

NUPTA **A**newsletter

President's Message

We are excited to update you on what has been happening at NUPT!

We have just had our Alumni Weekend in conjunction with the Medical School. Next year Alumni Weekend will be April 19 and 20, 2013. Please put it on your calendars and try to attend, if you would like to try to contact PTs from your class please let us know and we can give you emails and updates that we have so you can organize a reunion!

New this year will be several continuing education (CE) opportunities at NUPT for alumni. The first CE event will be Thursday, September 13, 2012. Toni Sander, PT, DPT will be presenting *Managing Peripheral Edema in the Orthopedic Population*. It will begin at 6 PM with dinner and program from 6:30-8 PM. This will be free for NUPT Alumni and a nominal cost of \$25 for other PTs to attend. Three additional CE opportunities scheduled: November 29, 2012, *Non-invasive Brain Stimulation and Implications for Physical Therapy Practice*, presented by Lynn Rogers, PhD, Heidi Roth, PT, DHS, NCS, and Rachel Tappan PT, NCS; February 2013, *Physical Therapy Management of Patients with Left Ventricular Assist Devices in the non-Acute Care Setting*, presented by Prem Batchu-Green PT, DPT; May 2013, *Aging with HIV: Ramifications for Physical Therapy Care for the Older Adult with HIV/AIDS*, presented by Margaret Wente Danilovich PT, DPT, GCS. To register or for more information, go to the website or contact Bill Healey at b-healey@northwestern.edu, 312-503-3346.

In February at the Combined Sections Meeting in Chicago we had a huge turnout for our NUPT reception. There were many presentations and posters from several of our faculty and students at CSM. They made us very proud. At the reception it was announced that alumni Mark Kaufman ('89) from Athletico will match all new donations to our PT scholarship fund up to August 2012. This is an incredible opportunity for us to raise funds to support our students. Please consider how you may help; we often think only a large donation is important, but we appreciate all donations and several small donations can really add up.

In March, several of our students and faculty participated in a Phonathon, which our student Mary Kate Casey ('13) and Christina Loeffler, NU Development Office organized. This raised approximately \$10,000 in donations from our alumni. Thank you to those who participated and for your support of our students. For those of you that want to help, there is more information in this newsletter about how you can give.

This year the Alumni Board will again support the Boat Cruise following the White Coat Ceremony on June 22nd. This is a lovely evening that will be celebrated by students and faculty. We are glad to be able to give money to defray the cost to the participants and foster the celebration. In September 2011, the Class of 2014 with 81 new students arrived on campus. There was a reception and they received an NU tote bag as a gift from the Alumni Association. On April 21, 2012, the Class of 2012 graduated with 56 students receiving their Doctor of Physical Therapy degree. A post-graduation celebration was held at the Crystal Garden at Navy Pier, and it was wonderful to celebrate with them. We hope they will all continue to be active participants in the Alumni Association.

There has been much activity and enthusiasm this year with your Alumni Board. This is truly a working board, and we appreciate all the support and contributions they have made and will make in the future. We want to thank our outgoing Alumni Board members Pam Hatton, Karen Stevens, and Betsy Campione, who have served faithfully especially with the Job Fair, Alumni Weekend, and Development. We welcome our new board members Marilyn Holt and Rachel Tappan along with returning members Cindy Weinstein and June Macchiaverna. Please consider how you may be able to participate. Let us know, and we will be in touch with you. Also please look at the Alumni Awards and consider nominating someone for the awards to recognize their contributions.

And last but not least, many thanks to the faculty and leadership for their devotion and continued hard work with our students. They give tirelessly to support education and students and it is truly evident as we see the excellence of our students academically and in the clinic. And to Bill Healey, who is the glue that holds the Alumni Association together, many thanks from a grateful Alumni Board for your guidance and support. Thanks to Kristen Short who gives up much support. Please feel free to contact me, Bill, or Kristen with your ideas or wanting to put your name in to help or run for the board. It is not a huge commitment, two meetings a year and, depending on the committee, the local board members help with one or two events as their schedule allows. We want more involvement and would welcome anything you can do to help.

Best regards,



Donna Frownfelter (1969)

President, NUPT Alumni Association



Sam Addante ('09), Jamie Meyer ('06), and Whitney Laurence ('09) at Alumni Weekend 2012 (more photos and news in the next newsletter).



Mary Kate Casey, Alexis Roseman, and Amanda Kelly (Class of 2013 Phonathon callers).



Donna Frownfelter ('69) and Kathy Sullivan (MS '87, guest speaker) at the Class of 2012 Graduation Reception.



Eric Hughes ('05) and Lisa Hanson ('08) enjoying the NUPT Reception at CSM Chicago.

1971

Jean Rogers (Chicago, IL), **Cleolyn Senteny Young** (Arlington, TN), **Elly Early Kennicott**



(Lakewood, WA), **Susan Kennicott Tappert** (Highland Park, IL), and **Sharon Mukoyama** (Park Ridge, IL) organized an amazing 40-year Class Reunion celebration during the NU Homecoming Weekend October 21-23, 2011. Almost all of the class returned to NUPT to celebrate and reminisce. Several activities were planned for the weekend including a reception in the school classrooms, tours of the NUPHMS research labs, tours of Chicago, a Second City get together, dinners and brunch, and the Homecoming NU-Penn State football game in Evanston.

1996

Mike Duchaj (Hampshire, IL) is a Senior PT at Sherman Health Systems and teaches the musculoskeletal evaluation sequence for Northern Illinois University. This year Mike begins a new appointment as chairman of the Federation of State Boards of Physical Therapy Item Bank Review Committee for the PTA exam.

2003

Betsy Brown Campione (Chicago, IL) and family are moving to northern Ireland. Betsy has been an adjunct instructor in several NUPHMS classes and will be missed. Top of the morning to you and safe travels!

Beth Holland (Chicago, IL) and husband **Dan** welcomed baby boy **Charles Holland Unangst** on January 20, 2012. Beth is an adjunct instructor in several PTHMS courses.



2005

O'Real Cotton (La Verne, CA) made the KABC-TV News in Los Angeles, CA. In an October 10, 2011 segment entitled, "Little bouts of exercise can go a long way", O'Real encourages exercise participants interested in getting fit to start slow and easy and work your way up. Check out the link http://abclocal.go.com/kabc/story?section=news%2Ffood_coach&id=8385389

2006



Jen Caccomo Matarazzo and husband (Park Ridge, IL) welcomed baby **Ava Marie** on January 18, 2012. Jen is an adjunct instructor in the *Issues Across the Lifespan* and neurological courses.

Former classmates **Erin Egly and Nathan Coomer** (Chicago, IL) welcomed baby boy **Cutler** on June 27th, 2011. Cutler was born at Northwestern Prentice Hospital. Nate emailed me the following message, "It was pretty ironic sitting in the hospital room with Cutler and knowing Erin and I met for the first time just a few blocks away. Things kind of worked full circle." The Coomer family is planning a move to Seattle, WA, in the spring/summer of 2012.



2008



Julie Nelson (Chicago, IL) and **Christopher Vogel** were married on August 27th, 2011 at Wooddale Church in Edina, MN. Julie is an outpatient therapist at Loyola University Health System Outpatient Center, Maywood, IL.

Theresa Sukal Moulton (Chicago, IL), defended her doctoral dissertation entitled, *Timing of pediatric brain injury impacts the expression of upper extremity weakness, loss of independent joint*

control and loss of independent limb control in childhood hemiparesis, on January 6, 2012. Theresa is the first graduate of the new DPT/PhD program at NUPHMS, the only one of its kind in the U.S. Theresa currently is employed in the pediatric outpatient department at RIC. She will be moving to Washington, D.C. area this summer to begin a post-doc in Diane Damiano's lab at the National Institutes of Health; her research will investigate coordination of lower extremities in cerebral palsy using non-invasive brain imaging during walking activities. Additionally,



Theresa and husband **Steve** welcomed baby boy **Theodore Raymond** on March 1, 2012. Congratulations all around!

Ann Valentine (Houston, Texas) is enrolled in the APTA-credentialed Neurologic Physical Therapy Residency Program at TIRR (Texas Institute of Rehabilitation Research) Memorial Hermann in Houston.

2009

Melissa J. Singer (Buffalo Grove, IL) is enrolled in the APTA-credentialed Evidence in Motion (EIM) Orthopedic Physical Therapy Residency Program with clinical partner Athletico.

Lauren Sofen (Chicago, IL) was accepted into the APTA-credentialed Pediatric Physical Therapy Residency at Children's Hospital of Philadelphia (CHOP), beginning this summer.

2012

Lindsey Plass (Chicago, IL) received the 2012 Outstanding Physical Therapist Student Award at the Illinois Physical Therapy Association State Meeting on April 28, 2012 in Lisle, IL. The award recognizes a student who exhibits superior scholastic ability and potential as future professional.



Vanessa Warner (Chicago, IL) was accepted into the APTA-credentialed Neurologic Physical Therapy Residency Program at Ohio State University in Columbus, Ohio. Vanessa will start the program this summer.

Farewells



Toni Sander's retirement and promotion to associate professor emerita was celebrated with faculty, family and friends at the Ritz Carlton Hotel on November 4, 2011. Toni continues to be involved in department teaching and research activities.



Dave Brown was congratulated on his new position at the University of Alabama Birmingham (UAB) with a reception at the Wyndham Hotel on December 15, 2011. Dave is Professor and Program Director, PhD in Rehabilitation Science Program, at UAB.



FacultyNews New Arrivals

Carolina Carmona and husband **Marcin Jungiewicz** welcomed baby daughter **Gabriela** on March 20, 2012. Carolina is a research physical therapist and adjunct instructor in the department.



Tobey and Hans Yeates and big brother **Christopher** celebrated the birth of **Mackenzie Parker Yeates** on April 7, 2012. Tobey is an instructor and chairs the department diversity committee.



Current students by the numbers...

3.67

me a n
c u m u l a t i v e
u n d e r g r a d u a t e
G P A

38% movement sciences

30% basic sciences

undergraduate majors

32% liberal arts, behavior sciences, & other

51% grew up in greater Chicagoland

100%

were influenced to attend NUPT because of its reputation

APTA Combined Sections Meeting Chicago 2012

The following NUPT alumni were recognized as APTA Board-Certified Clinical Specialists during the CSM opening ceremony on February 8, 2012. Congratulations!

Terri T. Johnson, PT, OCS (Orthopedic) (1982)
Ann C. Boughton, PT, MS, GCS (Geriatric) (1983)
Pamela A. Martin, PT, MPT, OCS, ATC (1994)
Erica L. Niwa, PT, DPT, OCS (2004)

Jaclyn Michelle Siegel, PT, DPT, PCS (Pediatric) (2004)
Lindsay C. Becker, PT, DPT, SCS (Sports) (2006)
Kathleen Hahn, PT, DPT, SCS (2006)
Ashley E. Covington, PT, DPT, GCS (2007)

Brittney A. Mynsberge, PT, DPT, NCS (Neurologic) (2007)
Kelly Kepley Thomann, PT, DPT, OCS (2007)



1982 Classmates Ted Burke and Bill Keeley with 2012 classmates Nat Collins and Sarah Roeder



2009 Classmates Lauren Sofen, Heather Schloten, Rachael Huske, and Miti Gandhi



Steve Jovanovich ('04), Prem Batchu-Green ('08), and Mary McVeary ('08)



Class of 2013 & 2014 students at CSM Chicago with APTA President Scott Ward, who kicked off the Illinois PT Association Chapter's A.D.A.P.T. (Allow Direct Access to Physical Therapy) program.



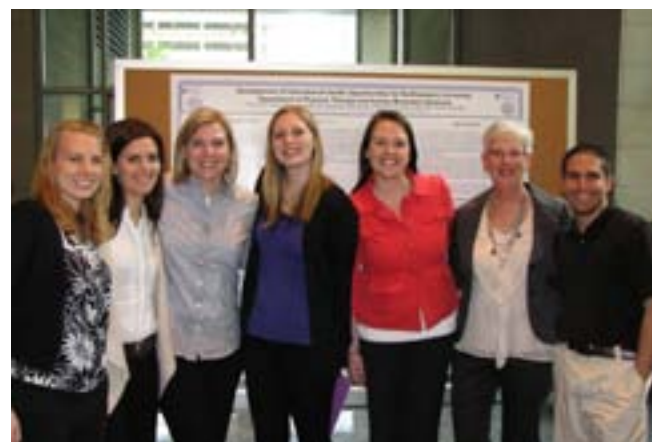
Faculty and Staff prepared for APTA CSM Chicago 2012 with a group photo. Who do you know?

Poster Day & Kaleckas Lecture

Eighteen Class of 2013 Synthesis Research Projects were presented as posters preceding the Fifth Annual Ann Putnam Kaleckas Lecture on May 2, 2012.



Guy Simeoneau and Jules Dewald. Guy G. Simeoneau, PT, PhD, ATC, the 2012 Kaleckas Visiting Lecturer, presented, *A Standardized Evidence-Based Model of Orthopedic Physical Therapy Practice: A Quest for the Holy Grail?*



Denise Gates, Christina Bolstad, Jill Lewandowski, Erin Murray, and Jeff Martini (with faculty preceptor Nora Francis) presented their Synthesis research project, *Development of International Health Opportunities for NUPTHMS.*



Brooke Slatten, Jill Pfund, Kevin Martin, Andrea Hauessler, Josh Figlewicz, and Hunter Van Houten presented their Synthesis research project, *Feasibility of an iPhone Inclinometer to Measure Hip Extension in the Modified Thomas Test.*

Thank you to our supporters!

Congratulations PT alumni! We are proud to announce that so far this year the Northwestern University Physical Therapy and Human Movement Sciences program has received over \$26,000 from generous alumni like you and friends of the school in support of priority areas within the department. This is twice as much as previous years!

If you haven't already heard, much of this success is due to the exciting match currently being offered by our committed and generous alumnus Mark Kaufman, BSPT 1989, as part of the NUPTHMS AthletiCo Challenge. For those of you unfamiliar with the Challenge, Mark, President of AthletiCo, has agreed to match 100% of all new gifts made by alumni from the Challenge's launch through August 31, 2012. This is an incredible opportunity to bolster support within NUPTHMS, as every new donation made to research, scholarship, and other priority areas will have twice the impact! More than 80 alumni have already contributed just since the Challenge was announced, and there are still three months to go! Thank you so much to those of you who have joined us in contributing to the AthletiCo NUPTHMS Challenge. And for those of you who haven't, there's still time to make your contribution!

2011-2012 Donors

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The list of things to do seems to never end. You are supposed to arrange for airport pick-ups, family hotel rooms, dinners, get-togethers, tours of the city, and endless picture taking. In the midst of all the pomp and circumstance somehow you're supposed to figure out where you're going to spend the next season of your life. The months after graduation can be potentially stress-filled and certainly challenging. Few times in your life will you ever go through this many changes in such a short amount of time. Considering that you have finally wrapped up seemingly endless years of education, suddenly having to make decisions the "real" world can be quite a shock. The first of many life decisions that face the new grad is deciding where to go for that first job.

Our culture is becoming increasingly mobile. Gone is the generation where the luxury of growing up, going to school, finding a job, and retiring all in the same city as your parents was as expected as paying taxes. The combination of a competitive job market with an increased ease of travel means more and more people are venturing further and further away for job opportunities. As a result new grads are broadening their scope of job search to include the entire country. This trend is evident across all fields, including physical therapy. Because of interests in highly specific areas of practice, some new grads are willing to move across the country to pursue their interests. Suzanne Semanson, an NUPT grad from the class of '06, moved to New York City after graduation to work with professional dancers. She developed an interest in dance rehab early in her studies because of her extensive experience as a dancer. She started planning for her relocation early and she was even able to arrange for a selective rotation at a clinic affiliated with a dance company. New York City has always been the hub of performing arts, so moving to the Big Apple was an easy choice for her. It was an obvious fit.

For every person motivated by the thrill of moving to a new city, there's another whose family ties are more persuasive. Whether you are the person who longs

to be home with the family or one who is energized by being in a new environment, it's crucial to find out what's important to you as you consider your future. Some might be intrigued by the prospect of a new start in a new town, but within a few weeks realize the difficulty of establishing themselves in a new environment without the structure of the school, and begin to long for the familiarity of home and family. Starting out your career in a new city can be a very lonely undertaking, and that has to be a part of the consideration. For many, the motivation isn't to blaze a trail, but to return to be a part of an established social network of family and friends. Their sense of family connection is strong and being close to the lives of those they know and love fulfills them.

That's the great benefit of having a flexible clinical education program at NUPT. As students we had the opportunity to spend most of the last year of our PT education in various clinical setting across the county and we had the freedom to choose where to go. As I've been out in the field longer, I've learned to appreciate the luxury that we had. Many colleagues and students I have met did their clinical education in the same cities they attended PT school. Some were able to choose clinical sites out of their states or regions, but few had access to sites nationwide. I, for one, took full advantage of our clinical placement program. Originally from the Washington, D.C. area, I completed by CEI in Chicago, CE2 in the New York City metro area, CE3 in Seattle, and CE4 in Los Angeles. I remember packing up my car full of books, clothes, and whatever I couldn't sell on Craigslist or give away. I can still feel the thrill of driving across the country and the excitement of wondering what the next city had in store. To me, the months of clinical education was not only meant to honing my skills and knowledge about PT, it was also a try-out of sorts for me. Every time I came to a new city, I treated it as if I would potentially end up living there. That's how Seattle ultimately won my vote, and after graduation I loaded up my car one last time for a drive to this city.



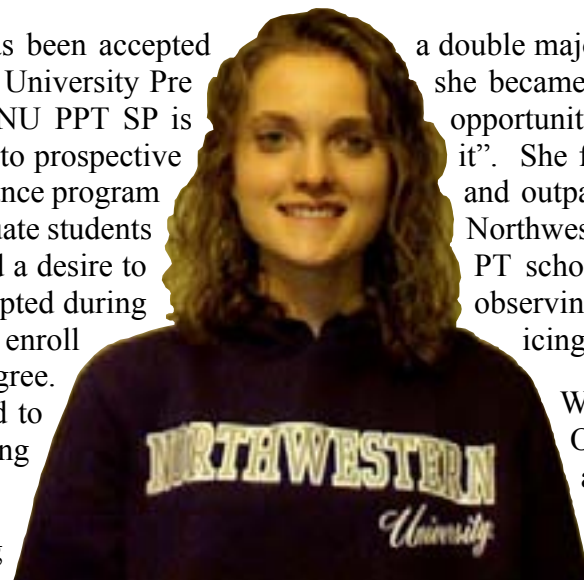
And then there are those who refuse to make up their minds. There is something very romantic about being an itinerant professional, networking in whatever town you end up, never settling down. Good thing for them there is the option of agency or travel PT. Working through a placement agency gives you the flexibility to take a job when you want it, and the freedom to travel the country on your company's dime. There are many perks to agency work, including compensation for relocation, living expenses, and other bonuses. The downside to the constant shifting is the inability to develop consistent and intimate mentor relationships that many new grads find so important. While it is not impossible, the type of hands-on, one-on-one attention you would get from a more experienced clinician who can observe your progress is just harder to come by.

There are many options to where you want to start your practice, and that's the great thing about what you're graduating into. As physical therapists you have the option to go almost anywhere you want. The hardest part, then, is to figure out what that is. It might start to feel heavy, the decision too great. The pressure of figuring out that perfect city or that perfect job might feel too insurmountable. It's going to be OK. Take a sigh of relief. Take comfort in knowing that whatever decision you make now, you will always be able to explore other options, and wherever you decide to go, you'll likely find work as a physical therapist. For now, just make sure Aunt Judy has a ride from the airport.

First Student Accepted to New Program

NUPT is proud to announce that Elizabeth Sayers has been accepted as our first student in the newly created Northwestern University Pre Physical Therapy Scholars Program (NU-PPT-SP). NU PPT SP is modeled after a similar program in Feinberg available to prospective medical students. The program is an early DPT acceptance program for high achieving Northwestern University undergraduate students with a demonstrated commitment to a career in PT and a desire to study PT at Northwestern. Students apply and are accepted during their 3rd undergraduate year at Northwestern. They enroll at NUPT following receipt of their undergraduate degree. During their senior year, NU PPT Scholars are invited to participate in various activities at NUPT such as observing classes, synthesis projects, and research seminars.

Elizabeth is a native of Green Bay, WI. She is pursuing



a double major in biology and psychology at Northwestern. She says she became interested in PT during high school when she had the opportunity to shadow a pediatric PT and "just fell in love with it". She followed this up with volunteer experiences in inpatient and outpatient settings during high school and since enrolling at Northwestern. Elizabeth says she considered several other tier PT schools but "visiting NUPT, meeting students and faculty, observing class and synthesis and seeing the facilities was the icing on the cake".

While at Northwestern, Elizabeth is active in Alpha Psi Omega, a co-ed service fraternity and relay for life. She is an avid runner who also enjoys yoga and Zumba.

Welcome Elizabeth...way to bleed purple!

Class of 2012 Graduation

Fifty-six graduates received their DPT degrees on Saturday, April 21, 2012 at Thorne Auditorium. The Class of 2012 began their studies in fall 2009 and was the first graduating class in the new curriculum. Kathy Sullivan, PT, PhD, FAHA, was the guest speaker and presented, A New Vision for Physical Therapy: Protectors of Physical Health Across the Life Course. Nat Collins, DPT was the Class Speaker. The Clinical Education Award was presented to Jessica LeJeune, Meghan Lillyblad, Lauren Scott and Jeff Westgate. Sarah Kraushar received the Class Leadership Award; Laura Miller received the Dean's Feinberg DPT/PhD Scholar Award.



Leslie Wilson, Karalee Knox, and Priya Palit



Jen Kahn ('02) with Ketki Kumar and her parents.



Anand Deshpande, Jon Go, Meghan Lilyblad, Justin Lantz, Eric Giovanini, Lauren Johnston, Hannah Nilles, Brianne Callahan, Sara Kalkman, Jeff Westgate, Esther Manes, and Heather Huebner

Jeremy Campbell Chris Glibert



This past fall, 1st year NUPT student Jeremy Campbell was honored at the Northwestern homecoming football game as part of the Wounded Warriors Project.

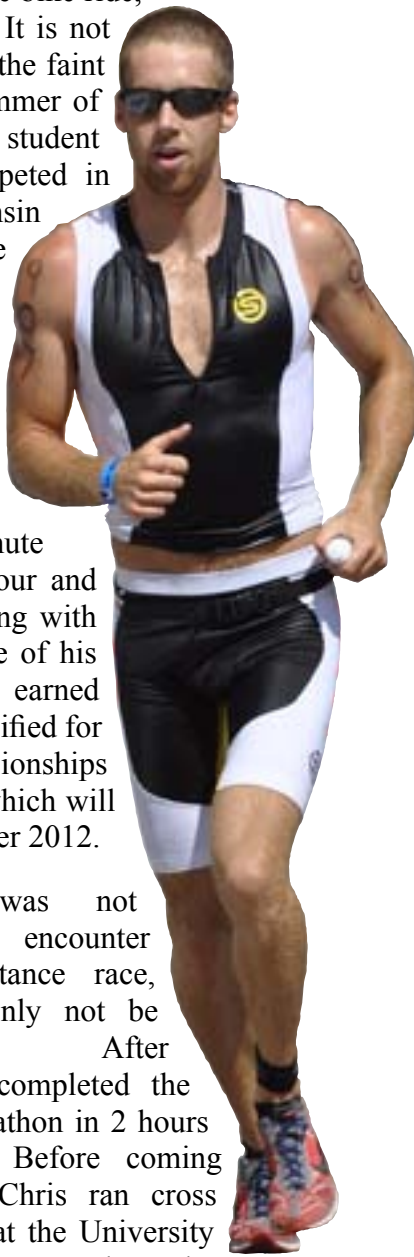
Lance Corporal Jeremy Campbell enlisted in the United States Marine Corps in

2004. He was a Machinegunner with 2nd Battalion, 1st Marine Division, Weapons Company at Camp Pendleton, CA. He was deployed to Iraq as part of Operation Enduring Freedom / Operation Iraqi Freedom in 2005. Following his deployment, he was injured in a humvee rollover accident where he fractured his pelvis and severed his left femoral artery and received several years of physical therapy for his injuries. His military honors include a Combat Action Ribbon, Iraqi Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, and National Defense Ribbon. He finished his undergraduate degree in Kinesiology at the University of Illinois in Champaign-Urbana.

Jeremy notes that he "always wanted to have a career in personal training or strength and conditioning, but after going through my accident and experiencing physical therapy in almost all settings (inpatient intensive care, day rehab, and outpatient) at a wide variety of clinics, I knew that I wanted to become a physical therapist." Jeremy plans on working with the Veterans Affairs hospital or another military related clinic after graduation. Jeremy stated that his first semester at Northwestern was "great" due in part to the "excellent and helpful faculty and staff" as well as being part of the larger Feinberg School of Medicine community.

The Ironman is a grueling race consisting of a 2.4 mile swim, 112 mile bike ride, and 26.2 mile run. It is not an undertaking for the faint of heart. In the summer of 2011, second year student Chris Glibert competed in the Ironman Wisconsin finishing 11th place overall and 2nd among amateurs. His final time of 9 hours and 33 minutes was comprised of a 59 minute swim, 5 hour and 30 minute bike ride, and 2 hour and 56 minute run, along with transitions. Because of his stellar finish, Chris earned a Pro Card and qualified for the World Championships in Kona, Hawaii, which will take place in October 2012.

The Ironman was not Chris's first encounter with a long distance race, and it will certainly not be his last. After the Ironman, he completed the 2011 Chicago Marathon in 2 hours and 37 minutes. Before coming to Northwestern, Chris ran cross country and track at the University of Wisconsin-LaCrosse, where he majored in Biology and Nutrition. He is still undecided as far as what type of setting he would like to practice in due to the fact that various Physical Therapy settings are all so different with many unique aspects. However, he does dream of one day becoming a therapist/bike fitter for a professional cycling team.



Sarah Kraushar and Adrienne Musick

This newsletter is published twice a year. Send information, inquiries and photos to the editor, Bill Healey, via email to b-healey@northwestern.edu or call 312-503-3346.

We're Online reconnect with NUPT Alumni on the web:
www.feinberg.northwestern.edu/nupthms

 Northwestern Physical Therapy Alumni Association

 Northwestern University Physical Therapy Alumni

 @NUPTHMS

Save the Date:

**NUPT Alumni Weekend
2013 is April 19-20!**

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1969

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