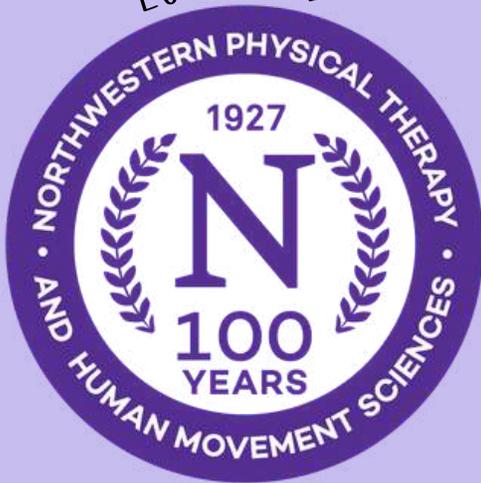




OUR CENTENNIAL  
LOGO! ↘



**M Northwestern Medicine**  
Feinberg School of Medicine

Summer Greetings from NUPTHMS, it's been a hot one so far in Chicago! Whether you're soaking up the sun at home, traveling, or diving into summer research and internships, we hope this season brings you rest and new adventures.

We're excited to bring you the latest updates, stories, and highlights from across our department. In this edition, you'll find exciting news about faculty achievements, student events, upcoming opportunities, and alumni news. So grab a cool drink, find a shady spot, and enjoy catching up with us.

Thank you for being part of the legacy and future of our community.

## Highlights of this issue:



Student Activities, CE Experiences, Continuing Education, Faculty & Staff News



### **Emma Baillargeon, PT, DPT, PhD**

Welcome Emma! Emma started in June and will split her time between teaching and research. Emma will primarily be teaching in the neuro course sequence, lifespan and some foundational courses. Emma's research focuses on mobility assessment in primary healthcare settings and studying how this data can promote proactive treatment to reduce functional decline and injuries in patients. We're glad you're here!



### **Emily S. Becker, PT, MS, EdD & Sally Taylor, DPT, MBA**

Emily, Sally and former students, Sean Bering, Michael Grant, and Hannah Sy, recently had their article, **Leadership in Health Care: A Comparison With Leadership Development Best Practices** published online with the Journal of Physical Therapy Education. It is a foundational study for future studies in this line of inquiry. A special thank you to both Marjorie Hilliard and the NU-CHAPTER Lab for valuable feedback and guidance throughout the review process.



### **London Blocker**

Congratulations, London! London was recently promoted to Associate Director of Admissions for the NUPTHMS DPT program! In addition to her role in admissions, London was recently selected to Northwestern's Staff Advisory Council (NUSAC), at the university level.

We're so appreciative of London's work in the department and her work to support staff throughout the university.



### **Dawn Brown, PT, DPT, EdD**

Dawn is the lead author of the chapter titled **Diversity, Equity, Inclusion, and Belonging: The Foundation for Excellence in Physical Therapy Education** in the American Council of Academic Physical Therapy (ACAPT) e-book, **Blueprint for Excellence in Academic Physical Therapy**. Dawn was also selected as the recipient of the 2025 ACAPT Fellowship in Higher Education (FHEL) Grant!



### **Carol Courtney, PT, PhD**

Congratulations to Carol and affiliated faculty Kelly Krese on receiving the prestigious VA Merit Grant! Their upcoming study, “Intervention Blending Neuromodulation and Yoga for Chronic Low Back Pain Treatment,” is set to begin in October 2025. This innovative research represents an exciting step forward in addressing chronic pain.



### **Jules P.A. Dewald, PT, PhD**

Jules, along with NUPTHMS’ Divya Joshi, Alexandra Hruby, and Carson Ingo, had their recent journal article published, **Quantifying structural properties of forearm flexor muscles in individuals with hemiparetic cerebral palsy using diffusion tensor imaging**. This study investigated diffusion tensor imaging (DTI) derived macro- and micro-structural musculoskeletal adaptations in forearm flexor muscles in individuals with hemiparetic cerebral palsy (HCP) and typically developing (TD) individuals, and their relationship to reduced grip strength.



### **Megan Freeland, PT, DPT**

Earlier this summer, Megan completed the 2024-2025 APTA Academy of Education Fellowship in Higher Education Leadership. This fellowship provides current and aspiring directors in physical therapy education programs with the skills and resources they need to be innovative, influential, and visionary leaders who can function within a rapidly evolving, politico-sociocultural environment. Congratulations Megan!



### **Lois Hedman, PT, DScPT, MS, FAPTA**

Lois has been awarded the Catherine Worthingham Fellow of the APTA! The Catherine Worthingham Fellow of the American Physical Therapy Association (FAPTA) is the highest honor awarded by the APTA. This recognition honors individuals who have demonstrated exemplary contributions to the physical therapy profession through leadership, influence, and achievement, with a sustained record of advancing physical therapy science, education, practice, or advocacy, and a deep dedication to the vision, mission, and core values of APTA. Congratulations Lois!



**Roberto López-Rosado, PT, DPT, MA**

Congratulations to Roberto on his recent receipt of the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) Switzer Fellowship Grant Award! Roberto was awarded 1 of 5, 2025 Merit Research Fellowships for Doctoral Dissertation Research from the NIDILRR. Excellent work, Roberto!



**Kisha Nelson**

Congratulations Kisha on her completion of the NU Mediation Skills Training Certificate Program! We are excited for her to bring these skills to NUPTHMS. Northwestern's School of Professional Studies 40-hour Mediation Skills Training course focuses on fundamental and practical techniques to successfully resolve disputes.



**Antoinette Spector, PT, DPT, PhD**

Congratulations to Antoinette for receiving the HEAL K12 Career Development award! This award aims to provide protected time for clinician-scientists to focus on training in and conducting clinical pain research.



**Krista Van Der Laan, PT, DPT**

Congratulations to Krista for completing the Northwestern Searle Fellows Program! This university-wide initiative for early career research and teaching-line faculty with the mission to cultivate a community of learning & teaching leaders at Northwestern who exemplify excellence and benefit from a shared year-long experience of pedagogical experimentation, critical reflection and joyful celebration.

## 20 Years with Kirsten Moisio, PT, PhD!

Time flies when you're having fun! In June we celebrated Kirsten's milestone anniversary, 20 years with NUPTHMS! Our students, faculty, and staff came together for a surprise party celebrating Kirsten and how much she means to the department, and students, past and present.



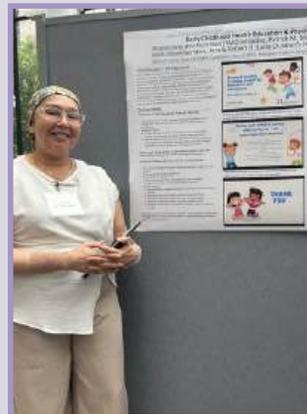
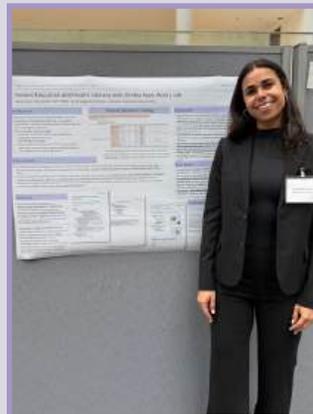
## Clinical Practice Ceremony

In June, our department celebrated our annual Clinical Practice Ceremony. This ceremony is an important milestone that marks the transition for first year students, as they make their way from the classroom to into clinical practice. Congratulations!



## DPT/MPH Dual Degree Program

In April, our DPT/MPH dual degree students walked the graduation stage with their fellow classmates! Since then, our DPT/MPH students presented their cumulating experience projects, participated in the MPH poster sessions and enjoyed MPH graduation.



Left to right: Osayama Omuruyi, PT, DPT, MPH, Lizzie Bensussen, PT, DPT, MPH, Brenna Deasy, PT, DPT, MPH, and Yiliu Cao, PT, DPT, MPH, at NUPHMS graduation, Lizzie Bensussen, PT, DPT, MPH, presenting during the MPH poster session, Dina Flores, PT, DPT, MPH, presenting during the MPH poster session, the 2025 DPT/MPH graduates with Antoinette Spector, Director of the DPT/MPH program (middle).

## 2nd Annual PACE Day!

In July, we hosted our 2<sup>nd</sup> annual PACE Day (Professional Advancement & Community Engagement) in the department. Joining us this year as our guest speaker was Lee Ryder, PT, DPT, MPH ('18). Lee spoke to us about 'Cultivating community: Reflections on connection & collaboration'. Following Lee's presentation, our 2nd-year DPT students shared their community & service projects they have been working on since the beginning of their 1<sup>st</sup> year in the DPT program.



## ROADMAP

As didactic learning for our 2<sup>nd</sup> year students is coming to an end, it also means the end of their **ROADMAP** program. Students are with the same ROADMAP Mentors for both first and second years. Thank you to our Class of 2026 Mentors, we appreciate your time and commitment to this department and the students! Learn more about **ROADMAP**.



## Career Fair

In July, our 2<sup>nd</sup> year students participated in the annual PRD 4 Career Fair (Professional Role Development courses). We welcomed 26 clinical partner sites for our students to explore and learn about different career paths in the physical therapy profession.



## STUDENT NEWS- CE 2 EXPERIENCES



**Name:** Nada Alaraj

**Location:** Chicago Suburbs

**Setting:** Day Rehab

My second clinical experience took place in a neuro day rehab setting, and to say it stretched me would be an understatement, in the best way. As a second-year DPT student, I stepped into a world of strokes, TBIs, Parkinson's, and spinal cord injuries, and each day demanded a new level of creativity, compassion, and critical thinking. What made this experience stand out was how much I grew in my ability to adapt. One moment I was cueing a patient through gait training with severe ataxia, and the next I was finding ways to lift the spirits of someone navigating the emotional weight of recovery. I collaborated with an amazing interdisciplinary team and really started to feel like a clinician, not just a student absorbing information, but someone contributing meaningfully to patient care. I became more confident in my assessments, interventions, and decision-making, and I learned how to read the room, when to push, when to pause, and when to just listen. Most importantly, I left this rotation with a deepened love for neuro rehab and a real appreciation for the resilience of both the human body and spirit.

---



**Name:** Anusha Manjunath

**Location:** North Central Texas

**Setting:** IP Acute Care- Oncology

My CE2 was in a large hospital in Texas. I was in IP Acute care, predominantly on the oncology floor where we treated patients with different types of cancers and secondary medical complications. My CI had been on this floor for the past eight years and was

great at highlighting the important factors of working with this population. Most of what we learned through first year and throughout our in-patient education applied to this population, but there were quite a few pieces of how we planned our sessions that differed from what we learned in class. Most patients on this floor were medically stable and could participate in therapy, but we had to be cognizant of everyone's diagnoses and risks for individuals with different types of cancers. For example, someone with lung cancer may have more cardiorespiratory limitations than someone with pancreatic cancer, and someone with osteosarcomas may be at greater risk for fractures with therapy and we needed to be extra careful with transfers. I had the opportunity to also work on the transplant floor, ICU and med/surg floors which gave me good perspective on how different therapists work with different populations, and where the focus shifts to accommodate for those medical differences. Additionally, I got to shadow speech and OT throughout my time, which was beneficial for know how to co-treat and see where we overlap with other professionals/ when to refer for their services. Outside of the hospital, It was fun to explore the area I was in, and I stayed in an Airbnb that was a 15-minute walk from the hospital and generally used Uber to get around since it was more cost effective than renting a car. I chose this rotation because I wanted to step outside my comfort zone a little, but knew I had a safety net of friends less than an hour away, which helped ease the process. There were things about this rotation that I found challenging and hard to navigate. Overall, I met amazing people and got to live in a completely new place that I likely would not experience otherwise!

## STUDENT NEWS- CE 2 EXPERIENCES



**Name:** Cameron Bobos  
**Location:** Northwestern Indiana  
**Setting:** Outpatient Neuro

Coming into PT school, I believed that I was set on Sports/Ortho PT and admittedly had a closed mind about the type of setting that I could see myself in. Being away from home in a PT setting I wasn't sure I would enjoy was a bit scary at first, but that quickly changed.

From day one, my clinical instructors and the rest of the rehab team at this clinic were very welcoming, supportive, and helpful. Regarding patient care, the populations were very diverse, most frequently seeing diagnoses of stroke, Parkinson's, TBI, concussion, Vestibular diagnoses, and general balance. I enjoyed the variety at this experience a lot; I could be treating someone 4 weeks after a stroke and treat a high school athlete for concussion the very next session. The experience overall was very rewarding, seeing substantial gains in patients' function with just a few sessions of hard work. I truly enjoyed this experience overall and can see the neurological population being something I consider following graduation!

---



**Name:** John Wu  
**Location:** Chicago  
**Setting:** OP Orthopedics

Overall it was a very good experience. The clinic is affiliated to a hospital, so the majority of the patients are referred from there. I was able to see a lot of patients with lower back, knee, shoulder, hip, ankle, and cervical problems, as well as post-op patients. There is no double booking at this site and each patient session was 45 minutes. Aside from the general clinic space, PTs also had access to a community gym that has a lot of free weights, machines, and plyometric equipment. During my CE2, my CI was an ACL rehab specialist, and I was able to participate in different stages of evidence-based ACL rehab. Also, when my CI did not have any patients, I was able to observe and participate in the sessions of other therapists, learning the mindsets and clinical decision making processes of different people.

---



**Name:** Josh Eads  
**Location:** Chicago  
**Setting:** IP Acute

Since undergrad and throughout PT school, I was always set on working in an inpatient rehab setting. I never gave anything else a thought and was confident I knew my career path, so I came into this clinical not expecting it to affect me much. However, this clinical completely changed my career trajectory. I loved the acute care setting. Nearly every

single patient could be "complex" in some way. It really challenges your thinking and forces you to make decisions on the spot, which is something I value during my clinical practice. I found the fast-paced environment forced me to become a better student clinician and furthered my learning in ways that I never thought it would. Because of this clinical, I am now looking into practicing in acute care after graduation.

## Grand Rounds Seminars

Between June and July, NUPTHMS hosted three Grand Rounds. First, picked by our students, we welcomed **Molly Scheumann, PT, DPT**. Molly's presentation, "The Motherload: Treating Our Moms like Athletes" explores the comprehensive journey of musculoskeletal dysfunction throughout pregnancy, birth, and postpartum periods. Next, we heard from **Jane Gyarmaty, PT, DPT (Clinical Research Assoc.)** and **Kim Bassindale, PT, DPT (Post-Doctoral Fellow)** about the importance of lab safety. They covered key lab safety procedures and how to respond when unexpected medical events happen during an experiment. In July, **Krista Van Der Laan, PT, DPT (Assistant Professor & Assistant Chair of Student Affairs)** spoke about her Searle Fellowship project, "Creating Low Cost, Inclusive Instructional Videos in a DPT Program". Thank you all for sharing your time with us!



Molly Scheumann, PT, DPT



Jane Gyarmaty, PT, DPT



Kim Bassindale, PT, DPT



Krista Van Der Laan, PT, DPT

 **SAVE THE DATE**



### INTEGRATING PILATES REFORMER INTO REHABILITATION: A TRAINING FOR PHYSICAL THERAPISTS



MEG MOORE '19

**SATURDAY,  
SEPTEMBER 13  
2:00-4:00 PM CT**

**LOCATION: IN-PERSON**  
reform PT & Pilates  
Wilmette, IL

**SPEAKER**  
**MEG MOORE, PT, DPT, PCES**  
FOUNDER OF REFORM PT + PILATES & THE  
REFORM 350HR PILATES INSTRUCTOR  
TRAINING PROGRAM

BE ON THE  
LOOKOUT FOR  
REGISTRATION

**REGISTER NOW**

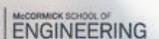
## Movement & Rehabilitation Sciences Training Day Friday, August 22, 2025

Simpson Querrey Biomedical  
Research Center

- 8:00am: Poster Session
- 10:30am: Trainee Presentations
- 11:30am: Keynote Address w/ Brooke Slavens, PhD

[Visit our website](#) for more  
information about the day!

 **Northwestern Medicine**  
Feinberg School of Medicine

**Northwestern**  **McCORMICK SCHOOL OF  
ENGINEERING**

**SAVE THE DATE**

**CALLING  
ALL  
CLINICIANS**

Northwestern prides itself on matching our students with high quality instructors all over the country for their full-time clinical education experiences. One of the best ways for us to do that is to connect with our alumni pool. If you're interested in serving as a clinical instructor, contact your local SCCE to let them know. For questions, please reach out to [Cori.Arquines@Northwestern.edu](mailto:Cori.Arquines@Northwestern.edu) to learn more.

**Sailing Away with  
Northwestern!**

In July, hosted by the NU NYC Club, a handful of our alumni and other Northwestern alumni enjoyed a night out on the waters of NYC. What better way to see a city, than by boat!



Have an idea for a NUPTHMS alumni social event in your area, [let us know!](#)



**Renzo Mendoza  
PT, DPT ('18/'22)**

Renzo and Faculty,  
Craig Hensley, PT,  
DPT, and Jen Ryan,  
PT, DPT, MS, CCS

had their research published in the Brazilian Journal of Physical Therapy! **“Rehabilitation management of the chronic pain-hypertension synergy: Proposal of an evidence-informed framework”** explores how chronic pain and hypertension (HTN) have a significant societal impact worldwide.



**Aben Cooper, PT  
(’95, immediate  
past NUPTAA  
board President)**

Aben was recently interviewed and featured on the cover for his undergraduate alma mater, Augustana College. Aben shares how he came to choose physical therapy as his then future career after switching his major during school. Fun fact: Aben also played collegiate basketball!

Read more about Aben’s journey in the [Augustana College Magazine](#).

## “Beyond Borders: US Physical Therapists Working Overseas”

In this second part of APTA’s “Bridging Borders” series, they flipped the script and looked at the benefits and challenges for U.S.-based PTs who want to work overseas. Throughout this article, you might recognize some fellow NUPTHMS classmates and faculty members:

- Article byline – Kristin (Engelhard) Belfior, CO ‘22
- Jeff Hartman –former faculty member
- Craig Wischmeyer, CO ‘22

Check out [“Beyond Borders: US Physical Therapists Working Overseas”](#).

Save  
THE  
Date

A graphic with the text "Save THE Date" in a stylized, purple, cursive font. The background is a faded image of a large group of people, likely alumni, at an event.

**ALUMNI WEEKEND**

**MAY 1-2, 2026**

MARK YOUR CALENDARS FOR ALUMNI WEEKEND 2026! We are excited to welcome you back to NUPTHMS for a weekend filled with connection, learning, and a few trips down memory lane. Be on the lookout for more information!



Join APTA’s Academy of Leadership & Innovation for **LAMP Leadership 101: Personal Leadership Development!**

September 27-28, 2025  
Chicago, IL- NUPTHMS

### Fees

- Academy Members- \$495
- APTA Members- \$545
- Nonmembers- \$645

To learn more about LAMP, the course and to register, [click here!](#)

**REGISTER NOW**



Is there a CEU you think would be interesting to learn about, do you have a topic you can teach on, or do you live outside of the Chicago-land area and have an idea for an in-person CEU?

[Let us know!](#)



## Share Your Photos From NUPTHMS & Beyond!

We are starting to collect photos ahead of the Centennial Year and we hope you can help us! Send photos of your time at NUPTHMS and beyond, to [nupthmsalumni@northwestern.edu](mailto:nupthmsalumni@northwestern.edu). If you can, please include the names of people in the photo and the year. Photos captions are appreciated too!

**\*We can't be held responsible for any damaged photos sent in & back via mail\***

## SHARE YOUR NEWS!

At NUPTHMS, we want to highlight the incredible work of our alumni as you move forward in your careers and personal lives. If you have any news to share, please [submit information here](#) to be considered for our quarterly newsletter. You can also contact [nupthmsalumni@northwestern.edu](mailto:nupthmsalumni@northwestern.edu).

