisers now have the option to buy online advertising but there seems to be little interest with our current advertisers.

Academy of Orthopaedic Physical Therapy, APTA

**Orthopaedic Specialty Council Report
2023 CSM January Board Report**

Submitted by:
Jimmy Kim, Chair
Orthopaedic Specialty Council

Specialty Council Members and Term End Dates:

Chair:

Jimmy Kim 12/2023

Members:

Paul Neil Czujko (MOSC IRC)	12/2024
Ryan Swetkovich (IRC)	12/2025
Adrienne McAuley (Assist IRC)	12/2025
Kelby Kaplan (Assist IRC)	12/2026

Update on Committee Activities since June 2022:

The transition from our testing vendor NBME to PSI has been unexpectedly slow and nuances of the item submission process was undefined and unfamiliar. The Ortho Council had to immediately implement its own item submission workflow that would perform sufficiently within the confines of the new system. There was a need to provide specific instruction and additional guidance for our SACEs, as well as provide more organizational control for our CCEs and IRCs. Although tweaks will be required, this new workflow was presented at the recent Chairs Meeting and now will be adopted across all Academies for 2023. We hope to continue our work and dialogue with PSI to best improve this system.

Ortho Council has also implemented what Neuro Academy has been utilizing to bolster SACE productivity. Called “Write Nights” and/or “Office Hours” we have requested that CCEs conduct at least one session a year, but some have been conducting sessions monthly. These sessions are conducted virtually between CCEs and their SACEs or it can be held between multiple CCEs and their SACEs. The objective is to spend the time working on items while having immediate access to CCEs for questions or feedback. Writers can also freely pop into a session to get answers to immediate questions. Preliminary feedback appears to confirm overall improved productivity and communication frequency between SACE and CCEs. Despite a transitional year for our testing vendor and the suspension in our ability to submit items for several months, we have continued to maintain our previous years of productivity for items.

Council completed a successful in-person/virtual item writing workshop in August 2022 held in Maine. There were 18 item writing participants that yielded >60 items.

It is worth mentioning that thanks to Derek Stepp and the staff at ABPTS, Ortho Council members have been significantly relieved of reviewing professional development portfolios (PDSPs)/MOSC submissions for recertification. Previously, each Council member was reviewing 30-40 applications. Now most reviews are conducted by others trained by ABPTS staff.

Council along with ABPTS is in the process of formulating a pilot survey regarding the awareness of a new minimum eligibility requirement to sit for the OCS exam as well as assessing the need for additional information campaigns. Announcements and information sessions will likely occur at CSM 2024. We hope to get more detailed information at the meeting with ABPTS at CSM 2023.

Council is in the early stages of updating the Description of Specialist Practice for Orthopedics. Currently we are in the process of completing a new survey containing the new classifications that will be submitted to Derek and Kendra which will then be passed to the Board. Once approved, we anticipate the pilot roll-out to occur in early March 2023.

The Orthopedic Council would also like to say “Thank You” to the AOPT Board for their ongoing support.

If the Board has any questions, please feel free to contact me.

Jimmy Kim, DPT
yojimkim@msn.com