

# NUPTAAnewsletter

*Mission: NUPTAA facilitates a collegial relationship among our physical therapy graduates and promotes continued interest in, communication with, and support of physical therapy education programs at Northwestern University.*



## president's message david wessells

My name is David Wessells and I am very excited about the opportunity to help lead our NUPTAA board in the upcoming year. I was an NUPT graduate in 1999, after completing my undergraduate work at the University of North Carolina in Chapel Hill. I currently serve as Program Manager for Sports and Orthopedic Therapies at Nationwide Children's Hospital in Columbus, OH. I have served on the alumni board the last two years and have gained an even greater appreciation for the new and innovative things that NUPT is doing. I believe our Alumni Association is positioned well to help support the mission and ongoing

success of the PT program while expanding our reach and services to our Alumni. I believe our team can do an even better job leveraging the skills and talents of our alumni, not only throughout the Chicagoland area, but throughout the country and even the international community as well. I see exciting opportunities to expand networking opportunities in other regions of the country, recruit greater numbers of our Alumni back to Chicago for Alumni weekend, increase our partnerships with the medical alumni, and utilize new technologies to provide continuing education and networking forums. I hope to engage alumni for ideas on how we can best meet your needs and how we can better involve a greater number of PTs from our great program. I look forward to a great year!

## 90th Anniversary of Northwestern University Physical Therapy Department



*90 years ago, the "Course in Physical Therapy" was established after physical therapy services began to be offered for patients in the Northwestern University Medical School clinics. In celebration of 90 years of NUPTHMS, we recognize the ways that the department has grown and evolved while remaining dedicated to educating doctors of physical therapy and movement scientists in an academic medical environment that integrates research, education, and clinical care. Throughout the next year, we will celebrate 90 years of learning with recognition of the past and a look to the future. Below are 90 facts that you might not know about NUPTHMS.*

1. NUPTHMS is currently the oldest continuously accredited school PT program in the United States.
2. U.S. News and World Report ranked NUPTHMS the 6th best DPT program in the US in 2016.
3. Gertrude Beard was the first Technical Director of the 8-month program, "The Course in Physical Therapy," that began in 1927.
4. Physical Therapy students have dissected cadavers since the beginning of the program in 1927.
5. The first two students at NUPT were nurses: Francis Adams and Myrtle Moore.
6. In 1928, NUPT was accredited as one of the first six schools of physical therapy in the US. We are the only one of those six programs that remain in existence today.
7. On February 14th, 1928, the American Physiotherapy Association accredited NUPT.
8. In 1929, tuition was \$200; lab fees and books were \$25. Current 2016 tuition costs: \$42,519 per academic year.
9. In the program's infancy, accepted students must have been a nurse with 3 years of training or must have completed a 3-year course in physical education prior to starting the PT program. Classes took place over 3 quarters that were 11 weeks each for a 33 week-long curriculum. The current program is 32 months.
10. There once was a minimum height requirement of 5'2" to be considered for admission to NUPT.
11. Initially, students started the program in the Summer and graduation took place in the Fall the following year. The first class with a Fall start was in 1971.
12. In 1930, there were 5 NUPT grads. In 2016, NUPT graduated 92 students.
13. The Class of 1932 completed 280 hours of anatomy dissection.
14. Bandaging and massage were popular courses in the beginning of the program. Other courses included physiology, orthopedics, psychology, neurology, electrotherapy, general principles, hydrotherapy, and administration.
15. For the class of 1935, 401 clinical practice hours were required to graduate. Students now complete approximately 1,520 hours of clinical practice during clinical education experiences before graduation.
16. NUPT offered only a certificate program until 1955. From 1955 to 1980, students obtained a bachelor's degree in addition to a certificate. After 1980, only a bachelor's degree was offered. In 1990, graduates earned a Master of Physical Therapy. The Doctor of Physical Therapy began to be offered in 2001.
17. The NUPT Alumni Association was created in 1934.
18. In December 1934, the first edition of the Alumni Bulletin was written.
19. Initially, the NUPTAA required \$1 annual dues from all alumni.
20. The program established a post-professional graduate program in 1945 in collaboration with the Department of Anatomy and Physiology at Northwestern's Medical School, and awarded a Master of Science degree.
21. In 1944, NUPT accepted two African American students. Agreements for clinical placement for these first African American students were difficult to find and were eventually provided by the Visiting Nurses Association.
22. NUPT nearly closed down in 1951 due to inadequate funding from Northwestern University Medical School. The United Cerebral Palsy organization contributed \$36,000 over a 3-year period to keep NUPT going.
23. Prior to the Northwestern Medical Faculty Foundation, the Medical School had a series of clinics, one of which was a PT clinic. Nan Dixon, NUPT faculty, managed the clinic.

*Continued on page 2*



24. Enrollment remained under 20 students until the early 1970s, and then began to steadily rise until the 1990s when NUPT offered a Master of Physical Therapy degree.
25. Class sizes are growing! From 1970 to 1977, enrollment increased from 24 students to 80 students where it remained until 1990. During the transition to the MPT degree, enrollment was reduced to 60 students until 2010 when class sizes increased to 80.
26. When classes were held in the Ward building from 1927-1973, one classroom served as both lecture and lab space, requiring students to move chairs and desks out in the hall for lab sessions.
27. In June of 1974, NUPT moved to the Rehabilitation Institute of Chicago. Time was limited before classes were to start that Fall, so the faculty and students volunteered to assemble classroom furniture. The generosity of the Robert and Marjorie Strauss Family furnished the new facilities.
28. NUPT operated a PT clinic from 1927-1974. All of the medical school's clinics closed in 1974. Initially, one session of PT in the clinic cost \$4.
29. When the Masters of PT degree was established, the curriculum lengthened from 15 months to 26 months and switched from quarters to trimesters.
30. NUPT had its own library until the 1980s and eventually turned the contents over to the medical school library.
31. Prior to 1992, the NUPT Director handled student financial aid. Now, the financial aid is managed by Northwestern University Office of Financial Aid.
32. The first computers at NUPT came in the early 1980s. The medical school had computers in the early 1970s; Sally Edelsberg completed her master's research work with Dr. Koushenpour in Physiology on a gigantic computer in 1972.
33. The first Job Opportunities Fair took place at the Holiday Inn at City Center. In the 1980s, NUPT students, along with other students in the area, gathered with employers from around the country. There was a fee to attend. Now, NUPT hosts its own career fair in the department.
34. Northwestern PT program has had only five official directors including Gertrude Beard (1927-1952), Elizabeth Wood (1952-1972), Sally Edelsberg (1972-1999), John Brooke (1999-2003), and Jules Dewald (2006-present).
35. The first 3 directors, Gertrude Beard, Elizabeth Wood, and Sally Edelsberg, led the program for 25 years, 20 years and 27 years respectively: a total of 72 of the 90 years the program has been in existence. Wow!



36. The first student conclave was hosted by NUPT in 1991. Over 600 students attended from 58 schools and 27 states. This conclave was the first formal student meeting since the passage of APTA student assembly.
37. This first student conclave was financed by NUPT and supplemented by the Illinois chapter.
38. Northwestern was the only program in Illinois until 1970. The next PT program that opened was Chicago Medical School with Virginia Daniel as the director.
39. In 2001, the Doctor of Physical Therapy degree was established. Currently, more than 90 DPT students are enrolled each year.
40. NUPT has been on the move. The Department has been located at the Ward building, 3rd floor: 1927-1973, Wieboldt Hall: 1973-1974, 13th floor of the Rehabilitation Institute of Chicago: 1974-1994, and 645 N. Michigan Avenue: 1994-present.
41. The three location changes all took place under the direction of Sally Edelsberg.
42. NUPT currently occupies floors 7, 8, 10, and 11 at 645 N. Michigan Ave.
43. When NUPT was housed at RIC, female students had to go through the women's bathroom to get to the lab room.
44. During this era at RIC, faculty had to teach all labs twice to have an appropriate faculty to student ratio.
45. As director, Sally Edelsberg established the first research lab in 1983 within the department with Dr. Wynne Lee.
46. NUPT had its own library until 1987. That space was converted into research labs for Mark Rogers, Clive Pai, and Judith Falconer. Library holdings were then moved to the Medical library.
47. During the 1980s, NUPT had several non-PT faculty members. This was not common practice among PT programs at that time.
48. Randy Perkins, PhD, gross anatomy professor, discovered and named muscles in the elbow: medial and lateral tensors of the annular ligament and the accessory supinator.
49. NUPT gross anatomy used to be held in the summer until 1990 when lab was moved to the basement of the Tarry building where NUPT and medical students now have lab simultaneously in the fall.
50. Gross anatomy professors and TAs currently help to dissect and guide dissection of 52 cadavers each year; 33 for medical students and 19 physical therapy students.
51. NUPT Alums are world-wide residing in 49 states and 6 countries!

52. The Class of 1999 went to student conclave in Cincinnati on Halloween weekend and dressed as campers at Camp Mobilicoccyx for an evening social event.
53. In collaboration with the Departments of Biomedical Engineering, Mechanical Engineering, Electrical Engineering and Computer Science, NUPT offers a DPT / PhD joint degree.
54. RIC and NUPHMS collaborated and signed an agreement for a clinical and academic partnership in 2013. This partnership has integrated research, education, and clinical care.
55. In 2001, the program became its own full department within the Feinberg School of Medicine with the title, Department of Physical Therapy and Human Movement Science (NU DPTHMS).
56. The first DPT students graduated in 2003.
57. In 2002, we celebrated the 75th anniversary of NUPT and that served as a rebirth of the Alumni Association as we know it today.
58. The PhD specialty in Human Movement Sciences began being offered through the Northwestern University Institute for Neuroscience in the fall of 2007.
59. An 8th trimester was added to the DPT curriculum in 2009 to accommodate changes in curriculum with additional didactic and clinical education components.
60. International clinical experiences have been offered since 2012.
61. The first student dorm was Abbott Hall. Lakeshore Athletic Club was later purchased by NU and became Lakeshore Hall for student housing. Today, NU offers no student housing on the Chicago campus.
62. The DPT, DPT-MPO, DPT/PhD and PhD/MRS degrees are all currently offered at NUPHMS.
63. NUPT has its very own a cappella group, Acapattellas, who debuted at the White Coat Ceremony on June 20th, 2014.
64. Northwestern produced 8 of the 50 best Chicagoland PTs in 2014 as recognized by ekneewalker.com.
65. The department hosted its first physical therapy exchange student from Universidad San Sebastian in Chile in 2015, which grew out of a partnership that Jules Dewald initiated with Fernando Quiroga Dubournais, Dean of Health Sciences at Universidad San Sebastian.
66. Kat and Kyle Denlinger were engaged during class at NUPT in 2015. A mock stereognosis case led to Kyle's proposal.
67. Graduation used to be held at Thorne Hall with a reception at the Holiday Inn at City Center. Currently, graduation is held at Navy Pier.
68. Graduation current ticket limitation is 8 tickets per student.
69. The department recently tripled the amount of scholarship money available for incoming students.
70. The average GPA of accepted students in the Class of 2018 is 3.70.
71. Clinical education has expanded. Student now have a 6-week CE 1 and 2, and 13-week CE 3 and 4.

72. Of accepted students, 37% are from Illinois, 60% are out of state, and 3% are international students.
73. Incoming students must now have 100 hours of clinical observation before applying to PT school. Most successful applications have more than 100 and these hours are verified electronically.
74. NUPT is now in its 4th year to include iPads in students' tuition costs. Class notes are now completely electronic with no printed handouts.
75. NUPT Alumni Association regularly offers free 1.5-hour continuing education courses for alumni usually held on Thursday evenings.
76. NUPT joined Facebook in 2013. Please 'friend' us!
77. Inspired by "Humans of New York", our Facebook "People of NUPT" features students and alumni who have inspirational stories and experiences.
78. The first NUPT alumni gathering took place at an APTA conference in 1934.
79. NUPT alums have held leadership positions all the major PT associations including various Chapters, Sections, Illinois Physical Therapy Association, American Physical Therapy Association, and World Confederation for Physical Therapy.
80. The longest active faculty at NUPT include Nan Dickson (1952-1985), Sally Edelsberg (1970-2003), and Karen Hayes (1973-2006).
81. There are full-time clinical education experiences available for DPT students in 46 of 50 states.
82. NUPHMS currently maintains over 450 clinical affiliations world-wide.
83. Incoming DPT students (Class of 2019) hail from 30 states and 3 foreign countries.
84. Of the incoming DPT students (Class of 2019), there are 22 unique majors from over 55 different colleges and universities.
85. Current students start in the clinic one month into the program through the Integrated Clinical Education Experiences. These part-time clinical experiences were the result of a focus group with CCCEs and Cls who wanted students to experience the high fidelity of the clinic before full-time clinical experiences.
86. 81 people have made a financial contribution to the department in 2015-2016. Consider adding to this number by making a gift to PT scholarships at: <http://wewill.northwestern.edu/pt>
87. NUPT DPT students raised more than \$10,000 for the Foundation for Physical Therapy in 2016, in part due to a large gift from the Alumni Association.
88. Faculty received 26 research grants in 2016 fiscal year, of which 12 were new awards.
89. Departmental grant income has grown from \$1.7 million in 2006 to \$4 million in 2016.
90. Of current faculty, 12 are NUPT alums.

**Please VOTE for (2) Directors. Directors will serve 3-year terms. Voting Deadline is Monday October 17th, 2016.**

**The purpose of the Board is to:**

- Serve as the official voice of the NUPT Alumni Association.
- Hold the authority and responsibility to establish policies and procedures that ensure the timely and effective functioning of the Association.
- Act as channels of communication between alumni and the Department of Physical Therapy and Human Movement Science.

- Establish the goals and priorities of the Association annually.
- Conduct the business of the Association through participation in scheduled meetings and timely communication between meetings.
- Attend a minimum of 2/3 (two thirds) of the meetings scheduled during a term of office as well as participate in assigned committees.

Thank you for voting.



## **PAUL HILDRETH (1981)**

I am happy and honored to again be a candidate for election to the NUPTAA Board of Directors. I have been an active member of the Board and have done my best to further the goals and priorities of the NUPTAA. I've been able to assist in coordinating alumni regional gatherings in Portland, OR, Seattle, WA and St Louis, MO. I've also been able to participate in the NUPTAA awards process and our nominating process for the past 2 years. Additionally, I have enjoyed returning to Chicago to attend every Board of Directors and Alumni weekend event since 2014. It has been a great experience to meet current NUPT students and grads from before me and long after me. I have also enjoyed working with all the current and past Board members. NUPTAA is fortunate to have such talented volunteers. I believe the Board is fulfilling its mission statement of facilitating a collegial relationship among our physical therapy graduates and supporting the physical therapy education programs at Northwestern University. We are attempting to coordinate with NU to participate in more regional gatherings; we continue to offer free or low cost education to graduates. Hopefully, we soon will be able to view lecture topics at the school. I would very much like to continue the work we have started, especially in collaboration with Sally Edelsberg to re-write our current bylaws structure. I received my bachelors of physical therapy degree from Northwestern University in 1981, a Masters in Public Health degree from Tulane University in 2003, and my Doctor of Physical Therapy degree from Massachusetts General Hospital-Institute of Health Professions in 2006. After graduation from NUPT, I worked at the Pittsburgh, Pennsylvania VAMC for 2 years and then at the Chinle Valley School for Exceptional Children in Chinle, Arizona. In 1985, I moved to New Orleans, LA, to work at the Rehabilitation Institute of New Orleans and was Director of Physical Therapy there from 1986 until 1988. I then became Director of Clinical Services at Health South Rehabilitation Center of New Orleans for two years. In 1990, I became the Physical Therapy Supervisor at the Louisiana Rehabilitation Institute of the New Orleans Charity Hospital and three years later became Manager of Outpatient Physical Therapy Services at Charity. I am now the Outpatient Physical Therapy Supervisor at University Medical Center in New Orleans which is the "successor" to Charity Hospital. I have been fortunate to be able to give back to my profession and community. Throughout my career I have been an active member of the American Physical Therapy Association (APTA), both locally and at the national level. I have served as President, Vice President, Treasurer and Chief Delegate of the Louisiana Chapter. At the national level, I have served as a member of the APTA Nominating committee, as a past member of the Committee on Risk Management and Member Benefits and am currently a PT-PAC Trustee. I have also served my community as a member of the Governor Health Care Consortium, the Louisiana Medicaid Medical Advisory committee and as a member of the Department of Insurance's Health Care Commission. I am also a guest lecturer and clinical instructor for the LSU School of Physical Therapy at New Orleans. Additionally, I serve as the outpatient PT CCCE and have been part of the advisory committee for the Delgado Community College PTA program. I'd like to express my gratitude to Bill Healey and now Margaret Danilovich for their assistance as alumni liaison. They have made serving on the Board a pleasure. I thank you for giving me this opportunity to serve the school and its graduates that gave me the ability to practice in such a great profession. I ask that you please give me the opportunity to continue to serve you, the Board and NUPT for another 3 years.



## **SUZANNE SEMANSON (2006)**

I am honored to be nominated to run for the Board of Directors of the NUPT Alumni Association. After I received my DPT from NUPT in 2006, I worked in an outpatient orthopedic facility at Advocate Illinois Masonic in Chicago. After a year, I moved to New York City to pursue my dream of specializing in dance medicine. This year marks my 9th year working backstage at Broadway theaters, my 5th year at the NYU Langone's Harkness Center for Dance Injuries(HCDI) as a clinical specialist, and my 6th year as an adjunct clinical instructor at Columbia University's Physical Therapy Program and owner of my private practice. As a clinical specialist at the HCDI, serve as the orthopedic resident coordinator, organize in-services, educate the dance community on anatomy and injury prevention, assist in research, evaluate and treat dancers who are injured, and provide injury prevention assessments to dance companies. My professional development has led me to become a registered yoga teacher, a certified Mat Pilates instructor, and a certified orthopedic specialist. Additionally, I am working towards the certification exam for the North American Institute of Orthopedic Manual Therapy's CMT. I feel privileged to be able to pursue my passions while contributing to the profession in multiple ways and settings including clinical care, injury prevention, education, and research. My experience, willingness to continue to contribute to the profession and desire to give back to the fine institution that began this journey for me makes me a worthwhile candidate to consider for the Board of Directors.





## CLAY SCHEWE (2014)

Clay received his Bachelors of Science in Movement Science from Texas Christian University in 2011. In 2014, Clay graduated with his Doctorate in Physical Therapy from Northwestern University. While at Northwestern, Clay worked alongside classmates and advisor Jane Sullivan, researchin g sensory stimulation and its beneficial role in recovery of upper extremity function in patients with chronic stroke. His project culminated with a CSM poster presentation and a peer reviewed publication in "Topics in Stroke Rehabilitation." Clay has worked as a physical therapist at Schwab Rehabilitation Hospital in Chicago since graduating from NUPT. While Clay has worked in inpatient in both the spinal cord injury and brain injury units, he currently works in outpatient treating patients with both orthopedic and neurological impairments. Clay continues to be an active member of the Northwestern community since graduation, having been a participant in an after school communication panel and assisting Jane Sullivan in teaching continuing education for alumni weekend. Furthermore, Clay has served the last two years on the alumni panel at Northwestern's accepted students open house. Clay is a member of the American Physical Therapy Association, Illinois Physical Therapy Association, and Academy of Neurologic Physical Therapy. Clay is honored to have been nominated to run for the Board of Directors and is grateful for the wonderful education that he received at NUPT. He would be honored to serve on the board of directors in order to give back to NUPT and to continue improving upon the wonderful work that the Alumni Association has already done.



## RODNEY WEIR (1999)

Thank you for the nomination to serve on the Board of Directors for the Northwestern University Physical Therapy Alumni Association. I am grateful for this honor. I graduated from Northwestern in 1999, and I have remained in the Chicago area since that time. I currently work in Chicago Public Schools, and continue to work in a registry position at RIC, which I have done since 2005. I obtained my NCS in 2006, and have just recertified for another period. I recently have also gone back to school, getting my DHS in 2014, and my DPT in 2015. All of these experiences have allowed me to continue to grow and learn, and I have made some great connections along the way. With my limited free time, I enjoy traveling, cooking, biking and running. I have run 5 Chicago Marathons in the past, but that distance is done for me. I have signed up to run the Pasadena Half Marathon and the Indy Mini in Indianapolis in the next year. I am also running the Run for Walk in Evanston at the end of July, in honor of Randy Walker. I would be honored to serve on this board, looking to strengthen the organization and build on work that has already been done. I will strive to build stronger connections with fellow alumni, and support the physical therapy program.



**Please VOTE for (2) Directors. Directors will serve 3-year terms. Return the ballot by Monday October 17th, 2016 (by mail, fax, or e-mail) to:**

NUPTAA Nominating Committee, c/o Margaret Danilovich  
645 N. Michigan Ave., Suite 1100, Chicago, IL 60611.  
FAX: 312-503-4398  
EMAIL: Margaret-wente@northwestern.edu

*Director (choose 2):*

- ☐ Paul Hildreth
- ☐ Suzanne Semanson
- ☐ Rodney Weir
- ☐ Clay Schewe

**DEADLINE:** Friday, October 21st, 2016

**Alumni Weekend April 29-30, 2016**  
offered varied continuing education and social activities. Thank you to all the presenters and welcome back alumni!



### **2016 Young Alumnus Dr. Justin Lantz (2012)**

*This award honors a NUPT graduate within the past 10 years who has made/or continues to make contributions to the program in a variety of ways including teaching, promoting the university program, participation in clinical education, or by promoting the alumni association.*

Since graduation, Justin has consistently demonstrated professionalism and commitment to life-long learning. After graduation, Justin completed his Orthopedic Manual Physical Therapy Fellowship at UIC in 2015 publishing a number of manuscripts from his research during the Fellowship. He also serves as a reviewer for the Journal of Orthopaedic and Sports Physical Therapy. He currently is in practice at the University of Southern California.

### **2016 Research Achievement Award: Dr. Mary Massery (1977)**

*This award honors a NUPT graduate who has made/or continues to make contributions to the program and profession in the area of research. The nature and content of the research should improve the profession as a whole by contributing objective measurement and sound reasoning to the practice of physical therapy.*

The translation of research to practice is not always a strength of researchers. With her approachable, adaptable, and dynamic style, Dr. Massery has been extremely effective in providing educational contributions involving her research across a range



of highly diverse national and international settings. The range of professional audiences for her teaching involves 49 states, 9 Canadian provinces, and 15 countries. Mary is an effective ambassador of Northwestern through her research and teaching, inspiring clinicians, motivating educators, and participating in meaningful research to promote and enrich our profession.

### **2016 Donna Frownfelter Community Service Achievement Award: Susan Davis (1977)**

*This award honors a NUPT graduate who has made an/or continues to make contributions to the community to promote awareness of physical therapy, education on its role in prevention of health related diseases or injuries, provide support for various health-related issues, and/or provide treatment to underserved communities that require physical therapy care.*

Susan owns Joycare Onsite; a practice dedicated to canine and small animal physical therapy. Sue's

mission goes beyond having a successful animal physical therapy practice; she is dedicated to helping animals by providing pro bono care at a local zoo for rescue animals. Sue also volunteers her time with the Monmouth County SPCA. Susan has struck a great balance between running her practice and volunteering at organizations that desperately need her skill sets.

### **2016 Alumnus of the Year: Rachel Tappan (1996)**

*This award honors a NUPT graduate who has made and/or continues to make contributions to the program in a variety of ways; by teaching, promoting the university program, assisting at career fairs and/or career nights, participation in clinical education, or by promoting the alumni association.*

Rachel recently joined the faculty at NUPTHMS and continues her clinical practice at RIC on the outpatient team. Rachel is recognized by her colleagues as an expert clinician, educator, mentor, researcher, and leader in the field of physical therapy. She has been awarded the 2016 Clinical Excellence in Neurology Award from the Neurology Section of APTA and the Magnuson Founder's Award from RIC. She is also a national leader, demonstrated by involvements such as the APTA's Evidence Database to Guide Effectiveness task force for spinal cord injury and service on the Neurology Section Nominating Committee.

Email Margaret Danilovich at [margaret-wente@northwestern.edu](mailto:margaret-wente@northwestern.edu) to nominate a fellow alum for next year's awards.



## Say It Ain't So!

Faculty members Steve Sadowsky, PT, RRT, MS, CCS and Chandi Edmonds (2002) PT, DPT, PCS left NUPTHMS this summer. Steve is retiring and Chandi is moving to California. A farewell party for Steve and Chandi was held in July at the Ritz Carlton Hotel.

Steve Sadowsky is retiring after spending the last 14 years at NUPT. His retirement plans include continuing his love of biking, consulting work for critical care, teaching continuing education, and spending time this Fall camping at Yellowstone National Park. Steve notes that he “won’t miss the daily commute from Downers Grove to Chicago, but will miss the challenge that the students provide.” He is pleased to end his career with individuals like Gail Huber and Babette Sanders, colleagues with whom he began his career, and is thankful for the opportunities provided by NUPT. **Welcome to new faculty members Heather Henderson and Cori Arquinas who joined the department this Summer.**

**Name: Heather K. Henderson PT, DPT, NCS**

**Education: MPT - Mayo Clinic, 1997**

**tDPT - Rosalind Franklin University of Medicine and Science, 2006**

**Hometown: Lakeland, FL**

Clinical background: 19 years as a PT in various practice settings including Inpatient rehab, Day Rehab, OP Neuro, and Aquatics, all with a primary focus of treating adults with neurological dysfunction and people after lower extremity amputation.

What drew you to Northwestern: Probably like most of you, I was drawn to Northwestern by the excellent reputation of the DPT program, research, faculty and the University. I have had the opportunity to work informally and formally with many of the NUPTHMS faculty through the years and have always been impressed by the caliber of thoughtful, intelligent, dedicated Physical Therapists and educators, all in one place. I always knew in the back of my mind, this was the place to be. When a position opened up, of course I jumped at the chance. I am looking forward to becoming a small part of the forward thinking, innovative NUPTHMS team and seeing what amazing contributions continue to come from the students, alumni, and faculty at NU.

Interesting fact about Heather: I am married with one daughter. In our spare time, we follow whatever interest she has at the moment and enjoy family time together.

**Name: Cori Arquines, PT, CLT, MPHE**

**Education: MPT - University of Illinois at Chicago, 2001**

**MHPE - University of Illinois at Chicago, 2015**

**EdD - currently enrolled at the University of**

**St. Augustine - Florida**

**Hometown: Chicago, IL**

Clinical background: acute care and lymphedema.

What drew you to Northwestern: I was drawn to the liveliness of the Northwestern community and it’s mission to excel, innovate, and grow! I am interested in research related to clinical education as well as student experiences with ADHD.

Interesting fact about Cori: I enjoy spending time with my family. I also enjoy watching my family grow in amazing ways!

### *Other Departmental Notes:*

James Babana, of the NU-DPT Class of 2018, will serve as president of the 2016-2017 Student Special Interest Group for the Illinois Physical Therapy Association.

Congratulations to Dr. Bill Healey on receiving the APTA Distinguished Educator in Physical Therapy Award and Dr. Babette Sanders on receipt of the APTA Leadership in Education Award!

### *Residency Update:*

In addition to the Orthopaedic Physical Therapy Residency, NUPT and RIC now offer a Neurologic Residency. This program has been designed to foster the development of clinical specialists as future leaders in neurologic physical therapy. The residency offers 13 months of unique training in areas of specialized care including spinal cord injury, traumatic brain injury, stroke, and more, all under the

mentorship of expert clinicians. The program also provides mentorship in two key areas of education and research. Residents teach in the PTHMS curriculum in Clinical Management of Patients with Neurologic Dysfunction while also having the opportunity to participate in research at NU and/or RIC. In addition to mentored clinical practice, teaching, and research, residents will have didactic training to assist on their path to specialization.

Jennifer Hilb Kahn (2000) is the Co-Director of the Residency program. After graduation, she worked at RIC full time, became a Neurologic Clinical Specialist in 2007, and then joined the NUPTHMS faculty in 2009 with continued part-time clinical practice at RIC. Of the residency, Jennifer notes, “we have found a great synergy in combining the resources from two world class institutions to create this unique residency.”



## Neurologic Residents

### *Liz Catlin (2016)*

#### Education

B.S. Kinesiology: The Pennsylvania State University

DPT: Northwestern University

#### **Why did you choose the NU-RIC Residency?**

I chose the NU-RIC Residency for the opportunity to gain specialized experience in the field of neurologic PT practice. I believe that it will be very interesting and beneficial for me to treat patients with a wide variety of diagnoses in each of the different rotations. Finally, the opportunity to participate in research and teaching as part of the didactic portion of the residency is very exciting to me.

#### **What do you like to do in your free time?**

I am training for the Chicago Marathon in October so I spend a lot of my free time running. I really enjoy cooking and trying new recipes. I also like trying new restaurants with sushi, Greek, and Thai being a few of my favorites!

### *Carolyn Buesing Sykes (2016)*

#### Educational background:

B. S. Kinesiology: University of Illinois at Urbana-Champaign

DPT: Northwestern University

#### **Why did you choose the NU-RIC Residency?**

I've always had an interest in neurologic conditions and developed a passion for working with patients with neurologic conditions during my clinical experiences in PT school. I felt a residency would be a great way to expand my experiences with these patient populations and improve on the quality of care I could provide. I'm also excited the residency will allow me to gain more experience in two other parts of the field of PT: research and teaching. I've already been lucky enough to get to see how motivated people are at Northwestern and RIC to keep pushing PT forward, and so I feel very fortunate I got to choose to keep learning in the NU-RIC Residency.

#### **What do you like to do in your free time?**

In my free time I enjoy working out/running, playing tennis, playing the piano, traveling, reading, and spending as much time as I can with my family and friends.

## Orthopaedic Residents

*Jess Harrison, ATC, DPT*

B.S. Athletic Training: West Virginia Wesleyan College  
DPT: University of Southern California (2016)

**Why did you choose the NU-RIC Residency?**

I was actually drawn to NU-RIC ortho residency because of the strong neurologic influence associated with Northwestern. I feel these two areas within PT can learn a lot from each other and can help to provide a more comprehensive rehabilitation program when better intertwined. So I was looking for a program that was strong in both areas.

**What do you like to do in your free time?**

Typically in my free time I can be found on a horse but I don't think that will translate well to downtown Chicago. I try to get outside as much as possible: running, hiking, etc. But I'll try anything at least once, within reason. I'm very excited to see what Chicago has to offer.

*Hyun Su “Brian” Lee*

B.S. Education in Exercise and Sport Science: University of Georgia in Athens  
DPT: Emory University (2016)

**Why did you choose the NU-RIC Residency?**

I chose the NU-RIC Residency because I knew that I would be learning from some of the best clinicians in the field and would have great mentorship. NU-RIC provides so many resources, network of professionals, great facilities, and multiple learning opportunities in a multi-faceted manner (journal club, ortho surgery grand rounds, etc.). I was attracted to the fact that I would be involved with teaching/assisting with the Northwestern DPT students as well as treating patients in the clinic. Also, the reputation of Northwestern as well as RIC as one of the best facilities in the country was a big appeal as well. Overall, I felt that this program was the most beneficial for my growth as an orthopedic specialist within physical therapy.

**What do you like to do in your free time?**

In my free time, I like to be active outdoors and play sports. I also enjoy traveling, cooking, listening to music, and spending time with family and friends.

## New Alumni Scholar



Rebecca Mohan

The Alumni Association Board of Directors continues to offer a scholarship to an incoming student who will serve as the Alumni Scholar, assisting with alumni affairs. **Rebecca Mohan**, NUPT Class of 2019, is this year's Alumni Scholar.

Rebecca Mohan is from Aurora, Illinois. She attended Aurora University, graduating in 2016 with a Bachelor of Science in Health Science and minors in Chemistry, Physiology, and Biology. Having both a familial and collegiate connection with her hometown gave her wonderful opportunities to be an active volunteer at Presence Mercy Hospital as a cardiac rehabilitation intern and outpatient rehabilitation volunteer for 5 years, which was the basis for sparking her interest in a career that serves patients. Rebecca hopes to pursue a PT career in rehabilitation administration. An active volunteer, Rebecca is involved at her local church as a Sunday School teacher, Christian Education Board member, mission trip attendee, and vacation bible school leader. In her leisure time, she enjoys running, reading, and spending time with my family.





Ninety-two graduates received their DPT degrees on April 15, 2016, at Navy Pier. Zoher Kapasi, PhD, MBA, Interim Director and Associate Professor in the Division of Physical Therapy of the Department of Rehabilitation Medicine gave the commencement speech entitled, “The Road Thus Travelled and Lessons Learned.” Several individuals collected additional honors: Mary Cheng received the Clinical Education Award, Kimberly Sipple was awarded the Leadership award, and Dimitrios Simeakis was honored with the Community Engagement Award. Stephen Antos and Emma Baillargeon were recognized as the Dean’s Feinberg DPT/PhD Scholars. Dr. Daniel Tafelski provided the graduating class message.



The Class of 2017 presented their synthesis posters at the 9th Annual Ann Putnam Kaleckas Lecture on March 28, 2016. Dr. Julie A. Fritz, PT, PhD, ATC, FAPTA, was the keynote speaker and presented “*Moving Research into Practice: the Science of Implementation.*”

## NUPT at the Olympics

Craig Hensley, PT, DPT, OCS, FAAOMPT, assistant professor in the Department of Physical Therapy and Human Movement Sciences served as a Physical Therapist for the United States Olympic training teams. Craig assisted with the US Olympic Committee Sports Medicine Division providing care for members of the Men’s and Women’s Summer Olympic and Paralympic teams in Colorado Springs this May as they trained for the Summer Rio Games.

Christina Loukas (Class of 2017) competed in the 2008 (9th place) and 2012 (8th place) Olympic Games in the 3 meter springboard. A 2009 graduate of Indiana University in Exercise Science, Christina was inspired to be a PT after overuse injuries that led to a torn labrum in her shoulder, as well as chronic pain in her back and hips.

“I was so interested with what was going on with my body and why it wouldn’t get better,” Loukas said. “It wasn’t until I was going through injuries through my career, where it was like I wanted to be someone (a physical therapist) who helped athletes to get to that next level.” Christina will be completing her final clinical education experiences at Central Dupage Hospital in pediatrics and Northwestern Hospital in Lake Forest at the Sports Medicine Outpatient clinic. She hopes to pursue a career working with athletes.





**Rachel Tappan (1996)** received the 2016 APTA Neuro Section Award for Clinical Excellence in Neurology!

Congrats to **Alice Perry (1978)** on her retirement from Swedish Covenant after 38 years of being a PT!! Alice is also a member of the NUPTHMS Alumni Association Board of Directors. Other NUPTHMS alums and current students at Swedish were able to join a party celebrating Alice's career. Here's to a happy and well-deserved retirement, Alice!

NUPTHMS keeps it all in the family! **Carrie Dinelli (2017)** is the daughter of **Laurie Dinelli (1984)**. Carrie notes, "Growing up with a mother as a PT, I was constantly amazed at her knowledge of the human body, as well as her ability to interact with such a wide variety of people. These skills sparked my interest in the field. My interests grew throughout college athletics, the courses I took in my undergraduate education, and with all the intriguing stories my mom shared throughout the week. My success thus far in the NUPT program is a joy not only for my mother, but my maternal grandparents, Pat and Paul Birk, as they both graduated from Northwestern Medical School in 1953. My mother has enjoyed all facets of physical therapy, working in various locations and settings. She currently practices at Lake Forest Place, splitting her time between subacute and outpatient.



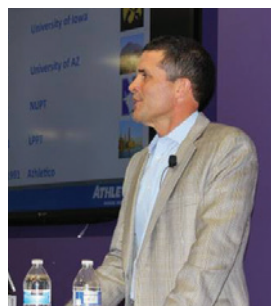
**Ross Nachbi (2016)** is the son of **Janet Sobel (1975)**. Ross states, "my motivation to become a physical therapist started when I was in elementary school,

spending snow days and parent-teacher conference days at my mom's P.T. clinic, where she specialized in sports medicine. Hearing my mom talk enthusiastically

about her patients after a day of work and watching her prepare for talks certainly sparked an interest in me. My mom, Janet Sobel, NUPT class of 1975, was thrilled when I began to apply to P.T. schools. When I chose Northwestern, she said this program stands out in how it trains students to be well rounded, detail-oriented clinicians. About 15 years ago, my mom transitioned from the sports medicine world to lymphedema therapy, where she specializes in breast cancer rehab and has her own business in the suburbs of Washington D.C. Now, with the education I've received, I understand and share the enthusiasm for P.T. that she's shown throughout her career."

Congratulations to Toni Sander, recipient of the Health Volunteers Overseas (HVO) Golden Apple Award, in recognition of her work with HVO organization over the past several years.

On June 16th, **Mark Kaufman (1989)** presented at the inaugural Real Physical Therapists of Feinberg lecture; an innovative program that unites our renowned Northwestern University Feinberg School of Medicine alumni and faculty with physical therapy and medical students who want to learn about the lives of physical therapists. This program is a collaboration between the Northwestern University Feinberg School of Medicine Department of Physical Therapy & Human Movement Sciences and Department of Alumni Relations.



**Pepper Burruss (1977)**, Director of Sports Medicine Administration for the Green Bay Packers, shared his exciting career path with DPT students in April.

**Matt Lesniak, DPT, class of 2009**, has been recently co-authored on several journal articles on baseball pitching mechanics and their correlation with injury, epidemiology, fatigue, and velocity in Journal of Shoulder

and Elbow Surgery, Journal of Arthroscopy, and the Orthopedic Journal of Sports Medicine. He also recently took a new position as Director of Outcomes and Clinical Programs with Ivy Rehab Physical Therapy.

**Katy Williams (2016)** is currently living in the East Bay in Northern California. She is working at a private outpatient orthopedic clinic in Pleasanton, CA, at a company founded and run for 30 years by Hiten Dave (1985). They enjoy sharing insights about NUPT and how it has changed over the years!

**Jim Patrizi (1984)** and **Debra Cassidy Patrizi (1984)** are preparing to celebrate the wedding of both of their daughters in the next 9 months! Nici is an elementary school teacher and soccer coach, and Sara is in her 4th year of medical school. Debbie earned her PCS earlier this year, and will complete her DPT in December. Much to celebrate!

**Wendy Martin Lageschulte Driscoll (1964)** currently lives in Massachusetts and is involved in creating support groups and movement groups for people with Parkinson's Disease, of which she is one. Previously, she was a staff therapist at Passavant Memorial Hospital in Chicago and Sherman Hospital in Elgin, IL. She taught Kinesiology for 4 years at NUPT (1965-1969) and attended NU-STEP, the groundbreaking conference at NUPT for PTs worldwide. The subject matter was proprioneuromuscular facilitation (PNF) as presented by Dorothy Voss and multiple researchers. This was the threshold of current science-based physical therapy. Marriage and 2 children followed, and a focus on community health as a volunteer CPR instructor, school-based scoliosis-screening pioneer (I had idiopathic scoliosis myself) and home care therapist. A career highlight was serving a close friend as her at-home physical therapist while she recovered from Guillian-Barre syndrome.



**Dawn S. Brown, PT, MPT, DPT, CEAS, CAFS (1999)** has been appointed Clinical Assistant Professor and Academic Coordinator of Clinical Education at Northern Illinois University. Dawn was also elected as Chair of the Diversity Task Force within the Illinois Physical Therapy Association. In addition to her commitment to the IPTA and APTA, Dawn is a member and speaker for the American Academy of Physical Therapy (AAPT), which aims to address the needs of underrepresented minority groups, and promote diversity and inclusion within the physical therapy profession.

**Janet Sobel (1975)** spent 20 years in sports medicine specializing in the shoulder and elbow. Since that time, she has been in private practice in Chevy Chase, MD, treating lymphedema and breast cancer rehabilitation.

Hello from Wagga Wagga, NSW, Australia! Sonia Palmer McMullen (2007) writes: "I am currently working full time as the Senior Rehabilitation Physiotherapist in Outpatient Rehab at our public hospital in Wagga Wagga. The rehabilitation department is growing, and we are preparing to expand our current Subacute and Outpatient departments by adding an additional Acute Rehabilitation physiotherapist, as well as Outreach physiotherapists to three surrounding community hospitals. I'm enjoying working with a wide variety of clients, including neurological, amputee, balance, and musculoskeletal patients. My husband Hugh and I welcomed our beautiful baby boy Sam in July 2015, and we just celebrated his 1st birthday! Hugh now owns his own carpentry business in Wagga. We just travelled back to the US to visit family and friends in June this year - we had a wonderful time. Can't wait for our next trip home! We send all our very best to everyone at NUPTHMS!"

**1958 Doris Ann Miller Aubry** passed away on May 15, 2016. She was 86 years old. Doris had been a member of the Louisiana Physical Therapy Association since July 1, 1958, and belonged to the New Orleans District. She was the first African American licensed and certified to practice PT in the state of Louisiana. She taught biology and general science at numerous high schools in Nashville, TN, and NOLA.



**1999 Vincent Ceralde** passed away on January 17, 2016. Vince was the founder and clinical director of ReNew Physical Therapy, a business he started with his wife in September 2014. Vince was also a co-founder/director for Accucare Rehab. In 2008, Vince was diagnosed with an aggressive form of systemic scleroderma and passed away due to complications from double lung transplant. Vince is survived by his wife Kristin, and children Hannah, 15; Andrew 13; and Aaron, 12.



**2005 Catherine Grimes** passed away in January following a skiing accident near Jackson Hole, Wyoming. She was a PT for Gentiva Home Healthcare in Scottsdale and was well known in the Valley's exercise and wellness community. Cathy loved to travel and was an enthusiast of all things active, especially yoga, hiking and skiing.

## NUPTHMS Giving Honor Roll

If you have made a gift to NUPTHMS, thank you! You're in good company—the list below recognizes classmates and friends who have joined you in giving back. This Giving Honor Roll is one way we celebrate our alumni's continued generosity and participation to support our students and programs.

Your participation makes the biggest difference. It is not about how much you give—it is about the simple act of giving each year. Gifts at every level from loyal alumni donors provide a vital foundation of support enabling NUPTHMS to remain highly competitive and strengthening its position as one of the top PT schools in the nation.

Our Giving Honor Roll recognizes PT alumni whose gifts and pledges were recorded between September 1, 2015, and August 31, 2016.

Marla Warren	Mary M. Coupe	Pamela Hatton	Gary S. Sutton	Teresa Kulik
Deborah Johnson	Janine Leigh Contestable	Donna R. Zielke	Jennifer Long	Kristin Liebl
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Roger Dean Harbour	Carolyn R. Mason	Ellen B. Tschida	Tasha M. Weatherspoon	John Medeiros
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Ingrid T. Berlien	Susan Straus Adler	Timothy L. Hennum	Susan Anacker	Berton Sheppard
Karen L. Brogna	Jennifer L. Bright	Sally C. Edelsberg	Kathleen Brandt	Regina Sheppard
Karen W. Hayes	Susan E. Davis	Valerie J. Eggers	Lunda Cabaniss	Susan Suria
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Save the Date! **NUPT Alumni Weekend is Thursday–Saturday, April 28-30th, 2017!**

*Alumni Weekend Events include:*

**Thursday, April 28th, 2017**

1.5 CEUs Physical Therapy and Malpractice by Peter J. McMenamin (1987), PT

**Friday, April 29th, 2017**

4 CEUs: New Perspectives on Locomotor Stability by Keith Gordon, PhD, Jennifer Kahn (2000), PT, DPT, NCS, and Andrew Sawers, CPO, PhD

3.5 CEUs: Gait and Orthotics by Eric Bjorkman (2000), PT, CPO

Alumni Happy Hour at Timothy O’Toole’s from 5-9pm

**Saturday, April 30th, 2017**

NETWORKING BREAKFAST

2.5 CEUs: Physical Therapy for Animals by Susan E. Davis, PT

1 CEUs: Athletes in Special Olympics by Gail Huber, PT, PhD

1.5 CEUs: Physical Therapy Treatment of the Golf Athlete by Lindsay Becker, PT

Alumni Association Awards Luncheon

3 CEUs: Ethics in Physical Therapy by Alice Salzman, PT, EdD

Join us as we celebrate  
**90 years of Northwestern  
Physical Therapy**



This newsletter is published twice a year. Please send information and inquiries to Margaret Danilovich, Coordinator of Alumni Affairs, at [margaret-wente@northwestern.edu](mailto:margaret-wente@northwestern.edu)