

Oregon KIT Announcement – Spring 2014

Now that the snow has gone, it is time for our Spring meeting. We met in Wilsonville 11-2-13 and will meet in Eugene March 15th. Our usual meeting place, Marie Calendars, has closed. We will be meeting at 1254 Spyglass in Eugene. It is wheelchair accessible.

We will have a light lunch available at 12 noon and anticipate that we should be done by no later than 3:00. Please let me know if you will be able to attend.

Jim Berg, a TMA member, will be presenting a video that he was working on prior to his move to Oregon. His video targets balance and other techniques we need to maintain our health and safety. TMA is reviewing it for the website, but in the meantime, we will be able to see it first! He is planning time in his presentation for participation if you want to follow along. Wear comfortable shoes and clothing so that you can participate if you wish.

We are also quite fortunate that Dr. Gail Apte, a Physical Therapist from Eugene, will also join us.

"Gail Apte, PT, ScD, OCS, FAAOMPT is a Board Certified Orthopedic Clinical Specialist and a Fellow of the American Academy of Orthopedic Manual Physical Therapists (AAOMPT). Dr. Apte graduated from the Mayo School of Health Related Sciences, Minnesota in 1981. In 2006, Dr. Apte completed her Doctorate of Science in Physical Therapy through Texas Tech University Health Sciences Center (TTUHSC).

Dr. Gail Apte specializes in orthopedic manual physical therapy of the spine and extremities and urogynecological physical therapy and has extensive experience in treating chronic pelvic pain. She has been an assistant professor at TTUHSC. She continues to maintain Adjunct Faculty status at TTUHSC. She teaches Diagnosis and Non-operative Physical Therapy Management of the spine, upper and lower extremities through the International Academy of Orthopedic Medicine – US. Her research interest is within the topics of incontinence, low back and pelvic pain due to gynecological disorders and other spinal disorders. She has authored several peer-reviewed articles. She has lectured nationally and internationally on topics in orthopedic manual therapy, women's health and chronic pain.

Gail has two grown children. She lives with her husband and 3 rescued dogs, and cats in Eugene. She enjoys hiking, traveling, playing djembe drums, creating stained glass artwork, and cooking."

As you can see, she is quite knowledgeable and has extensive experience in the area of physical therapy. If you know of questions that you have right now for Dr. Apte, please submit them to me and I will forward them in one batch so that she can plan more effectively. Also, please let me know as soon as you can if you will be attending.

This should be a really good meeting - lots of information and activity from Jim Berg, TMA member, and Dr. Gail Apte, Physical Therapist, as well as time for conversation.

Debbie Risinger

KIT Leader, Oregon