

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



president's message david wessells

It has been a great year for the NUPT Alumni Board as we celebrate the 90th anniversary of our physical therapy program! We have continued efforts to expand our connections with our Alumni to build social, educational, and clinical networks. This year, our board has been active in growing our reach. During this year we've:

- Partnered with the Northwestern Medical Alumni Association for social events in Chicago, Florida, Texas, California, Seattle, Columbus, and Minneapolis.
- Collaborated with local NU Clubs in other regions to create relationships with other non-physical therapist Northwestern alums.
- Offered free and heavily discounted CEUs for alumni totaling 21 hours of continuing education. That's more than half of the required hours needed for license renewal in Illinois. We are exploring opportunities to digitize this content so that our Alumni throughout the country and the world can access this education.
- Provided \$4,000 in student scholarships this year to current students who help the board with logistical and social media support.
- Raised over \$3,200 in partnership with NUPT students for the Marquette Challenge for the Foundation for PT.
- Served as a career resource allowing alums to place position postings on our website and Facebook.
- Been "liked" by nearly 800 people on Facebook and we would love to hear more updates from alums as we share what is happening in the department.

In order for our board to achieve our goals of expanding support for our Alumni, we need your help.

1. Please reach out to your friends and former classmates and ask them to join you at Alumni Weekend or a CEU event.
2. Keep your contact information updated and remind your friends to do the same.
3. Offer to host a regional event in your area (we can provide support),
4. Join us at CSM!
5. Nominate deserving candidates for our annual awards.
6. Let us know all the great things you are doing personally and professionally so we can highlight these achievements in *Northwestern Medicine Magazine*.

As NUPT 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.

90th Anniversary



In the map below, the purple countries show where faculty have trained, volunteered, or presented research.



NUPT has also attracted students from across the globe. In the Class of 2020, 4% of students are international coming from the Philippines, Taiwan, Mexico, and China. Over the last five years, 10% of all applicants were foreign born. NUPT's reputation is world-wide and students from the purple countries below have applied to the DPT program in the last five years.



Celebrating 90th Years of NUPT: A Focus on Our Early Beginnings

By Ruby Ray Daily and Michelle Bezark, both PhD candidates at Northwestern University in the Department of History

The AMA, formed in 1847, reorganized in 1900 in an attempt to consolidate professional standards. In 1906, the AMA conducted a study of American medical schools. Wanting an impartial assessment, they asked the Carnegie Foundation to conduct an independent investigation of the nation's medical schools. The Carnegie



Foundation hired Abraham Flexner to visit every med school in the country, and he published his findings 1910 in what came to be known as the Flexner Report. In short, the report was scathing: he wrote that

turn of the century medical school libraries had no books, schools had no laboratories, and schools had no admissions standards, for those who could pay. His report was so damning that 36 of the country's 131 medical schools closed following its publication.

This consolidation of medical education affected women most profoundly. Women's medical schools were the first to be shut down, and medical schools that had traditionally been coed began in the 1910s to place quotas on the number of women admitted—typically not allowing more than 5%. This closing of ranks within the profession, left bright, scientifically-minded young women (who a decade or two earlier might have trained as physicians) with few options.



This was the state of the medical field when founder of Northwestern University Physical Therapy, Gertrude Beard, chose her professional path. Born in a small town in Illinois in 1887, Beard trained as a nurse in 1909. A local doctor urged her to get specialized training in the new field of Physical Therapy. She enrolled in a Physical Therapy course in Philadelphia – one of only two available in the country at that time.



When the U.S. entered the WWI, Beard's training was in high demand and she soon enlisted with the Army Nurse Corps, serving as a physical therapist for those injured during the war. Lulu Boerner former administrator and graduate of NUPT in 1929 also served in France. After the war ended, Gertrude Beard moved to



Chicago and in 1919 founded the first department of Physical Therapy in Chicago at Wesley Memorial Hospital (now part of Northwestern.) She set up the department in an old hydrotherapy room with a 'continuous' bathtub, a shower, a "wall plate" which produced galvanic and faradic currents for stimulating muscles, and a 500-watt radiant-heat lamp which she brought from her hometown office.

As Beard worked to establish the discipline in Chicago, physical therapy was gaining traction nationwide as veterans and nurses returned from the war. In 1921, the first professional association of physical

therapists was founded – significantly called the American Women's Physical Therapeutic Association. This was, of course, later renamed the APTA. Though its founders did not want to keep the profession exclusively female, it remained a majority female discipline until recently.

In 1924 Beard founded the Chicago chapter of the APTA and served as its first president. Then in 1926, she became president of the national branch. In 1927, with the support of two Wesley hospital doctors, Beard helped to found NU's PT department. On February 14th, 1928 it became one of the first six schools of physical therapy to be accredited. The original class was only 2 students! In those early years, tuition was roughly \$200 and lab fees and books cost about \$25.

By the 1920s, NUPT's programs had grown to about ten students per session—many of whom probably took advantage of a huge increase in hospital building in Chicago. Private hospitals, many of which resembled hotels, were built for wealthy patients who increasingly preferred to receive medical treatment outside of their home. However, large-scale hospital building stopped abruptly in 1929 with the stock market crash. Teaching hospitals had to close during the Depression because many patients could not afford medical treatment and stopped going to hospitals. Of the ones that remained opened, many shuttered specialty departments like physical therapy. And unaffiliated training schools—which many physical therapy programs in the 1920s were —fared even worse.

NUPT, however, was remarkably able to weather the storm and today is the longest running accredited physical therapy program in the country. Making it through the Depression as an intact teaching program was a huge boon to NUPT in the years to follow. Demand for well-trained physical therapists ballooned in the 1940s and



1950s for two primary reasons: growing awareness around polio epidemics and WWII.

Franklin Delano Roosevelt had contracted polio in 1921 and was inaugurated president in 1933, which brought a great deal of fundraising and awareness to the disease. Physical Therapists were some of the first professionals able to manage treatment for patients with polio. His National Foundation for Infantile Paralysis donated \$175,000 in 1944 to NUPT because they were the oldest department in the country. Patients with polio were a large portion of physical therapist's clientele until the 1955 invention of the Salk vaccine. Within two years, U.S. rates of polio decreased 85-90%. Of course, physical therapists continued to treat those who had already contracted the disease for decades to come.

The other major patient base for physical therapy midcentury, was of course, GIs and veterans. Just as WWI had laid the foundation for the field, WWII increased the demand for trained PT professionals. Gertrude Beard and Dr. Coulter, NUPT's Director in 1942, also worried that the huge wartime demand for physical therapists

would lead to shoddy PT education. They thus created an emergency training program, meant to quickly produce accredited physical therapists.

Many women volunteered for the armed services and received their training as physical therapist through training schools established by the military.



Elizabeth "Woody"

Wood was one such woman. When she returned home after her military service, she went on to get her MS in PT at NU in 1949 and became the Technical Director of NUPT in 1952. We have been told by those who knew her that "You could never forget that Woody was ex-military."

The war raised both visibility and demand for Physical Therapy. Moreover, in 1946 Congress passed the Hill Burton Act to build hospitals for increased public access. As hospitals grew and Physical Therapy schools run by the army were shut down, established and respected programs like Northwestern PT began to grow rapidly.

In the postwar years, female war workers were often encouraged (or bullied) into vacating their professional positions for returning GIs. Physical Therapy was unique in this regard because it had traditionally been predominantly women and was allowed to remain as such.

Sally Edelsberg entered the Graduate Program in Physical Therapy at Northwestern



in 1970 after Elizabeth Wood took a long vacation that morphed into retirement. A search

committee was formed to find a new 'technical director,' and when Sally was chosen for the position she combined what had previously been two positions—one for running the department and one overseeing it generally—into one position, becoming the first female director of the department. This was still rare in the field at the time. There weren't any other women at meetings of the medical school departments. In general, there were few women in leadership positions in medical schools—but in physical therapy it was only women.

In 1975, NUPT moved to the 13th floor of the Rehabilitation Institute of Chicago, but the program quickly outgrew the space. Lab class sessions had to be taught twice because of small classrooms and awkwardly, the middle lab spaces could only be reached by going through the women's bathroom. The maximum class size when Sally began as director was 28 students and under her leadership, the program grew to 60 students.

Stay tuned for more NUPT history in the Fall newsletter!



Northwestern University Department of Physical Therapy and Human Movement Science's mission is to "be a diverse faculty and student body producing global leaders in the profession of physical therapy and the science of human movement." As such, faculty members come from around the world and have a rich history of international involvement in teaching, research, and service outside of the United States. The department wants DPT graduates that embrace our profession's core value of social responsibility. Our department has created the Professional Advancement and Community Engagement requirement to allow DPT students to enrich their professional growth through self-reflection and service in the community. Some examples of students' service activities include tutoring children in the Chicago

Youth Project, promoting physical activity through Girls on the Run Chicago, volunteering with the Great Lakes Adaptive Sports Association, and organizing food distribution with the Greater Chicago Food Pantry. Our department established a partnership with Hillside Health Care International in Belize in 2012 and since then, 25 students have completed clinical experiences there. Hillside provides free medical care to the people of southern Belize, both in the main clinic in Eldridgeville as well as by a daily mobile clinic that travels to villages that have limited access to transportation and medical care. NUPT Alumni can help support this unique clinical experience for future students by serving as a volunteer clinical instructor at Hillside Health Care International. If you are interested in this volunteer opportunity, please contact the Rehabilitation Director at

rehabdirector.hillside@gmail.com.

In 2014, NUPT established a student and faculty exchange partnership with the University of San Sebastian (USS) in Concepcion, Chile. Six DPT students have traveled to Chile for 6-8 week clinical education experiences with a focus on intensive cardiorespiratory practice supervised by USS faculty and NUPTHMS has hosted 2 kinesiology students from Chile for clinical and classroom learning experiences.

Last year, NUPTHMS established a Global Health and Community Service committee to coordinate and expand our global reach. The committee's purpose is to collaborate with the Feinberg School of Medicine Center for Global Health to develop and evaluate opportunities for physical

therapist students and faculty members to engage in global health and community service through sustainable and bi-directional partnerships. Ultimately, we want to assure that NUPTHMS is a Global Health leader in the academic community and that DPT and human movement scientist graduates are prepared to go into any environment to lead and practice as effective physical therapists and researchers through a cutting-edge curriculum, varied/diverse clinical education opportunities, volunteerism, and research. Moving forward the committee is working on a faculty needs assessment to further determine our curriculum's global health content with the aim to set goals, objectives, and outcome measures to infuse global health throughout all of our department's endeavors.

Disabilities Awareness Day Fair in Punta Gorda



Navigating life in Punta Gorda without being able to see.



Navigating life in Punta Gorda using assistive devices.



Navigating life in Punta Gorda with a knee or arm brace.



Providing mobility to community members in Punta Gorda. DPT students had the opportunity to deliver several donated wheelchairs to our patients to make it easier for them to navigate around the rocky roads of Punta Gorda.



Wonderful Rotation 12 Rehabilitation Team (Left to Right: Daniel SPT, Carley DPT, Heather SPT, Nayo SPT, and Amira Rehab Tech)

James Elliot in Chile

Dr. Jim Elliot lectured at the University of San Sebastián, Santiago, Chile and met with colleagues Fernando Quiroga Dubournais, Cristian Contador, and Luis Henríquez (pictured below right)





Northwestern Alumni Teach in Western Africa

Patsy Ross Lawton BSPT (1964) and Rick Schurman BSPT Cert MDT (1977), who were accompanied by Patsy's husband, Bill (NU Medical School, 1966) had the privilege to teach at Mbingo Baptist Hospital, a teaching hospital run by the Cameroon Baptist Convention (CBC) near Bamenda, Cameroon, March 6-10, 2017.

They spent a week in the classroom teaching as well as seeing patients at Mbingo. Bill, a retired nephrologist and medical

professor, has been involved with Medical Education International (www.cmda.org/MEI). Patsy, a hospital-based PT and veteran to overseas outreach work including Wheels for the World (WFTW), spent the week assisting in the classroom with Rick and seeing patients in a variety of wards at Mbingo Hospital.

Rick, an outpatient orthopedic PT and private practice owner who is credentialed in the McKenzie Method (1999) has completed 13 trips to the Dominican Republic and presently serves on the advisory council of Global Health Outreach, a short term medical

mission trip organization which offers 50 trips per year. (www.cmda.org/ghotrips). While at Mbingo, Rick presented a 5-day workshop on the mechanical approach to back and neck pain to 10 physical therapy techs. Rick found that despite the lack of formal education, the students were very attentive, asked excellent questions in the learning process and benefitted by the new skills they learned.

If you are interested in getting involved in such work, there is a gathering of 3000 medical missionaries from all over the world at the Global Missions



Health Conference (www.medicalmissions.com) held in Louisville, KY annually in early November. At this conference, there are many opportunities for networking and teaching (160+ workshops) to encourage overseas medical work. In fact, this is how Patsy and Rick first became acquainted and they've continued their passion together on trips such as this at Mbingo hospital in Cameroon.

Please contact Rick Schurman with any questions
rick.schurman@gmail.com



Alumni Weekend April 2017

Over 125 alumni attended an unforgettable 90th anniversary featuring continuing education opportunities, social events, and networking with friends and faculty.





alumniawards

Each year, the NUPTAA recognizes NUPT alumni for their contributions to the department, profession, and wider community. Email Margaret Danilovich at margaret-wente@northwestern.edu to nominate a fellow alum for next year's awards. The 2017 awardees were:



Donna Frownfelter Community Service Achievement Award: Nathan Coomer (2006)

This award recognizes an alumnus who has made contributions to the community to promote awareness of physical therapy, education on its role in prevention of health related diseases or injuries, provides support for various health-related issues, and/or provides treatment to underserved communities that require physical therapy care.

Awardees also exemplify achievement either as individuals or through the development of programs that impact the community in any of the following areas: education, disaster services, disease prevention, healthy futures, underserved or rural areas and/or veterans and military families.

Undergrad: Valparaiso University

Current position: The Parkinson's Fitness Project: PT and Founder

Career path: I had two great neuro-based clinical experiences that led to a job at Schwab Rehab Hospital in Chicago where I was able to treat all types of neurologic diagnoses in a variety of settings

including inpatient rehab and outpatient. I realized neuro PT was where I needed to be so I studied for and passed my Neurological Clinical Specialist exam in 2010. My wife and I moved to Seattle in 2012, where I was able to focus my skills into an outpatient PT role within a hospital system with a large focus on movement disorders including Parkinson's Disease. I have found my passion treating this diagnosis and decided to start my own clinic in 2016 to offer PT and neurofitness training through group classes and online videos.

Advice for new grads or PTs transitioning settings:

Embrace the opportunity as a time to learn and expand your skill set. You may already be a strong clinician, but having experience in a variety of settings can do nothing but improve your overall ability as a therapist.

Hobbies: Running, Chicago Cubs baseball, and spending time with my wife and kids

Best memory at NUPT: The woman that would turn out to be my wife walking through the door on our first day. I'll never forget it.



Young Alumnus of the Year:
Laura Miller McPherson (2012)

This award recognizes an alumni who has graduated within the past 10 years and has made contributions to the program and the profession in a variety of ways, including: by teaching, promoting the university program, participating in clinical education, or by promoting the alumni association.

Undergrad: B.E. in biomedical engineering with a minor in neuroscience from Vanderbilt University

Current position: Assistant Professor of Physical Therapy at Florida International University in Miami, FL

Career path: At Northwestern, I was enrolled in the DPT/PhD program. After graduating with my DPT, I worked part-time as a registry physical therapist in the inpatient setting at RIC while I finished the last two years of my PhD with Jules Dewald. I then completed postdoctoral training with CJ Heckman from the Departments of Physiology and PTHMS. My husband is also a member of the NUPT family — he completed his PhD in biomedical engineering in the department with Jules Dewald. We decided to search for faculty positions, and we were glad that we were able to find positions at the same institution.

Advice for new grads or PTs transitioning settings:

1. Have confidence in your NUPT training. When I graduated, I knew that our program was excellent, but now that I am out in the field, I can see how extraordinary our curriculum and our faculty are. 2. Keep in contact with NUPT. Not only did our professors prepare us well, they are also willing to serve as resources and mentors. 3. Find your own identity as a PT. I'm doing this now as an educator and researcher, although I dearly miss seeing patients. I've enjoyed watching my classmates follow their interests and take different career paths within PT. 4. Keep in touch with your classmates. They will pursue a variety of different specialties, and they are a great resource for questions. 5. Find a mentor in your new setting. There is always something to learn in a new context, and because transitions are difficult, support from a mentor can make all the difference in becoming established in a new role.

Hobbies: Enjoying winters in Florida with my husband and dog, spending time with my parents and sister who also live in Florida, rooting on the Cubs from afar, and hiking—when I can find a mountain.

Best memory at NUPT: Most of my favorite memories include laughing with my classmates on the 7th floor, whether it was while honing our manual skills, practicing lymphedema wrapping, dressing up for Halloween, or eating too much food at our famous potluck lunches. My classmates, with their many different personalities, always provided some levity to balance the hard work that our rigorous DPT program required.



Research Achievement Award:
Marcie Harris-Hayes (1977)

This award recognizes an alumnus who has made 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.

Undergrad: Missouri State University, B.S. in Biology, 1994

Current work: Associate Professor, Washington University School of Medicine, Program in Physical Therapy (WUSM). The focus of my research is to develop effective rehabilitation strategies for people with mechanical hip pain, including osteoarthritis and pre-arthritis conditions. My primary teaching responsibility is the Introductory Kinesiology course, where student learn the fundamental concepts of analyzing the movement system, including static and dynamic analysis, and tissue response to stress.

Career path: After graduation, I took a clinical position at Barnes-Jewish Hospital in St. Louis. During this time, I began lab assisting in a number of courses at WUPT. I then took a clinical faculty position in 2000. In this position, I split my time between clinical practice in our faculty outpatient clinic and teaching in the classroom. During this time, I also completed my post-professional DPT. While completing

my DPT, it became clear to me that the evidence for what we do in physical therapy was limited. I therefore sought research experience and training. I earned a Master's in Science in Clinical Investigation from Washington University School of Medicine. I applied and was accepted into the Comprehensive Opportunities in Rehabilitation Research Training (CORRT), a Multicenter Career Development Program for Physical and Occupational Therapists. Pilot data collected during CORRT training supported a successful K23 grant, an independent career development award and subsequent R21 to further investigate rehabilitation strategies for people with pre-arthritis hip disorders.

Advice for new grads or PTs transitioning settings: Regularly do something that scares you to learn and to build confidence.

Hobbies: Cycling, live music, eating great food

Best memory at NUPT: There are so many good memories from which to choose. I remember it as a time of amazing growth for me, being a small-town girl in the big city. While at NUPT, I had amazing support from faculty and classmates during some very challenging times. However, I must admit, many of my best memories were outside the walls of NUPT while exploring Chicago with classmates, running or rollerblading on the lakefront, first Cubs game, some of the best live music in the tiniest of bars, and fireworks on Navy Pier before it was The Navy Pier.



Alumnus of the Year: **Paula Goga-Eppenstein (1981)**

This award recognizes an alumnus who has made contributions to the program in a variety of ways; by means of teaching, promoting the university program, participation in clinical education, or by promoting the alumni association (e.g. member of the Board of Directors, class representative, committee member), as well as contributions to the profession through service

to APTA and/or their state chapter, and service to other community organizations.

Undergrad: Millikin University

Current work: Manager for Clinical Development with Marianjoy Rehabilitation Hospital, part of Northwestern Medicine

Career path: Upon graduation, I never envisioned going back to school, much less following a leadership/management track. Though I enjoyed working with diverse client populations and students who challenged me to think differently, search for answers, and to not remain stagnant, I still felt like something was missing. So being that lifelong learner, I stepped out of my comfort zone, started working at a rehabilitation hospital and enrolled in a graduate program. For me, this opened a world of new challenges and possible opportunities, if I was willing to take some risk. The mentors that I had across the years, provided me with the support, guidance and encouragement to not only try, but to have faith in myself. I started small in my leadership path, from senior to supervisor and

ultimately all the way up to a more senior leadership role. I personally feel that both clinical and management paths helped me become a more rounded healthcare provider from a clinical, business and professional standpoint. In my current role, I have the best of both worlds: I'm still in a rehabilitation setting, helping mentor as well as developing other healthcare providers. The lesson I have learned over the course of my career: Never say never.

Advice for new grads or PTs transitioning settings:

Be flexible and open to possibilities; you will grow in many ways, some of which you may not have anticipated. Change is inevitable, especially in this healthcare environment, so be patient. Learning never stops, so explore, ask questions, and try new techniques. Finally, try to keep it all in perspective.

Hobbies: Reading (I belong to two book clubs); I enjoy baking and currently I am working on refining my bread baking skills; travel, and spending time with family.

Best memory at NUPT: I enjoyed the camaraderie of the class of '81, both in as well as outside of class. Memories of riding the elevator up to the 13 th floor at RIC after cadaver lab and receiving unusual "looks" from others who happened to be riding up with us. "Cutting" an administrative class once because several of us did not understand the need to learn how to budget for linens, equipment, etc. (I know, this was the path I eventually followed) to have a little fun. Decompressing in the student lounge and planning extracurricular activities.



Distinguished Alumnus: Marilyn Holt (1976)

Undergrad: University of Illinois Urbana-Champaign

Marylin's Acceptance Speech, presented at the Alumni Weekend Award Luncheon:

Thank you, Northwestern Physical Therapy and Human Movement Sciences on this recognition.

One word comes to mind: **Gratitude**.

Gratitude to the NUPT program past, present and future. In 1975, I was awarded a full scholarship and stipend, an incredible gift as Gary and I were newly married. Gary had just started farming on the family farm. Gary stayed home and I moved to Abbott Hall: great, affordable housing! In the blink of an eye, it is 41 years later, I am turning 65 and NUPT is 90 years old. These milestones precipitate a great deal of reflection on the profound impact NUPT has had on my life.

Gratitude: to the Class of 1976 and gratitude for the enduring friendships with so many- Jean Callahan, Valerie Dixon, Bonnie Holland, Patty Mulholland, Pam Hatton, Hana Havorka, Jean Kestner Jackie Becker and many more.

Gratitude: for my professors—Sally Edelsberg, Nan Dixon, Karen Hayes, Pat Sullivan, the Deusterhauses, Dr. Perkins, Mr. Erickson and Donna Frownfelter.

Gratitude: for those clinical experiences such a long time ago—Children's Memorial, Donna Frownfelter at Rush and June Macchiaverna and Mr. Babbs at Billings. NUPT, its professors,

students and alumni have taught me not only with words but with continuous professional actions. I have witnessed their professional development and this has encouraged my own journey of lifelong learning and commitment to APTA. My association with APTA, CSM, Carole Lewis and the Academy of Geriatrics inspired me to pursue geriatric specialization and recertify in 2016. Assisting at Bradley University helped me recognize the need to advance my knowledge and I completed a MHS at University of Indianapolis. The CEEAA, with the leadership of Marilyn Moffett and Karen Kemmis, was a transformative experience, advancing my clinical skills in geriatric rehabilitation. Living in West Central Illinois, I have worked across the continuum of care and been blessed to work with many fine professionals. I currently work for a skilled nursing management group whose founder unequivocally supports rehabilitation and wellness. We have developed a Rehab Program- Bounce Back, based on three principles: expert staff, evidence based practice and state of the art equipment. Together, we have expanded our departments on 25 campuses with traditional therapy equipment, HUR air compressed strength training equipment, ceiling tracks for BWSS and aerobic equipment. I have the deepest **GRATITUDE** to NUPT for what it has allowed me to do. We have raised four children on the family farm, all are college graduates and one is a PT! NUPT has allowed me to serve several generations of individuals living in Knox County. My experience with these individuals is woven into my personal and professional life.

Happy Birthday NUPT and thanks for the many, many opportunities you have afforded me through the actions and examples of your professors, students and alumni.



Poster Day is a chance for the Class of 2018 to share their synthesis research projects with faculty and students. Congrats on all of your hard work!

kaleckaslecture



Dr. Pam Levangie, PT, DSc, DPT, FAPTA was the keynote speaker at the 10th Annual Ann Putnam Kaleckas Lecture. Dr. Levangie presented an overview of her road through treatment for stage III breast cancer and its impact on her professional journey. She discussed the effects of radiation-induced fibrosis and its potential role in individuals with a history of breast cancer seeking treatment for shoulder dysfunction.

clinicalpracticeceremony



NUPT celebrated the Clinical Practice Ceremony on June 16 acknowledging the first-year DPT students' progression in the program to start their first full-time clinical education experience. Thank you to all alumni who contributed a "word of wisdom" card to a first-year student.

Ninety-two graduates received their DPT degrees on April 21, 2017, at Navy Pier. Sharon L. Dunn, PT, PhD, OCS, president of the American Physical Therapy Association, gave the commencement speech entitled, "Aim High." Several individuals collected additional honors: Rachel Krupski and Elizabeth Von Gontard received the Clinical Education awards, and Anita Nayo Hill was awarded the Leadership award. Anita Nayo Hill, Mark Hoggarth, and Joseph Kopke were recognized as the Dean's Feinberg DPT/PhD Scholars. Andrew Kritselis provided the graduating class message.



Northwestern University has recently approved a new dual-degree program, the DPT/MPH (Master's of Public Health). The mission of the DPT/MPH will be to prepare physical therapists for careers as leaders who will span the boundaries between physical therapy and public health. Students will begin MPH coursework the Summer before matriculation into the DPT program and take one or two MPH courses each trimester, allowing them to complete the dual-degree program in 3 years. Integrated research and practical clinical experiences will develop students with skills and expertise to plan, direct, and execute health interventions to improve both individual and population health. Congrats to Margaret Danilovich (2007) who will be directing this dual-degree program!

The NUPTHMS Neurologic Residency has been accredited by the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE). This residency is co-directed by Jennifer Kahn (2000). The accreditation team was particularly impressed by the deep, genuine partnership and collaboration between Shirley Ryan AbilityLab (formerly the Rehabilitation Institute of Chicago) and NU-PTHMS at all levels, from residents up through mentors, faculty, co-directors, and administration. Further, the accreditors praised the depth and sophistication of the mentoring and applauded the unique residency board structure and co-directorship model.

Congrats to Jennifer Kahn (2000), the neurologic residency co-director, and Peter McMenamin (1979, 1988), the Associate

Chair for Clinical Practice and director of our residency program, on this wonderful achievement!

Our Future Alumni: Admissions Update

June 29 marks the beginning of the application cycle for students wishing to enter the DPT degree program in the fall of 2018. Students now apply to Northwestern through the Physical Therapist Centralized Application Service (PTCAS). Applicants may choose to apply in the Early Decision or Regular Decision wave. Early Decision is a binding option for applicants who have decided that a particular PT program is their first choice and the student will enroll if accepted. Last fall, 15 of our 93 enrolling students were admitted in the Early Decision wave. We are privileged to have a team of 20 trained reviewers who help the Admissions Committee through the selection process. These individuals are alumni or clinicians who teach in the DPT program who have been trained in the review process. These reviewers do the first review of applications and then further reviews are done by the Admissions Committee. The Committee includes faculty members Ana Maria Acosta, Alison Chang, Margaret Danilovich (2007), and Roberto Lopez-Rosado. The Assistant Director of Admissions is Sara Carroll and the Assistant Department Chair, Admissions and Recruiting is Jane Sullivan (1981 & 1987). If you are mentoring a pre-PT student, please encourage them to consider an NUPT application.

facultynews

NUPT was represented at this year's CSM in San Antonio with over 30 presentations, posters, and sessions. Furthermore, Jules Dewald received the Academy of Neurologic Physical Therapy Award for Excellence in Research.

Meet our new faculty

Name: Ann Marie Flores, PT, PhD, CLT

Education: M.S. in Physical Therapy – University of Miami

M.A. in Sociology – The Ohio State University

Ph.D. in Sociology – The Ohio State University

Hometown: Laurel, MD

Background: I am a clinician-scientist who has devoted her career to the study and treatment of patients with cancer rehabilitation needs. I am especially focused on cancer



rehabilitation needs of women, minorities, socioeconomically disadvantaged and the medically underserved.

What drew you to Northwestern: When I first read the job description for this position, it sounded like something I would have written to describe my ideal faculty position. This position offered me a once-in-a-lifetime opportunity to work at one of the highest-ranked physical therapy programs in the country and to be mentored by the top scientists in my research area. The position is also well-supported by the Robert H. Lurie Comprehensive Cancer Center. I am so excited about the possibility of working with graduate and undergraduate students and welcome inquiries about opportunities to work in my lab: Cancer Rehabilitation Studies (CARES) Lab. I am thrilled to be a part of the PTHMS family and Northwestern University.

Something interesting about yourself: My grandfather fought in the Mexican Revolution with Pancho Villa and I make the best flan on earth.

5 Misconceptions of Clinical Education for Early-Level Students

The Directors of Clinical Education regularly hear from clinical sites that they cannot take early-level students for a variety of reasons. For our program early-level experiences mean Clinical Experience I (CE I), occurring the summer after first year, and Clinical Experience II, which falls in the midst of the second year. While we cannot argue that early-level students have different needs and goals than students later in the program, here are some common misconceptions of early-level clinical education.

1) Early-level students don't have any skills to use in the clinic

The NUPT DPT curriculum is a spiraling curriculum, which means that we introduce the concept of clinical reasoning through actual patient cases during the first term of the program in the Introduction to Clinical Decision Making course. From moment one, we want our students to think like physical therapists. We have traded the traditional physical therapist curriculum that focuses solely on basic sciences (e.g. anatomy, physiology, kinesiology, neuroscience) during the first year to a curriculum that weaves both the basic sciences and clinical sciences. Content is intended to be overlapping so that when students learn about the anatomy of the shoulder, they also cover the shoulder in kinesiology as well as examination of shoulder strength, range of motion and end feel during Examination and Evaluation. Please use the links to PTHMS DPT curriculum for more information.

Year 1: http://www.feinberg.northwestern.edu/sites/pthms/docs/DPT1_Courses.pdf; **Year 2:** http://www.feinberg.northwestern.edu/sites/pthms/docs/DPT2_Courses.pdf

Although basic sciences are still weighted to the beginning of the program and clinical sciences have greater emphasis in the second year, by the time students enter CE I they have both “thinking” and “doing” skills they can apply to any setting.

2) I will have to do a lot of teaching

NUPT expects students on early-level placements to demonstrate skills that they have learned within their didactic training. In some cases that may mean a CI will need to step in during an evaluation or treatment to provide a more advanced skill that the student has yet to learn. A great example of this for a student on CE I is orthopedic special tests.

Prior to CE I, students will have skills to examine loss of strength, range of motion including joint end feels and accessory motion (add more here). Coursework in the musculoskeletal course series addressing specific conditions and principles of orthopedic examination and treatment by region comes during the second year of the program. A student on CE I could complete a patient examination up to the point where they may need orthopedic special tests to rule in or out specific structural pathology. The CI could then step in to provide any special tests needed. Because students on CE I and CE II are not expected to achieve entry-level practice, there is no expectation that the student could manage an entire caseload of patients with simple and complex conditions. The CI shouldn't need to teach the student information to assist them with getting to entry-level.

Often times, though, CIs are passionate about teaching and enjoy the process of sharing new information with students. NUPT has no objections to this provided that the CI has assessed the safety of the situation and deemed it appropriate for the student to utilize new skills within patient care.

3) My environment is too advanced for students

Our students regularly and successfully complete early-level placements in a variety of settings including pediatrics, wound care, acute care, complex neuro environments, fast-paced orthopedic clinics. In fact, because students completing CE I and CE II are not expected to achieve entry-level on the Clinical Performance Instrument (CPI) there may be some complex environments that are very appropriate for an early-level student.

For some complex environments, it may be difficult to assess if a student on any level of placement has achieved entry-level, which is considered the level of practice consistent with that of a new graduate, because the skills needed for that environment are more consistent with practice beyond entry-level. During CE I and in many cases during CE II, students are closely supervised by their CIs majority of the time. In an environment where students cannot provide skills that are beyond entry-level practice, it may be more appropriate to have a student who needs constant supervision.

4) Students will reduce my productivity

While students on early-level placements will likely not manage a full caseload of patients, a CI should not need to reduce his/her caseload as the student orients to the facility and progresses through their placement. A CI can continue to maintain a full caseload; however, because efficiency is not often a strength of early-level students, a CI may choose to have a student complete a chart review or document a session while the CI sees a patient independently.

5) Student cannot contribute to the operations of the clinic

Students on early-level placements have already completed coursework on professional issues. Prior to CE I, students learn concepts including learning theory and instructional design, health promotion and prevention and regulatory information. During the second year, students have additional professional development content including health literacy, business plan development, marketing, and healthcare quality and safety. Our program expects that students completing clinical experiences complete a project or an in-service for the clinical site. NUPT hopes that our students are positively contributing to clinical sites both during patient care as well as to the overall operations.

Benefits for being a clinical instructor include:

1. Up to \$100 annually reimbursement for continuing education courses or meetings that focus on developing your abilities as clinical educators.
2. Up to \$100 annually for graduate courses offered by Northwestern University.
3. \$100 for the cost of APTA membership of the Education Section APTA dues.
4. Selected textbooks or manuals for your facility.
5. Support for clinical research, NUPT faculty consultations for research questions, or guest speakers for one-hour continuing education presentations.
6. The ability to give back to students and to your alma mater!

If you'd like to partner with NUPT to offer clinical education experiences for our students, please contact us at dept-therapy@northwestern.edu.

Dates in 2018 for CE I July 9 – August 17 and CE II April 23 – June 1.

We are still actively seeking slots in any setting for these timeframes.

Lynn Chervony Belsky (1988) received an MD degree from Rush Medical College and practices and directs Living Well Medical Associates, a concierge medicine practice in Highland Park, IL, that she founded. Dr. Belsky, a former professional dancer at Joffrey Ballet, also utilizes not only her PT but also her dance background to develop movement-based programs for all ages that make it fun to get and stay healthy, both physically and mentally.

Betsy Elsaesser (1977) spent 17 years as a full-time PT and taught in the PTA program at Oakton Community College for 21 years. She renewed her license last fall for the last time before retirement! She recently became a Certified Arborist which she practices in Illinois and Indiana and continues to spend time with various volunteer and environmental projects.

Erin (Egley) Coomer, PT, DPT, OCS and Nate Coomer, PT, DPT, NCS (both 2006) live in the Pacific Northwest and have combined their PT clinics under one roof. RunSeattlePT (Erin) and The Parkinson's Fitness Project (Nate) opened their doors in Seattle in March of 2017. The married couple is excited to start this new chapter in their life. Erin focuses her practice on the

running population and Nate is combining PT, neurofitness classes and online training to give people with Parkinson's easier access to quality care.

Eric Hughes (2006) DPT, SCS is the PT Facility Manager at SHIFT, an Athletico partnership. SHIFT is a concierge style wellness center in River North (Chicago, IL), which provides primary care services, massage,

nutrition, fitness, and recovery. Every new member receives a full physical exam, including a blood panel, resting metabolic



rate, spirometry, dexa scan body composition, VO2 Max test, Video gait analysis, physical therapy strength/ROM exam, functional movement screen with a fitness coach, and a nutrition consult.

Brittany (Mynsberge) Bagshawe, PT, DPT, NCS (2007): received a Star Award at Swedish Covenant Hospital, where she practices as a full-time PT in inpatient acute rehabilitation. On her day off, Brittany responded to a code blue in the Galter Life Center (Swedish's fitness facility) and initiated CPR. Her responsiveness and professionalism helped lead a very difficult situation.

Lauren Sofen (2009) is a pediatric physical therapist doing extensive work with GirlForce as part of Hadassah and was named one of the 36 under 36 in Detroit. The program seeks to instill positive self-image and Jewish values in girls. Students complete a circuit of physical activities based on the pillars of exercise as well as learn about nutrition, body image and Jewish values. Lauren has added a younger voice to Hadassah of Metro Detroit. She is helping to lead the regrowth of this vital

organization. Congrats to Lauren Sofen for this award and for representing NUPT and the PT profession!

Chris Glibert (2013) has developed and brought to market a patent-pending, manual-assistance transfer device. As a full-time, school-based physical therapist, Glibert soon realized how both manual and mechanical transfers had drawbacks. After designing and testing several prototypes, Glibert developed the Lift and Transfer Belt (LATbelt) as a compromise between mechanical and manual transfers. This easy-to-use, compact, cost-effective solution is a heavy duty gait belt that seamlessly connects to secured thigh straps. With this belt, two staff members can complete dependent transfers in a standardized, safe manner with all types of transfers. The LATbelt is currently being utilized by school districts across the United States. To learn more, visit LATbelt.com.

Greg Hausken (1983) is the founder of Mountainview Home Health in Yakima, WA where he works with his staff to return patients to prior levels of function and activities of daily living in their homes. He has been married for 33 years and has four children, one of which has been accepted to NUPT's class of 2020 starting this fall.

Ryan Mertz (2008) is the Chicago Cubs physical therapist and works primarily with the major league players. He travels with the team during spring training and was instrumental in helping some of the Cubs players on the 2016 World Series Team.

Kate Blankshain (2016) and Emily Baker (2017) are the most recent NUPT couple to get engaged. They met during their time at NUPT and celebrated their engagement at Bill Healey's annual NUPT LGBT & Allies dinner.

Rachel Hawe (2013) successfully defended her dissertation on September 1st, 2016. Next steps for her included traveling to Calgary to complete her post-doctoral fellowship.

Dan and Mallory Loch (2009) live in Ashland, Oregon. Dan is a landscape photographer, has a gallery, and recently opened Peak



Performance Physical Therapy & Sports Medicine, LLC., a cash-based private practice. This is a multidisciplinary wellness facility and community outreach center with PT, chiropractic, acupuncture, massage therapy, strength and conditioning, yoga therapy, nutrition, paleocentric cafe and juice bar, mindfulness and mentorship, sports training, bouldering, daycare, and adapted recreational programs. Mallory and Dan are the proud parents of Sawyer, 17 months.

Derek Langston (2010) is a PT at UNC hospital outpatient orthopedics

Krissy (Temporiti) Sullivan (1999) and her husband Brian welcomed their second child, Sophia Elizabeth Sullivan, on April 12, 2017.



physical therapist at Sullivan Physical Therapy in Austin, Texas.

Sam Gallardo (2016) is working for the Baylor Institute for Rehabilitation in Mesquite, Texas.

Ryan Griesenauer (2017) has moved to Nashville, Tennessee to work for Results Physiotherapy.

Brenda Heinecke (2013) opened a private practice one year ago and has been expanding since. She just hired another PT (another NUPT grad). She continues to expand her clinic with plans to open another location in the near future. She is thankful for a great network of northwestern colleagues to help through this process.

Kristin (Varchetto) Tinlin (2013) has been working with a plane crash burn survivor from Kenya, daily for 3 months. He is who now planning to build a new Burn Center in Kenya as a result. View his inspirational story here: <http://eskenazihealthfoundation.org/harry-dyer-burn-center/>

Christa Nelson (DPT 2010, PhD 2016) is now an Assistant Professor at The University of Maryland School of Medicine in the Department of Physical Therapy and Rehabilitation Science in Baltimore, Maryland.

Ingrid Masterson (1982) performed a one-person show, "I am a Zebra", a curiously entertaining story of illness at the Greenhouse Theater Center in Chicago.



NUPT alumni Bill Healey '93, Karen Hayes '65, '77, '91, & Kathy Hall '84, '92 kicked off CSM San Antonio at the Esquire Tavern!

Mark your calendar – **Babette Sanders** will be the 2018 Academy of Acute Care Physical Therapy Lecturer at CSM in New Orleans. Pictured is Babette with Sharon Gorman, President of the Academy of Acute Care Physical Therapy. Way to go Babette!

Meghan Lamothe (2017) started an orthopedic residency at the University of Southern California in July.

Marie Jamille Niewiara (2016) recently celebrated her one year anniversary as a pelvic floor



Members of the Class of 1977 had a mini reunion in Ft. Lauderdale, Florida in February. The five classmates from the Lincoln Avenue apartments have stayed good friends for 40 years.

FRONT: Mark Massery, Don Limburg, Susie (Weiss) Limburg, Cathie (Tuttle) Ottmar. **BACK:** Jack O'Brien, Kris (Dunn) O'Brien, Mary (Padden Massery, Dave Ottmar, Jamie (Weida) Fisher



Class of 2019 students & NUPT faculty participated in the 11th year of Fun Fitness Healthy Athletes screening at the Illinois Special Olympics in Bloomington-Normal.

DPT Diversity Scholars, **Matt Montgomery**, **Jesse Anderson**, and **Daniel Karam**, hosted 35 students participating in HPREP, a competitive program for underrepresented high school and college students in the Chicago area who are considering careers in health care. They spent time with these students, promoting physical therapy as a rewarding career. The students rotated in 3 stations where they explored different aspects of PT. They finished the morning with a lively panel that included a clinical psychologist, a social worker and a PT to hear stories about the health care providers' lives and career choices.



NUPT celebrated the Cubs World Series Victory in style! Faculty members Daniel Corcos and Gail Huber donned their Cubs apparel to celebrate the win!



First and second-year students welcomed prospective students at the Open House for the Class of 2020.



Students and Faculty held the 1st Annual Cultural Potluck to celebrate the diversity of NUPT.



Columbus, Ohio NUPT/NU Club event on March 3, 2017.



Peter McMenamin, DPT students Hannah King and Katie Shaughnessy (2018), and Babette Sanders attended the Foundation for PT dinner in recognition of the NUPT DPT students' fundraising for the VCU-Marquette Challenge. NUPT

was raised \$7,214.54 for the Foundation for Physical Therapy and received the Award of Merit. NUPT is also part of the Cornerstone Society for consistent participation and raising more than \$50,000 for the Foundation. Way to go Wildcats!

This year, we celebrate the 90 th anniversary of our PT program and reflect on 90 years of growth and accomplishments. During this milestone anniversary, you can join in this celebration by making a gift to support efforts to train the physical therapists, researchers, and leaders of tomorrow.

Please consider honoring the 90th anniversary by giving \$90 this year; either through a one-time \$90 gift or a recurring gift of \$7.50/month. Your support will help us to continue the NUPTHMS legacy for the next 90 years and beyond. 100% of Alumni Board Directors have made a financial contribution this year. Please join them in giving to our NUPT.

You are a part of why Northwestern is recognized as a top DPT program and a world-renowned institution. Celebrate our incredible achievements in the past 90 years by giving \$90 for our 90th. You can make an online donation at: wewill.northwestern.edu.

Thank you to those alumni who have already made generous contributions this year:

Susan Straus Adler	Molly Babcock Day	Donna Baer Highley	John S. Lowe	Mary Jo A Price	Mary Kay Solon
Jennifer Lynne Akman	Kyle Denlinger	Paul Andrew Hildreth	Jennifer Marchione	Steven J. Przechera	Christine Mary Sorensen
Mark Albert	Patricia Jean Dirkse	Karen L. Hill	Carolyn R. Mason	Robert Reif	Jane E. Sullivan
Lynette Evon Ault	Joel Christopher Dykstra	Philip J. Hlavac	Ingrid White Masterton	Linda Lee Reiter	Susan L. Suria
Robert Babbs, Jr.	Joanne M. Eckenhoff	Rebecca Powley Hoeck	Margot Elizabeth McCloy	Cynthia Ann Rennie	Gary S. Sutton
Nan Barker Beck	Paula L. Eppenstein	Sharon E. Holland	Peter J. McMenamin	Rebecca Sue Riley	Linda D. Sydorenko
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Elise Cataldo	Mary H. Hagen	Daniel R. Kinney	Marianne Pepa Nazarian	Suzanne M. Semanson	John M. Wagner
Ellen McMahon Christopher	Candy L. Hansen	Konrad Koczwar	David R. Newbolds	Elizabeth Vhay Shaw	Marla Warren
William J. Condon, Jr.	Roger Dean Harbour	Russell R. Kreider	Shane T. Nunokawa	Lisa G. Shehigian	Elise Watts
Janine Leigh Contestable	Marcie Jane Harris Hayes	Teresa A. Kulik	Catherine A. Patacca	Regina P. Sheppard	Tasha M. Weatherspoon
Julie Frances Cook	Pamela Hatton	Milton Kurashige	Kristin M. Payne	Susan M. Simcock	Carlton Patrick Weaver
Aben E. Cooper	Paul D. Hatton	Paula S. Kurashige	Elinor W. Pearson	Dimitrios Simeakis	Marlene Wesol Cid
Lenore Annette Cornille	Karen W. Hayes	Justin Lantz	Alice C. Perry	Pamela L. Simon	David A. Wessells
Beth Shafernich Coulson	William E. Healey	Kate H. Latorraca	Robert Lester Peterson	Bryan Stewart Sires	Matilda J. Wilhoite
Mary M. Coupe	Lois Deming Hedman	Kristin Elizabeth Liebl	Sandee L. Peterson	Beryl Ann Smith	Kathryn Williams
Margaret Danilovich	Timothy Leland Herrick	Teri Jo Lientz	Karen Pierz	Allyson S. Smith Wessells	Julia E. Woodward
Susan E. Davis	Joan Burlingham Herrick	Jennifer Long	Doris Y. Poynton	James J. Solon	Mary Wylie

inmemorium



1956 Ruth P. Lacey of Indianapolis, IN died April 18, 2016. She received degrees from Purdue University (Home Economics), Columbia University (Occupational Therapy), and Northwestern University (Physical Therapy). Due to her love for helping people, her career became dedicated to physical therapy. She had extensive experience in the PT field, including working at Indianapolis Power and Light, The Rehabilitation Center in San Francisco, CA, IU Medical Center, Washington, D.C., General Hospital, and St. Vincent Indianapolis Hospital.



1996 Elizabeth Marie Giometti of San Rafael, CA died July 20, 2016. After high school, she received a full scholarship from Loyola University to play Division One basketball. She graduated Magna Cum Laude with a bachelor's degree in Psychology and Spanish. She continued her education at Northwestern University where she earned a master's degree in physical therapy. She worked in the field of physical therapy and personal training for more than 20 years in Chicago, Atlanta, and San Francisco.

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save the dates!

July 12, 2017

St. Louis, Missouri
BBQ Saloon
Join PT and MD alumni for a
Northwestern Feinberg Alumni
Association Happy Hour
5:30pm–7:30pm

July 20, 2017

NUPT Happy Hour
6:30 to 8:30pm
Airfield Estates – Prosser
560 Merlot Drive
Prosser, WA

September 9, 2017

Northwestern vs. Duke
Football tailgate and game

October 2017

October 14: Northwestern vs.
Maryland Football tailgate and
game

October 21: Northwestern vs.
Iowa Football tailgate and game

April 26–28, 2018

Alumni Weekend 2018. Stay
tuned for more details in our
Fall newsletter.

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