

Department of Physical Therapy and Human Movement Sciences

VOLUME 14 | SPRING 2018



Department of Physical Therapy and Human Movement Sciences Department Chair's Message Jules Dewald

You may notice a new look to this newsletter! With the new academic year, we have decided to re-brand the alumni newsletter as the Department of Physical Therapy and Human Movement Sciences newsletter. The reason for this name change is simple: we believe that as alumni, your connection with the Department never ends and we want to share more departmental news and resources with you, while retaining a focus on celebrating the achievements of our strong alumni base. As a department, we could not exist without the support of you, our alumni, who offer time, service, and financial support. And to that end, our newsletter will be adding content from our department that you can apply to your clinical practice. We hope you will enjoy this new focus and be proud of the activities occurring in the department that strengthen the Northwestern name.

As I reflect on the last year at PTHMS, the word that comes to mind is **thankfulness**: for our faculty, staff, students, clinical partners, and alumni. We continue to be highly ranked and attract top DPT and PhD students from across the nation. Our total grant income has now reached \$4.7 million. We are currently in the top 5 of all US PT schools with regards to research grant income and we expect to rise even higher over the next 5 years. These accomplishments would not be possible without the efforts and support of our dedicated faculty and staff, our nearly 600 clinical partners across the globe, and the time and financial support of our alumni. Thank you.

I am also thankful for our faculty who invest their time and talents in the university and our students every day. They also support our student scholarships and 95% of our faculty have made donations to our department's scholarship fund this year. This level of giving speaks to our faculty's investment and belief in the mission of NUPTHMS.

I am thankful for the grant funding that has been awarded to members of our department this past year. In an extremely competitive funding environment, our growth and success in this area is remarkable.

I am thankful we have the space to provide excellence in teaching and research. If you have not made it back to campus in the last year, I would strongly encourage you to do so. We have expanded our square footage from 37,000 to 58,000 square feet in the last year and now occupy the 7th, 8th, 10th, and 11th floors of 645 N. Michigan Avenue.

I am thankful for our tremendous strides in clinical practice with our orthopaedic and neurologic residency partnerships with the Shirley Ryan AbilityLab (formerly the Rehabilitation Institute of Chicago). Eighteen physical therapists at the AbilityLab teach in the DPT program as contract educators, four Ability Lab physical therapists have faculty appointments as assistant professors within our department, and seven PTHMS faculty have practice privileges at the AbilityLab. We have expanded our residency spots and now offer five positions in orthopaedic and neurologic physical therapy residencies in partnership with AbilityLab.

I am thankful for our department's commitment to community engagement and service. Our DPT students volunteer in the Chicagoland community through their Professional Advancement and Community Engagement projects. Our faculty are active in teaching and presenting across the globe. These efforts support our mission of producing global leaders in the profession of physical therapy and the science of human movement. It is truly a time to celebrate and be thankful for our community of NUPTHMS!

In thanks,

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

Current grants awarded to NUPTHMS faculty are:

- 8 NIH R01s (3 Dewald, 2 Corcos, Elliott, Heckman, Yao)
- 3 NIH R01 subcontracts (2 Corcos, Heckman)
- 1 NIH U01 subcontract (Corcos)
- 1 VA Merit Award (Gordon)
- 1 NIH K12 scholar development grant funding 4 young faculty scholars (Dewald)
- 4 Clinical Trial studies (Krosschell)
- 1 NIH T15 subcontract for workshop on grant writing (Corcos)
- 1 NIH KO1 award (Tysseling)
- 1 NIH R21 award (Yao)
- 2 NIH F31 NRSA fellowship (Manes and Haleh)
- 3 Foundation for PT awards (Danilovich, Flores, Seitz)
- 1 Craig H. Neilsen Foundation award (Tysseling)
- 1 NMH Lynn Sage Cancer Research Foundation award (Flores)
- 1 Consolidated Anti-Aging Foundation award (Corcos)
- 1 APTA Education Section award (Salzman)
- 1 Research Retirement Foundation award (Danilovich)
- 2 AHA predoctoral fellowships (Wilkins, Hill)
- 1 ASB fellowship for grad student in Sabrina Lee's lab (Vigotsky)
- 3 Foundation for PT PODS awards (Binder-Markey, Antos, Hill)



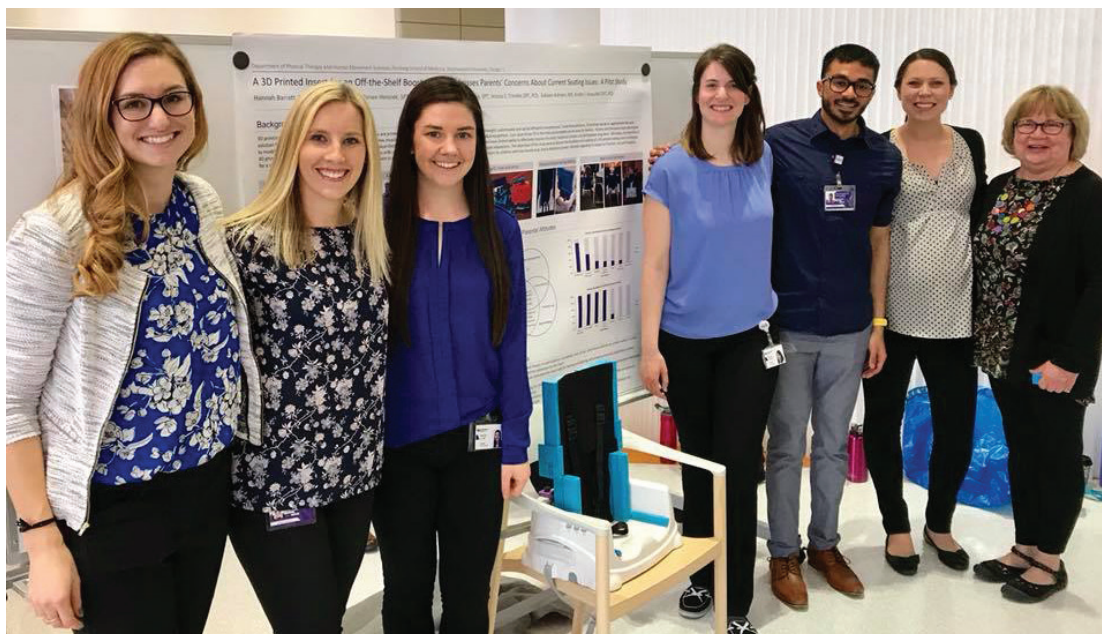
NUPTHMS Alumni Association President's Message David Wessells

It's been another great year for NUPTHMS Alumni. In April, we had a record turnout at Alumni Weekend where friends and colleagues reconnected through educational and social events. All of our CEU programming for Alumni weekend was delivered by alums. It is always impressive to see the amazing diversity of knowledge and skills of our alumni. This year, our alumni board is committed to enhancing your experience and connection to PTHMS through increasing outreach and information.

We are continuing to increase our partnerships with NU regional clubs and Medical Alumni Association groups nationally to create new opportunities for you to connect with fellow alums and leverage connections to attain your professional goals and create new friendships. For us to be successful, we need your help. If you hear of NU events in your area, take time to attend! If you are interested in hosting a regional gathering of PTHMS alums, reach out by email and we can provide the resources to make it happen. If you know other alums who haven't participated in events, encourage them to do so. Expanding our network benefits all of us, as we compete in an ever-changing healthcare environment.

Our board is also committed to supporting students through scholarships. Our board has achieved **100% participation** in financial donations to PTHMS scholarships for the second straight year to demonstrate our personal commitment to PTHMS and to support resources for our future alumni. PTHMS grads excel as clinicians, practice owners, educators, and leaders in our field. The premier education we received, combined with our expansive network of alumni, is what makes our program so special. Please reach out to me personally with any questions, ideas, or thoughts on how our alumni association can better serve you.

Regards, David Wessells, Class of 1999
david.wessells@nationwidechildrens.org



Poster Day and Kaleckas Lecture

The Class of 2019 shared their synthesis research projects during the annual poster day. Dr. Steven Z. George, PT, PhD from Duke University was the keynote speaker at the 11th Annual Ann Putnam Kaleckas Lecture. Dr. George presented on the influence of chronic pain in musculoskeletal conditions that has been increasingly prevalent in health care, and the need for more individualized and targeted treatment for these patients.

NUPTHMS at APTA NEXT

From an idea to a motion to an APTA position...

Faculty member Babette Sanders showed the power of one member to influence APTA positions at this year's House of Delegates. Babette writes, "This past year I served on the APTA Special Committee to Review House of Delegates Documents (SCOHD). While reviewing the APTA position on Sexual Harassment, I was struck it did not mention anything about the need to report. I voiced my concern to the other SCOHD members and they all agreed the position should be amended and we set forth a process to do this. In the meanwhile, I shared the idea with other members of the Illinois delegation who also agreed which was a good litmus test. A motion came to the House of Delegates in June. It was debated, discussed and amended and then passed the House!"

APTA positions are adopted by the House of Delegates. The House of Delegates is comprised of voting delegates apportioned by chapter membership in APTA. Each chapter has at least two votes. The House of Delegates meets annually to discuss and vote on the positions and directives that represent the APTA to the membership and the public. Any member can follow Babette's example. Take your idea to your local district, chapter or Section/Academy and share your rationale and what you think the APTA should be doing about the issue. If the component leadership agrees, they will usually be willing to support the cause to the House of Delegates.

The process usually starts by the component's leaders posting the idea to a discussion board to see if other members and components think it is a good idea and determine additional information that might be needed to help clarify the question. If after the initial period there seems to be support, the component will begin discussion with the Reference Committee of the APTA. The idea will be turned into motion language and again shared with the delegates. For a few months, there is another discussion board available so the "motion makers" can get additional feedback, answer questions, collaborate with other components to improve the language if needed and garner support for the concept. When the motion is officially presented at the House of Delegates, there is additional opportunity to debate and perfect the language. Finally, the time comes for the House of Delegates to vote. With good preparation, hopefully the final tally is in favor of your position and the motion is adopted. The idea you had is now part of House of Delegates positions and serves to reflect the beliefs of the APTA and the members and guide professional behaviors.

To learn more, contact Babette Sanders at b-sanders2@northwestern.edu



Faculty member Peter McMenamin (1979 and 1987) received the Lucy Blair Service Award honoring APTA members who have made exceptional contributions to the profession.

Faculty member Daniel Corcos was named an honorary member of the APTA.

PTHMS was represented at this year's CSM

in New Orleans with over 50 presentations, posters, and sessions! A number of faculty members received awards at this year's conference:

Gail Huber

CVP Mentor from the Cardiovascular and Pulmonary Section

Kristin Krosschell

Stephen Haley Research Award – Section on Pediatrics

Daniel Corcos

Golden Synapse Award – Academy of Neurologic Physical Therapy

Amea Seitz

James Gould Award for teaching excellence – Orthopedic Section

Babette Sanders

Acute Care lecture – Acute Care Section

Jane Sullivan

Best Manuscript – Acute Care Section

Kathy Martinez

Distinguished Educator – Education Section

Lois Hedman

Excellence in Neurologic Education Academy of Neurologic Physical Therapy

Meet our new faculty



Carol A. Courtney PT, PhD

Education: BS in Physical Therapy - Washington University at St. Louis
MHS in Physical Therapy - Louisiana State University
M. Applied Science in Physiotherapy - University of South Australia
PhD Physical Therapy - University of Miami

Hometown: Oak Park, IL

Clinical background: Orthopedic Manual Physical Therapy, Sports Physical Therapy

Research interests/summary of ongoing research, etc.: My research investigates the effects of knee joint injury and osteoarthritis on pain processing and joint function, as well as modulation of nociceptive mechanisms through physical therapy interventions.

What drew you to Northwestern?

I was impressed by the faculty's dedication to promoting the level of physical therapy education, research, and practice in the US.

Something interesting about yourself:

I am also an athletic trainer and for a number of years was Assistant Athletic Trainer at Tulane University.



Colleen Peyton

Education: Bachelors of Science Kinesiology - Penn State University
Doctor of Physical Therapy - MGH Institute of Health Professions

Hometown: Wilmette, IL

Clinical background: I have 15 years of experience in pediatric physical therapy and have worked in the rehabilitation, outpatient, acute care, and NICU settings. The populations I worked with most often included high-risk infants, infants and children with cerebral palsy, and children requiring serial casting. I have worked as a mentor in the pediatric physical therapy residency program at University of Chicago for 8 years.

Research interests: I study the spontaneous general movements of the fetus and young infant. Furthermore, I am interested in the relationship between early human behavior, brain structure, and neurodevelopmental outcomes in high-risk infants. We are currently studying infant movements in infants at high-risk for cerebral palsy and other neurodevelopmental impairments.

What drew you to Northwestern?

A shared love of human movement and the chance to be a part of a community dedicated to excellence in research and teaching!

Something interesting about yourself:

I was on the fencing team in college and have climbed to the top of Mt. Kilimanjaro.



Molly Bright

Education: BS in Physics from MIT
Doctorate in Clinical Neuroscience at the University of Oxford

Hometown: Bayport, NY

Research interests: My research is developing new MRI scans to study neural and cerebrovascular health, and I am particularly interested in how these two factors can interact. This work involves designing tools to stimulate or monitor human physiology during MRI scanning, and the development of specialized MRI acquisition and signal processing methods to better quantify and track brain changes in an individual patient. My group aims to enable the use of MRI to study the response of individual patients to personalized therapeutic interventions.

What drew you to Northwestern?

I was extremely impressed by how Northwestern links together researchers and clinicians across disciplines and departments - this is critical for my own research, giving me access to colleagues and collaborators that can spark new ideas for imaging applications.

Something interesting about yourself:

Outside of work, I am an avid musician! I have played the oboe throughout my education and research career, performing with orchestras throughout Europe, and I look forward to continuing this in Chicago.



Clinical Education Team (from left) Lynette Wallace, Cori Arquines, Krista Van Der Laan and Heather Henderson



Clinical Education Workshop in session

Introducing Lynette Wallace, the Coordinator of Clinical Education

It's hard to believe I have been the Coordinator of Clinical Education for the DPT program for nearly a year now having arrived from Boston, Massachusetts to start my position at NUPTHMS on July 7, 2017! Prior to NUPTHMS, I was the Director of Graduate Placements at a small College in Weston, MA for 5 years, working with NP, DNP and MPH students. My professional background is in teaching, career counseling, academic advising, workforce development and most recently, clinical placement. My entire career has been spent in secondary and higher education, working in schools and colleges in both the UK and US.

My family and I moved to Boston from the UK in 2001; my children, who were 9, 6 and 3, at the time have spent most of their lives and have grown up here. Fortunately, we all became US citizens back in 2015 and now enjoy dual nationality! I love Chicago and everything it has to offer—its diverse neighborhoods, architecture, restaurants, the lakefront, deep dish pizza and its seemingly endless street fests & year-round celebrations! When I'm not spending time with my family, I love to travel, cycle, hike and generally spend as much time as possible outdoors. I very much enjoy being part of the clinical education team—having the opportunity to work with Krista, Heather and Cori, hundreds of bright and enthusiastic students and the many amazing clinicians who generously support our program.

Have a wonderful summer and I look forward to continuing our relationship with you all!

If you would like to partner with NUPTHMS to offer clinical education experiences for students, contact dept-therapy@northwestern.edu

Clinical Education News

Clinical instructors (CIs) and site coordinators of clinical education (SCCEs) are essential to the success of physical therapist students earning their DPT degree. On April 20, 2018, PTHMS held its inaugural Clinical Educator Appreciation Workshop to acknowledge and thank CIs and SCCEs for all they do for the students in our program. The daylong event welcomed over 60 CIs and SCCEs who supported PTHMS students during full-time experiences in 2017. The focus of the day was building CI and CCCE knowledge of clinical education topics while networking with other clinical educators. The workshop included topics specific to clinical education including clinical reasoning development, organization of a clinical education program, collaborative learning, and intentional learning experiences. Each presentation consisted of 30 minutes of content presented by clinical educators from a number of clinical sites followed by round table discussions. The PTHMS Clinical Education Team has started planning for our 2019 workshop. PTHMS looks forward to again welcoming clinical educators to our department to express appreciation for the dedication they show to student learning.

If you or a therapist from your site would like to present at a future workshop, please contact Heather Henderson, Director of Clinical Education, at heather.henderson@northwestern.edu.



Ninety-three graduates received their DPT degrees on April 13th at Navy Pier. Gammon M. Earhart, PT, PhD, Director of the Program in Physical Therapy and Professor of Physical Therapy, Neurology, and Neuroscience at Washington University School of Medicine in St. Louis gave the commencement speech entitled, "Let Yourself Fail." Katharine Coombes received the Clinical Education Award; Katharine Coombes and James Babana received the Leadership Award; Emily Schwartz received the Community Engagement Award; and Rebecca Abbott and Allison Bingqing Wang were recognized as the Dean's Feinberg DPT/PhD Scholars. Ake Paramadilok provided the graduating class message.



Clinical Practice Ceremony

The Clinical Practice Ceremony acknowledges the first-year DPT students' progression through 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.

This year, PTHMS welcomes our inaugural class of DPT/MPH dual degree students



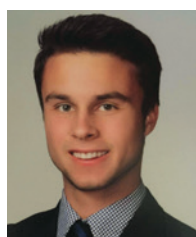
Jane Hart

Education: UNC Chapel Hill (B.S. Biology)

Why did you choose to do a Masters of Public Health in

addition to the DPT? Applying the pillars of public health to the physical therapy profession produces a unique potential to reach underrepresented populations and empower more people to live healthier lives. Although I've lived with scoliosis since adolescence, I only recently learned about physical therapy for my condition. I hope to apply my public health skills to physical therapy so those with chronic conditions can get connected to the health services they need, and people who have the knowledge necessary to prevent injury and the progression of disease.

What do you do in your free time? I like to travel, sing, dance, do watercolor, run, swim, meditate, eat really good food, explore new neighborhoods with my husband, and be engulfed by nature.



Colton Manusky

Education: Indiana University (Exercise Science)

Why did you

choose to do a Masters of Public Health in addition to the DPT?

With the increasing complexity of America's healthcare system, the addition of a MPH degree alongside a DPT will give me a firm grasp on health care policy and the means to properly address the public about health issues. This opportunity will allow me to become a leader in my profession along with the ability to discover innovative ways to reform the healthcare field.

What do you do in your free time?

My free time is devoted to playing the piano. After 16 years of playing combined with 10 years of lessons, I love learning new pieces ranging from classical to jazz genres.

Meet the Class of 2021

Applicants

The incoming first-year class was selected from 554 applicants.

Class size **96** students



Students represent **65** different undergraduate majors



40% of students self-identify as non-white minorities



Students come from **22** states

It All Started at NUPTHMS...Alumni Physical Therapy Couples



Debra Goldman 1990 and Matthew Fields 1990



Heather Husnik 2001 and Chris Wiedman 2001



Jennifer Leach 2005 and Dennis Bissig 2005



Cindy Quandt 2005 and Steve Jovanovich 2004



Erin Egly 2006 and Nate Coomer 2006



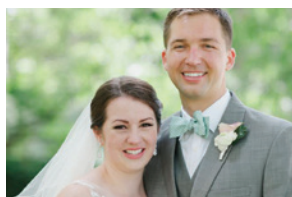
Kelly Higgins 2009 and Josh Schneider 2009



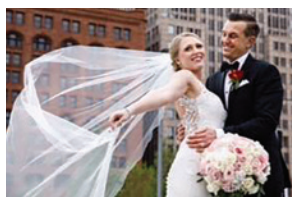
Amy Finendale 2009 and Steve Churchill 2009



Mallory Scholze 2009 and Dan Loch 2010



Alison Pomerantz 2014 and John Armstrong 2013



Brittany Klaus 2014 and Travis Minniear 2014



Kat Block 2015 and Kyle Denlinger 2015



Kate Blankshain 2016 and Emily Baker 2017

Northwestern students took a break from their studies to screen athletes at the Illinois Special Olympics in Bloomington-Normal.

NUPTHMS students hosted the IPTA National Advocacy Dinner with over 75 guests from PT programs across the state. Attendees learned more about advocating for the profession at a local and national level through interactive learning and guest speakers including Babette Sanders, Peter McMenamin (1979 and 1987), Jennifer Ryan, and Megan Lamphere (2019).



NUPTHMS Class of 2019 hosted the Go Baby Go! Pediatric Workshop under the direction of pediatric faculty members Kristin Krosschell, Theresa Sukal-Moulton (2012), and Jessica Trenkle

NUPTHMS Class of 2020 performed health screens in the Vice tu Vida Health Fair at McKinley Park, practicing their PT skills in Spanish.

Kelly Rojek (2020) was awarded the Albert Schweitzer Fellowship. She will be working with a high school in the Englewood community, exploring topics related to mental health and their influence on perspectives, attitudes, and beliefs in young women, impacting their decisions and long-term goals.

Heather Beaudoin (2019) published an article in "The Pulse," APTA's student newsletter on the importance of building strong mental health during PT school. The article can be found at <http://www.apta.org/Blogs/Pulse/2018/3/Anxiety/>

Oh, The Places They'll Go!

Ten students from the PTHMS class of 2018 were accepted into various residency programs around the country. Congrats!

1. **Jesse Anderson** – Orthopaedic Residency, The Ohio State Medical Center
2. **Jessica Axelrod** – Neurologic Residency, The University of Southern California/Rancho Los Amigos National Rehabilitation Center
3. **Michael Cropes** – Orthopaedic Residency, University of Wisconsin Hospitals and Clinics and Meriter Hospital
4. **Zachary Kleven** – Geriatric Residency, Mayo Clinic (Arizona)
5. **Hannah King** – Neurologic Residency, NU-SRAIab
6. **Renzo Mendoza** – Orthopaedic Residency, University of Michigan Health System
7. **Harry Nguyen** – Orthopaedic Residency, The University of Southern California
8. **Emma Taylor** – Sports Residency, Massachusetts General Hospital
9. **Anna Tessitore** – Neurologic Residency, Medstar National Rehabilitation Network (MedStar NRH)/The George Washington University (GW)
10. **Malcom White** – Orthopaedic Residency, NU-SRAIab

Meet the 2018-19 Northwestern-Shirley Ryan Ability Lab (NU-SRALab) Physical Therapy Residents

Orthopaedic Residents:



Sarah Hendley PT, DPT

Education: DPT from the University of Illinois at Chicago

I chose the NU-SRALab residency because of its unique blend of clinical practice, research, and teaching opportunities. NUPTHMS has consistently been a leader within the profession, and I am excited to join renowned physical therapists. In my free time, I enjoy long distance running, training my puppy, taking aerial silks classes, and playing video games with my husband.



Malcolm White PT, DPT

Education: DPT from Northwestern

I chose the NU-SRALab residency because of the positive experiences and connections I made during the PTHMS DPT program. The faculty members associated with the NU-SRALab residency program are people that I respect and admire for their commitment to excellence and expansion in the profession. I felt that the vision of both institutions was in line with my values and aspirations for personal, professional, and clinical growth along with commitment to discovery, innovation and lifelong education. In addition, Chicago is an ideal place to begin expanding care in underserved minority communities. By using our imagination we can decrease the impact of health disparities

that disproportionately affect these neighborhoods and areas around the country. When I'm not working, I enjoy catching the red line to the south side for White Sox games, hiking state/national parks, and discovering new musical artists.



Emma Zeligson, PT, DPT

Education: DPT from Boston University

I chose the NU-SRALab Residency program because of the outstanding faculty I would be able to work with and learn from. Each individual has such amazing and unique experiences that align well with my interests in orthopedics. The residency also has amazing opportunities to become involved with the DPT coursework in addition to incredible research opportunities. Outside of PT, I absolutely love to explore new places which is why moving to Chicago is exciting. I grew up in Connecticut and went to school for 6 years in Boston, and I have never been to Chicago before. I am excited to explore all the food, architecture, art, and fun that the city has to offer!

Neurologic Residents:



Gabrielle Ortiz PT, DPT

Education: DPT from Texas Woman's University

I chose NU-SRALab because I admired the culture of the faculty. It was

evident they valued the residents' success both personally and professionally, and I wanted to be a part of a team with unequivocal dedication to advancing human ability through the field of neurologic PT. When I'm not in the clinic, I enjoy doing anything that involves traveling, food, or a good cup of coffee.



Hannah King, PT, DPT

Education: DPT from Northwestern University

I chose NU-SRALab Residency for the opportunity to work alongside and receive mentorship from some of the greatest neurologic therapists in the country and work in a rehabilitation hospital that is committed to providing the highest quality patient care. I value the DPT education I received and the relationships I developed during my time

as a student. It felt like a natural decision to continue my professional and clinical development within this community. I will also have the opportunity to participate in clinical research and teach within the DPT program- both very exciting and unique experiences I am looking forward to! In my free time, I enjoy biking around Chicago, exploring food festivals and farmer's markets, spending time with friends and family, and participating in activities like running, volleyball, rock climbing and yoga!

200 ALUMNI attended Alumni Weekend this past April featuring continuing education opportunities, social events, and networking with friends and faculty



Doug Conroy gave this inspiring speech on gratitude at this year's Alumni Weekend.

"Having had the privilege of serving on the faculty for the last 24 years, and then prior to that as a student for nearly 7 years, I have had the opportunity to interact with and get to know quite well hundreds, if not thousands, of students. That's a remarkable number, but even more remarkable is the long line of amazing talent those students represent. Reflecting on that impressive lineage of talent, I have always considered myself very fortunate just to be considered one of them—an alumnus of Northwestern.

To now be recognized with this award (Physical Therapist of the Year) is a very, very humbling experience for me. I am very grateful and honored to receive this award, but this award really needs to go out to all those alumni in our room here today and to all those alumni who reach all corners of this country and beyond; going about their work every day, quietly, unrecognized and unnoticed, making real differences in people's lives. This award is for them; all those who admirably exemplify the strong name of Northwestern.

Over the years, I have been asked by students and colleagues alike, "Why do you teach?" After all, having the dream setting of my own practice, what could be better? Had I chosen to spend a third of my professional life back at my clinic and not on this campus, who knows? There may have been more clinics located about the Chicago metropolitan area or a few more zeros added to my net worth. I have never known quite how to answer that question, but what I do know is that very early in my career I was moved with a profound sense of gratitude. Gratitude for having found a career that I dearly love and seem to fit naturally, gratitude for a profession whose body of knowledge I have a near insatiable appetite to learn more about, and gratitude for the opportunity for a relatively young physical therapist to be able to establish his own private practice. And so, in keeping with that gratitude, I came back to give back.

Each of us in this room, when working with patients, understand the complex needs they may present with. Those needs can sometimes be very significant, drawing on nearly every dimension of our being. Students have needs, as well, but their needs are different; more immediate, more direct, and certainly less compromising. Both groups, nonetheless, have needs that need to be met. But this "giving back" is a funny thing. And it really didn't play out as I thought it would. Somehow, in trying to meet my students' needs, I somehow became better in meeting my patients' needs. Upon return to my clinic, I would be refreshed, more enlightened, and better informed to more effectively unravel the complex puzzle that locks so many of our patients into movement dysfunction. I have come to realize, while I came back to give back, it was actually me that was doing the receiving. It has been said, "It is only in giving that we truly receive". That has certainly been the case for me.

I have also realized, that just being in the company of this large, diverse, and distinguished faculty, the professional and intellectual stimulation that I receive is beyond compare. Finally, I think the biggest reason I came back to teach, is because I have never forgotten just how special I felt when I first stepped foot on this campus many years ago. For a small town farm boy from northwest Illinois, this was a big deal. It is still a big deal when I turn off Michigan Avenue and step foot on this campus each day. The experience is special certainly due to the prestige of a Northwestern University, its medical school and hospital system. But there is something more. There is a core group of people called faculty, who have changed over the years. They have changed from building to building, floor to floor, and over time even the personnel have transitioned to nearly all new. But that faculty has remained bound by a common purpose—an absolute, tireless commitment to the development and format of the Student.

It is special to be a student at Northwestern. It is certainly special to be a faculty member at Northwestern. And it is very, very special to be an alumni from Northwestern. It was my heart that brought me back to teach nearly 25 years ago, and it continues to be my heart that draws me back today."

To share your gratitude, please consider making a contribution to student scholarships at: wewill.northwestern.edu/ptfy18

Sven Fredriksen (1981) lives in Stokmarknes, Norway with his wife, Åse, and runs his own private practice as a manual therapist in Sortland. His practice is situated just on the north side of the famous Lofoten Islands, all well above the arctic circle, a wonderful and peaceful place on earth! He writes, “a private practice in manual therapy offers great opportunities in Norway as manual therapists have equal rights as MDs with only one important exception: PTs cannot prescribe medication. However, an increasing amount of patients are fed up with MDs who only prescribe drugs and paid sick leave from work as their cure. Thus, they come to PTs for more relevant help and advice for their problems.” Sven and his wife have three adult children: Kristian, Erik, and Regine.

Hannah Arciaga (2005) and her husband welcomed a daughter Cecilia Ruth Arciaga Tulchinsky on February 4, 2018! She is keeping them busy but are loving every minute!

Emily Carter (2009) was elected Treasurer for the Michigan Physical Therapy Association.

Kyle Fahey (2015) was appointed Chair of the Illinois Physical Therapy Association Telehealth Workgroup.

Andrea Zujko (2002) and **Amanda Schaefer Greene (2009)** collaborated to host the Dance Medicine Practicum: Clinical Analysis, Assessment & Treatment of the Dancer at Johns Hopkins Hospital.

Mary Kate Casey Wallenberg (2013) presented “Overuse injuries in youth throwing athletes” at the Feinberg Alumni Association-Physical

Therapists of Feinberg lecture.

Joe Farrell (1976) retired as founder of Redwood Orthopedic Physical Therapy, having been a founding Fellow and first National President of the AAOMPT.

Marilyn Holt (1976) PT, MHS, GCS, CEEAA presented “Hospitalized Adults with Developmental Disabilities: Confronting Challenges” at CSM 2018 and Revitalize Illinois Physical Therapy Association Conference, as well as a webinar to members of the APTA Academy of Pediatrics Adolescents and Adults with Intellectual and Developmental Disabilities Special Interest Group.

Peter McMenamin (1979 and 1987) received his D.P.T. degree from A.T. Still University.



Meet an NUPTHMS researcher!

Keith Gordon, PhD, ATC, CSCS is the Director of the Human Agility Laboratory. The focus of the Human Agility Laboratory is to understand the neuromechanical basis of human locomotor agility to enhance gait rehabilitation. Specifically, they quantify how people control locomotor stability and maneuverability and how neurologic injury, such as Spinal Cord Injury, changes control methods.

The Human Agility Laboratory personnel come from many different backgrounds including engineering, neuroscience, physical therapy, and kinesiology. Dr. Gordon and his research team have developed a unique research tool, The Agility Trainer, to study locomotor balance. The Agility Trainer integrates a pair of motorized cables to apply controlled lateral forces to a person's pelvis, an oversized treadmill, and a video projector. One way the device is used is to create a movement amplification environment that challenges the control of lateral motion during walking. This environment amplifies a user's own lateral movements to make it difficult to control straight ahead walking. Dr. Gordon and his team have tested The Agility Trainer and found a 30% improvement in the control of lateral motion in a person with chronic incomplete spinal cord injury following an intervention in which he practiced walking in the movement amplification environment.

Based on the research in the Human Agility Laboratory, the suggestion is to incrementally challenge lateral balance during walking interventions with patients.

Someone you should know ... Donna Clausen Boone



A pioneer for physical rehabilitation and exercise programs for patients with hemophilia, **Donna Clausen Boone (1955)** traveled the world to educate and train physical therapists in rehabilitation practices for this population. Donna Clausen Boone graduated from the University of Wyoming with a B.A. in zoology and physiology. She then earned a Master of Science in PT from PTHMS in 1955. She later earned a Master of Science in Biometry from the University of Southern California in 1983.

Donna started her career at the Illinois Hospital School in Chicago and in 1959 moved to California to work at the California Hospital in Los Angeles. It was here that her lifelong interest in hemophilia developed. At that time, there were several physicians in the orthopedics department who had a sub-specialty in hemophilia. In Donna's view, they were fantastic physicians and she saw the additional opportunity to serve that population, learn, and be involved in research. She became a hemophilia specialist in physical therapy at the Los Angeles California Hospital (1963-1978) and then moved into research, taking the role as project director of the Hemophilia Center. She taught research methods at the University of Southern California (USC) and California State University in Long Beach. She worked as a biostatistician in the Department of Immunology at University Southern California in Los Angeles and then was the statistical coordinator for the USC Eye Center National clinical trial on silicone treatment study. Donna was devoted to patients with hemophilia and served as a consultant to the World Federation Hemophilia in Montreal, Canada from 1970-1978 and was a consultant physical therapist for the National Hemophilia Foundation.

In the early 1980s, some of Donna's patients began to present with symptoms that were far different from the typical symptoms associated with hemophilia. Each of these patients had received a blood transfusion. At this time, AIDS was still unknown; however, since Donna and the medical team were networked with other treatment centers finding patients with similar symptoms, they began to research the cause of these symptoms. Donna's clinical research at that time focused on preventing those with hemophilia from receiving unsafe transfusions and she studied, published, and presented nationally and internationally on her work.

Donna also produced an international newsletter for the World Hemophilia AIDS Center and wrote many journal articles on the subject of hemophilia and its treatments in journals such as Physical Therapy Journal. Her textbook, Comprehensive Management of Hemophilia, was written in 1976. Donna was the first physical therapist to be published in the Journal of Bone and Joint Surgery for her research studies on range of motion.

Outside of the profession, Donna was extremely active in service to her community. She co-chaired the United Way Campaign at the Orthopaedic Hospital in Los Angeles. She was a member of the Lompoc Republican Women and served as legislation chair and recording secretary. She was active as a lay leader at her church, St. Mary's Episcopal Church, as well as the Antique Automobile Club. Donna married Robert Boone in 1965. Together, they were avid art collectors, appreciated vintage cars, and loved entertaining. When Donna's vision began to decline due to retinosa pigmentosa, Robert made her schedule his priority until he passed away in 2009 so that she was able to accept invitations to speak and attend APTA meetings. Donna was a proud recipient of the Distinguished Alumnus Award from the University of Wyoming in recognition of her clinical and scientific career. Donna resides in Colorado and is retired, but her legacy to the physical therapy profession and her contributions to those with hemophilia endures.

Ensuring Access to Education Through Scholarships

Edna Foster Wright (1951) has generously created the Edna Foster Wright Scholarship Fund, an endowment that will exist in perpetuity to defray tuition costs for incoming 1st year physical therapy students. Mrs. Wright noted that she received a full tuition scholarship for Northwestern physical therapy and that financial assistance inspired her to give back.

Mrs. Wright was mentored by Elizabeth Wood Voss and Gertrude Beard during her time at Northwestern. She worked in a variety of practice settings over the years including the VA hospital and in private practice. She and her husband are currently involved in the family real estate business in Santa Barbara, California.

The Department of Physical Therapy and Human Movement Sciences thanks Mrs. Wright for her generosity which provides remarkable opportunities to superb students who are poised to become tomorrow's leaders in physical therapy.

Each year, the NUPTHMS recognizes PTHMS alumni for their contributions to the department, profession, and wider community. The 2018 awardees are:

**Donna Frownfelter
Community Service
Achievement Award:
Jennifer Henry (2005)**

Undergraduate Education:
University of Michigan

Masters of Public Health:
George Washington University

Current Position: Owner, ReFORM Physical Therapy & Pilates, Cleveland, OH

Career Path: I started my professional career in Public Health, working on adolescent health policy in Washington DC. I worked on state and local level policy with Departments of Health and Education to improve teen pregnancy prevention, physical activity, nutrition in schools, and drug use prevention. Recognizing that policy work takes a long time to impact people's lives, I went to PT school to have a more immediate effect on my patients. After graduation from NUPTHMS, I stayed in Chicago for 7 years working in and managing outpatient clinics for Athletico. I then moved to Cleveland, working for the Cleveland Clinic and now as the owner of my own PT and wellness clinic called ReFORM PT & Pilates. I've been serving as adjunct faculty at Cleveland State University since moving to Cleveland and have really enjoyed adding this academic aspect to my career.

Advice for new grads or PTs transitioning settings:
Be open-minded about your first job!

Best memory: Randy Perkins made me happy every day of anatomy! And the amazing, life-long friends I made at NUPTHMS.



**Young Alumnus
of the Year: Natalie
Reed Look (2008)**

Undergraduate Education:
Northwestern University

Current position: Outpatient rehab at Marianjoy Rehabilitation Hospital specializing in prosthetics. I also help teach the prosthetic courses at NUPTHMS and Midwestern University.

Career path: I am exploring possible research opportunities in gait analysis and would like to become more involved in academia because I love teaching students. I recently developed a passion for international humanitarian aid/health care following a mission trip to Haiti and am looking into how to be more involved in this area.

Advice for new grads or PTs transitioning settings: It really does "depend." Work on becoming a great generalist during the first few years of your career because you never know who will show up to your clinic. I'll never forget when a former classmate told me about a patient who was post-CVA, blind, and used a wheelchair for mobility and went to an orthopedic and primary sports medicine clinic for his rehab.

Best memory at NUPTHMS: I was always so nervous before practical exams because I never knew which professor or former professor would be role-playing the patient. I really enjoyed how much effort the professors put into presenting the patients accurately.



**Alumnus of the Year:
Doug Conroy (1979)**

Undergraduate Education:
University of Illinois (Champaign-Urbana)

Current Position: Director, Owner: Conroy Orthopaedic and Sports Physical Therapy and Clinical Assistant Professor: Physical Therapy and Human Movement Sciences, Northwestern University Feinberg School of Medicine

Career Path: My first job was with a small private practice in Olympia Fields, IL. In 1986, I opened my own practice, Conroy Orthopaedic and Sports Physical Therapy in Homewood-Flossmoor, IL. I have also taught at Northwestern in the DPT program for 25 years. I completed my DPT at Drexel University in Philadelphia in 2005. I treat patients 2/3 of the time and teach 1/3 of the time. My career path was made possible only through the loving support of my parents, my wife, Julie, of 34 years, my daughter, Elizabeth, MS, SLP, and my son, Douglas Jr., DPT.

**Advice for new grads or
PTs transitioning settings:**

Your transformation into a professional has opened your world to opportunity, which will only increase to those who learn and practice for life. Do not look sideways or behind, but only forward; identify and follow your passion, and realize that hard work will surmount any steep climb you pursue. On the occasion of your patient's lack of progress, do not be disheartened; rather, it is in the PROCESS of conscientious examination and treatment that you will find your reward and your patients will find the value of your treatment.

Best memory at NUPTHMS: During the Chicago blizzard of 1979 a group of caged up, overstudied students got outside, blew off some steam and shoveled out our program director's car (with 1 shovel and 8 sets of hands and feet), along with other snow-related rowdiness—a memory I will never forget.



Distinguished Alumnus: Joseph Farrell (1976)

Undergraduate Education:

Illinois State University,
Normal, Illinois

Current position: Retired from my private practice (Redwood Orthopaedic Physical Therapy, Inc.) in 2017 and recently retired (5/2018) from the Kaiser Permanente Northern California Orthopaedic Manual Physical Therapy (OMPT) Fellowship program. I am on the Board of Directors of the PulsePoint Foundation, Sudden Cardiac Arrest Foundation, and Advisory Board for the HeartSafe Committee of the San Ramon Valley (California) Fire Protection District and the Via Heart Project.

Career path: I was a Senior Clinical Fellowship Faculty member of the Kaiser Permanente Northern California Orthopaedic Manual Physical Therapy (OMPT) Fellowship program for 34 years. I played a critical role in the development of the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT), where I was a founding fellow and first national president. I co-owned and operated a successful private practice (Redwood Orthopaedic Physical Therapy).



Advice for new grads or PTs transitioning settings:

Find a good mentor who understands you as a person and has an eclectic understanding of our profession. Seek advice from your mentor on choosing your first job, and in subsequent years, about career decisions as they arise. Your first employer will likely be most influential upon your career and should provide you with ongoing mentorship. Try not to get caught up in taking employment positions for the money. If you embrace the life-long learning concept and educate yourself throughout your career to improve your clinical and patient management skills, the money will evolve. Lastly, our profession has adopted the medical model of education as it relates to Residency and Fellowship post-graduate training. If you choose a clinical pathway as a DPT professional, I strongly urge you to pursue Residency and Fellowship training in your chosen specialty.

Best memory at NUPTHMS: I am grateful for the great leadership of our program Director (Sally Edelsberg) and the great faculty who invested a tremendous amount of energy in educating our class. Also, Thursday nights at Pippins Bar on Rush Street for \$1.00 pitchers of beer—sure made anatomy lab a lot of fun on Friday mornings!

Email Margaret Danilovich at margaret-wente@northwestern.edu to nominate a fellow alum for next year's awards.



Matthew Fields, PT (1990), ATC

died on November 25, 2017 after a 21 month struggle with pancreatic

cancer. He was 52 years old and married to fellow classmate Debra Goldman, PT for 25 years. Their son Jack is 22 years old and a senior at Lehigh University. Matt was passionately dedicated to studying and treating in the osteopathic and orthopedic physical therapy tradition. He was a humble and brilliant therapist and a first-class husband and father. Please remember him with a contribution to the Lustgarten Foundation for furthering research for this horrific and untreatable disease. His wife, Debra Goldman, PT, MA says "We shared so much about PT and were always grateful for the incredible Northwestern training we received. Matt was truly an incredibly gifted manual therapist and humble and caring."



Alice Perry, PT, MS (1978, 1988)

After a two-year battle with leukemia, Alice Christiana Perry died on April 7,

2018 in Chicago, IL. Alice was born in Upstate New York and went to college in Buffalo. She moved to Chicago in the late 1970s to attend PT school at Northwestern. Alice worked as a physical therapist at Northwestern Memorial Hospital, RIC (now Ability Lab Home/ Shirley Ryan AbilityLab) and Swedish Covenant Hospital. Her passion was helping patients with spinal cord injuries. She was a meticulous professional and mentor to PT students. She retired from Swedish Covenant in 2016. Alice was a stalwart member of the Winnemac Park dog community. The day after her death, many friends visited their usual bench in the park to remember Alice, to laugh, to cry, and to swap stories. Friends remember her as one of those rare people who had not an unkind word about anyone.

In Memoriam



Jo Johnson PT, (1961)

died on January 16, 2016. Jo Ann was a pioneer in physical therapy, a member of the MPTA, APTA, and

was president and founding member of the Prime Timers, a nationwide group of senior and retired physical therapists who support each other and their profession, and are at least 50 years of age or retired from active practice. Jo Ann was an exceptional leader and an active member of MPTA/APTA for over 55 years. Outside of physical therapy she was a newsletter editor, board member and photographer for other organizations such as the Missouri Pilots Association. On the board of the Missouri Pilots Association, she and her husband Gary flew in their plane to PT meetings across the country.

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