

APTA Wisconsin Candidate Questions

NOTE: Please use [APTA Format](#) when listing credentials.

Please list:

Name and Credentials:	Carlynn Alt, PT, BSPT, MS, PhD
Education:	University of Wisconsin -Madison BSPT
	University of Wisconsin-Milwaukee MS Human Kinetics
	Marquette University- PhD Integrative Neuromuscular Physiology

Employer and Position: Clinical Professor, University of WI-Milwaukee (UWM)
ALTPT (Alt Physical Therapy) part time

DELEGATE

- 1. As an APTA Wisconsin Chapter representative at the APTA House of Delegates, how would you ensure that the voices and concerns of Chapter members are heard and considered in decision-making processes?**

I have been engaged as a delegate for several years and over the past two annual cycles we have hosted virtual Town Halls in the 2 months prior to the House of Delegates meeting. This has given us an opportunity to share the current motions with PTs, PTAs, and students and solicit their feedback. The delegation has found this to be informative and allows us to gather input prior to the House. I will generally attend at least one of the annual APTA WI conferences. Here the 'Hot Topics' session discusses the work of the Delegation and the most salient concerns for feedback. Every other year, I participate in Legislative Action Day at the Wisconsin state capitol. This is an excellent opportunity to stay up to date on the current legislative efforts affecting Physical Therapy practice in Wisconsin. I am also in close contact with students at UWM to hear some of the pressing topics that top the list for students and for the future of the profession.

- 2. In your opinion, what are some of the most pressing issues facing the physical therapy profession today?**

Having just finished at the 2026 House ... I can say payment, payment, and payment.. and membership numbers and membership engagement. Payment is a huge burden for PT with little control coming from the therapists. Medicare fee schedules that do not budge and endless paperwork that leads to burnout are key issues. Physical Therapy is a doctoring profession with direct access and an increasing role in primary care but is still getting reimbursed as an afterthought. Some progress has been made over the past year with a slight increase in Medicare payment, but issues like prior authorization and no annual cost of living fee increase need be addressed to make the care more patient centered and the administrative burden on therapists lessened. In order to effectively lobby for the advancement of our profession – we need members and a membership who is as engaged to the best of their abilities. Membership helps create the foundation and money to

support our excellent lobbyists. The money to support lobbying efforts in Wisconsin and nationally must be continued to try to make the daily work of Physical Therapy a joy.

3. Collaboration is key in representing a diverse constituency at the APTA House of Delegates. Can you describe a successful collaborative effort you have been a part of in the past and how you contributed to its success?

To meet the needs of populations whose voices often go unheard, I have worked tirelessly to bring health promotion and wellness behaviors to community members through my work with students at UWM. I have established collaborative relationships with community partners to improve the health outcomes of those managing chronic conditions. One group is based in Ozaukee County, a non-profit called Balance Inc., who serve those with intellectual and developmental disabilities (IDD). In this population <9% of those with the IDD classification meet the suggested minimum of 150 minutes per week of moderate to vigorous physical activity. The UWM DPT students help with a 'Movement Mentors Program' to assist those with IDD have personalized physical activity interventions in the adult family homes or in their day program. Often an extra set of hands, who understand human movement, creates a new motivation for those who need it the most to become more physically active, thus reducing the risk of developing secondary negative health factors. We also work with specialty gyms where those living with Parkinson's Disease participate in Rock Steady boxing and this year, we added adaptive climbing at Adventure Rock and a dance program for those living with Multiple Sclerosis through Danceworks in Milwaukee. I am committed to partnering in the community for health promotion, especially for those managing chronic conditions and work collaboratively with my community partners to create win-win situations.