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UBC

PHYSICAL THERAPY

MOVEMENT AND FUNCTION FOR LIFE

VOL 11 | SPRING 2012 THE NEWSLETTER FOR THE DEPARTMENT OF PHYSICAL THERAPY

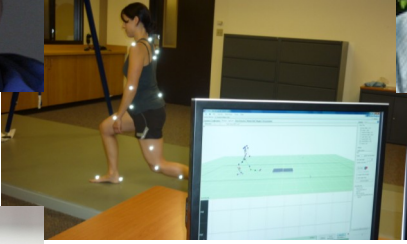


Cooperative efforts
in the University of
British Columbia
Department of
Physical Therapy



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



UBC PHYSICAL THERAPY

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FACULTY OF MEDICINE

UBC PHYSICAL THERAPY

VOL. #11 | SPRING 2012

A publication of the University of British Columbia's Department of Physical Therapy in the Faculty of Medicine, providing news and information for and about faculty members, students, staff, alumni and friends.

Letters and suggestions are welcome, or to change your contact information with the Department contact Brenda Wessel at:

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www.physicaltherapy.med.ubc.ca

MESSAGE FROM THE HEAD



Dr. S. Jayne Garland, PhD, PT

Professor and Head,

UBC Department of Physical Therapy

The UBC Department of Physical Therapy consists of a diverse group of students, clinical and academic faculty members, instructors and partners. Our many members also make incredible contributions to the wider community which foster community connections and improve health in our communities. I am humbled by the ambitious goals and accomplishments of our many Department members.

Academic faculty members Lara Boyd and Teresa Liu-Ambrose were both recently featured in the mainstream media translating the importance of their research findings to the public. Alex Scott will be leading a meeting and public symposia in September on the topic of tendinopathy.

Anne Rankin, Clinical Assistant Professor and Physical Therapist with BC Children's, will be climbing Machu Picchu to raise money for British Columbia Children's Hospital.

Second year student Naomi Casiro started an initiative [Health Here Help There](#), a 21 day not for profit program, fostering health and wellness in our community while at the same time helping to fund an after school program for struggling youth in Resistencia, Argentina. Presentations and classes will be given at various locations in the community by local professionals on health and wellness topics over 21 days, April 23rd to May 14th. Online videos will also be posted and all classes and videos will be offered by donation. In June she will be travelling to Argentina to complete one of her last clinical placements in a hospital in Buenos Aires and will then travel north to hand deliver all of the dollars raised to the community that needs them.

Students in the Masters of Physical Therapy program are also participating in Easter Seal's 24 Hour Relay this June supporting children with disabilities throughout British Columbia.

Many of the Rehabilitation Sciences graduate students volunteer for Let's Talk Science, a charitable organization delivering science learning programs and services that turn children and youth on to science

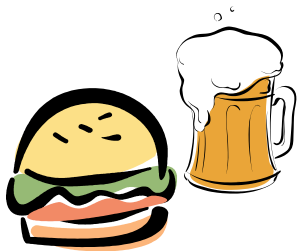
I am very proud to be associated with such a great group of people who contribute to our Department and the community at large. I invite you to broaden your involvement, in whatever way you can both within our department and beyond; by sharing your time, talents and/or "treasure" you can make a genuine impact on the future.

Physical Therapy Student Society:

Hannah Tan, President, PTSS



The Physical Therapy Student Society has been swamped with activities and events this semester! Coral Bates (VP) has been busy with t-shirt and clothing orders - UBC MPT students will be seen all over town with their representative swagger! The runners of the group had a great time at the Vancouver Sun Run this year. We had an amazing showdown between two students up against two professor's combined times: Farron Fedechko & Evin Kuyer completed the Sun Run in 39:49 & 40:17 respectively and they were just shy of beating their professor counterparts of Tara Klassen's amazing 38:42 & Katie Wadden's 39:27. Good work guys, but the ladies are just too speedy! However a nice perk for all the Sun Runners this year was PABC's new athletic socks.



An upcoming event for this crew of amazing students is the Easter Seal's 24 Hour Relay in June. Lead by community fundraising reps David Carter & Jennifer Gonsalves, as well as social rep Steph Palmer, the MPT's 24 Hour Relay had a very successful Burger & Beer fundraiser at the Manchester Pub, raising over \$1050. Get ready for more running guys, 24 hour relay style!



Finally, one of the most important events for us eager students is the upcoming 2012 Rehab Job Fair which will be held Saturday June 16th from 1-4pm at the Koerner Graduate Centre. We are excited to see what job opportunities are out there and how we can start our physio careers!

News from the MPT1 Class

Michael Lam, MPT1 Class Rep

With a great sigh of relief, our class can finally look toward our placements and the summer months with excitement! Our hard work and sleepless nights hopefully have prepared us well enough to survive our first two placements, so we may return with many stories and experiences. The past semester was a success BOTH academically and socially! Although the class felt more of the academic crunch we all pulled through and even had time to attend social events such the Pub night fundraiser for Easter Seals, where proceeds from this fundraiser went towards our joint UBC and Kids Physio Easter Seals relay team! In March our MPT dodgeball team also clenched the UBC Dodgeball League's Divisional trophy again for a second time! It was a great effort by MPT1's and MPT2's! With all the school activities and responsibilities set aside, the past 8 months in this program have not only created friendships 80 times over, but has rather created a large physio family. We hope everyone enjoys Friedman without the MPT1 herd and we look forward to seeing everyone when we get back!

News from the MPT2 Class

Pat Otukol and Felicity Klimstra, MPT2 Class Reps

As the final months of the program approach, the MPT2's are busy getting ready for our lives as Real Life Physiotherapists. Registration forms have been sent and study groups are forming as we prepare for our Physiotherapy Competence Examination. We've also primed and polished for our grad photos. It's a bit of a teaser really; wearing cap and gown months before you've managed to actually pass your licensing exam!

This semester, the class has been focusing on extracurricular interests. The Ortho Club (or OC as it has been affectionately renamed) has lined up a number of exciting talks from physiotherapists in the community, with subjects ranging from Pain Management to the Mulligan Concept. Similarly, a Paeds Club has also formed, so that those keen on Paediatrics can also feed their interests.

We also attended our final Pizza and Practice as Physio students, and received a lot of great information regarding post-graduate opportunities and education. Thanks to all the great speakers who came out, especially the UBC MPT alumni.

It hasn't all been business around Friedman; the MPT2 class has also been showing off their non-academic skills, in both athletics and the arts. Reza Ghannadan premiered an independent film that he wrote for the UBC Indie Film Festival this month. Naomi Casiro has been hard at work developing a non-profit health initiative in Vancouver geared at helping young women in Argentina. And as usual, the MPT2 class was a force to be reckoned with in UBC's Rec Sports leagues, fielding finalist teams in Volleyball, Basketball, Dodgeball, and Storm the Wall.

Looking forward to joining you as colleagues!

2012 MPT II Storm the Wall team and their fan base



News from the Research Trainee Program

Congratulations to the following students on their recent awards:

Kate Brown – NSERC MSc
 Jodi Edwards – CIHR Brain Star Award
 Katie Wadden – MITACS from NSERC
 Alison Gerlach – CIHR Frederick Banting and Charles Best Doctoral Award
 Katie Lee - Graduate Program in Rehabilitation Sciences PhD Scholarship
 Sue Peters – CIHR PhD
 Lisa Simpson – Graduate Program in Rehabilitation Sciences PhD Scholarship
 Kristine Theurer – UBC 4-Year Fellowship
 Mohammadreza (Moreza) Bahar – Faculty of Medicine Graduate Award #6442 for the 2011W session.

And to the following students on their successful defence of their proposals:

Allison Ezzat, supervised by Linda Li successfully defended her MSc Proposal ‘The Role of Occupational Knee Bending or Kneeling and Lifting as a Risk Factor for Knee Osteoarthritis’

Chun Liang Hsu, supervised by Teresa Liu-Ambrose has moved forward after defending his MSc Thesis Proposal, ‘Exploring Differences in Functional Connectivity between Senior Fallers and Non-Fallers’

Lisa Simpson, supervised by Janice Eng also was successful in defending her MSc thesis proposal, ‘Development of a Classification Scale for Arm Use Following Stroke’

Other important achievements:

Hana Al-Bannay has successfully completed the fieldwork of her second PhD study titled: “Evaluation of an Education Program Related to Type 2 Diabetes Mellitus: a Pilot Investigation”. Hana spent six months in Saudi Arabia to deliver an education program related to Type 2 Diabetes Mellitus for women with pre and post-program measurements and evaluations.

Lois Lochhead had her first paper accepted for publication, *Psychometric Properties of the Oswestry Disability Index: Rasch Analysis of Responses in a Population with Work Disability*. She has received her data extract from PopDataBC for the first part of her thesis to look at hysterectomy as a risk factor for subsequent low back injury in nurses – this has been funded by a development grant from WorkSafeBC. She has also developed a team at UNBC to investigate the effect of hysterectomy on core muscle function and perceived recovery at UNBC. She is working with Dr. Lela Zimmer, Assistant Professor of Nursing who will investigate the mind-body connection using a hermeneutic phenomenology approach. Lois will use Rehabilitative Ultrasound to investigate core muscle function before and after the surgery. They plan to triangulate the results to understand the impact and inter-relationships of the mind and body. They received a seed grant from UNBC to do the pilot of this project with a plan to submit a full operating grant application to CIHR in January 2013.

Krista Best, Brodie Sakakibara and former Rehab Science alumni Paula Rushton and Ben Mortenson will be presenting posters at the International Federation of Aging in Prague held in the Czech Republic. Prague will be the perfect place for Krista Best and Ben Mortenson to celebrate their recently accepted manuscript to the American Journal of Occupational Therapy, titled “Caught in the middle: Prescribers’ attitudes towards and experiences with older adults as candidates for power mobility devices”.

Lisa Simpson and Ada Tang will be presenting posters at the World Congress of NeuroRehabilitation held in Melbourne, Australia.

News from the Research Trainee Program

(Continued)

Ada Tang PT, PhD has received a job offer as an assistant professor at McMaster University.

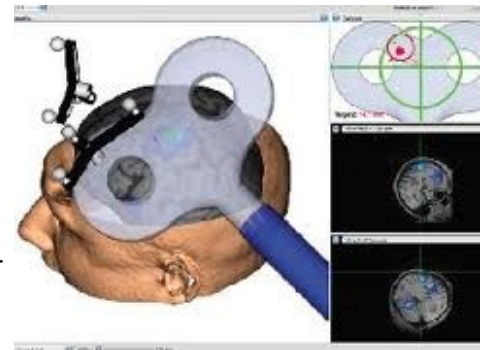
Alison Gerlach is a guest co-editor of the journal OT Now (January 2012) on a special issue focused on culture and occupational therapy. This is a widely circulated practice journal, in which she is also a co-editor of a column on 'OT and Aboriginal Peoples' Health'. She also has a publication in press in the peer-reviewed Canadian Journal of Occupational Therapy, *A Critical Reflection on Cultural Safety* is in press in the peer-reviewed Canadian Journal of Occupational Therapy.

Several of our research trainees are also volunteering for Let's Talk Science.

Let's Talk Science is an award-winning, national, charitable organization delivering science learning programs and services that turn children and youth on to science, keep them engaged in learning and develop their potential to become 21st century citizens, innovators and stewards.

Mohammadreza (Moreza) Bahar recently gave a talk to a class of grade six students at Weir elementary school about physiotherapy.

April 28th Sonia Brodie, Kate Brown and Katherine Cheung gave lab tours to high school students participating in the Brain Bee for students grades 10-12. The Brain Bee is a spelling-bee styled competition that tests participants on the brain and nervous system. They demonstrated the Brain Behaviour Lab's Brainsight program and how TMS works by showing them how to stimulate the median nerve to evoke a thumb twitch. The kids really loved it as evidenced by an email Dr. Boyd received thanking her for the experience and asking to volunteer in her lab this summer, "I participated in the Brain Bee, which is a neuroscience themed competition held at UBC. As part of the experience, we got a tour of some labs. The one that I found most interesting was yours. We got to see how the TMS coil stimulated the part of the motor cortex that controlled the hand, and made the fingers twitch. That was so cool to see!"



In May Katherine Cheung will also be traveling to the Yukon for another Let's Talk Science project "Rural, Remote and Aboriginal Outreach". This program extends science outreach to youth in underserved communities that do not have the same level of access to science programming as urban communities. Katherine will be in Whitehorse May 7th and 8th, Carcross May 8th, Carmacks / Haines Junction May 9th and Mayo / Pelling Crossing / Teslin on May 10th.

Health Here Help There

Naomi Casiro, Second Year MPT Student



My name is Naomi Casiro. I am a soon-to-be Physiotherapist graduating from UBC this November and I am spearheading a fun and exciting project called “HEALTH HERE, HELP THERE.” As a Physio-to-be I am realizing more and more the need for us to step into our role as promoters of healthy, balanced, and active lifestyles. **So let’s go for it!**

The project is a 21 day not-for-profit initiative, to foster health and wellness in our community, and at the same time help fund an after school program for struggling youth in Northern Argentina.

Why you may ask?

- * Because we believe that inspiration is contagious.
- * Because we believe that being healthy and active will lead to a continuous cycle of positive change.
- * Because we believe that as a community we can be inspired to be healthier and happier, and that together we can inspire change for youth in Argentina.

In June I will be travelling to Argentina to complete one of my last clinical placements in a hospital in Buenos Aires. After this I will be travelling north to hand deliver all of the dollars raised to the community that needs them!

Not inspired yet? Get this. This project has already showcased the incredible drive of our community to **be inspired and inspire in return**. With a budget of 0\$ (hurray for student budgets) all the services, videos, classes and lectures, that’s 100%, which have brought this project to life, have been completely donated/hosted by local professionals and individuals including many wonderful PT’s.

I know what you’re thinking. I want to get involved in this awesome project!

So PT’s now is your chance. **BE INSPIRED AND INSPIRE IN RETURN.**



Online Masters Program

Sue Stanton, Director, Rehabilitation
Science Online Graduate Programs

Announcing the Latest Graduates

The UBC online Master of Rehabilitation Science continues to graduate leaders in rehabilitation who give back to their practice in many ways. This May the following three graduates will cross the stage to receive their Master of Rehabilitation Science. Congratulations to them all.

Sabrina Li, Occupational Therapist, Hong Kong

Major project supervisor: Alison Gerlach

Hong Kong elders' perspectives on "ageing-in-place" and community care services

In this exploratory study, five independently living elders in Hong Kong shared their perspectives on "ageing-in-place" (AIP) and community care services through a focus group and questionnaire. Analysis indicated three main themes: differences between home and nursing home, challenges of AIP in Hong Kong, and prerequisites to achieve AIP. These findings provide insights into how community care services can be further developed in Hong Kong to support AIP.

Rebecca Shook, Physical Therapist, Vancouver

Major project supervisor: Sue Stanton

Patients' and Caregivers' Perceived Stroke Education Needs in Inpatient Rehabilitation

This qualitative study explored the perceived education needs of three patients with stroke and three caregivers through thematic analysis of in-depth interviews. Results suggest that combining education needs and the manner in which they are addressed takes advantage of a "teachable moment" in an empowered environment and facilitates learning.

Sarah Strickey, Physical Therapist, Ottawa

Major project research supervisor: Dr. Lesley Bainbridge

Physiotherapists' use of chronic disease self-management practices with patients in a hospital setting

This qualitative study used a questionnaire and focus group to explore physiotherapists' perspectives on the utilization of chronic disease self-management (CDSM) in acute care. Results indicate that education and support are needed to ensure physiotherapists can successfully embed CDSM as an approach to care in practice. Future research is recommended to develop specific strategies for the implementation of CDSM in acute care.

RESEARCH RELAYS *for rehabilitation practice*

These online webinars began in February and feature grads' research projects. Grads attend the Research Relays both as presenters and participants, often bringing colleagues from their workplace to the discussions. Participants have connected online from as far as South Africa, Switzerland and New Zealand.

There is just one webinar left this Spring, **Pediatric Feeding, on May 25 from noon-1 pm PST** with Astrid St. Pierre and Janice Duivesteyn but another series will take place next Fall.

Archives of all webinars can be found at: http://www.mrsc.ubc.ca/site_page.asp?pageid=177#Archived%20Sessions.

Your Master's is Just a Link a way

The program is 100% online and fosters professional networks across the country and around the world that continue long past graduation.

"I will greatly miss the stimulating discussions I have shared over the past few years with my fellow learners. Their enthusiasm has continually pushed me to think beyond the boundaries," wrote latest graduate Sarah Strickey.

Do something for yourself, study part-time or full-time and open your world to new possibilities. Take the master's designed for practicing health professionals. View details at www.mrsc.ubc.ca.

Online Master's Grads Reach Out to Larger Rehabilitation Community

Clinical Faculty Profile

Anne Rankin, Clinical Associate Professor

Anne Rankin graduated from McGill University with a BScPT (1979) and completed her MScPT (1997) at the University of Western Ontario (now called Western University). At UBC she is involved with curriculum development and tracking; course coordination; as well as teaching pediatric palliative care and pediatric fracture material. She is a passionate supporter of clinical education and enjoys mentoring students through the hectic and challenging placements that the Oncology/Hematology/Bone Marrow Transplantation Program has to offer.



She is active within the Canadian Physiotherapy Association (CPA) as a board member for the Oncology Division. Locally, she has been an active member of Physiotherapy Association of BC Public on the Practice Advisory Council (PPAC) as well as the BC College of Physical Therapists as part of a question writing team for the Competency Exam. This past year she applied for her Specialization credentials through the new program offered by the CPA and hopes to hear shortly whether she was successful in her efforts. Presently, Anne splits her time between BC Children's Hospital (BCCH) and UBC Department of Physical Therapy. Her work at BCCH is within the Onc/Hem/BMT program where she sees both in and out-patients with a variety of diagnoses.

She will be presenting at CPA Congress this year in Saskatoon on the topic of adolescents with cancer and was recently published in the Interdivisional Review on the topic of chemotherapy induced peripheral neuropathy in pediatrics.

Prior to her arrival to "the west coast" Anne lived in Edmonton, Alberta and Sarnia, Ontario where she worked mainly in private practice and outpatient departments. During her time in Edmonton, she was an active member of the Orthopedic Division and passed her Part A examinations.



In her spare time Anne competes against herself in ½ marathons power walking. She leads a local walking group where she tries to share her enthusiasm for walking around in circles at a furious pace. This summer she will be climbing Machu Picchu with an organization called Summits of Hope. Summits of Hope was founded in 1998 and raises money exclusively for British Columbia Children's Hospital by climbing different mountains throughout the world. Climbers who sign up to join the expedition guarantee to raise a minimum of \$2500 for the hospital. She will be climbing the Inca Trail to Machu Picchu and departs for Lima on August 12th. Her progress will be tracked by a satellite phone on their web site. Every single dollar raised goes directly to Children's Hospital. Donate or track Anne's progress on her climb at www.summitsofhope.com.

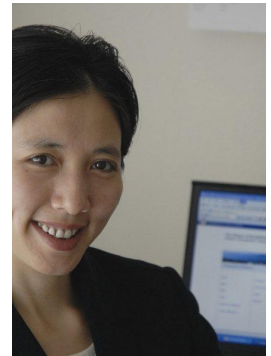
FOCUS ON:

Faculty



Lara Boyd was successful in renewing her Canada Research Chair in the neurobiology of motor learning and she was named a 2012-13 Peter Wall Early Career Scholar. Her trifecta of success is a NSERC Research Tools and Instruments grant allowing her to further equip her lab with the latest tools in neuroimaging. Her work was recently featured on the French language TV program *Decouverte*, an English version was expected to air on *The National* during the week of April 30, 2012.

Linda Li was appointed to the Peter Wall Institute for Advanced Studies as an Associate. As a Peter Wall Associate she will be part of a network of exceptional scholars engaged in innovative interdisciplinary research.



Teresa Liu-Ambrose was featured on the front page of the *Vancouver Sun* as well as interviewed by several radio stations about her study showing the effectiveness of resistance training in delaying onset of Alzheimer's disease. She also recently led a very successful meeting for participation in the Canadian Longitudinal Study on Aging with respected researchers from around Canada. A well attended public symposium was an important part of this event.

Alex Scott will host the second international scientific tendinopathy symposium September 27-29. [Registration](#) for this as well as the complementary Clinical Workshop is open now.



Darlene Redenbach was given the title, "Coordinator of Instructional Support" to reflect her work in supporting our instructors with adoption of e-learning teaching strategies. She is also part of a new UBC group of Killam Award winners, invited by Centre for Teaching and Learning Technology to provide teaching expertise to UBC. She is one of only 3 instructors at UBC who offer a fully online course that is in an early pilot program transitioning from VISTA to Blackboard.



Faculty Profile

Michael Hunt, PT, PhD

My research examines the effects of musculoskeletal disorders on physical function and ways to optimize function in the presence of the pathology.

My interest in this line of research has its origins in an anterior cruciate ligament rupture in my second year of university and subsequent slow recovery. What began as an early end to my track and field season turned out to be a catalyst for discovery that has taken me half way around the world and back!

Many disorders have an origin in faulty movement mechanics. Knee osteoarthritis (OA) is believed by many to be caused by an overloaded joint during movement, poor load distribution within the joint, or both. There has been a great deal of research investigating methods of measuring the loads passing through the joint. There has also been great interest in identifying biomechanical factors that can influence these loads. Interestingly, it has been discovered that some of the most highly correlated factors are those that people with knee OA commonly exhibit.

For example, the typical “limping gait” that is evident in some people with knee OA contains elements of a lateral trunk lean over the painful stance limb, an externally rotated foot and lower limb, and a decrease in walking speed – all of which have been shown to have an influence on the load magnitude and distribution within the knee. Of course, people who adopt these potential gait compensations are likely unaware of the biomechanical changes that are elicited; rather the compensations are probably developed consciously or subconsciously over time in response to pain. In addition, the magnitude of these compensations has been linked to increasing disease severity.

Using the knowledge that modifications to one’s gait pattern can potentially influence the loading environment and, ultimately the symptoms, there has been a growing interest in examining the effects of forced modifications to one’s gait on measures of knee joint loading. Studies using self-imposed increases in lateral trunk lean or external foot rotation have shown successful redistribution of load of painful, arthritic areas in people with knee OA. Recent advances in motion analysis technology have permitted instantaneous analysis of movement with the capacity to provide real-time feedback of performance of many movement parameters. This has permitted further examination of the effects of gait modification as well as a means to provide accurate and effective treatment using gait modification principles.

Within the Motion Analysis and Biofeedback Lab, we are currently using motion analysis equipment to examine biomechanical differences in a number of musculoskeletal and neuromuscular injuries. We are also conducting studies examining methods of enhancing the delivery of gait modification to those with knee OA and other pathologies. This includes identifying the longer-term effects of such treatment as well as potential consequences to adjacent joints. This research represents a step forward in the non-surgical and non-pharmacological treatment for OA and associated disorders.



Robin Roots, Coordinator of Clinical Education, Northern and Rural Cohort

Robin will be responsible for supporting the Northern and Rural Cohort (N/R) of the MPT program.

She was recently awarded the Allied Health Professional Association Carolyn Thomas Award for the best scientific abstract at the 2012 Canadian Rheumatology Association/Allied Health Professional Association meeting in Victoria for her abstract entitled, "*Understanding Rural Rehabilitation Practice: Perspectives from Occupational Therapists and Physical Therapists in Rural and Remote British Columbia*" which highlighted the uniqueness of rural general practice for PTs and OTs.

"I am honoured to join the faculty of the UBC Department of PT and I am grateful for the opportunity to work together with the faculty and staff at UBC and at UNBC, as well as the clinical community, in developing and delivering outstanding physical therapy clinical education in northern and rural BC."

"Rural practice can be exciting, rewarding, and fulfilling. This program provides an opportunity for students to see what rural practice and living in a rural community is really all about. We are confident that once students experience how welcoming rural communities can be, what a rich learning environment they are, and how beautiful rural BC is, they will want to stay!"

Beginning in September 2012, 20 students from within the existing 80 students in the MPT program will form the N/R Cohort. These students will complete 4 out of their 6 placements in northern and rural communities in BC and will take part in a number of activities relating to rural health issues and rural practice. Students have the option to apply to the N/R Cohort when they complete their application for admission to the MPT Program. As the aim of the initiative is to increase recruitment and retention to rural areas, students are selected according to a set of criteria that determines their suitability for rural practice.

The MPT N/R Cohort is an initiative funded by the provincial government with the aim of increasing recruitment and retention of physiotherapists to rural and remote areas where there is currently a shortage of physiotherapists. The clinical hub for the UBC N/R Cohort will be the University of Northern British Columbia in Prince George. The close working partnership between UBC and UNBC offers the advantage of supporting northern and rural placement sites through local preceptor training, increased student support, and the development of innovative clinical education models to increase the number of student placements, in turn enhancing rehabilitation services in northern and rural areas.

For more details on the Northern and Rural Cohort, please go to www.pt.med.ubc.ca or www.unbc.ca/physiotherapy.



Robin is located in Prince George, at the UNBC campus, Dr. Donald Rix Northern Health Sciences Centre.

When not working, you can find her out skiing, cross country or backcountry, in the mountains. As the students who have been up there know, she is also looking after some huskies and so is skijoring or dog sledding every day.



Knowledge in Action: Update from the Physical Therapy Knowledge Broker

This has been an exciting time for PT Knowledge Broker activities. Here is a quick summary of the action:

Projects: To date, 71 clinicians, 22 researchers, 11 decision-makers and 11 UBC MPT students have been involved with PT Knowledge Broker facilitated projects.

Completed projects:

Skin and Wound prevention, assessment and treatment: An array of resources including recordings of lectures and practical demonstrations, and information on required equipment and recommended procedures are available on the PABC website.

SAFEMOB – A clinical decision-making tool for mobilizing the acutely ill patient: Completed, disseminated provincially and nationally. Supported by a PABC webinar which was recorded.

Projects in process:

Wheelchair provision guidelines for progressive neuromuscular disease: Currently in the final stages of development.

Enhancing the use of outcome measurement in total joint arthroplasty (TJAOM): Completed the chart audit, focus group and survey. Currently preparing the first of three proposed manuscripts for publication. Developing a knowledge translation plan to direct the activities to enhance the uptake of the resources developed from the project.

Safe and effective exercise prescription in acute exacerbation of chronic obstructive pulmonary disease (AECOPD): The systematic review of systematic reviews was recently accepted for publication. The final stage of the consensus panel (Delphi process) is currently underway.

Tendinopathy Task Force: The first drafts of the resources for the Achilles Tendinopathy Toolkit were sent to clinicians from throughout BC for input. Soon work will commence on similar resources for management of tennis elbow.

Cervical Spine Injury and Imaging: A survey and clinical vignette are being developed in order to determine the current practice of BC PTs with respect to when patients are referred back to the physician to obtain an X-ray.

Functional Engagement in Assisted Therapy through Exercise Robotics (FEATHERS): An interdisciplinary team of researchers and clinicians is collaborating on a project to investigate the amalgamation of robotics, gaming, and social networking to enhance motivation for children with cerebral palsy and adults post stroke to undertake their bilateral upper extremity exercise programs.

I would like to thank all those who have so passionately contributed their diverse and notable talents to these projects and activities (please see the list of PT KB partners available on our [website](#)).

If you have questions or comments about any of the PT Knowledge Broker facilitated projects or activities please contact alison.hoens@ubc.ca

We want to hear from you!

If you have a suggestion for a story, comment, or would like to keep us informed about a change in your contact information, please contact us.

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Physical Therapy
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