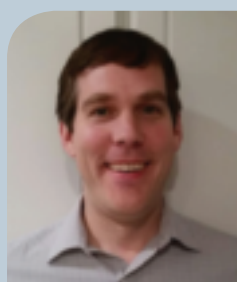


# NUPTAA newsletter

*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. 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)*



## president's message david wessells

It has been a busy year for our NUPTHMS Alumni Board as we continue to expand our efforts to support our alumni across the country.

In the spring, we hosted Alumni Weekend with over **130 PT alumni** joining us in Chicago to celebrate the 90th anniversary of NUPTHMS. Through Alumni Weekend and other sponsored courses, we delivered over **25 hours of free CEUs** for alumni with even more courses planned this year. Please consider reaching out to friends, classmates, and colleagues to draw an even larger turnout at this year's Alumni Weekend on April 26-28th, 2018. This year's weekend includes great educational programming, networking opportunities, and multiple social events.

Our Alumni Board is continuing efforts to expand connections outside of the Chicagoland area and held social events in Seattle, New York, and San Francisco. We have also begun to develop the technology to share recorded sessions of our courses for alumni to access online. We recently piloted this option and believe within the year, we will be able to start offering these online courses for CEUs for our alumni at a very low cost. We continue to expand our relationship with the NU Medical Alumni Association and NU undergraduate clubs throughout the country to provide shared resources and touch points for our PT alumni. The Alumni Board supports **\$4000 in student scholarships annually**, and thanks to these scholarship recipients, we maintain an active social media presence. Please "like" us on Facebook and share updates about yourself or other alumni.

In order to achieve our goals of expanding alumni support, we need your help and continued efforts. Please reach out to your friends and former classmates and ask them to join you at Alumni Weekend or a CEU event, keep your contact information updated and remind your friends to do the same, offer to host a regional event in your area (we can provide support), join us at CSM in New Orleans, nominate deserving candidates for our annual awards, and share your personal and professional accomplishments so we can highlight these achievements in the newsletter, as well as Northwestern Medicine Magazine. As NUPTHMS continues to evolve dynamically to remain a leader in the field, our Alumni Board strives to do the same. I hope to see or hear from many of you this year as we continue our goal of connecting our distinguished alumni.

## CELEBRATING 90 YEARS OF NORTHWESTERN UNIVERSITY PHYSICAL THERAPY



### Did you know?

#### *Interesting, funny, and historical facts about NUPTHMS*

NUPTHMS formally organized the Alumni Association in 1934. The original mission of the Alumni Association was to provide a means of keeping in touch with each other and to strengthen our Alma Mater and our profession. Annual dues were fixed at \$1.00.

NORTHWESTERN UNIVERSITY MEDICAL SCHOOL  
COURSE IN PHYSICAL THERAPY  
September 20, 1927-June 30, 1928

	Lecture (Hrs.)	Laboratory and Practice (Hrs.)	Total (Hrs.)
Anatomy	80	300	380
Clinical Practice		417	417
Electrotherapy (including electro- physiology & radiation)	20	10	30
Statistics & Administration	5	1	6
Hydrotherapy	5	27	32
Massage	10	10	20
Pathology	80		80
Physiology	20	10	30
Principles of P.T. as applied to:			
Medicine	20	20	40
Surgery	20	20	40
Orthopedics	20	20	40
Surgery	20	20	40
Psychology (of the Deafblind and Blind)	20		20
Therapeutic Exercise	10	10	20
Bandaging	1	5	6
History of P.T.	5		5
Occupational Therapy	2	5	7
Social Aspects of the Deafblind	11		11
<b>Total</b>			<b>1337</b>

Here are the courses  
NUPTHMS students took  
80 years ago.

Note the course in  
Occupational Therapy?!

DPT Curriculum Sequence			
<b>First Year</b>			
<b>Year 1 Fall Semester</b>	<b>Courses</b>	<b>Credit Hours</b>	<b>Credit Hours</b>
Medical Terminology	300-1	40	40
Clinical Practice (Summer)	300-2	40	40
Classical Anatomy I	300-3	40	40
Physiology I	300-4	40	40
Psychology I	300-5	40	40
Developmental Aspects of Human Behavior	300-6	40	40
Introduction to Clinical Decision Making	300-7	40	40
Communication and Evaluation I	300-8	40	40
Statistics (Spring)	300-9	40	40
	<b>300-10</b>	<b>40</b>	<b>40</b>
<b>Year 1 Winter Semester</b>			
Clinical Practice (Summer)	300-11	40	40
Classical Anatomy II	300-12	40	40
Physiology II	300-13	40	40
Psychology II	300-14	40	40
Professional Skills Development I	300-15	40	40
Communication and Evaluation II	300-16	40	40
Foundations of Physical Therapy I	300-17	40	40
Statistics (Spring)	300-18	40	40
	<b>300-19</b>	<b>40</b>	<b>40</b>
<b>Year 2 Spring Semester</b>			
Clinical Practice (Summer)	300-20	40	40
Neuroscience I	300-21	40	40
Professional Skills Development II	300-22	40	40
Clinical Management of Patients with Cardiovascular and Pulmonary Dysfunction I	300-23	40	40
Clinical Management of Patients with Neurological Dysfunctions I	300-24	40	40
Foundations of Physical Therapy II	300-25	40	40
Clinical Management II (in semester)	300-26	40	40
Statistics (Spring)	<b>300-27</b>	<b>40 + 40</b>	<b>80 + 80</b>



## department chair's message jules dewald

As I reflect on my 10 years as department chair and 90 years of Northwestern Physical Therapy, I am proud of the innovations, leaders, and excellent

clinicians who have emerged from our program during these nine decades. It is my privilege to share our achievements from the last academic year.

### *Education*

We are the 6th ranked physical therapy program in the nation. Our class sizes have expanded to more than 90 students per class, yet we maintain an average incoming class GPA of 3.6. In our graduate programs, we have increased from 8 graduate students in 2007 to 28 in 2017. We have 4 DPT-PhD in engineering students, 10 PhD in biomedical engineering students, and 14 PhD students in neuroscience (NUIN) with a movement and rehabilitation science (MRS) specialization.

### *Research*

Our total grant income has been increasing from \$2.12 million in 2012 to \$3.0 million in 2017. We are currently in the top 5 of PT schools in the US with regards to research grant income and it is expected, given the expansion of successful junior investigators, that we may rise to the very top over the next 5 years.

Current grants awarded to NUPTHMS faculty are:

- 5 NIH R01s (2 Dewald, 1 Corcos, Elliott, Heckman)
- 4 NIH R01 subcontracts (2 Corcos, Heckman, Huber)
- 1 NIH T32 training grant for graduate students (DPT-PhD)
- 1 NIH K12 scholar development grant funding 6 young faculty scholars (5 year renewal starting 9/1/17)
- 4 Clinical Trial studies (Krosschell)
- 1 NIH T15 subcontract for workshop on grant writing (Corcos)
- 1 NIH K01 award (Tysseling)
- 1 Craig H. Neilsen Foundation award (Tysseling)
- 1 Rheumatology Research Foundation award (Chang)
- 3 Foundation for PT awards (Danilovich, Flores, Seitz)
- 1 Research Retirement Foundation award (Danilovich)
- 1 NIDILRR subcontract (Pinto)
- 1 CoHSTAR fellowship (Pinto)
- 1 NIH F31 NRSA fellowship (Manes)
- 1 AHA predoctoral fellowships (Binder-Markey)
- 1 K12 funding for Dan Pinto (85% of salary)
- 1 ASB fellowship for grad student in Sabrina Lee's lab (Andrew Vigotsky)
- 2 Foundation for PT PODS awards (Binder-Markey, Antos)

New grants already in FY18

- 1 NIH K12 scholar development grant funding 4 young faculty scholars (5 year renewal starting 9/1/17 Dewald, Reinkensmeyer)
- 1 NIH R01 (Corcos)

1 NIH U01 (Corcos)

1 NIH NRSA F31 fellowship (Karbasforoushan/Dewald)

When I started as chair, our program occupied the 7th and 11th floors of 645 N. Michigan. This year, we are completing construction on the 8th floor to provide a new student lounge, additional faculty offices and research laboratory space. In 2017, our program will be housed on the 7th, 8th, 10th, and 11th floor of the building.



We continue to make tremendous strides in clinical practice with our orthopaedic and neurologic residency partnerships with the Shirley Ryan AbilityLab (formerly the Rehabilitation Institute of Chicago). Our DPT students are engaged in community service providing physical therapy care to individuals across the Chicagoland area. Our faculty are active in teaching and presenting research results across the globe. In the coming year, I hope to maintain the excellence of our past and continue to expand our national and international reach.

I continue to be impressed by the deep connection that alumni have with NUPTHMS. Your commitment to this program strengthens our presence around the world. To those of you who have offered your time, your service through clinical education, and financial support, I thank you for your dedication to NUPTHMS. Your efforts help achieve our mission and strengthen our visibility and impact on the physical therapy profession and the world.

Kind regards,

Dr. Jules Dewald  
Professor and Chair, Physical Therapy & Human Movement Sciences  
Professor, Physical Medicine & Rehabilitation  
Feinberg School of Medicine;  
Professor, Biomedical Engineering  
McCormick School of Engineering and Applied Sciences  
Northwestern University



# Congrats to Jane Sullivan, Lois Hedman, and Gail Huber who celebrate 30 years of teaching at NUPTHMS this year!

## Jane Sullivan '81

### Education:

**BS in PT – Marquette University**

**MS in Neurological PT – NUPTHMS**

**Doctor of Health Science – University of Indianapolis**

### Why did you become a physical therapist?

When I was in 3rd grade, my younger brother was severely frostbitten on both hands. The doctor's recommendation was to amputate, but my parents pleaded and thus ensued years of therapy. I attended all the sessions and became my brother's junior home therapist. I was hooked!

### What motivated you to move from the clinic to an academic position?

Early in my career, I worked at RIC (now the Shirley Ryan Ability Lab). NUPTHMS was on the floor above the RIC PT Department. I began taking classes at NUPTHMS and was offered a lab TA position. I loved working with the students and progressively began to spend more time on the 13th floor than on the 12th. The opportunity to actually test the efficacy of some of the things I had been doing in the clinic was also a real draw.

### What has changed the most in physical therapy education in the last 30 years?

Wow, a lot has changed! PTs have so much more autonomy and responsibility for broad based clinical decision making now. This means we have to be very aware of the evidence that supports and directs our decisions. The time patients spend in care is dramatically different from when I first practiced. Being able to make good decisions in a time efficient manner is increasingly more critical. Technology has impacted what we do in so many ways...in the equipment used, the way we document, and in the ways we access and share information.

### What have been your favorite moments at NUPTHMS over the last 30 years?

There have been so many! I love working with students, seeing those 'aha' moments. My admissions work has been great fun...calling to tell students that they have been admitted is a wonderful experience. Being able to be involved in important clinically relevant research has been truly gratifying.

### What three words come to mind when you think of NUPTHMS?

I was going to say purple, purple, purple but really it's the people who drew me here and keep me here...the students, my colleagues, and our patients.

## Gail Huber

### Education:

**BS PT University of Illinois Medical Center**

**Masters Health Professions Education (MHPE)**

**U of I Health Sciences Center**

**PhD in Public Health University of Illinois at Chicago**

**(Every time I graduated, the University had a different name!)**

### Why did you become a physical therapist?

In high school I looked at some books on different careers. I found the career of physical therapy. It was related to the human body and helping people. I was interested in human movement from a dance and gymnastics perspective therefore it seemed like a good fit. I had no experience with a physical therapist. While in Champaign-Urbana where I took my pre-reqs, I selected my courses based on requirements for PT school. My volunteer hours were at the "Kinesiotherapy Clinic" where I helped people perform exercises. So upon reflection, I pretty much lucked into a great profession!

### What motivated you to move from the clinic to an academic position?

It started when I became a clinical instructor at my first job. When I changed jobs to work at University of Illinois Hospital (UIH), I was ready to take the next step in my career. I continued to be interested in clinical education and knew other PTs who entered the MHPE program (Deborah Shefrin) so that was my next step. I eventually became the center coordinator of clinical education (CCCE) at UIH. After a few more years, I felt that I could impact more students if I worked in the academic environment. I applied for a position at NUPTHMS. So 1988 was the official beginning of my academic career.

### What has changed the most in physical therapy education in the last 30 years?

Excluding changes to the curriculum, how we deliver education has changed dramatically. I started with sessions using slides and overheads, with multiple paper handouts. Now it's a powerpoint and pdf delivered electronically and viewed by the students on a tablet. Learning experiences are now much more focused on active learning, problem solving, and clinical decision-making.

### What have been your favorite moments at NUPTHMS over the last 30 years?

Bringing my family and friends here for various labs including Mock Clinic, Lifespan (both peds and geri sessions), Exam and Eval I.

Having my son (Tom Rosinski, DPT) work as associated faculty in the LID course with me.

Working with the CEC and the Northwestern Simulation Center to develop high-fidelity experiences for the students. I am always excited to start the students off with their first interview.

Developing so many wonderful relationships with students and faculty.

### What three words come to mind when you think of NUPTHMS?

Excellence, Challenging, Growing

## Lois Hedman '87

### Education:

BS, University of Delaware

MS, Northwestern University

DScPT, University of Alabama at Birmingham

### Why did you become a physical therapist?

I was interested in sciences when I was in undergrad but did not want to work in a lab. About that time I heard about physical therapy when a family moved into my neighborhood and the mom was a PT. Also my cousin contracted a severe case of Guillian Barre and her mom credited the PTs for her recovery. After this I did some volunteering and decided PT was a good choice for me.

### What motivated you to move from the clinic to an academic position?

I was a bit frustrated with the knowledge base of neurologic physical therapist practice and wanted the time and space to understand more and to contribute to the knowledge base myself. I also had done some teaching at RIC and wanted to pursue that.

### What has changed the most in physical therapy education in the last 30 years?

The curriculum is longer, more in depth, based on evidence and the emphasis is much more on clinical reasoning and decision-making.

What have been your favorite moments at NUPTHMS over the last 30 years? The rituals that have developed over the years – graduation, white coat ceremony poster day, alumni weekend and alumni event at CSM. I also just really

enjoy being a part of the transformation of students to clinicians each year.

### What three words come to mind when you think of NUPTHMS?

Smart students, impressive alumni, wonderful colleagues



Jane Sullivan, Gail Huber, and Lois Hedman

## Technology in Today's DPT Program

By Cody Schember and Lindsay Hoffman (Class of 2018)

Listed below are apps frequently used by current DPT students that may be beneficial to your clinical practice.

### Notability

Description: This app allows for lecture recording/playback, typed or handwritten notes in a variety of file formats, and easy note sharing with email and airdrop.

How could this app help my clinical practice?

Use this app to record clinic in-services or notate on PDFs, journal articles, or other diagrams.

Other info: Available for iPad, iPhone, and Mac in app store for \$5-10.

### Essential Anatomy 5

Description: This app allows for 3D view of skeletal, muscle, nervous, cardiovascular symptoms. Users are able to add/remove layers and search for particular areas of interest.

How could this app help my clinical practice? Use this app to quickly look up muscle anatomy for patient education and visualization purposes.

Other info: Available for iPad, iPhone, and Mac in app store for \$19.99

### Hudl Technique

Description: This app provides video recording and allows for slow motion playback and video analysis. How could this app help my clinical practice?

Use this app to capture movement and playback for analysis and/or to use with patient education to observe movement or to view before and after videos to see progress. This app can also be used to record patient performance to provide videos to assist with home exercise programs.

Other info: Available for iPad, iPhone, Mac, and Android for free.

### Visible Body

Description: This app provides 3D visualizations of human anatomy including the muscular, skeletal, cardiovascular, and nervous systems. It also provides extra information such as origin/insertion or nerve innervation. You also have the ability to view common pathologies of certain regions of the body and can view the muscle actions in a short video clip. It also allows for drawing in the app.

How could this app help my clinical practice? This app can be beneficial for patient education and a quick way to reference anatomy.

Other info: \$25 from the App Store. Also available for Android devices.

### Read by QxMD

Description: This app pulls current research articles from various sources around filters relevant to specific interests such as pediatrics, inpatient, sports therapy, and neurology.

How could this app help my clinical practice?

This app allows clinicians to stay up to date on the latest research in their field of practice and interest. This app can also be used for patient education to find articles to share with patients.

Any other notes: Available for Mac and Android for free.

### Catch My Pain

Description: This app provides a variety of ways for patients to describe their pain including pain level, time of day, impact of weather, how it makes the patient feel, and location. With multiple entries, it will also show the course of a patient's pain.

How could this app help my clinical practice? This app can be used to help understand a patient's pain as this app includes a variety of pain descriptors.

Any other notes: The basic version of the app is available for Mac and Android for free. The PRO version can be upgraded for \$2.99

# SAVE THE DATE:

## Alumni Weekend 2018

### *Celebrate in Chicago!*

#### Alumni Weekend Programming:

#### Thursday, April 26th, 2018

**6:00-6:30pm** Light dinner

**6:30-8:00pm** Running Form 2 Perform

Cost: Alumni: free; Non-alumni Clinical Instructors: \$10  
Others: \$25 - (1.5 CEU HOURS)

Instructor: Allison Nakisher, PT, MPT '98, Stott Pilates  
Certified Instructor

This 1.5 hour course takes a close look at the strategies, insights, helpful hints and suggestions of successful distance runners. Being a successful runner can mean very different things to different people. Our definition of running successfully is the ability to achieve your individual running goals safely, while avoiding injury.

We will take a close look at running form, including cadence, stride length, arm swing and posture. We will discuss how and when to make modifications to the gait cycle as well as the progression of stretches and exercises in order to keep the runner healthy. Additional topics covered include footwear and orthotics/inserts, nutrition and hydration, proper distance progression, strength training, pilates and cross training, and manual therapy specific to the runner.

#### Friday, April 27th, 2018

**8:00am – 12:00pm** and **1:30 – 5:30pm**

APTA Clinical Instructor Credentialing Course (2 day course)

Cost: Alumni: \$50 + materials fee of \$90 (APTA members) or \$180 (APTA non-members)

Non-alumni/Non-PT providers: \$150 + materials fee of \$90 (APTA members) or \$180 (APTA non-members)

Instructors: Chandi Edmonds, PT, MPT, DPT, PCS '01 and  
Krista Van Der Laan, PT, DPT, OCS '02

#### **Registration Deadline: April 5th, 2018**

The Credentialed Clinical Instructor Program (CCIP) is intended for healthcare providers who work primarily in a clinical setting and are interested in developing their teaching abilities. Participants will explore different aspects of the clinical learning environment and will learn skills and techniques necessary to provide a structured and effective learning environment for students. The goal is not to improve individual clinical skills, but to develop and refine each participant's ability to teach, instruct, and guide the development of his or her students.

**8:00 – 10:00am** Utilizing the Horse as a Therapeutic Aid:  
An Introduction to Hippotherapy

Cost: Alumni: \$20; Non-alumni Clinical Instructors: \$40;  
Others: \$60 - (2 CEU HOURS)

Instructor: Jillian Stewart PT, DPT, HPCS '14

Hippotherapy refers to how physical, speech, and occupational therapists use equine movement as a purposeful tool in treatment sessions. The three dimensional movement provided by the horse is unparalleled in its impact on pelvic motion, neurologic and sensory systems, while providing high repetition work which is often disguised as fun. This introductory talk will provide insight into how and why the equine movement is used for therapeutic purposes, as well as which patient populations could benefit from this type of treatment and how to become involved as a therapist.

**8:30 – 9:45am** Campus Tour of Simulation Center and Anatomy Lab

Cost: Free

Revisit spots you may know from your student days and others that may be new to you.

All tours are led by staff or faculty with in-depth knowledge of the site. Tours will go through the Anatomy Lab as well as the state-of-the-art Northwestern Simulation Center (Technology and Immersive Learning)

**10:00 – 11:45am** City Walking Tour

Enjoy a walking tour through the neighborhoods around Feinberg. From the Feinberg school campus, we will visit Streeterville and the Magnificent Mile to learn about their histories. This tour will be led by MD alumnus Joseph Gugenheim, '72.

Cost: Free

**10:00 – 11:45am** Hospital Tour

Select one tour: Northwestern Memorial Hospital or  
Lurie Children's Hospital

Cost: Free

**10:00 – 12:00pm** Rehabilitation Guidelines for Treating Patients  
with Femoroacetabular Impingement and Labral Tears

Cost: Alumni: \$20; Non-alumni Clinical Instructors: \$40;  
Others: \$60 - (2 CEU HOURS)

Instructor: Lindsey Plass, PT, DPT, OCS '12

Awareness of femoroacetabular impingement (FAI) syndrome and acetabular labral tears as potential causes of hip-related groin pain has increased considerably. Recent improvements in the recognition of intra- and extra-articular sources of hip pain and the understanding of the interaction between these conditions has led to improved diagnosis of these pathologies. This improved understanding has created a need for rehabilitation guidelines to appropriately manage these conditions and prevent recurring symptoms. This course will take a closer look at physical therapy guidelines for the management of patients with FAI syndrome and labral tears.

At the completion of this course, participants will be able to develop treatment progressions that expedite recovery and avoid setbacks for patients with non-operative and post-operative FAI syndrome/labral tears. Participants will learn how structural abnormalities and movement dysfunctions should be considered when developing treatment



progressions and re-establishing fundamental movement patterns for return to functional activities and/or sport.

**12:15 – 1:15pm** Alumni Mentoring/Networking Lunch with DPT students and alumni

Want to be a mentor? Eager to network with fellow alumni who share your professional interests? If so, this lunch is for you! Enjoy a relaxed buffet lunch with DPT students and share your insights on the physical therapy profession and career paths during this luncheon.

**1:30 – 4:30pm** It's a Pilates Thing!

Cost: Alumni: \$30; Non-alumni Clinical Instructors: \$60; Others: \$120 - (3 CEU HOURS)

Instructor: Allison Nakisher, PT, MPT '98, Stott Pilates Certified Instructor

It is likely that many of you have heard of pilates and may even have recommended it to your patients or tried it at your gym...right? Yet, even though you have some idea what pilates is, you may still not fully understand what it is, who it would benefit, or how you could apply pilates techniques to your practice or yourself.

We will take an in-depth look at the history of pilates and the principles on which pilates has been built. By combining both lecture, discussion and practical time, we will experience the entire process from meeting a new patient/client up through determination and the teaching of a "pilates prescription." Please dress for fun, bring a mat and water bottle and be ready to connect, engage, breath and align.

**3:15 – 4:45pm** Women in Medicine Tea at the Historic Drake Hotel

Enjoy high tea at the Drake Hotel with finger sandwiches, fruit bread, scones, and French pastries. We welcome Northwestern Medicine's women in medicine (MD, nurses, researchers, physical therapists, and physician assistants) to this interactive session. Dr. Lois Hedman '87 will be featured on this panel.

Cost: \$30

**3:15 – 4:45pm** Hospital Tours

Select one tour: Northwestern Memorial Hospital or Shirley Ryan AbilityLab

Cost: Free

**5:00 – 9:00pm** Alumni Happy Hour at Timothy O'Toole's

Don't miss this annual FREE alumni happy hour! Meet up with your classmates for cocktails, great conversation, and hearty appetizers.

## Saturday, April 28th, 2017

**7:00 – 8:00am** Yoga Class

Start your morning by joining Suzanne Semanson '06 for a very special yoga class. Suzanne brings more than 20 years of experience in movement-related arts, including dance, martial arts, and yoga to her specialty as a dance medicine physical therapist. She has provided

backstage physical therapy care to several Broadway productions and dance companies in New York City.

**7:30 – 8:45am** Memories, Morsels, & Mingling Breakfast

Caterer: Wit's End, Cost: \$10

Come early for some morning nourishment and lively conversation with fellow alumni, and physical therapy faculty.

**8:00am – 12:00pm** and **1:30pm – 5:00pm** APTA CI Credentialing Course Day 2

**9:00 – 9:45am** Feinberg Alumni Weekend Forum

Title: High-Intensity Physical Activity: The Cure for the Frail Older Adult?

Cost: Free (1 CEU HOUR)

Instructor: Margaret Danilovich PT, DPT, PhD, GCS '07

Unsure of how hard to push your older adult patients? This course will provide the latest evidence on the benefits of high-intensity exercise for older adults.

**10:00am – 12:00pm** Physical Therapy Business Symposium

Cost: Alumni: \$20; Non-alumni Clinical Instructors: \$40; Others: \$60 - (2 CEU HOURS)

Instructors: Joe Farrell, PT, M App Sc., DPT, FAAOMPT, FAPTA '78, Mark Kaufman, PT, ATC '89, and Laura Robinson, PT, MPT '99

Do you have an interest in starting your own business? Or are you interested in learning ways to grow your business? This course is specifically designed with you in mind! Come prepared to get your questions answered. Our panel of alumni business owners will share their journey and expertise gained in their respective businesses.

**12:00 – 1:30pm** Alumni Luncheon and Awards Ceremony

**2:00 – 5:00pm** Hot Topics in Cardiovascular and Pulmonary Physical Therapy

Cost: Alumni: \$30; Non-alumni Clinical Instructors: \$60; Others: \$120 - (3.0 CEU HOURS)

Instructor: Donna Frownfelter PT, DPT, MA, CCS, RRT, FCCP '69

This course will cover the issues that influence assessments, treatments, and outcomes in patients with cardiovascular and pulmonary issues. The course will help physical therapists identify and understand complex patients, while integrating current and progressive concepts and evidence. Donna's expertise and knowledge makes her internationally known as a consultant, instructor, practitioner, and author of the widely used text "Principles and Practice of Cardiopulmonary Physical Therapy: Evidence to Practice." She has experience with a broad spectrum of ages, from the neonatal intensive critical care to the geriatric population and in a variety of settings from inpatient to school based patients. Donna has taught Cardiovascular and Pulmonary Physical Therapy for over 40 years at NUPTHMS and is currently also a full time Assistant Professor of Physical Therapy at Rosalind Franklin University of Medicine and Science/the College of Health Professions.

## 2:00 – 3:30pm Museum of Contemporary Art Tour

Enjoy a private tour, led by an artist guide and designed to navigate the concepts, methods, materials, and ideas that contemporary artists incorporate in their work.

Cost: \$15

## 2:00 – 3:30pm 360 Chicago and Tilt

Located on the 94th floor of the historic John Hancock Center. 360 CHICAGO offers breathtaking views of the city and Lake Michigan from over 1,000 feet above the Magnificent Mile. Explore interactive panoramic touchscreens and don't forget to try TILT - an exhilarating, one-of-a-kind attraction that literally TILTs visitors to a 30 degree angle over Michigan Avenue.

Cost: \$15

## 2:45 – 4:15pm Chicago Architecture Foundation Bus Tour

See Chicago's expansive downtown parks, plus emerging residential neighborhoods and commercial developments. You will travel the famous routes of Lake Shore Drive, Michigan Avenue, and Wacker Drive.

Cost: \$15

## 6:00 – 9:00pm Alumni dinner

Join us for a slice of fun at Giordano's! Come swap stories, celebrate with classmates and faculty, and make new friends while enjoying tasty food and drinks. The menu includes salad, pasta, pizza, and dessert. As always, guests are welcome. This will be the perfect finale to the weekend - don't miss out!

Cost: \$25

Register here:

[www.regonline.com/nupt2018](http://www.regonline.com/nupt2018)

## New Alumni Scholars

Meet our new Alumni Scholars! Kathryn McLeland is a first-year student, and Devyn Millican and Yesenia Avelar are both second-year students. All three are very excited to be working with the alumni association in the next year! Thank you, alumni, for your generous contributions to student scholarships to support these students!



Kathryn McLeland



Devyn Millican



Yesenia Avelar

## NUPTAA Bylaw Change

At their April 28th, 2017 meeting, the NUPTAA Board of Directors officially ratified the change of Alumni Association Bylaws to Alumni Association Rules. The new rules can be found on the NUPHMS website. This change is the culmination of a year-long process to improve NUPTAA Board efficiency and effectiveness and to better align with the NU Medical Alumni Association. The Board first formed a task force to draft a set of rules for review at the 2016 Fall Board meeting. This draft was reviewed and amended and a final draft was presented and ratified at the April 28th, 2017 board meeting.

One of the more significant changes is the elimination of elections and the creation of an appointment process to the Board. This change was made because the nomination and election process requires significant time, energy, and expense on the part of the Board while a small (but dedicated) portion of the membership actually voted. For example, in 2016, the nominating committee contacted 17 alumni, of whom 4 agreed to be slated. There were a total of 82 votes cast which is a substantial increase from 40 votes in 2015, but is still a small percentage of the overall alumni. The Board also made small changes including simplifying the process for changing the rules and eliminating some outdated wording. The Board strongly believes this change to rules will lead to better operations, and therefore, better service to all alumni. Please contact the alumni association at [nupthmsalumni@northwestern.edu](mailto:nupthmsalumni@northwestern.edu) with any questions.

## Meet the Class of 2020

### Applicants

The incoming first-year class was selected from 568 applicants.

### Class size

92 students



30

Students represent 30 different undergraduate majors



34%

34% of students self-identify as non-white minorities

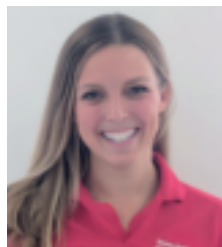


25

Students come from 25 states and 2 foreign countries

## Meet the 2017-2018 Northwestern-Shirley Ryan Ability Lab (NU-SRALab) Physical Therapy Residents

### Neurologic Residents:



**Amy Carlson, PT, DPT**  
*Education*  
*DPT: Northwestern University, 2017*

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

The three main reasons I chose the NU-Shirley Ryan AbilityLab Residency are the diversity of experiences offered to residents including clinical practice, continued education, teaching, and research, the ability to foster professional relationships with high-quality mentors, and the opportunity to gain exposure to a large range of neurologic diagnoses across multiple acuity levels.

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

I enjoy spending time with friends and family, exploring Chicago, cooking, reading, and being active.



**Jenna Marie Stetler PT, DPT, CBIS**  
*Education*  
*DPT: Washington University in St Louis, 2014*

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

I chose the NU-SRALab Residency for the opportunity to: 1) learn amongst leaders in the profession, 2) gain access to exceptional continuing education opportunities, 3) utilize state-of-the-art equipment with expert mentorship, 4) teach at Northwestern with the guidance of experienced faculty, and 5) experience the close relationship between researchers and clinical therapists that is unique to the new Shirley Ryan AbilityLab.

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

I love to run, cook with my husband, and explore new parks with my 3 year old lab and border collie mix, Taz.

### Orthopaedic Residents:



**Joel Fundaun, PT, DPT**  
*Education*  
*DPT: Regis University, 2017*

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

I chose the NU-SRALab Residency because of the all-encompassing opportunities in this unique program. It has great mentorship and the ability to assist teaching in the DPT program. Overall, I felt this program was the best fit for me as I develop my skills as a clinician and educator.

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

In my free time, I try to get outdoors as much as I can. I enjoy hiking, skiing, and climbing but I am very excited about the opportunity to explore Chicago this year.



**Drew Blanchard, PT, DPT**  
*Education*  
*DPT: University of Southern California, 2017*

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

I chose the NU-SRALab Residency for a few reasons. First, I was looking for a program that would provide a multitude of opportunities to not only challenge me and help me build clinical skills, but would also include the opportunity to experience the academic side of our profession. Secondly, I knew that I would receive a level of clinical and didactic instruction in this residency that is second to none. When applying for this program, I had clinical instructors, faculty at USC, and personal friends, whom I trust dearly that highly recommended this program and that greatly influenced my decision. Lastly, I get to spend the year in one of the best cities in the world and work at one of the best rehabilitation hospitals in the world. I just couldn't pass up this opportunity.

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

I really enjoy landscape and cityscape photography. This city is a photographer's dream and I plan on taking full advantage of it. When I am not taking photographs, I enjoy working out and trying to maintain a healthy lifestyle, but to be honest the food in this city has made that a bit of a challenge. The food in Chicago is second to none! I love to surf, although I won't be doing too much of that on Lake Michigan, and I love to go to concerts.

### New Northwestern Network Mentoring Program

Share your invaluable knowledge and advice with current DPT students - you are the ideal mentor for the next generation of NUPTHMS professionals! If you are a recent graduate (5 years or less), you can elect to register as both a mentee and mentor, in order to simultaneously receive and provide mentorship.

**Sign up at <https://mentor.northwestern.edu/register>**



## 1980s

**Pamela Morrison, PT '83, MS, DHS** was invited to present at the annual Scoliosis Research Society meeting in Philadelphia. A member of the non-operative committee sought out her expertise in the physical therapy management of adults with spinal deformity. She presented on performance measures, spinal measurement tools, and quality of life outcome measures under the title "Physical Therapy Evaluation and Treatment for the Patient with Adult Spinal Deformity." The content of this international meeting will soon be available on video from the Scoliosis Research Society's website: [www.srs.org](http://www.srs.org). Pamela has been working in a private practice in Lake Forest for 27 years and recently (2016) completed a Doctorate of Health Sciences from Midwestern University in Downers Grove. Her research on surface topography to quantify spinal postures was presented in poster format at the SOSORT (Society for Scoliosis Orthopedic Rehabilitation & Treatment) in 2016.



## 1990s

**Cindy (Schwenkler) Furey, PT '90**, recently celebrated 20 years as founder and owner of Comprehensive Therapy Services, Inc., in San Diego. CTS is an outpatient clinic specializing in orthopedic and pelvic medicine. [www.comprehensivetherapy.com](http://www.comprehensivetherapy.com)

## 2000s

**Rebecca (Farrell) Trantowski, MPT '02**, was selected to be a featured story for a Chicago Marathon 40th anniversary advertisement, sponsored by NBC and Abbott. After 20 weeks on bedrest, Rebecca returned to running and continues to run to this day to be a good example for her kids. She is the mother of triplets, a physical therapist, and a marathon runner. She is currently working in Outpatient Physical Therapy at Northwestern Medicine in Glen Ellyn and also as a contract educator at NUPTHMS. Her triplets, Jack, Maeve and Owen, turned 10 this past summer. Check out Becca's ad here: <https://vimeo.com/nbc5chicago/review/233683970/c4c1979288>

## 2010s

**Josh Breger, PT, DPT '12, OCS, COMT**, recently completed and became a Certified Orthopedic Manual Physical Therapist. He also was promoted to be the center manager of Lakeview NovaCare. Josh currently practices and manages at the NovaCare Lakeview and East Lakeview locations.

**Jenny Cuisinier, PT, DPT '12**, had the privilege of volunteering as a healthcare provider in Port-de-Paix, Haiti this past October for STAND The Haiti Project. In just one week, her group



was able to care for over 700 patients with injuries ranging from chronic or acute pain, open wounds, amputees, and post-concussive patients. Jenny couldn't be more grateful to have had such an incredible learning opportunity and serve in the beautiful country of Haiti.



**Mary Kate Casey, PT, DPT '13**, former National Champion Lacrosse player, has celebrated the one year anniversary of the opening of her private practice called The FIT Institute (TFI), a training facility focused on bridging the gap between physical therapy and sports performance. The focus is to increase the longevity of an athlete's career by teaching proper movement patterns that often lead to overuse injuries. The process at TFI begins with a thorough examination and plan of care to address muscle imbalances as well as strength and flexibility deficits. Recently, NUPT graduate from the class of 2017 and former collegiate soccer player, Stephanie Ferro, PT, PDT, joined the team. Stephanie has done presentations for some of TFI's partners including Orange Theory, Chicago Run and Chapman and Cutler Law Firm. TFI is using wearable technology from DorsaVi to perform baseline movement assessments and Topical Gear sleeves to enhance athletes' performance and reduce their risk of injury. TFI seeks to bring the research lab to the

clinic and provide cutting edge therapy for patients and athletes.

**Danica Dummer, PT, DPT '14**, started a PhD in Rehabilitation Science at the University of Utah. While working on her PhD, she will also be starting a new position by the University Hospital call a TRP (Translational Research and Practice) position. She will continue to work part time in inpatient rehabilitation, assist therapists and physicians with their research in rehab while simultaneously conducting her own research. This is to help promote the field of translational research and bring evidence-based research directly into the clinic.

**Larry Frank, PT, DPT '17, and Maggie Murnane, PT, DPT '17**, got engaged on July 1st, 2017. The two started dating one week after meeting each other at NUPT new student orientation. Congratulations to the happy couple who just recently celebrated 3 years of dating and are now engaged!



**Meghan Lamothe, PT, DPT '17, ATC**, is an orthopedic resident at University of Southern California in Los Angeles. She also co-wrote an article about musculoskeletal imaging with Alison Chang and Jim Elliot that will be published in the JOSPT's February 2018 issue.

Amee Seitz and Roberto Lopez-Rosado received Feinberg Academy of Medical Education (FAME) awards this year. Amee received the John X. Thomas, Jr. Best Teachers of Feinberg Award and Roberto received an Outstanding Teacher Award. Both received their awards at the 7th Annual Medical Education Day Awards Breakfast on September 29, 2017.



## NUPTHMS Giving Opportunities

Scholarships make it possible for deserving students to attend NUPTHMS and receive crucial funds towards their education. While earning a DPT degree is an exceptional feat, the path to a career in physical therapy may often be paved with financial obstacles. Scholarships allow the most gifted and deserving students to pursue their educational goals.

Please consider making a gift to support student scholarships today. Your gift highlights your confidence in the value of a NUPTHMS education while providing the very resources that make it extraordinary. Here are the scholarships available for students:

### Janet L. Hemzacek Memorial Scholarship

This scholarship was established in 1992 to honor the memory of Janet L. Hemzacek, a 1982 NUPTHMS graduate. The scholarship was established by Janet's family and is intended to recognize Northwestern University physical therapy students who demonstrate "a sense of integrity and humanity, and an involvement with the community through volunteer activity."

### Physical Therapy Gift Fund

This scholarship awards students who have a grade point average of 3.6 or greater at time of application and provide evidence of leadership

potential in clinical practice, education, research or advocacy. Diversity scholarships are also awarded from this fund to recognize a student who demonstrates leadership potential and commitment to promoting diversity, tolerance, inclusion, and belonging within NUPTHMS, and who strives to promote outreach and service to the community through a focus on underserved communities, social justice, and health disparities.

### Sally C. Edelsberg Scholarship Fund

This scholarship was established in 1999 to honor Sally C. Edelsberg, PT, MS, FAPTA, Director of Programs in Physical Therapy from 1972 – 1999. During her tenure as Director, she demonstrated superior leadership in the physical therapy profession. She is noted for educational leadership and was dedicated to the goal of providing students with the opportunity for an education in physical therapy at Northwestern, regardless of financial circumstances. The scholarship is intended to recognize students who demonstrate leadership potential. Recipients of the scholarship are known as Edelsberg Scholars. One scholarship of \$2500 may be awarded annually.

### E. Wood/D. Voss Physical Therapy Scholarship Fund

This fund was established in 1987 by Wendy Martin Lageschulte (NUPTHMS 1964) and her husband to honor Elizabeth C. Wood, PT,

MS and Dorothy E. Voss, PT for their many contributions to the physical therapy education program at Northwestern and to the profession. Ms. Wood joined the faculty in 1950 and served as Director of Programs in Physical Therapy from 1952 – 1972. Ms. Voss was a faculty member from 1963 – 1975 and was known internationally for her work in the area of therapeutic exercise. The purpose of this award is to recognize students who reflect their ideals of professionalism and high standards and who demonstrate the potential for contributing significantly to the profession. Four scholarships of \$2500 each may be awarded annually.

### Impact of Scholarship Giving

One previous scholarship recipient is Kris Lopardo '17. He notes, "Thanks to the Sally Edelsberg scholarship, my financial burden was lightened. The scholarship gave me the reassurance that I could move to Nashville to complete my final physical therapy clinical experience and concentrate on my clinical skills versus financial stressors. Receiving this scholarship has inspired me to strive for success, both academically and professionally, so I can become a leader in this profession. I hope that one day I will be able to help students achieve their goals as your gifts have helped me to achieve mine."



Cats Give Back

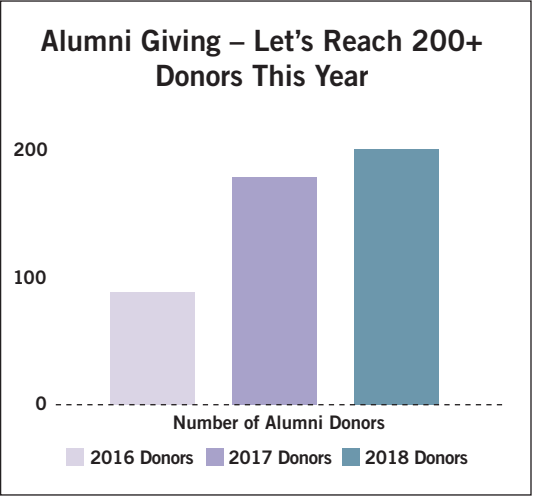
If you have made a gift to NUPTHMS, thank you! You’re in good company— the list below recognizes classmates and friends who have joined you in giving back during the period of September 2016 - August 2017 (Northwestern’s fiscal year). This Giving Honor Roll is one way we celebrate our alumni’s continued generosity and participation to support our students and programs.

Thank you to these alumni who contributed in fiscal year 2017:

Antoinette P. Sander	Isabelle M. Bohman	Lily Ann Schmidt	Paul Andrew Hildreth
Aben E. Cooper	Jamie Weida Fisher	Linda A. Schneider	Paula L. Eppenstein
Alice C. Perry	Jane A. Evans	Linda D. Sydorenko	Paula S. Kurashige
Allyson S. Smith Wessells	Jane E. Sullivan	Linda Lee Reiter	Penny Bernard Schaber
Barbara Poole Wright	Jane Vincent Drucek	Linda R. Cabaniss	Peter J. McMenamin
Beryl Ann Smith	Janine Leigh Contestable	Lindsey Marie Plass	Philip J. Hlavac
Beth Shafernich Coulson	Janine M. Merkitich	Lisa G. Shehigian	Rachel Stoller Tappan
Bradley K. Kaya	Jean A. Kestner	Liz M. Kelly	Raymond H. Vickerman
Candy L. Hansen	Jean K. Callahan	Lois Deming Hedman	Raymond J. May
Carlton Patrick Weaver	Jennifer Long	Lori Mizoguchi	Rebecca Powley Hoeck
Carolyn Cardle Yancey	Jennifer Lynne Akman	Louise J. Kilar	Rebecca Sue Riley
Carolyn Plou Rodriguez	Jennifer Marchione	Lynette Evon Ault	Rebecca Trantowski Farrell
Carolyn R. Mason	Jill Fahnhorst	Lynette Van Beek	Regina P. Sheppard
Catherine A. Patacca	Joan Burlingham Herrick	Marcie Jane Harris Hayes	Renee Caroline Johnson
Catherine Ann Mitchell	Joani Essenmacher	Marcy Gold	Richard Schurman
Chris M. Vondra	Joanne M. Eckenhoff	Margaret Danilovich	Robert Babbs, Jr.
Christine L. Tyrell	Joel Christopher Dykstra	Margot Elizabeth McCloy	Robert L. Green
Christine Mary Sorensen	John M. Medeiros	Margritt Rodriguez	Robert Reif
Cindy S.H. Sanekane	John M. Wagner	Mari Ann Segimoto	Robert S. Mecklenburg
Constance Hauser Tresh	John S. Lowe	Marianne Pepa Nazarian	Roger Dean Harbour
Cynthia Ann Rennie	Jonathan Brian Go	Marilyn K. Holt	Roger T. Fuhrman
Cynthia R. Behrends	Joseph E. Theisen	Mark Albert	Russell R. Kreider
Daniel R. Kinney	Juan M. Roman, Jr.	Marla Warren	Sandee L. Peterson
David A. Wessells	Judith Rena Kershner	Marlene Wesol Cid	Shane T. Nunokawa
David L. Graziano	Julia E. Woodward	Mary H. Hagen	Sharon E. Holland
David R. Newbolds	Julie Frances Cook	Mary Jo A Price	Sherril S. Kilpatrick
Deanna Irwin-Sires	Justin Lantz	Mary Kay Solon	Steven J. Przechera
Deborah Johnson	Karen J. Gorman	Mary Lou Paulick	Susan E. Davis
Deborah M. Brown	Karen L. Brogna	Mary M. Coupe	Susan L. Fischer
Debra Ann Witt	Karen L. Hill	Mary Whitman Ives	Susan L. Suria
Diana L. Jaun	Karen M. Senffner	Mary Wylie	Susan M. Simcock
Diana Sherrard	Karen Marie Zmuda	Matilda J. Wilhoite	Susan Straus Adler
Donna Baer Highley	Karen Pierz	Michael Kevin Button	Suzanne M. Semanson
Donna Frownfelter	Karen Tojay-Bellas	Michelle Banazwski	Sylvia Tkalitch
Doris Y. Poynton	Karen W. Hayes	Milton Kurashige	T. D. Blackwell
Eleanor Schwark	Kassie A. McClintock	Molly Babcock Day	Tasha M. Weatherspoon
Elinor W. Pearson	Kate H. Latorraca	Nan Barker Beck	Teresa A. Kulik
Elizabeth Vhay Shaw	Kathleen A. Brandt	Nancy Zippler	Teri Jo Lientz
Ellen B. Tschida	Kathleen Navarro	Natalie S. Moran	Theresa Moffett Eiden
Ellen McMahon	Kathryn E. Miller	Ned A. Nafziger	Timothy L. Hennum
Christopher	Kimberly A. Kaufman	Pamela Hatton	William E. Healey
Gary S. Sutton	Kristin Elizabeth Liebl	Pamela L. Simon	William J. Condon, Jr.
George W. Cachares	Kristin M. Payne	Patricia A. Schnall	
Georgia Bruce	Laura Jennifer Schultz	Patricia B. Hamilton	
Ingrid White Masterton	Lenore Annette Cornille	Patricia Jean Dirkse	

Your participation makes a 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.

We had a **105% increase** in alumni who donated to scholarships in 2017 compared to 2016. Our goal for this year is 200 alumni donors - please consider making a donation today.





WE'RE ONLINE...reconnect with NUPT Alumni on the web: [www.feinberg.northwestern.edu/nupthms](http://www.feinberg.northwestern.edu/nupthms)

“Like” us on 

Northwestern Physical Therapy Alumni Association

Join us on 

Northwestern University Physical Therapy Alumni

Follow us on  @NUPTHMS

savethedate!

Saturday, January 20th, 2018

Rehabilitation Factors in Pre-arthritis  
Hip Disease Including Femoroacetabular  
Impingement, Hip Dysplasia and Labral Tears  
Marcie Harris-Hayes, PT, DPT, MSCI  
8:00am – 3:30pm  
\$100 for alumni, \$150 for non-alumni Clinical  
Instructors, and \$200 for non-CIs/non-alumni

Course Objectives

Upon completion of this course the participant  
should be able to:

1. Discuss the multiple factors proposed to contribute to pre-arthritis hip disease, including structural and neuromuscular impairments, activity level and type, and abnormal movement patterns.
2. Describe the bony abnormalities associated with femoroacetabular impingement and structural instability.
3. Discuss factors proposed to contribute to bony abnormalities and ligamentous laxity.
4. Describe the importance of active performance of precise joint motion.

5. Differentiate the most common movement system diagnoses of the hip.
6. Discuss how impairments in muscle length, strength, stiffness, and pattern of recruitment contribute to movement system diagnosis.
7. Develop a corrective exercise program, and provide instruction in correcting the performance of daily activities for a given movement system diagnosis.

Course Description

Using lecture and demonstration, this course will provide an update of the concepts and principles used to determine a movement system diagnosis and to provide diagnosis-directed treatment of pre-arthritis hip disease. Bony and ligamentous abnormalities associated with femoroacetabular impingement (FAI) and structural instability will be presented. Muscle performance impairments in force production and activation will be discussed as they relate to movement system diagnoses of the hip. The course will emphasize the determination of a movement system diagnosis, based on a clinical examination to assess movements and postures observed during exam items and performance of functional activities. Selection and performance of corrective exercises and functional activities will be discussed and demonstrated.

Course Schedule/Outline

1. Structural and muscular characteristics of the hip joint and variations in people with pre-arthritis hip disease. (2 hours)
2. Movement system impairments of the hip. (1 hour)
3. Systematic examination of the hip. Tests for source and movement system impairments. (1 hour)
4. Treatment based on movement system impairments. (1 hour)
5. Case demonstration: Diagnosis and treatment. (1 hour)
6. Discussion. (30 min)

Biography

Marcie Harris-Hayes, PT, DPT, MSCI is an Associate Professor of Physical Therapy and Orthopaedic Surgery at Washington University School of Medicine. Dr. Harris-Hayes received her Master of Science in Physical Therapy from Northwestern University, her clinical Doctorate in Physical Therapy and Master's of Science in Clinical Investigation from Washington University. Dr. Harris-Hayes completed her post-doctoral experience at Washington University as a scholar in the Comprehensive Opportunities in Rehabilitation