

Candidate Statement – Candidate for Director



Cindy Johnson Armstrong, PT, DPT Certified Hand Therapist; Certified Lymphedema Therapist

Question: What uniquely qualifies you for the role of Director, and how does that contribute to the association's vision, mission, and strategic plan?

Response:

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

Transforming society by optimizing movement to improve the human experience.

I have had the honor and privilege to serve as one of the Directors on the APTA Board of Directors for the past four years. Being a member of the APTA Board provides many leadership opportunities and responsibilities. Some of the most significant responsibilities I have had while on the Board include being the Chair of the appointed board work group (ABWG) which involves thoughtfully and thoroughly reviewing applications and providing recommendations to the full Board to appoint APTA members to the many volunteer workgroups and Committees such as the Public Policy and Advocacy Committee (PPAC), the Finance and Audit Committee, the Awards Committee and the Scientific and Practice Affairs Committee. I have also served on the Board Ethics Committee and am currently acting as Vice President for the PT Fund and as an active member of the newly formed Diversity, Equity and Inclusion (DEI) Committee. In addition, I been blessed with the opportunity to serve as liaison to a number of components, helping several through difficult and challenging times.

In 2019, I was entrusted by President Dunn to bring eight motions to the HOD related to Diversity, Equity, and Inclusion, in order to facilitate meaningful change within and outside the profession. Those that know me well, know that I am passionate about these issues and feel as if we are at a precipice to advance real change which in turn will help to improve access to our services, thus improving the health of the society we live in. I also had the opportunity to bring the motion to add a public member to the APTA Board. I view this change as an opportunity for physical therapists to truly listen and learn from those who seek access to our services. I believe it is important to recognize that not everyone has our knowledge and skillset or understands who we are or what we do, and I am excited to hear an outside perspective and insight relative to how others view our services and contributions to transforming society.

This past year has been tricky as we not only turned over a large percentage of the Board, but also just recently had the opportunity to meet in person, for the first time, since our current group was forged. To develop a high functioning board, it is critical to develop trust in each other and to develop a trusting environment if we are to achieve meaningful work. As the only incumbent running for Director and with a new President and Vice President to be elected, I think a balance of new and experienced members will help to establish an innovative and effective working group. In addition, the current Board is actively engaged in developing the next strategic plan. I feel that I would make meaningful contributions in seeing this process through, to guide our Association and profession for the next several years.

My service on the Board has been life changing. My passion and commitment to the profession is unwavering as we seek to transform society. Serving with integrity is my mantra and is reflected by my quest to consistently adhere to high ethical and profession standards. It is the foundation for building communities of



respect and collaboration among each other and among our interprofessional colleagues in order to move the profession forward and meet the complex needs of the society we serve. This Centennial year is exciting as we look to those who have come before us and strive to leave a legacy for a solid future for the Association and for the profession in the next 100 years. I would love to have the opportunity to contribute to that legacy.

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