



THE MONDAY MEMO

March 19, 2012

DP7 Class of 2014

Treat Like A Champion

It could be in reference to the weather or NCAA basketball, but either way, we're right in the thick of March Madness. After sneaking away from studying to catch a peak of the tournament, an explanation for its insane unpredictability came into view. Though a team's potential based on talent, record, experience and coaching makes the bracket feel predictable, the reality is, foul trouble, injuries, unlikely heroics and other crucial outcome influencing elements don't develop until after the tip off. Preparation can only take a team so far. The best teams have not only the potential, but also the ability to adjust to the perpetually changing game dynamics in order to perform.

As physical therapists, having success should be viewed similarly. In school we learn and practice in a sterile environment and try to favorably alter the many variables that remain in our control. Likewise, the best literature and evidence typically contains precise parameters and conditions from which conclusions arrive. Our preparation and command over such material only speaks to our potential, not our actual performance. Success in the clinic is the result of specific theoretical application. The ability to critically sift through everything we have learned in the classroom and adjust it to benefit our individual patient in the clinic makes us adaptable as well as great practitioners.

Being a life-long learner is synonymous with being a life-long adapter. In 1986 when the 3-point line was introduced, it changed college basketball. It impacted the game again in 2008 when it moved back by another foot. Just like the top basketball coaches and players know the newest rules, we too must be aware of the latest research. Yet, the best coaches, players and physical therapists understand knowing and preparing is not nearly enough to succeed. We must also perform. A novice practices until he gets it right, an expert, until he can't get it wrong. At the University of Pittsburgh, these principles of continual preparation and adaptable performance are instilled within our physical therapy practice, allowing us all to treat like a champion!

Mark Your Calendars!

- **Saturday, March 24th** – **Mini-CSM** – 9:00am – 12:00pm PPTA Southwest District!
- **Saturday, March 24th** – **Pitt-Marquette Challenge hosts** – Anne Shumway-Cook
- **Monday, March 26th** – **Cardiopulmonary** – Optional Lab at 7:15am and 12:00pm
- **Saturday, March 31st** – **First-Year Formal** – **Money to Rachel!**

Class Reminders

- **Monday: Musculoskeletal** – Cervical and Thoracic Written Exam
- **Wednesday: Neuromuscular** Written Exam II
- **Friday: PT Rounds** – Group B
- **Friday: Survey of Human Disease** – Guest Speaker Dr. Chet Oddis, MD on OA & RA

Extras!

- Sign up for the **Mini-CSM** hosted by the **PPTA Southwest District**
 - http://ppta.org/Events/EventDetails/12-01-15/2012_SWD_Mini-Combined_Sections_Meeting.aspx
 - Be sure to attend the 'Meet & Greet' social following the lectures, hosted by the PPTA Representatives and PTGSA
- We need to submit our APTA membership list by 4/30/12 in order to be eligible in the Reach 100 initiative conducted by the Student Assembly Board of Directors!