



APTA 2021 Annual Report



Thank You For Helping Us Advance the Profession in 2021

Thousands Supported APTA's National Advocacy Efforts

45,000+

emails sent to Congress on legislative issues.

9,000+

comments sent to the Centers for Medicare and Medicaid Services on the fee schedule.

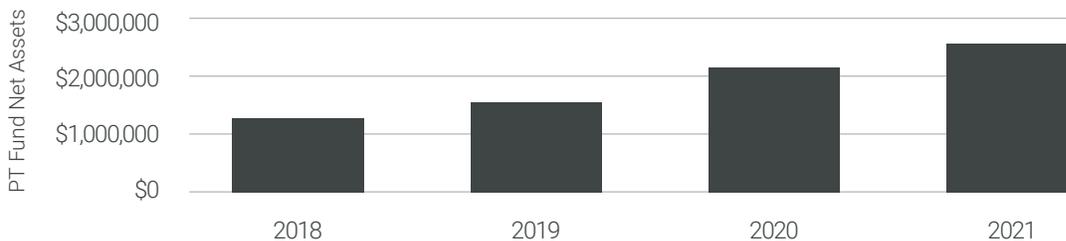
Medicare Pay Cut Slashed



APTA's advocacy to Congress prompted an infusion of \$3 billion to CMS that **reduced a 2021 pay cut of 9% to about 3.3% for physical therapy.**

The PT Fund Exceeded Fundraising Goals, Reaching \$2.6M

APTA's two-year Campaign for Future Generations generated record-breaking donations to support diversity, equity, and inclusion through the PT Fund. We exceeded our goal by more than doubling the fund over the course of the two-year campaign through individual donations, the sale of naming rights in APTA's new headquarters, and centennial proceeds.



Millions of Consumers Reached by APTA's Public Service Announcement

\$1.48M

donated airtime on TV and radio.

43M

total viewings, including online and social media.

12,000+

placements by 29 local TV affiliates and 45 radio stations.



4.4 Million Visitors to Choosept.com

More than 4.4 million people visited APTA's consumer website, ChoosePT.com, a **17% increase over ChoosePT's previous annual record.**

Clinical Resource Access Soared



APTA's updated website improved member access to important evidence-based practice resources: by **175%** for clinical practice guidelines and **633%** for tests and measures.

2,663 PTs Achieved ABPTS Certification



2021 was the second highest year in the history of APTA's Specialist Certification program, bringing the total number of board-certified specialists to **27,675.**



Many of us will remember 2021 as the year the COVID-19 pandemic wouldn't go away. I'll remember it as the year our profession wouldn't quit in a time of national crisis.

Every day, everywhere, we provide essential care. Whatever your setting, whatever your role in our physical therapy community, you are contributing to how we respond to and move through COVID-19. Given the number of delayed procedures, and with the lasting trends of long COVID still being measured, our work has just begun.

APTA is at a turning point. As we shift from our association's first century to our second, we're also transitioning from one strategic plan (2019-2021) to another (2022-2025). Our purpose remains the same. Our association is fighting to improve demand and access, and to enhance the quality of care. We are investing in the sustainability of our profession and the value of membership.

As I begin my term as president, I am embracing the journey we're on. I'm certain there will be challenges, but I'm just as certain in our resolve. Our belief in this profession and what it can do, and our belief in each other, has been and will continue to be our guiding light.

Roger Herr, PT, MPA

President



I'll never forget the excitement of our centennial year — the special events, the opportunity to welcome members to our new headquarters, our inspirational Future of Physical Therapy Summit, and so much more.

But for all the ways that 2021 was unique, I'm proudest of the ways it felt familiar — we continued our history of working together to advance the physical therapy profession to improve the health of society. That's what APTA is all about.

APTA's members powered everything we accomplished in 2021. You supported our advocacy and helped to raise public awareness. You provided outstanding care in a challenging environment. You embraced our efforts to improve diversity, equity, and inclusion throughout our profession and association.

As you read through this report, I hope you will see your support shining through every achievement, every celebration, and every new opportunity created.

Shared passion and vision are the foundation of our profession and allowed us to grow in amazing ways during our first century. Those qualities were just as present in 2021. And they're the keys to our future.

Justin Moore, PT, DPT
Chief Executive Officer

Celebrating Our Centennial

APTA's centennial in 2021 was about more than our history. We honored achievements and the possibilities for the profession's next century. In a year of continued challenges due to the COVID-19 pandemic, APTA's centennial provided a welcome opportunity for embracing the power of togetherness. We felt extra pride in what the APTA community has accomplished — and where we're headed, together.



Founder's Day Weekend: APTA celebrated its beginnings with virtual events the weekend of Jan. 15, including the ribbon cutting to officially open APTA Centennial Center, and APTA's Founder's Day Celebration with interviews and videos from association and component leaders.



The APTA Centennial Scholars program helped to build a cadre of future association leaders at the national and component levels, supporting our collective quest for a diverse and prepared leadership pool.



APTA recognized outstanding achievements by our members during the 2020 and 2021 Honors & Awards Ceremony at the Kennedy Center for the Performing Arts on Sept. 12.



The 77th APTA House began on the 20th anniversary of the 9/11 terrorist attacks, a moment APTA made time to observe.



APTA was the grand sponsor of the 20th annual Arlington Police, Fire, Sheriff and ECC 9/11 Memorial 5K Race, held Sept. 11. We connected with the local community, handing out ChoosePT cooling towels, shoelaces, pins, stickers, and educational information.



APTA hosted an open house at APTA Centennial Center to kick off the centennial celebration.



Due to COVID-19, two Mary McMillan Lectures were presented in 2021: the 51st by Stuart Binder-MacLeod, PT, PhD, FAPTA (virtually), and the 52nd by Colleen Kigin, PT, DPT, MS, MPA, FAPTA (in Washington, D.C.).



The APTA Centennial Gala took place Sept. 10 at the Washington National Cathedral. Net proceeds from this and other APTA centennial events were directed to PT Fund's Campaign for Future Generations.



First Lady of the United States Jill Biden addressed the virtual and in-person audience at APTA's Future of Physical Therapy Summit during the September centennial celebration.



APTA President Sharon Dunn hosted a discussion with some past association presidents at APTA Centennial Center during the association's centennial celebration.



During APTA's Open House, we held multiple room dedication ceremonies, honoring individuals who've made tremendous contributions to our profession and our association.



APTA's centennial celebration included an advocacy day in Washington, D.C., on Sept. 14. More than 450 PTs, PTAs, students, and supporters turned out to receive advocacy training and then attend scheduled meetings with their representatives and staff, some virtual and others in person.



On Sept. 22, APTA launched an effort to make a collective impact on our communities during the last 100 days of our centennial year. We collaborated with Special Olympics, Go Baby Go, and Move Together to create toolkits that could help members develop activities to fit their interests and schedules.



APTA Board of Directors

Robert H. Rowe, PT, DPT, DMT, MHS

Carmen Cooper-Oguz, PT, DPT, MBA

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Geriatric Clinical Specialist

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Vice President

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Cynthia Armstrong, PT, DPT, Certified
Hand Therapist

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of the House of Delegates

Susan A. Appling, PT, DPT, PhD, Board-Certified
Orthopaedic Clinical Specialist

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

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

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

Deirdre "Dee" Daley, PT, DPT, MSHPE

Kip Schick, PT, DPT, MBA, Secretary



We're fighting for the profession.

Fueled by strong grassroots member support, our lobbying efforts on Capitol Hill convinced Congress to pass [legislation averting planned cuts to payment under Medicare](#) — a huge win for patients. Our advocacy efforts didn't stop there: We had legislation introduced to [increase access to physical therapy in rural areas and community health centers](#), pressed for changes that would permanently add PTs and PTAs to the list of providers able to furnish [telehealth services under Medicare](#) and another measure to [help relieve student loan debt](#), advocated for legislation aimed at [increasing diversity in PT and PTA education programs](#), and continued to fight for changes to the [PTA payment differential system](#).



We're helping you enrich your practice.

Our scientific journal updated its name to PTJ: Physical Therapy & Rehabilitation Journal and moved to [a continuous publication model](#) that improved timely access to the most recent research. We introduced a new online [course series on the use of telehealth in physical therapy](#), produced practice advisories — a new member resource — on [information blocking](#), [vaccine administration](#), and [COVID-19 vaccination mandates](#). The year also marked completion of a massive study of [therapy outcomes in postacute care](#) in partnership with the American Occupational Therapy Association, and publication of APTA's clinical practice guideline on [PT management of Parkinson disease](#). And, as always, we continued to add more CPGs, tests and measures, and other information to the [evidence-based practice resources](#) available to members, which was accessed in record numbers.



We're shaping our future.

Our work to create a more diverse and inclusive profession is building momentum. By the end of 2021, we achieved our goal of \$2.6 million in the [PT Fund](#), which includes both the Dimensions of Diversity and the Minority Scholarship funds. We doubled the number of [DEI-related courses](#) in the [APTA Learning Center](#), and engaged 289 faculty and student ambassadors representing 105 DPT programs, 34 PTA programs, and 45 APTA chapters in [APTA's PT Moves Me](#) initiative that introduces elementary and high-school students to the possibility of a career in physical therapy. We developed future association leaders through our [APTA Centennial Scholars](#) initiative and collaborated with other stakeholders to produce "[A Vision for Excellence in Physical Therapy Education](#)," a groundbreaking look at the fundamental values and strategic vision that should guide how future generations of PTs and PTAs are recruited and trained. And we moved the annual [Celebration of Diversity](#) fundraiser to the APTA Combined Sections Meeting, effective in 2022, to increase its impact and inclusiveness.



We're making membership easier (and adding benefits).

Our members have a new way to make their dues payments – a [monthly installment plan](#) with an auto-renew option that takes a set-and-forget approach to maintaining membership. We also continued to expand the range of [benefits available to members](#), which now includes expanded retailer discounts, access to lower student loan refinancing rates, special continuing education subscriptions, an [APTA credit card](#) with benefits for the cardholder and the PT Fund, and more extensive financial planning resources through the [APTA Financial Solutions Center](#).

Choose PT Physical activity improves your health and quality of life.



Watch on  YouTube

We're promoting the value of physical therapy.

The ongoing pandemic made it more critical than ever to increase public awareness of the importance of movement and the role PTs and PTAs play in maximizing health. And the public is interested: [ChoosePT.com](https://www.choosept.com), our consumer-facing website, received more than 4 million visitors during 2021, just as more PT members than ever activated or updated their listings on ChoosePT's "Find a PT" directory. Our "[Choose To Move](#)" public service announcement supporting our [physical activity awareness campaign](#) reached an audience of nearly 32 million, and other APTA public relations efforts were also well-received, including an [advertorial on fall prevention](#), released in September, that received 1,160 media placements and reached an audience of nearly 155 million — so far.

House of Delegates

The association's representative body of the membership addressed racism, DEI, PTA involvement, COVID-19, productivity standards, and more.

As APTA celebrated 100 years of history, the association's House of Delegates turned to the future, and set a course for the association's next century by affirming APTA as an organization more committed than ever to embracing inclusion at both internal and external levels and taking on systemic racism. Those actions were among the most notable in the 77th House session, which included adopting revised bylaws that, among other things, expand the role of PTAs in governance, and passing motions to address unethical productivity standards and promote the role of physical therapist services in recovery from COVID-19.

Addressing Systemic Racism and DEI

The importance of addressing racism and supporting diversity, equity, and inclusion was a theme that emerged repeatedly during the House session. That theme was turned into action in three important areas: a statement on APTA's role in addressing racism, the addition of "inclusion" to the profession's list of core values, and an affirmation that the association will make a positive impact on vulnerable populations in the host locations of national events.

A commitment to anti-racism. While addressing issues of diversity, equity, and inclusion in the physical therapy profession has been a pillar of APTA's strategic plan since 2019 and a component of the association's operations decades before that, the 2021 House saw to it that the organization made its position unequivocal.

In a statement adopted overwhelmingly by delegates, APTA is "committed to being an anti-racist organization" that believes the association and members, collectively and individually, "have an obligation to address policies and practices that perpetuate systemic racism and inequity in our association, the profession, and society."

Inclusion as a core value. The core values for physical therapists and physical therapist assistants have been built around accountability, altruism, collaboration, compassion and caring, duty, excellence, integrity, and social responsibility. Now PTs and PTAs can add "inclusion" to that list.

Described as occurring when the PT and PTA "create a welcoming and equitable environment for all," inclusion is demonstrated by "providing a safe space, elevating diverse and minority voices, acknowledging personal biases that may impact patient care, and taking a position of anti-discrimination."

Care with national events. Consistent with a previous statement of the Board of Directors, a new House position doesn't limit meeting locations but requires that APTA "pursue safe, inclusive experiences for attendees of national conferences/events" and "identify and promote opportunities for members and attendees to make a positive impact on the needs of vulnerable health populations" through those events.

Additionally, APTA will implement proactive strategies with its components to collaborate on proposed dates and locations for revenue-generating, open registration events to identify and mitigate any potential scheduling, location, and financial concerns across APTA's federated model.

Focus on Internal Inclusion

The House overwhelmingly adopted a revised set of association bylaws and standing rules, the result of a two-year special committee review.

A highlight of the bylaws is a change that gives PTAs more rights in the House. Two members of the PTA Caucus will now be seated as full voting delegates with the same rights and responsibilities as voting delegates from APTA chapters and sections/academies.

Delegates also considered the ways the House's own culture has evolved into "year-round governance" that demands continuous attention from delegates as motions and other discussions are presented throughout the year. Critics of the model say that the current demands of being a delegate make it hard for many potential leaders to make the time for service, including a disproportionate number of those from underrepresented populations.

In response, the House charged APTA to conduct an evaluation of the House governance cycle to assess its "purposes, outcomes, and sustainability." A report with a description of the evaluation and

House of Delegates

recommendations for change, including a calendar, is due in 2022.

Attention to Productivity Standards that Respect Clinical Judgment

Productivity standards, used in many practice settings, can and should be reassessed and amended when necessary: That's the bottom line behind a new House position and related directive.

Rather than a list of the many potential dangers of inappropriate productivity standards, the association's new position describes how acceptable standards must strike a balance between patient experience and outcome, respect for clinical judgement, adherence to the code of ethics for the physical therapist, economics of care delivery models, and improved provider work experience. In a related action, the House directed APTA to address unreasonable clinical productivity standards by developing resources that "prioritize professional ethical standards and clinician well-being."

Highlighting Physical Therapy in COVID-19 Care and Recovery

Patients who have or are recovering from COVID-19, including those with lasting effects known informally as long COVID, can benefit greatly from physical therapist services — but are they aware of that? And perhaps even more important, are PTs, PTAs, students, and other stakeholders knowledgeable about the role physical therapy can play? A charge to the association adopted by the House aims to get the word out.

The charge instructs APTA to launch a media campaign to promote physical therapist services "as essential and integral providers in the interprofessional team of health providers

for management of individuals affected by the multisystem impact of COVID-19 and post-acute sequelae of SARS CoV-2." Additionally, in collaboration with sections/academies and other pertinent organizations, the association will distribute evidence-based resources related to serving the physical therapy needs of individuals with COVID-19 and its sequelae.

A Closer Look at Specialization

Delegates agreed that it's time for APTA to dive deeper into specialization within the physical therapy profession and charged the association with conducting an examination of its history and current state, with the aim of creating "a long-term strategy to enhance the evolution and integration of specialization, and potentially sub-specialization, into the advanced practice of physical therapy." A report on that analysis is due to the House in 2023.

Component Collaboration

The leadership of APTA's components — our 51 chapters and 18 sections and academies — demonstrated what it truly means to be “Better Together” in 2021. Despite a limited ability to spend time with one another face-to-face due to the continuing COVID-19 pandemic, the level of commitment by APTA's volunteer leaders to support the physical therapy community was inspiring.

Here are a few ways our components stepped up and created community in 2021:

COVID-19 Response

- Collaborating on critical COVID-19 resources for practitioners and patients, to include ongoing work by a multi-section COVID-19 panel.
- Shifting to virtual and/or hybrid meeting options to reach members while also returning to face-to-face meetings.
- Providing resources to help address burnout and pandemic fatigue.
- Learning to be nimble and adjusting work environments to ensure health and sustainability.

Member Engagement

- Finding ways to maintain a sense of community among members through virtual and hybrid means.
- Connecting in new ways, such as town hall listening sessions, journal clubs, and community outreach efforts.
- Providing PT, PTA, student, and early-career members with volunteer opportunities in APTA Engage.
- Facilitating new memberships and renewals with a new monthly payment option.

Elevating Practice

- Promoting patient care through telehealth and telemedicine services.
- Developing clinical practice guidelines to share best practices.
- Funding and supporting research for data-driven decision making.

Advocating for the Profession

- Addressing state legislative and regulatory issues such as prior authorization and utilization management, adding the ability of PTs to order X-rays, supporting access and payment under Medicaid, improving state direct access, and advocating for fair physical therapy copays.
- Expanding the number of states participating in the PT Compact for interstate licensure.
- Hosting virtual advocacy days and engaging in grassroots campaigns to reach legislators.
- Producing the APTA-Private Practice Section State Payer Advocacy Resource Center.
- Producing the APTA State Payment Legislative Toolkit to assist chapters in pursuing state legislation to address payment and administrative burden.

Advancing Diversity, Equity, and Inclusion

- Developing component-level committees or task forces to focus on DEI efforts.
- Providing programming on DEI to raise awareness.
- Reaching out to underrepresented communities and schools to promote the profession as a career, including recruiting volunteer ambassadors for the PT Moves Me campaign.
- Updating policies and governance documents to reflect the association's commitment to DEI.

Celebrating APTA's Centennial

- Sponsoring a majority of the APTA Centennial Scholars and their capstone projects to further association priorities.
- Hosting watch parties for remote participation in the APTA Future of PT Summit.
- Promoting 100 Days of Service to make an impact on society, including pro bono clinic volunteering and donation drives for assistive devices, shoes, and food.
- Preserving and honoring the history of the profession and the association with activities such as establishing timelines of component history, recording interviews of past presidents and long-time members, and digitizing historical documents.

Leadership Community

- Expanding participation in the House of Delegates as APTA section and academy delegates joined chapter delegates as voting members.
- Engaging with the APTA Board of Directors through the APTA Board Ambassador program and through interactive listening sessions with component leaders.
- Engaging component leaders in the annual component focus group meeting, addressing student engagement, the APTA Centennial Scholars program, and DEI.
- Collaborating and communicating with external stakeholder groups toward a multidisciplinary approach to health care.

Treasurer's Report

2021 was year two of the pandemic, and just like the rest of the world APTA experienced ups and downs — which the association weathered successfully. At the start of the year, APTA led with caution and commitment to health and safety by hosting its first-ever virtual APTA Combined Sections Meeting in February. As the nation opened to more in-person interactivity, APTA was able to hold its September Centennial Celebration at various Washington, D.C., venues, including the new APTA Centennial Center, the National Cathedral, and the Kennedy Center for the Performing Arts. Our centennial year ended with an in-person APTA Centennial Scholars event at Keen's Steakhouse in New York, where APTA was founded.

From a financial perspective, APTA acted prudently to manage expenses and ended the year on solid financial footing.

Here's a look at some of financial highlights in 2021:

Total revenue: Total revenue in 2021 declined by 3.8% from 2020 and 13.3% from 2019. The key drivers of the decline were lower revenue from the virtual APTA CSM, based on lower registration fees and the absence of the exhibit hall, as well as lower membership levels.

Total expenses: Total expenses in 2021 declined by 0.7% from 2020 and 13.3% from 2019. The key drivers of lower expenses were reduced travel and meeting costs as well the management of discretionary costs.

Programmatic expense percentage: The target is 75 cents of every dollar going toward membership and programs; in 2021 APTA exceeded the target, directing 76.2% of every dollar to programs and services.

Reserve balance: The investment portfolio balance ended the year at \$32.7 million, an increase of \$2.1 million over 2020. The balance approximates 71% of total expenditures, which is slightly over the target of 65%. The expectation is that as APTA recovers from the impacts of the pandemic, the budget will return to pre-pandemic levels, which will bring the reserve percentage of expenses back into alignment with the target.

APTA's continued strong financial management has positioned the association to be ready to guide the profession as we transition out of the pandemic and into growth that brings us ever closer to achieving our mission and vision.



Jeanine Gunn, PT, DPT
APTA Treasurer

Statement of Activities

Revenue	2021	2020
Dues and subscriptions (39.8% in 2021)	\$18,361,792	\$18,274,197
Meetings and conferences (7.8%)	3,592,515	12,092,716
Royalties, staff services, and contract income (23.1%)	10,684,382	8,652,742
Accreditation and exam fees (24.1%)	11,121,564	6,365,518
Advertising income (2.3%)	1,047,943	750,985
Other income (3.0%)	1,377,938	1,852,923
Total revenue (100%)	\$46,186,134	\$47,989,081
Expenses	2021	2020
Membership (27.8% in 2021)	\$11,652,686	\$9,067,260
Management & General (26.1%)	10,946,619	10,568,481
Professional Affairs (27.4%)	11,456,847	12,537,492
Public Affairs (12.5%)	5,244,540	5,796,061
Conferences (6.1%)	2,566,474	7,060,965
Total expenses (100%)	\$41,867,166	\$45,030,259
Change in net assets before investment gains	4,318,973	2,958,822
Realized and unrealized investment gains	1,164,818	2,047,679
Change in net assets	5,483,791	5,006,501

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

Assets	2021	2020
Cash and cash equivalents	\$11,688,663	\$4,015,821
Accounts receivable	4,057,445	2,024,492
Investments	32,666,003	30,555,539
Investment in Centennial Properties, LLC	22,472,510	22,472,510
Property and equipment, net	2,033,641	1,607,740
Other assets	1,314,169	545,277
Other assets	545,277	739,506
Total assets	\$74,232,431	\$61,221,379
Liabilities and Net Assets	2020	2019
Accounts payable and accrued expenses	\$3,142,332	\$2,004,448
Funds collected on behalf of others	837,603	558,526
Deferred dues	9,365,501	9,863,141
Other deferred revenue	11,390,150	5,950,067
Post-retirement benefit obligation	7,895,566	6,727,677
Total liabilities	\$32,631,152	\$25,103,859
Unrestricted net assets	41,601,279	36,117,520
Total liabilities and net assets	\$74,232,431	\$61,221,379

Membership Statistics 2019-2020

Category	2021	2020	Gain/Loss
*PT	58,526	57,871	655
*PTA	7,063	6,900	163
Life	3,971	3,902	69
Retired	231	227	4
Honorary	19	19	No change
Student PT	26,243	25,385	858
Student PTA	4,139	4,286	-147
Master's Student	8	10	-2
Doctoral Student	501	411	90
Total	100,701	99,011	1,690

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

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 Recognition

APTA and our new national headquarters received the following awards and recognition in 2021:

- Public Affairs Council Lobbying Strategy Innovation Award for advocacy.
- Fitwel Best in Building Health Award for APTA Centennial Center.
- CoreNet Global 2021 Workplace of the Year: User Experience Award for the Mid-Atlantic Chapter of CoreNet Global for APTA Centennial Center.
- NAIOP Best of NAIOP Northern Virginia Award (Build-to-Suit) for APTA Centennial Center.
- Engineering News Record Mid Atlantic Award of Merit (Office/Retail/Mixed-Use) for APTA Centennial Center.

See other recent awards at apta.org/awards.

Thanks to Our Official Partners

**American Academy of Orthopaedic
Manual Physical Therapists**

American College of Sports Medicine

**Federation of State Boards
of Physical Therapy**

Move Together

Special Olympics

**United States Department of
Veterans Affairs**

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Performance Health
PhysicalTherapy.com
Scorebuilders
Simucase
TrueLearn