

## meet the BOARD



chair

**CORBIN**

UMary



vice chair

**TAYLOR**

UND



secretary

**EMILY**

UND



treasurer

**ISAAC**

UND



social media

**BRI**

UMary

next meeting  
**FEB 12 7PM**



with guest

**DR. CHRISTEL  
PARVEY**

**PT, DPT, PRC**

**Postural Restoration  
Certified therapist (PRC)**  
She has worked with  
chronic pain conditions  
leading to further education  
in myofascial release,  
kinesiotape, and  
collaboration with dentists  
and optometrists to provide  
optimal care for the patient.

Learn more on next page!

### Message from the Board:

**Hello everyone!**

After some thoughtful discussion of how we can better serve you, the board came up with some really great ideas including this newsletter! We will provide future meeting dates, APTA and related events you can attend, as well as highlights from our meetings in future newsletters. Another new thing we introduced this year is the Distinguished Student Scholar Certificate (more on next page). The certificate requirements and more are also available on our social media pages and our website.

**Good luck this semester, and we will see you the second Monday of every month!**

### UPCOMING EVENTS

**APTA Combined Section Meeting (SSIG 40 credits)**

*Dates: February 15th - 17th, 2024*

*Location: Boston, MA*

*Cost: Student Member = \$400*

### Continuing Education Opportunities:

*Managing Cervicothoracic Conditions in Clinical Practice:*

*Excelling at the Basics of Manual Physical Therapy*

*Dates: Friday, April 19th - Saturday, April 20th*

*Location: University of Jamestown PT Program*

*4190 26th Ave S, Fargo, ND*

*Cost: Life/Student Member = \$188*

*<https://aptand.com/event-5516107>*



## DR. CHRISTEL PARVEY PT, DPT, PRC

Christel graduated from the University of North Dakota with Masters of Physical Therapy in 2001. She received her transitional Doctorate of Physical Therapy degrees in 2005 while practicing PT. She has worked in an outpatient setting since 2001 with an emphasis in treating the body as a whole after first Postural Restoration course in 2004. She became a Postural Restoration Certified therapist (PRC) in 2008. She has worked with chronic pain conditions leading to further education in myofascial release, kinesiotape, and collaboration with dentists and optometrists to provide optimal care for the patient. Christel has also worked alongside an Integrative and Complimentary medical physician and acupuncturist providing her with an expanded knowledge in these treatment areas. Postural Restoration has given her a foundation for understanding patterns and why they occur so she is best able to restore patient function. She desires to offer a sense of peace, hope and variety of treatment options for patient's with ongoing pain."

Source: <https://www.posturalrestoration.com/find-provider>

### APTA-North Dakota Distinguished Student Scholar CERTIFICATE REQUIREMENTS

IN ORDER TO RECEIVE THIS CERTIFICATE, STUDENTS MUST HAVE CREDITS FROM EACH TIER FOR A TOTAL OF 100 CREDITS. ADDITIONAL OPPORTUNITIES TO EARN CREDIT ARE POSSIBLE AND AT THE DISCRETION OF THE APTA-ND BOARD VICE PRESIDENT AND THE SSIG BOARD.

	EVENT	CREDITS
<b>TIER ONE</b> maximum 50 credits	APTA National Conference	40
	Present research at a conference	35
	APTA-ND Conference	25
	APTA-ND Business or Board Meeting (max. 10 credits)	10
<b>TIER TWO</b> maximum 80 credits	Attend monthly SSIG meeting	10
	Local Advocacy Event	10
	APTA Live Webinar (max. 10 credits)	5
<b>TIER THREE</b> maximum 15 credits	PT-related service event	5
	Local APTA SSIG social event	5

+1 BONUS POINT FOR TAGGING APTA-ND AND NDPTSSIG IN SOCIAL MEDIA POSTS AFTER EVENT  
**FACEBOOK** "ND Physical Therapy - SSIG" AND "APTA ND"  
**INSTAGRAM** @ndptssig **TWITTER** @NDSSIG

**JOIN THE GROUP ME CONVERSATION! SCAN THE QR CODE FOR UPDATES**



**DOWNLOAD THE PDF VERSION AVAILABLE ON OUR APTA-ND SSIG PAGE (LISTED BELOW)**