



# APTA 2022 Annual Report



# Thank You for Helping Us Advance the Profession in 2022



## 48,000 Advocacy Messages Sent to Congress

APTA advocates and their patients made their voices heard in 2022, exceeding last year's total for messages.

## Skilled Nursing Facility Pay Cut Turned Around



APTA played a key role in CMS' decision to reverse a proposed 0.7% payment decrease to SNFs and **instead provide a 2.7% increase.**

## 5 Million Visitors to Choosept.com

APTA's consumer website that includes the "Find a PT" directory hit a new record for use.

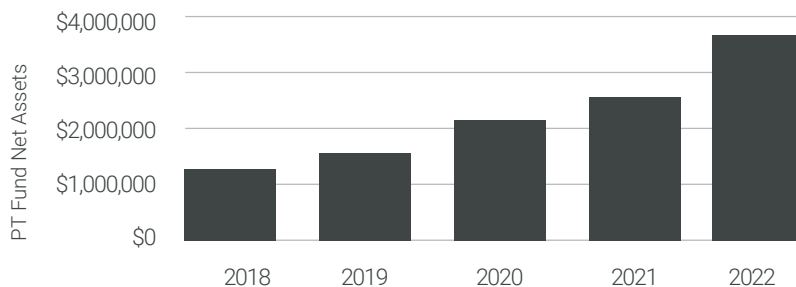
## 76 Million People Learned About the Importance of Movement — And How PTs and PTAs Can Help

APTA's satellite media tour connected local media with a PT expert for live and taped interviews that resulted in **895 airings** across the country.



## The PT Fund Grew to \$3.8 Million

The fund includes the Minority Scholarship and Dimensions of Diversity funds. To date, **285 recipients** have been awarded APTA Minority Scholarships.



## Thousands Seek APTA Telehealth Certificate

**16,000** members have enrolled in the six-part program.

## Support for Transparency in Digital Health Grows

APTA's sign-on campaign now includes **22 digital health companies** that have pledged to limit the digital delivery of physical therapy to licensed PTs.

## 2,339 PTs Achieved ABPTS Certification



APTA's Specialist Certification program continues to grow, welcoming a new specialist category — wound management — and increasing the ranks of board-certified specialists to nearly **28,000.**



The American Physical Therapy Association is continually working to ensure that our organization is built for the future. It's an important quality that we've strengthened through foresight. We are engaged in connecting our present with our vision, and we are committed to looking not just at where we want to go as a profession and association. We are on a journey, and we need to be prepared for whatever we encounter along the way.

In 2022, we continued our commitment to applying foresight to everything we do. As always, we responded to immediate challenges in areas of payment, digital health, the effects of the pandemic on the workforce, and more. Just as important, however, we did so with an eye to the future. We understand that the choices we make today influence the path we could find ourselves on tomorrow.

Our member community makes this possible. APTA members believe in our profession, and they see the opportunities ahead. They understand our collective potential, and they are willing to do the work to fulfill it.

On behalf of APTA and its Board of Directors, I am proud to share just some of what we accomplished together in 2022.



**Roger Herr, PT, MPA**  
President



**Justin Moore, PT, DPT**  
Chief Executive Officer

APTA is now in its second century, with 2022 marking the first year of that journey. Far from this milestone just being a number, the past year was one in which APTA approached its mission and vision with new energy and action.

Some of that action was focused on providing members with insight on important practice issues, from digital health to long COVID; while other action, such as welcoming a public member to the APTA Board of Directors, spoke to the ways APTA has evolved and highlighted the profession's charter with society.

At the same time, we provided information that is helping our members navigate workforce challenges brought on by the pandemic, and gather insight into the degree to which the public has gained a better, more comprehensive understanding of what PTs can do.

The work of APTA in 2022 reflects an organization able to respond to the varied needs of its members. But that work is also cumulative: Taken as a whole, the association's wide range of activities, products, and accomplishments speaks to just how dynamic and impactful our profession has become and to the engaged, diverse community we've built together. I am honored to be a part of APTA, and I hope that this report gives you a similar sense of pride.



## APTA Board of Directors

### Top Row, Left to Right

Carmen Cooper-Oguz, PT, DPT, MBA

Victoria (Vicki) Tilley, PT, Board-Certified Geriatric Specialist

Skye Donovan, PT, PhD, Board-Certified Orthopaedic Clinical Specialist

Cindy Armstrong, PT, DPT, Certified Hand Therapist

Dan Mills, PT, MPT

Zoher Kapasi, PT, MSPT, PhD, MBA, FAPTA

Kim Nixon-Cave, PT, PhD, FAPTA

Deirdre "Dee" Daley, PT, DPT, MSHPE

### Bottom Row, Left to Right

Cris Massis, Public Member

Heather Jennings, PT, DPT, Board-Certified Neurologic Clinical Specialist

Kip Schick, PT, DPT, MBA, Secretary

Susan Appling, PT, DPT, PhD, Board-Certified Orthopaedic Clinical Specialist, Vice President

Roger Herr, PT, MPA, President

Jeanine Gunn, PT, DPT, Treasurer

William (Bill) F. McGehee Jr., PT, PhD, Speaker of the House of Delegates

Kyle Covington, PT, DPT, PhD, Vice Speaker of the House of Delegates



# We're working for you.

**APTA is fighting for the profession — and creating positive change.** APTA continued to work for needed change to empower the profession and improve patient access to care.

Our federal advocacy efforts are contributing to the growing tide of providers, patients, and policymakers calling for a full overhaul of the outdated Medicare Physician Fee Schedule. While Congress did offer partial relief to damaging cuts under the fee schedule, more must be done, and we're committed to pursuing long-term solutions. Wins in 2022 included the establishment of a federal program to improve workforce diversity in allied health professions; the passage of the Lymphedema Treatment Act to expand Medicare coverage for lymphedema pressure-related garments; a directive to the Department of Veterans Affairs to study how to heighten the role of physical therapy in the VA health system by, among other things, increasing pay for PTs and PTAs; and a two-year extension of telehealth provisions for PTs and PTAs under Medicare. APTA also played a key role in the U.S. Centers for Medicare & Medicaid Service's decision to reverse a proposed 0.7% payment decrease to skilled nursing facilities and instead provide a 2.7% increase.

We empowered members in advocacy at the state and commercial payer levels as well. We collaborated with APTA Private Practice to create a first-of-its-kind suite of payment advocacy tools to help PTs address challenges, including overuse of prior authorization and utilization management. At the same time, our work with state chapters resulted in wins related to reforms to state-level prior authorization rules, provisions that specifically permit PTs to order imaging and telehealth, and more. In the commercial payer space, we were instrumental in improvements being instituted by regional insurers as well as by major payers, including a delay in implementation of a problematic utilization management program in Anthem-Virginia, inclusion of PTs in an Aetna low back pain management program, and the roll out of a gold-carding program at NIA Magellan aimed at reducing prior authorization burdens.

Our impact wasn't limited to the regulatory and payment arenas. We fought for the profession and patients in the digital health care space through creation of the APTA Digital Health Transparency Campaign, an effort that seeks to ensure that digital health physical therapy is performed or directed only by licensed PTs. By the end of the year, 22 digital health care providers had pledged that their companies would align with that fundamental concept.



# We're helping you thrive.

**APTA helps you stay on top of your profession and provide informed care.** Members were offered more opportunities and practice insights than ever in 2022.

The APTA Combined Sections Meeting returned to its in-person format in San Antonio, but we also offered an on-demand learning experience that made one-third of the programming available for viewing online – an option available again for the 2023 conference in San Diego. APTA also produced numerous new member resources, including new [content on productivity](#), [long COVID](#), and [diversity, equity, and inclusion](#), the last accompanied by a new DEI certificate program. We developed resources to support our members' in leveraging [digital health in physical therapy](#), including a [leading-edge foundational paper](#) on the subject.

New practice tools to support clinical excellence included new tests and measures summaries on [physical activity as a vital sign](#), [perceived stress scale](#), the [Berg Balance Scale](#), the [Minnesota Living with Heart Failure Questionnaire](#), and more, as well as clinical summaries on [long COVID](#), [functional movement disorders](#), and [cerebellar dysfunction](#). And we enhanced our offerings of clinical practice guidelines with new APTA CPG+ guidance on nine conditions including [venous thromboembolism](#), [Parkinson disease](#), [osteoporosis](#), [hamstring strain](#), [pelvic girdle pain](#), and [peripheral vestibular hypofunction](#).

PTJ: Physical Therapy & Rehabilitation Journal, APTA's scientific journal, continued to expand its relevance and reach. In addition to its ongoing [special collection of free-access content related to COVID-19 in the rehab setting](#), the journal published two special issues – one on [precision rehab](#) and another on [fear of movement](#) – that connected readers with the latest research and opinion. PTJ also helped to nurture the next generation of physical therapy researchers through its first-ever live Peer Review Academy. The online event drew in 300 early-career participants with tools and techniques to improve their scientific writing skills – and connected them with PTJ's community of highly regarded experienced researchers.

Opportunities for enriched professional experiences also grew, with the number of accredited [residency and fellowship programs reaching 426](#), and the first 12 board-certified clinical specialists in wound management being recognized by the [American Board of Physical Therapy Specialties](#) (as part of 2,339 PTs earning board certification overall). Another first: the enrollment of 40 physical therapist assistants in the new neurology content area within [APTA's Advanced Proficiency Pathways program](#), a professional development offering designed exclusively for PTA career advancement. The association also continued its investment in PT and PTA educators, through the [APTA Fellowship in Higher Education Leadership](#), which graduated 31 new fellows in 2022. Our [Telehealth Certificate Program](#), launched in 2021, continued its strong growth with nearly 16,000 enrolled in the learning opportunity in 2022.



# We're building community.

**APTA is where we connect — and tell our story.** APTA members embraced opportunities to create stronger professional and personal relationships in ways that deepened engagement in the profession and the association.

At the inaugural APTA Leadership Congress, we provided the association's leaders with [practical advice to advance DEI](#), and the House of Delegates [adopted motions](#) designed to advance the association, profession, and society. We also increased online connections through the launch of the [APTA app](#), and enriched member benefits through the launch of our [APTA Health Benefits Marketplace](#) that provides group health for employers and solo practitioners.

We connected with millions of Americans through ongoing development of [ChoosePT.com](#), the placement of [three full-page ads in The New York Times and other digital advertising](#), and a [satellite media tour](#) that articulated the value of physical therapy to TV and radio stations across the country. The media tour alone reached an audience of more than 76 million viewers and listeners over 895 airings.

Our consumer awareness reach didn't stop there. Our popular [ChoosePT.com](#) consumer-facing website received nearly 5 million unique visits. One of the site's main features, the "Find a PT" directory, was updated with the option to include COVID-19 and long COVID as a practice focus.

All of our efforts are paying off: Our most recent [APTA survey of consumer attitudes toward physical therapy](#) showed that the public's knowledge of the profession and what it can do is deepening. Among the findings: a growing recognition of PTs as first-choice providers, after physicians, for treatment of injury, pain, or movement limitations; a better understanding of the role PTs can play in injury prevention, pain reduction, recovery from surgery, and improved range of motion; and an increase in the public's opinion that PTs are more knowledgeable than primary care providers when it comes to diagnosing and treating injuries, preventing future injuries, and improving physical activity and mobility.

# 2022 House of Delegates

The 78th session of APTA's representative assembly approached its work with an eye on the future.



Realistic assessments of the present and dreams for the future can seem like mutually exclusive concepts, but the 2022 APTA House of Delegates bridged that gap during its 78th session. In a series of actions that addressed both professional and societal issues, APTA's primary policymaking body for the profession largely used the here-and-now as a springboard to drive the profession forward.

## Within the Profession

Several of the motions discussed by the 2022 House focused on how PTs, PTAs, and students can begin thinking — and doing things — differently on matters related to how the profession attends to its continued viability. That's not to say the motions approved in these areas were intended to be inward facing: All have impacts on patient care into the future.

**An affirmation of the PTAs' role in interprofessional team-based care.** In a motion that revised APTA's position on the direction and supervision of PTAs, the House approved changes that strengthened the concept of the PT-PTA team, further clarified details around the PT's supervision of the PTA, and clarified that the PTA could be included as part of the patient's or client's interprofessional care team. (RC 8-22, amended)

**An investigation into new ways to share knowledge across the profession.** Many PTs treat a variety of patient populations and conditions, which can make it difficult to stay on top of the latest considerations in any one area. While pursuing specialist certification and joining APTA academies can deeply enrich knowledge in specific areas, what opportunities might be created to increase knowledge-sharing across areas of interest? That's the question the House is posing to APTA in a charge to look at ways to increase sharing opportunities "outside the currently established framework of sections/academies." (RC 18-22)

**Support for equitable disability accommodations.** The House voted to underscore APTA's commitment to inclusion by adopting a statement that supports "equitable processes

to include individuals with disabilities entering and within the profession of physical therapy through reasonable accommodations across their career." (RC 15-22)

**A fresh look at continuing competence models.** The patchwork of continuing education and competence requirements, and the processes by which courses and providers get approval to be counted as acceptable CE, have been discussed within the profession for a while. A charge approved by the House could deepen that conversation by encouraging collaboration with interested parties to evaluate continuing competence requirements and develop recommendations "for a uniform evaluation process of educational and professional activities that could be implemented by components and jurisdictions." (RC 19-22)

**An exploration of PTs' ability to prescribe within the PT scope of practice.** The House voted to refer a motion to the APTA Board of Directors related to expanding prescriptive authority within the physical therapist scope of practice with a report on the issue due to the 2023 House of Delegates. (RC 17-22)

## Societal Health

The House also continued its focus on improving the health of society through an expanded role for physical therapy and continued emphasis on the importance of diversity, equity, and inclusion both inside and outside the profession.



**More specificity around digital technologies in practice.**

With the use of digital health technology continuing to expand, the House adopted a statement that outlines APTA’s position on some major related issues, including the importance of collaboration between the PT and patient to determine the optimal modes for any PT services, the PT’s responsibility for “all aspects of patient/client management,” the centrality of the therapeutic alliance, adherence to practice scope and requirements around use of assistive personnel, and compliance with all local, state, and federal laws and regulations. (RC 4-22, amended)



**A stepped-up role for PTs in blood pressure management.**

House members adopted an official APTA position supporting the PT’s and PTA’s roles in promoting research, education, practice, and policy in the nonpharmacologic management of blood pressure to enhance the health and well-being of society. (RC 9-22, amended)

**Better access to physical therapy as part of prenatal and postpartum care.** House members approved a statement that articulates APTA’s support for “access to physical therapist services in the prenatal and postpartum periods as the standard of care to improve health outcomes and prevent comorbidities and health disparities.” (RC 10-22)

**An expansion of the PT’s profile in wellness, health management, and disability determination.** A position statement from 2017 that called for the recognition of PTs as qualified practitioners for making disability determinations was revised to include a broad range of services including activity participation, wellness, health, and disability determinations that go beyond the requirements associated with receiving disability placards and other governmental designations. (RC 11-22)

**Increased direct-to-employer services provided by PTs – and an APTA effort to help make it happen.** Physical therapist services provided through direct arrangements with employers have developed a strong track record, and the House adopted an official position supporting its use (RC 13-22). In a related motion, the House charged APTA with developing “a coordinated approach to enable members to pursue direct-to-employer physical therapist services.” (RC 12-22)

**Improved access to physical therapy in Medicaid.** The population of Medicaid and Children’s Health Insurance Program beneficiaries is estimated at 88 million individuals, and access to PT services varies dramatically among the state-administered programs. The House voted to make improved physical therapy access for this population an area of focus for APTA, with the aim of making physical therapy a mandatory benefit in all Medicaid programs, “authorized without administrative delays and barriers at adequate levels to meet patient needs, and paid commensurate with other public and private payers.” (RC 14-22)

**A commitment to inclusivity of the LGBTQIA+ population.** Consistent with past House motions that support APTA’s efforts around diversity, equity, and inclusion, delegates at the 2022 meeting adopted a statement that APTA is “committed to being an inclusive organization for individuals within lesbian, gay, bisexual, transgender, questioning, queer, intersex, and asexual populations, and individuals of other sexual orientations and gender identities.” The statement also calls for commitment from APTA and its members to promote equity and inclusivity while also addressing policies and practices that perpetuate the exclusion of LGBTQIA+ people in our association, the profession, and society. (RC 16-22, amended)



# Component Collaboration



APTA's 51 chapters and 18 sections and academies provide opportunities for members to find their people. We're building community and leveraging the strengths of these groups to achieve our strategic goals.

Component leaders connected throughout 2022 on a number of initiatives to drive the association and profession forward:

- **Engaging Members.**  
Adopting strategies to grow membership and provide new engagement opportunities for members, such as focus groups, service events, and interprofessional collaboration.
- **Recovering From the Pandemic.**  
Overcoming pandemic-related financial challenges through innovative solutions such as reducing overhead expenses and reenvisioning events to offer virtual participation.
- **Continuing Momentum on Diversity, Equity, and Inclusion.**  
Developing DEI committees and opportunities to diversify leadership, providing mentorship opportunities for underrepresented minorities, participating in the PT Moves Me program to promote the profession to school-age children, and providing community for LGBTQ+ members and other dimensions of diversity.
- **Practicing Foresight.**  
Participating in a systematic process to consider how societal changes, economic developments, and technological advancements may impact the association in the future.
- **Advancing the Profession Through Advocacy.**  
Modernizing state practice acts, entering into the interstate physical therapy compact, and raising awareness of the profession among legislators and payers.
- **Elevating Practice.**  
Creating clinical practice guidelines, considering the future of digital health, and supporting critical research for making data-driven decisions.
- **Planning Long-Term Strategy.**  
Aligning for impact through thoughtful and measurable strategic planning to achieve organizational goals and promote membership, often in collaboration with APTA national and external consultants.
- **Enhancing Member Value.**  
Conducting member needs assessments, establishing new programs and benefits for members, and considering a proposed framework for APTA member engagement groups to promote community.

The collaborative work of APTA and our components makes it clear: We are Better Together.

# Treasurer's Report



**73.4%**  
of every dollar was  
directed to membership  
and programs in 2022.



As this is my last year as APTA's treasurer, I'm providing my final Treasurer's Report. I'm proud to say that the next treasurer inherits an organization in a sound financial position. APTA acted prudently in 2022 to manage expenses and ended the year on solid financial footing. 2022 was a year of uncertainty, as we didn't know how influences on the economy, including reemergence from the pandemic, would impact us. In response, the APTA Board of Directors and APTA staff were conservative in our spending approach and didn't rely on investment income to fund programs and services.

## Here's a look at some of APTA's financial highlights in 2022:

**Total Revenue:** Total revenue increased by 2.5% from 2021, which is 13.2% lower than pre-pandemic levels in 2019. The key driver of revenue growth was the return of APTA Combined Sections Meeting as an in-person event. Overall attendance and revenue from APTA CSM 2022 in San Antonio were approximately 70% of the 2019 conference in Denver.

**Total Expenses:** Total expenses declined by 2.5% from 2021 and 13.3% from 2019. The key drivers of lower expenses were the tight labor market, which prevented us from filling vacant positions, and the management of discretionary costs such as travel and meetings.

**Programmatic Expense Percentage:** The target is that 75 cents of every dollar go toward the membership and programs; however, in 2022 73.4% of every dollar was directed to programs and services. The target was missed because while total expense was lower than budgeted because of our attention to discretionary costs, many fixed operating expenses such as office rent and insurance premiums were not as flexible.

**Reserve balance:** The investment portfolio balance ended the year at \$27.6 million, a decrease of \$5.1 million, or 15%, from 2021. The decline was the result of a tough investment year, during which the S&P 500 Index was down over 19%. The balance approximates 68% of total expenditures, which is slightly over the target of 65%. The expectation is that as APTA's budget trends upward to pre-pandemic levels the reserve balance will move back into alignment with the target.

APTA's continued strong financial management has positioned the association be ready to guide the profession as we continue to transition to whatever the new normal will be.



**Jeanine Gunn, PT, DPT**  
APTA Treasurer

# Statement of Activities

<b>Revenue</b>	<b>2022</b>	<b>2021</b>
Dues and subscriptions (39.0% in 2022)	\$ 18,464,706	\$ 18,361,792
Meetings and conferences (12.7%)	5,993,711	3,592,515
Royalties, staff services, and contract income (19.5%)	9,255,553	10,684,382
Accreditation and exam fees (23.9%)	11,332,055	11,121,564
Advertising income (2.1%)	1,014,906	1,047,943
Other income (2.7%)	1,293,900	1,377,938
<b>Total revenue (100%)</b>	<b>\$ 47,354,831</b>	<b>\$ 46,186,134</b>
<b>Expenses</b>	<b>2022</b>	<b>2021</b>
Membership (22.9% in 2022)	\$ 9,347,197	\$ 11,652,686
Management & General (27.0%)	11,013,386	10,946,619
Professional Affairs (24.0%)	9,788,729	11,456,847
Public Affairs (16.2%)	6,624,865	5,244,540
Conferences (9.9%)	4,033,476	2,566,474
<b>Total expenses (100%)</b>	<b>\$ 40,807,653</b>	<b>\$ 41,867,166</b>
Change in net assets before investment gains	6,547,178	4,318,973
Realized and unrealized investment gains	(5,760,858)	1,164,818
Change in net assets	786,320	5,483,791

Membership dues revenue represents about 35% of APTA's income. Dues revenue is combined with other revenue sources to support APTA's activities in government affairs, public relations, practice, education, and research, plus the development of signature national conferences and other educational and professional development opportunities. The accomplishments, resources, and services highlighted in this year's annual report are evidence of what the association can do with member support.

# Statement of Financial Position

<b>Assets</b>	<b>2022</b>	<b>2021</b>
Cash and cash equivalents	\$ 13,983,712	\$ 11,688,663
Accounts receivable	4,039,016	4,057,445
Investments	27,642,170	32,666,003
Investment in Centennial Properties, LLC	22,472,510	22,472,510
Property and equipment, net	849,901	2,033,641
Other assets	2,021,139	1,314,169
<b>Total assets</b>	<b>\$ 71,008,448</b>	<b>\$ 74,232,431</b>
<b>Liabilities and Net Assets</b>	<b>2022</b>	<b>2021</b>
Accounts payable and accrued expenses	\$ 2,390,928	\$ 3,142,332
Funds collected on behalf of others	954,501	837,603
Deferred dues	9,573,267	9,365,501
Other deferred revenue	12,093,793	11,390,150
Post-retirement benefit obligation	3,608,279	7,895,566
<b>Total liabilities</b>	<b>\$ 28,620,768</b>	<b>\$ 32,631,152</b>
Unrestricted net assets	42,387,680	41,601,279
<b>Total liabilities and net assets</b>	<b>\$ 71,008,448</b>	<b>\$ 74,232,431</b>

# Membership Statistics 2021-2022

Category	2022	2021	Gain/Loss
*PT	57,350	58,526	-1,176
*PTA	6,489	7,063	-574
Life	3,987	3,971	16
Retired	235	231	4
Honorary	19	19	No change
Student PT	26,835	26,243	592
Student PTA	4,089	4,139	-50
Master's Student	7	8	-1
Doctoral Student	541	501	40
<b>Total</b>	<b>99,552</b>	<b>100,701</b>	<b>-1,149</b>

\*These categories include members who do not pay full dues and student members who recently graduated and are eligible for early-career dues discounts.

# APTA Mission and Vision



Our association's mission is about connection. The physical therapy profession is built on strong relationships: relationships with patients, with peers, with other clinicians, and with the broader communities we serve. Our vision reflects the very heart of profession and communicates our beliefs that everyone deserves the fullest possible life, with dignity, independence, and long-term health and vitality. We understand that movement has the power to change lives and improve the vitality of our communities.

## **Our Mission**

Building a community that advances the profession of physical therapy to improve the health of society.

## **Our Vision**

Transforming society by optimizing movement to improve the human experience.

# Awards and Certifications

APTA and our national headquarters received the following awards and certifications in 2022.

## Program Awards

- American Society of Association Executives Power of Associations Gold Award for APTA's Fit for Practice Initiative.
- American Society of Association Executives Gold Summit Award for the APTA Centennial Scholars Program.

## Awards and Certifications, APTA Centennial Center

- American Institute of Architects Northern Virginia Chapter Award of Excellence
- U.S. Green Building Council LEED Silver for environmentally friendly building design.
- League of American Bicyclists Bike Friendly Workplace ,Silver Level.

See other recent awards at [apta.org/awards](https://apta.org/awards).



# Thanks to Our 2022 Partners



Learn more about our formal partnerships and other relationships:  
<https://www.apta.org/apta-and-you/partnerships>