

# 2025 Candidate Statement – Candidate for Director



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**Question:** Describe how the core attributes for elected leadership you possess contribute to the fiduciary and strategic responsibilities of a Director on the APTA Board of Directors?

**Response:**

I joined the American Physical Therapy Association (APTA) when I was a student at St. Louis University. Since that time, I have been able to be a part of the amazing transformation of physical therapy as the APTA worked to advance our profession and I am honored to be considered to serve on the APTA Board of Directors.

I began practice as a physical therapist in an inpatient neurorehabilitation setting working with patients that had experienced life changing injuries and diseases. I was part of a care team that worked inclusively with patients and their families towards creating the best possible outcomes. I distinctly remember sitting around a case conference table and being grateful for the diverse perspectives that everyone brought and how that aided in facilitating excellent care and outcomes. I have continued to value collaboration and inclusion throughout my career. During my time serving on the Academy of Education Board we facilitated a member survey that included listening sessions to learn how the Academy could serve members better. I was a strong advocate for including both members and non-members of the Academy. Inclusion of all of these voices allowed us to create a new strategic plan that reflected the needs of physical therapy educators across the spectrum of education. As a director, I will advocate for opportunities for members and non-members alike to contribute their perspective so the APTA can continue to support the advancement of all physical therapists.

From the start, my career in physical therapy has fostered in me the ability to be adaptable to a shifting environment in real time. I remember when schedules changed or an assignment was modified the faculty at St. Louis University telling us as students that we needed to “go with the flow” and I have learned just how important that is in the healthcare environment. As a clinician, I experienced the shift from cost-based reimbursement to managed care models, requiring me to adapt treatment planning to balance high-quality outcomes with efficiency and payer constraints. Early in my time in academic leadership the Balanced Budget Act drastically impacted physical therapy and physical therapy education. Canceled placements meant finding new strategies for identifying rotations for students. Most recently, the pandemic compelled physical therapy program leaders, like me, to quickly find new ways of teaching to allow our students to continue their education. These experiences and the many other changes that have and are manifesting honed my ability to adapt and impressed upon me the value of strategic planning and foresight.

The future of the profession of physical therapy cannot be known with certainty. We can, however, prepare. I appreciate the importance of strategic planning as both a roadmap for our aspirations and as an exercise to familiarize us with the landscape so that we can be ready for the unexpected. As a program chair, I consistently work with faculty to anticipate future needs—whether by expanding curricula to address emerging care models, integrating technology into training, or fostering resilience in students preparing to enter a rapidly evolving healthcare landscape. This experience translates well into being party to helping the profession be flexible enough to navigate obstacles or embrace opportunities, whether that means confronting new technology, new evidence or changes to payment structures

Healthcare, including physical therapy, is confronting many challenges. Inclusion, courage and adaptability will be necessary for the association to continue to advance the profession. As a member of the APTA Board of Directors, I will be strategic in planning for the future and flexible, guided by our profession's values and ethical principles to explore ways to achieve our vision and long-term goals. I love our profession and hope that we are able to shape its future to our aspirations and not just react to external changes.