

## Chairperson's Report

Happy Spring Everyone!

The SPC Semi-Annual Conference call was held April 10th. The main topic of discussion was the upcoming World Congress of Physical Therapy coming to Vancouver in June of which I encourage you all to attend. SPC is sponsoring the now sold out, pre-congress course *Groin pain, knee pain, and recurrent hamstring injuries* taught by Diane Lee & Linda-Joy Lee.

Be sure to stop by the "Canada House" at WCPT on Tuesday June 5th, from 9:30 –10 am for the SPC AGM, and then stick around until 11 am where SPC will be promoting and celebrating our para-athletes and their involvement in sport. If you are interested in making your voice heard and finding out what else is going on at the national level, please be sure to attend the AGM.

The Alberta Division of SPC has re-introduced the David Magee Award. Nomination and application procedures are laid out in detail on page 4.

I'd like to congratulate the 16 BC therapists who were successful in passing their SPC exams this year. Personally I thought the exam process was a great learning experience and I encourage all of you out

there who are considering it to move forward and go for it! The deadlines for the 2007/08 exams are fast approaching. Applications deadlines and exam dates are all listed in the *Bulletin*.

Recognition must also be given to one of our executive members, Andrea Reid, who was recently published in the March 2007 edition of *Physical Therapy*. Her article, "Hop Testing Provides a Reliable and Valid Outcome Measure during Rehabilitation after ACL Reconstruction" is reviewed on page 3.

Finally, the executive of Sport Physio BC has undergone many changes in positions, a large growth in executive numbers, and changes to the way things are run (i.e. electronic newsletter and email database). Because of these changes and our somewhat antiquated constitution, we are currently in the process of updating the constitution. When completed, it will be presented at a SPC-BC AGM hopefully to be held in the Fall. We will keep you updated on this as we progress.

Sincerely,

Timberly George, BScKin, BScPT  
Diploma Sport Physiotherapy  
Chairperson, Sport Physio BC

timberlygeorge@yahoo.ca

# Profile : Future Physio Krystie Cheong

by Erika Mayall, student rep

## **Background:**

Born August 17th, 1982 in Ladner, BC.  
Graduated from Delta Secondary School in 2000.  
Completed the Bachelor of Human Kinetics program at UBC in 2005 with a specialization in Exercise Science. Currently completing the MPT program at UBC.

## **Hobbies:**

Playing and/or watching sports; snowboarding; working out at the gym; discussing physio related topics with classmates; testing out new techniques on family members and friends.

## **Why physio?**

I've always been amazed at physiotherapists' knowledge, people skills, and ability to make everyone

better. I figured this was the best career that allowed me to surround myself with wonderful people, not sit at a desk all day, and help others reach or maintain an optimal level of health and function.

## **What sparked your interest in sports physio?**

When I was 16, I was being treated for a shoulder subluxation. My physio worked in private practice, but also travelled with one of the National Ski teams. I thought that was the coolest job ever!

## **Sports physio experience**

I've been with the UBC Women's Basketball team for the past 3.5 seasons. I really enjoy working with the athletes and the coaching staff. Last summer, I volunteered with the Delta Islanders Junior B Lacrosse team.

## **What do you hope to get out of the sport physio credentialing system?**

I really like the idea of having an SPC mentor to help guide me through this next level of education. Hopefully I will gain the clinical skills, experience, and confidence to eventually take on my own team, and my own students.

## **Any sport physio mentors so far? What do you hope to learn from a mentor in the future?**

In the past year, I've had the opportunity to collaborate with Scott Fraser at Allan McGavin. He's just a wealth of sports physio knowledge, and he's always willing to teach. I've also worked closely with Dave Adolph, an awesome athletic therapist, who was really my first mentor at UBC. In the future, I hope a mentor could help me improve my clinical reasoning, treatment skills, and on-field emergency assessment/treatment.



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**Dr. Stuart McGill, PhD Professor of Biomechanics**

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*Cont'd. on page 4*

# Valid and reliable outcome measure for ACL repair

by Tim Dewailly, student rep

Review of Andrea Reid, PT, MSc, et al. Hop Testing Provides a Reliable and Valid Outcome Measure During Rehabilitation After Anterior Cruciate Ligament Reconstruction. In *Physical Therapy*. Vol. 87. No. 3. Pp. 337-349.

As a UBC physiotherapy student, I have realised the importance of evidence-based practice in the profession. It is quite clear that valid and reliable outcome measures are needed in order to provide the best treatment of care possible to clients. It becomes even more meaningful to us as students when the research comes from local physiotherapists.

In March 2007, Sport Physio BC executive board member Andrea Reid saw her master's research published in the prestigious *Physical Therapy* journal. In this study, Andrea Reid et al. evaluated a series of four hop tests as an outcome measure following ACL reconstruction. Forty-two patients who had undergone ACL reconstruction were included.

The subjects performed a series of four hop tests on three separate occasions within the 16th week following surgery, and on a fourth occasion six weeks later. The four hop tests included a single hop for distance, a 6-metre timed hop, a triple hop for distance, and a triple hop for distance while alternatively crossing over a marking. Performance on the ACL reconstructed limb was expressed as a percentage of the performance on the non-operative limb (limb symmetry index). Subjects also completed a Lower Extremity Functional Scale and a global rating of change questionnaire to determine functional status and subjects' perception of change.

The intraclass correlation coefficients for limb symmetry index values ranged from .82 to .93 and can be described as having excellent relative

reliability. Standard errors of measurement were 3.04% to 5.59% while minimal detectable changes, at the 90% confidence level, were 7.05% to 12.96%. Finally, changes over time in hop test scores on the operative limb were statistically greater than changes on the non operative limb. Overall, the study clearly demonstrated that the series of four hop tests described in the research provide a reliable and valid outcome measure for clients undergoing physical rehabilitation following ACL reconstruction.

As a future physiotherapist, it is great to know that such evidence-based outcome measure can easily be translated into clinical practice and can provide an accurate way to monitor a client's progress through rehabilitation following ACL reconstruction.

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# Call for nominations for the Dave Magee Award

Sport Physiotherapy Alberta is proud to support the re-introduction of the Dave Magee Award. The Dave Magee Award was named to honor the contributions of Dr. David Magee to Sport Physiotherapy in Canada. It has not been awarded over the past few years and the executive of Sport Physiotherapy Alberta has donated the funds to support this award. Criteria for receiving this award has been changed and approved by Sport Physiotherapy Canada.

The 2007 Dave Magee Award will be presented at the Annual General Meeting of Sport Physiotherapy Canada. Three awards, in the sum of \$500, will be presented in the following categories:

1. Presented to an applicant or nominee who has made outstanding contributions to Sport Physiotherapy Canada (Provincial or National)
2. Presented to an applicant who is challenging the Certificate or Diploma exams of Sport

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*From page two*

## ***Where do you see yourself in 1 year? 5 years? 10 years?***

In the next year, I'd like to first graduate, then gain some experience in both public and private practice. Hopefully within 5 years, I'll be in private practice, have my SPC certificate, and possibly be working on my diploma. In 10 years, maybe I'll have the opportunity to work with a National level team or at a Major Games.

## ***Most memorable experience working with a team?***

Winning the Canada West Championship (2007) and two National Championships (2004, 2006) with UBC Basketball, and winning Provincials last year with Islanders Lacrosse.

## ***What's the best thing about working with a team?***

Developing professional relationships with so many amazing people.

Physiotherapy Canada.

3. Presented to a candidate/candidates that achieve Distinction in the written and/or the practical components of the Certificate or Diploma exams. Category 3 recipients will be determined by the Chief Examiner of Sport Physiotherapy Canada and based on the results of examinations completed in the year. (This award may be shared.)

Applications or nominations for Category 1 or 2 of these awards are now being accepted. A detailed list of criteria and application/nomination form can be requested from Sport Physiotherapy Canada, [info@sportphysio.ca](mailto:info@sportphysio.ca) ; 613-748-5794/613-748-5792 (fax).

Completed nominations must be received by August 1st of each year.

## SPORT PHYSIOTHERAPY CANADA

### **2007 BC Certificate Holders**

Stacey Alexander  
Rick Celebrini  
Steve Witvoet  
Denise Morbey  
Chris Franks  
Susie Mortensen  
Lisa Price  
Dana Ranahan  
Therese Leigh  
Julie Harvey

### **2007 BC Diploma Holders**

Joel Kryczka  
Chris Napier  
Andrea Reid  
Timberly George  
Sylvie Cote  
Travis Wolsey

## **Upcoming May Courses**

- Victoria, May 4/5  
*Running Injuries* - Matt Walsh.
- Vancouver, May 6/7  
*Running Injuries* - Matt Walsh.
- Vancouver, May 11/12  
*Sports Acupuncture* - Doug Freer.

We are pleased to announce we have moved our course registration to an electronic system with the help of a local group called Karelo. You can get information and register for any of our courses directly through the sport physio BC website ([www.sportphysiobc.com](http://www.sportphysiobc.com)) or through Karelo ([www.karelo.com](http://www.karelo.com)).

## **Physio Database**

If you would like to be added to our database of physiotherapists who are contacted about upcoming sporting events requiring physiotherapy coverage, please contact us at [sportphysiobc@yahoo.ca](mailto:sportphysiobc@yahoo.ca).

## **E-mail list**

Have you changed your e-mail address? If so, you probably didn't get this newsletter and are reading it over a colleagues shoulder on the computer....please keep us updated on your e-mail address.

## **Canada West Forum**

Have you signed up on the Sport Physio – Canada West Forum yet? You can post jobs, check out course listings, find out about sporting events, and join discussion groups. Check it out on our website at: [www.sportphysiobc.com](http://www.sportphysiobc.com).

## **Junior Ultimate Championships**

The BC Jr. Ultimate Championships are happening May 26, 27 at Burnaby Lake Regional Park. Check out this website for details: <http://juc.bcdss.bc.ca/>. Physios/Physio students are needed to cover the medical tent. If you are available to cover a 1/2 or full day (or whole weekend!) of the event, please contact William Arlotta. E-mail: [juniors@bcdss.bc.ca](mailto:juniors@bcdss.bc.ca). Cell: 604-657-1102. A small honorarium is being offered for helping with this event. Experience with Ultimate is not essential but

would be beneficial. First Aid and CPR are essential.

## **Charity Slo-Pitch Tournament**

Camp Goodtimes Charity Slo-Pitch Tournament – June 2nd & 3rd. Riverway Sports Complex, Burnaby BC. Volunteers needed for the medical tent. Please contact Dan Haggart for details [dan@citysportsphysio.com](mailto:dan@citysportsphysio.com).

## **Flowerbowl Ultimate Tournament**

June 9 & 10, UBC, Vancouver BC. For information: [www.flowerbowl.ca](http://www.flowerbowl.ca). To help in the medical tent please contact Jacky Li, tournament director at [jacky.li@aon.ca](mailto:jacky.li@aon.ca)

## **Taping & Bracing Course**

Course for Physiotherapists hosted by Randy Goodman, Dip Sport PT. Kelowna BC. June 23 & 24, 2007. For more information or to register, please call 1-800-667-8872.

## **BC Disability Games**

July 11-15, 2007. Powell River, BC. Volunteer physiotherapists and physio students required for medical support. If interested in helping out, please contact Barbara Farquharson. 604-485-4439 (w); 604 487-4497 (h); [barbarafar@shaw.ca](mailto:barbarafar@shaw.ca). All volunteers will be provided with free accomodation and paid for transportation and must be available to help out for a minimum of one day. For more information about the games go to: <http://powellriver2007.com/powellriver2007/>

## **2007/08 Exam Deadlines**

Tentative until confirmed by SPC. *Written Exam date:* September 21, 2007 – in your home city/town. *Practical Exam date:* Feb/March 2008 – Vancouver, BC

For application forms and procedures, please contact SPC National office at [info@sportphysio.ca](mailto:info@sportphysio.ca). All applications & supporting documents must be received at SPC office by July 6, 2007.

## **Fall Lecture Series**

The upcoming PABC Fall Lecture Series will be of interest to all sport physio members. The series runs from September – November and will include lectures on knee, heel and hip injuries. See you all there!