



OHSIG Q3 Newsletter
July 2019

Respectfully Submitted by:
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Nominations for November election and Committee Chairs:

OHSIG's Nominating Committee is seeking qualified candidates for two positions to be elected this fall:

- **Vice President (3-year term)**
- **Nominating Committee Member (3-year term)**

If you are interested in running, or know someone who might be interested, please visit

<https://www.orthopt.org/content/governance/committees/nominating/2019-academy-election> to access the following:

- SIG Potential Candidate Form
- SIG Leadership Power Point presentation
- SIG Rules of Order (containing policies, procedures, and position descriptions)

The deadline for submitting the SIG Potential Candidate Form: **August 15, 2019.**

We are also actively recruiting for members that are interested in appointment as Communications Chair or Research Committee Chair. Candidates must be available to participate in our OHSIG Board Meeting and Strategic Planning at CSM 2020. Please contact any member of the nominating committee if you are interested in one of these positions.

Recent activities:

In the current issue of *OPTP*, the OHSIG has published a review article of the Chester Step Test.

This review was performed by Mindy Rendro and PT students from Touro University in Nevada. This was a direct result of a request from OHSIG to include functional capacity performance measures in the [PTNow database of tests and measures](#). Not sure what the Chester Step Test is or why it may be considered a superior testing measure? Read this excellent review in the [current issue of OPTP!](#)

OSHA releases clarifying letter about massage and ART.

Members of our SIG accompanied APTA and PPS staff to a meeting with OSHA, a Department of Labor agency, in February to request clarification about a previously issued policy regarding first aid. As a direct result of this meeting OSHA released a clarifying letter regarding first aid and massage, specifically ART (active release technique). The letter details that soft tissue massage is considered first aid for recordkeeping purposes, regardless whether the health professional providing the treatment holds a certification in Active Release Techniques (ART). The OSHA response establishes physical therapists (PTs) among the providers able to perform soft tissue interventions as first aid in work settings. They have determined that massage when performed by a physical therapist does not make the employee injury an OSHA recordable injury!

Here is the link to the OSHA letter

http://www.apta.org/uploadedFiles/APTAorg/Practice_and_Patient_Care/Patient_Care/Population_Health/OSHALetterReActiveReleaseTechniques052319.pdf

OHSIG and APTA staff will continue the dialog with OSHA to further the understanding of physical therapist have the unique skills to assist in injury reduction and management in the workplace.

Current Concepts and CPG Subcommittee updates:

Legal and Risk Management committee is underway. This guideline will be restructured and renamed to put more emphasis on regulatory compliance that is relevant to occupational health applications such as injury prevention, OSHA first aid, post-offer employment screening, wellness programs, and job accommodation. Committee members include Sean Bagbey, Drew Snyder, Gwen Simons, Richard Bunch, Allison Helmetsie, and Rick Wickstrom

The Physical Therapist in Occupational Health: We are actively recruiting for committee members who plan to attend CSM 2020 that may be interested in participating in this committee. Please reach out to Rick Wickstrom or any member of the nominating committee if you are interested in assisting.

Work Rehabilitation Clinical Practice Guideline This guideline is undergoing a revision by the writing team after an update to the literature review. It is scheduled to be completed September 2019 and published in early 2020.

Mentoring program:

OHSIG's first Occupational Health specific mentoring program kicked off in June 2019 with 12 mentees. The program requested mentees establish 3 goals to guide their interactions with their mentors. The program will run through the end of December. Feedback by way of a survey will be requested of all those participating in the program and adjustments will be made accordingly.

Our second "mentoring class" will begin after CSM 2020. We hope you will consider volunteering to mentor. The feedback from our Mentors thus far has been positive. It is a great way to give back to the profession and our group. Our mentoring program is a way to build confidence in our less experienced

members and encourages excellences and high standards within our profession. This program will help grow and develop the future leaders of our group!

Upcoming events:

Webinar: Exoskeletons- postponed

This webinar originally scheduled for May was postponed but will be rescheduled in the third quarter. Please look for a separate email with date, time and log in information in the upcoming weeks.

The webinar presentation by Matt Marino will provide an introduction into the world of exoskeletons including an evidence based overview of occupational exoskeletons as it pertains to Injury prevention, return to work, and rehabilitation considerations.

CSM 2020: February 12-15, 2020 – Denver, Colorado

OHSIG will be sponsoring an all-day pre-conference course titled “**Physical Activity Analysis - Bridging the Gap**” on Wednesday Feb 12th from 8:00 AM – 5:00 PM that will be led by Steve Alison and Rick Wickstrom.

There will be a combined **Social Networking Event for all SIGs of the Academy of Orthopaedic Physical Therapy** on Wed, Feb 12th from 7:00 PM – 8:30 PM.

The OHSIG is sponsoring a conference program on **Functional Capacity Testing** by Steve Allison that is scheduled for Friday Feb 14th, time TBD.

Facebook conversations: A closed group for OHSIG members only

Join the conversation [here](#).

Please join and share recent articles, recommendations, and thoughts!