

# DiversiTEA

*Women's History Month*

## “Herstory” of Physical Therapy and the Wage Gap

The chicken or the egg? Within the field of physical therapy, there is no question that women came first. What is now known as the American Physical Therapy Association was once known as the American Women's Physical Therapeutic Association (AWPTA) with women at the forefront of the field.

Women like Mary McMillian, the first AWPTA President; Emma Vogel, a reconstruction aide who began didactic instruction for PTs in training and others set the precedent for framing physical therapy.

Despite women being trailblazers in PT, there continues to be a gender wage disparity.

According to the article, “Mind the Gap” in the Physical Therapy Journal, the study found a 10% greater difference in income for male PTs as compared to female PTs. To combat this disparity as a new grad or practicing clinician, it is important to know your worth and purpose as you research company missions and values.

<https://academic.oup.com/ptj/article/102/3/pzab306/6497840?login=true>

*By the*

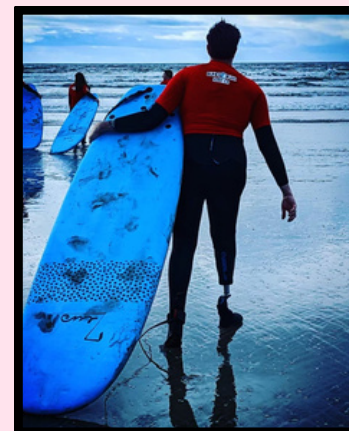
*Numbers...*

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# Current women in History

## Candice Law

Candice Law, Charlotte Rollin' Hornets athlete, began playing wheelchair basketball in her efforts to not only dominate the sport but to seek a community. Candice grew up playing all types of sports and went on to play collegiate basketball at Tusculum University where she set four records in blocked shots. In her senior year, Candice sustained an injury diagnosed as a severe ankle sprain.



Ten years later, as she was training for a marathon she experienced pain leading her to seek medical attention. Candice pushed through her pain because she believed it was typical due to her injury. Imaging concluded it was a dislocation, the injury left untreated resulted in severe cartilage and structural damage. In her early 30s, Candice began her journey through a series of medical procedures in an attempt to maintain her mobility; from an allograft tendon reconstruction to an ankle fusion procedure. Each procedure was only a temporary solution. Candice, fearlessly, decided to amputate as a moment of self-advocacy acknowledging that she didn't want to be afraid of being disabled.

She expressed, “[disabled] is not a bad word. I want to break down the unconscious bias that it is a word that should be feared”. Her experiences have altered her perception of the healthcare field, but she is grateful for a surgeon who respected her autonomy. As providers, we should aim to be our patient’s advocates and ensure our patients are heard. Candice now holds an International Classification where she can qualify to participate in Paralympic competitions.



As a part of the Division 2 Charlotte Rollin' Hornets, she is the **only** woman on the men's team. She stated, “I love to be underestimated as a woman and prove people wrong on the court.” Candice is an athlete representative for the National Wheelchair Basketball Association Women's division board to bring visibility to women athletes and create a bridge to fill the gaps of women on the court. She helped host the inaugural 3 on 3 event for women in Rocky Mountain last year. Candice is paving the way for female athletes hoping to inspire others to create their journey and break away from the fear of comparison.

# Blast from the past

Once upon a time, a woman named Helen Louise Kaiser founded the Department of Physical Therapy at Duke University in response to a national shortage of PTs needed to treat soldiers from WWII. She would serve as the 1st Director of Physical Therapy for another 26 years until 1969. During her time at Duke, she emphasized training physical therapists at a graduate level. Before she came to Duke, she received a Physical Therapy certificate from the Harvard University Course for Graduates in 1921 and then served as Chief Physical Therapist at the Detroit Orthopedic Clinic from 1922 to 1926. Later, while at Duke, Kaiser took a leave of absence from her position to establish a Physical Therapy School in Greece where she worked as the Director of Rehabilitation Services for the United Nations Relief and Rehabilitation Agency and the Near East Foundation in Athens. Helen Louise Kaiser was also an active member of the APTA and served on the Board of Directors. Helen Louise Kaiser worked hard to grow and improve the field of Physical Therapy, and for that we are grateful.

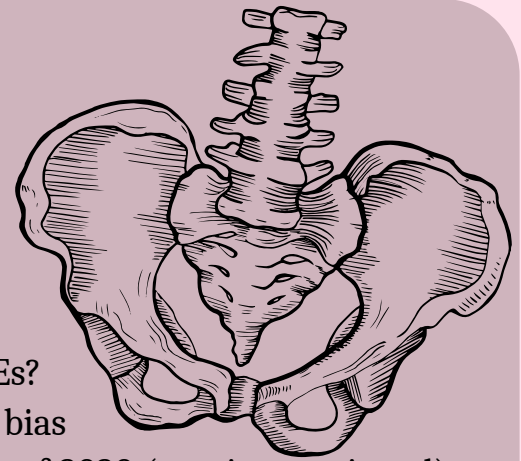
## Source:

<https://faids.mcarchives.duke.edu/catalog/mcakaiserh>

## Spotlights!



# A Word from Pelvic Health in PT...



*Why should you take a Level One Pelvic Floor Course as a student?*

People always ask about the timing of pelvic floor level 1 courses. Should they take them during their second year? Before their TCEs? Somewhere in the third year? After graduation? I will lay out my bias immediately; I took Level One with Herman and Wallace in May of 2020 (yes, it was virtual), as I had planned to take it before going on rotation. I believe the biggest deterrent to students is the cost, which usually runs upwards of \$120 - that is no small price to pay when you are already living off of loans. However, if you have a pelvic-floor TCE, there may be a requirement for a course to be taken, and your answer made for you. But say you're just in outpatient ortho, and you're on the fence, here are some things to consider.

In the battle cry of the queen, Dr. Figuers, *everyone* has a pelvic floor. Even as an outpatient ortho student, you will come across patients (AND CIs) who will benefit from your knowledge of pelvic floor anatomy and pathology. Pelvic floor therapy is a "hot topic" these days - I say that condescendingly, as we all know it's a largely underserved population (and still underutilized). Many clinics are looking to scoop up clinicians who have some training, or interest, in pelvic floor therapy. You are a better candidate if you already have some education under your belt, and more than that, you can get sent to higher-level courses on your new employer's dime.

So whether you wait until after graduation or after you take the PEAT, the only wrong answer is not taking a course. Knowledge is power - pelvic power.

*~ Dr. Daniela Ortiz Kosobucki*  
**Daniela@theobstacledoc.com**

Thank you for taking the time to read our first edition of the renewed Diversi-TEA Newsletter. If you would like to get involved, please contact us!

## **Brought to you by:**

*Autumn Kidd*

*Lytzy Hernandez*

*Neha Patel*

+members of the DEI office

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