

Monthly Newsletter

APTA ALABAMA STUDENT SPECIAL INTEREST GROUP

10 January 2025



Happy New Year DPT/PTA Students!!

Dear Students,
 Happy New Year! As we step into 2025, it's the perfect time to reflect on our progress and set new goals for our journey as students. The start of a new year offers an opportunity to refocus, reenergize, and recommit to both personal growth and professional development.
 This year, the Alabama Student Special Interest Group (SSIG) has an incredible lineup of events to enhance your PT school experience. Be on the lookout for upcoming PT Night Outs—a great chance to unwind, connect with peers, and build friendships outside the classroom. Additionally, the Combined Sections Meeting (CSM) is just around the corner. This national conference offers an unparalleled opportunity to engage with industry leaders, learn from cutting-edge research, and broaden your professional horizons.

As students, it's easy to get caught up in the demands of coursework and clinicals, but remember that being an active member of the American Physical Therapy Association (APTA) opens doors to valuable opportunities. Through APTA, you have access to a network of seasoned professionals and fellow students who share your passion for physical therapy. Networking at events like CSM or local chapter meetings can help you find mentors, explore career paths, and gain insights into specialties you may not have considered before.
 We encourage you to take advantage of all the resources and events the APTA has to offer. Stay engaged, ask questions, and actively participate in discussions. Your involvement not only enhances your education but also strengthens the future of our profession. Keep an eye on our emails and social media for updates on upcoming events, volunteer opportunities, and ways to get involved.
 Here's to a year of growth, connection, and success. Let's make 2025 unforgettable!

Julia Sasser, SPT

In this newsletter you can expect:

Meet the SSIG Chair!

Becoming an APTA Alabama Member

PT Night Out

Combined Sections Meeting

Student Spotlight

Get Involved!- ASU and Samford Students



Meet the SSIG Chair, Kiarra Bombard

As the Chair of the SSIG and the Student Board Member for the APTA AL Executive Council, I recognize the importance of bridging the gap between DPT Students and the APTA. I am so excited to serve in this role and my top priority is to increase membership engagement across our state as we continue our efforts to revitalize this organization. Being involved with the APTA is such a cool opportunity for SPTs to deepen their commitment to our profession, and I am so glad to be able to play a small part in that!

Kiarra Bombard, SPT

Become an APTA Member

1. Join APTA Membership: Sign-up for APTA membership to become a member. This membership allows you to join the Alabama State Chapter and receive emails and updates from us. It also automatically enrolls you in the Student Special Interest Group (SSIG).

Click on this link to register:

<https://www.apta.org/apta-and-you/explore-apta-membership>

2. Join APTA Sections: Join the APTA Alabama Chapter. Explore other sections/academies, which focus on various special interest topics such as patient populations, practice areas, and policy areas. Some sections produce specialty publications and offer courses and conferences. Find academies of interest by clicking this link:

<https://aptaapps.apta.org/componentconnection/chaptersandsections.aspx?UniqueKey=>



3. FOLLOW US ON SOCIAL MEDIA!

[HTTPS://WWW.PTALABAMA.ORG/STUDENT-SPECIAL-INTEREST-GROUP/](https://www.ptalabama.org/student-special-interest-group/)

OR

@APTA_ALSSIG ON INSTAGRAM

PT Night Out- Save the Date!!



ALL ARE INVITED
Members & Non-Members

JOIN US FOR AN UPCOMING PT NIGHT OUT

JANUARY 29 - 6:00 PM
Brock's Gap Brewing Company
Hoover, AL

FEBRUARY 4 - 6:00 PM
FOLKLORE BREWING
Dothan, AL

FEBRUARY 27 - 5:00 PM
Loosa Brews
Tuscaloosa, AL

January:

Wednesday, January 29, 2025

- Brocks Gap Brewing Company, Hoover, AL
- 6:00 PM

February:

Tuesday, February 4, 2025

- Folklore Brewing, Dothan, AL
- 6:00 PM

Thursday, February 27, 2025

- Loosa Brews, Tuscaloosa, AL
- 5:00 PM

Combined Sections Meeting (CSM) February 13-15, 2025 Houston, Texas

The American Physical Therapy Association's (APTA) Combined Sections Meeting (CSM) is the largest annual conference for physical therapy professionals in the United States. In 2025, CSM will celebrate its 50th anniversary from February 13-15 at the George R. Brown Convention Center in Houston, Texas. This event offers physical therapists (PTs), physical therapist assistants (PTAs), and students an unparalleled opportunity to engage in over 400 educational sessions curated by APTA's 18 specialty academies and sections, covering a wide range of topics within the profession.

The conference provides numerous networking opportunities, allowing students to connect with peers, experienced professionals, and potential mentors, fostering relationships that can support their educational and career growth.

Additionally, the event features an extensive exhibit hall where attendees can explore the latest advancements in physical therapy equipment, technology, and services.

Participating in CSM 2025 will enable PT and PTA students to expand their knowledge, engage with the broader physical therapy community, and stay informed about emerging trends and research in the field.

January Student Spotlight~

Mary Denman Luker, UAB DPT Student

Mary Denman Luker is one of the most hardworking and dedicated students I know. She exemplifies drive, determination, confidence, humility, and remarkable intelligence. Mary Denman (MD) possesses the rare ability to lead with grace, collaborate effectively as a teammate, and uplift those around her as an encourager. As a member of my Team Based Learning group at UAB, she consistently ensures that every voice is heard and that everyone feels valued and empowered. MD's talents as a tutor and her unwavering support as a friend make her an irreplaceable asset. Without a doubt, she is destined to become an extraordinary physical therapist!



Get Involved!!

1. PT Nights Out
2. Follow us on Instagram (@apta_alssig)
3. Nominate a Peer for Student Spotlight
4. ASU and Samford students: Apply to be a program director!! The link is in our instagram bio
5. Email anyone on the Executive board with any questions you have!

Have an amazing start to your year!! :)

Kiarra Bombard- Chair- kbombard@uab.edu

Julia Sasser- Director at large- jsasser1@uab.edu

Colby Hildestad- Vice Chair-
rch1621@jagmail.southalabama.edu

Dalton Dykes- PTA Director

Ashlyn Goodwin- Treasurer/Secretary-
ashlyn.goodwin@faulkner.edu

Avery Nance- Director of Student programming-
can2223@jagmail.southalabama.edu

Thank you for reading!
