

# Newsletter of the Kaiser Hayward PT Fellowship

## Greetings Alumni!

It's news time of year again, and there's much to tell you about your "alma mater".(If you're like me and like to read the end of books while standing in line to pay, skip to the end of this newsletter to read about the **Great Bash** we're planning at the **AAOMPT** conference this year.)

First, and of greatest relevance for those of you graduates from the 3 month mentorship program: If you are considering applying for the 2009 Fellowship class – the deadline for application is JULY 1<sup>st</sup>. (That's right – just a few weeks from now!).

## Here are some tidbits that might tempt you to apply to the 6-month program:

- We are now incorporating on-line learning to enhance your experience in the lab and the clinic. You will be able to access articles and resources, preview lecture materials, and engage in on-line forum discussions. Feedback from our mentees and fellows has been overwhelmingly positive about this additional resource!
- Evolution of the curriculum to include:
  - o New lectures on advanced exercise training with an opportunity to work with a PT who is an Olympic trainer and works with elite athletes
  - o New lecture on pain sciences
  - o New post-op content
  - o Return of the invincible and ever-humorous John Seivert teaching Mulligan techniques
  - o Revision of the journal club to reflect exciting changes in research guiding evidence based practice.
- A pay raise for fellows – now \$ 29.41 per hour.

## Other exciting news:

- The KP Fellowship program is preparing for its first off-site mentorship satellite in the Portland, Oregon area for the Northwest Kaiser Region. Progress to date: Faculty are teaching weekend courses on the cervical spine, lumbar spine, shoulder and knee to the Kaiser PTs and community therapists. Mentors are being trained with the goal of accepting the first class before the end of 2008.
- For all of you fellowship grads who have ambitions to teach or mentor – we are exploring ways to support you toward that end! Options to date:
  - o We have instituted Faculty Associate I and II positions and welcomed past graduates to these posts in the last two years. As a faculty Associate I you

assist in lab classes and take on a small amount of teaching. As Faculty Associate II you are trained in and perform the functions of a mentor and also receive training and support to gradually take on teaching within the program. We are putting together a training curriculum for other graduates in 2009.

- IAOPT, your “alumni organization,” has begun sponsoring Australian courses out of the area at the request of alumni. Alumni serve as assistants at the courses, gaining both experience and some recognition locally. If you are interested in having a course, or series of courses, sent your way, contact Leslie Harder at [lesmharder@aol.com](mailto:lesmharder@aol.com).

Visited our website lately? No? Check out the clinical pearls and seminar papers, at [www.kaiserhaywardptresidency.com](http://www.kaiserhaywardptresidency.com). If you wish to contribute, contact [caroljo.tichenor@kp.org](mailto:caroljo.tichenor@kp.org).

**See you at AAOMPT - October 29- Nov 2<sup>nd</sup> 2008!**

This year we are instituting a new tradition: an alumni bash at the AAOMPT conference in Seattle! There will be wine, food, and YOU, our great alumni. Come and connect with old friends, meet and network with fellow grads, get updated on changes in the program, but mostly, just have some fun!

### **IAOPT Symposium September 6-7, 2008 - Oakland California**

We hope you'll plan to come to the Bay Area to a great symposium being planned by IOAOPT. Topics include: Arthroscopic Surgery of the Hip, MIA of the Hip and Knee, Labral Tears of the Hip, Surgical Management of Complex Pelvic and Hip Fractures, Articular Cartilage Repair Intervention and Management, Updates on ACL Reconstruction, Issues in Management of the Adolescent Athlete. We'll be sending you updates as the course flyer is finalized. Email [LesMHarder@aol.com](mailto:LesMHarder@aol.com) if you want to be sure to be on the mailing list.

PLEASE send <a href="mailto:Caroljo.tichenor@kp.org">Caroljo.tichenor@kp.org</a> your current email address if anything has changed in the past year. We are trying to switch to email communication and don't want to MISS YOU!
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*Leslie Harder  
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