

2023 Candidate Statement – Candidate for Director



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Certified Sports and Orthopedic Manual Therapist

Question: What meaningful qualities do you bring to the Board of Directors that would help to achieve the APTA strategic plan?

Response:

It is my distinct honor to be slated as a candidate for Director. APTA's vision of transforming society by optimizing movement to improve the human experience is the concept that I used to build my company, Momentous Sports Medicine. Physical therapists should be the practitioner of choice for any movement-based issue. Bill Bowerman, the founder of Nike, said, "if you have a body, you're an athlete". This is the mantra we use at my company to help people optimize movement. A huge problem that physical therapy has faced is that most people don't know what we do. If they don't know what we do, they don't know how we can help them. According to the latest APTA Consumer Research Report, the typical consumers' perception of how physical therapists can help them ranks below 30%. This is an awareness issue that we must address in order to bring our vision to reality. Working to grow my company from nothing to operating in three states in a cash-based model has been a true exercise of awareness, education and value realization. I have been successful with this endeavor within my communities. I plan to bring the learned experience of increasing awareness and educating the population about who physical therapists are and what we do, on the grassroots level, to further the efforts of APTA towards achieving this vision.

The APTA's mission of building a community that advances the profession of physical therapy to improve the health of society, aligns directly with my personal goals as a physical therapist who is active within my professional association. Throughout my career, I have actively worked to build this community through my engagement. I served as the Board Chair for the State Board of PT for Washington, DC. I personally engaged with licensees in DC, encouraging them through education and providing knowledge of our expanding practice act, while ensuring public safety. My work with FSBPT connected me with regulatory leaders across the country. We learned from each other how to effectively impact our profession's abilities across the nation. Within FSBPT, I served on the Nominating, Resolutions, and Physical Therapy Compact committees. I learned different skills from each of these positions and the common thread that transfers to the position of APTA Director, is each of these positions involved moving our profession forward. Although the missions are different between the two organizations, board service to accomplish goals relies on the same type of teamwork. My time invested with FSBPT would serve the APTA in continued opportunities for strategic collaborations. Building community also means going outside our profession to build bridges. To that end, I served as a board member for the Commission on Graduates of Foreign Nursing Schools (CGFNS), a credentialing organization for the profession of nursing. On this board, I provided a perspective different from that of everyone else at the table, thereby giving physical therapy a voice and a place within the world of Nursing. Meaningful relationships build strong communities, and this is a quality that I would bring to the table as a Director.

APTA has committed to increasing diversity, equity and inclusion in the association, profession and society. I am living proof that some of these efforts have been successful. However, as a profession, we are a long way from having a truly diverse workforce. Our profession, in many cases does not reflect that of the communities we serve. I challenged myself from the beginning of my career to impact our profession in a way that creates and provides opportunities for members of historically underrepresented groups that come behind me. I am

currently the chair of the Diversity, Equity and Inclusion committee in the American Academy of Sports Physical Therapy. I was also a member of the APTA DEI Fundraising committee for the Black PT Legacy Room at APTA HQ. Participating in DEI work within these committees presented an unexpected dichotomy of people. On one side were people in positions to donate financially and provide opportunity. On the other side, I interact with people trying to find their place in the profession, who are looking for opportunity. My ability to walk in both of these spaces and speak the language necessary to connect with all members is what I bring to the position of Director. I ask for your vote in this endeavor and I look forward to working together with all of you in creating the future that we seek for our great profession.