

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.



alumni liaisonbill healey

It is with a mix of excitement and a little sadness that I transition out of my position as alumni liaison between the department and the NUPT Alumni Association, effective January 1, 2016. After 12 years as Coordinator of Alumni Affairs, I am delighted to welcome Margaret Danilovich as the new Coordinator and department alumni liaison. Margaret recently accepted a full-time academic appointment in the department this year. Margaret's enthusiasm and energy will continue to build the alumni association and promote its 88-year history of excellence in physical therapy education. While no longer in alumni affairs, my newfound time will be spent deepening my research in physical activity and community health in underserved areas in Chicago. I have enjoyed my time working with the alumni board, Feinberg alumni affairs office and all the alumni members I have met and now look forward to my new participation as a proud, purple NUPT alumni member!



president's messagemargaret danilovich

It has been my privilege to serve as the Alumni Association Board President for the last 3 years. As I reflect on our activities in the last 3 years, I am thrilled by the growth of the alumni association and the ever-expanding networking, educational, and social opportunities provided to alumni. In the coming years, I am thrilled to continue working with the Board to provide more services to Northwestern graduates. I look forward to working with David, the Board of Directors, and you to continue to develop programs to best meet your needs.

All the best,

Margaret Wente Danilovich



incoming president's messagedavid wessells

My name is David Wessells and I am very excited about the opportunity to help lead our NUPTAA board in the upcoming year. I was an NUPT graduate in 1999, after completing my undergraduate work at the University of North Carolina in Chapel Hill. I currently serve as Program Manager for Sports and Orthopedic Therapies at Nationwide Children's Hospital in Columbus, OH. I have served on the alumni board the last two years and have gained an even greater appreciation for the new and innovative things that NUPT is doing. I believe our Alumni Association is positioned well to help support the mission and ongoing success of the PT program while expanding our reach and services to our Alumni. I believe our team can do an even better job leveraging the skills and talents of our alumni throughout not only the Chicagoland area but throughout the country, and even internationally. I see exciting opportunities to expand networking opportunities in other regions of the country, recruit greater numbers of our Alumni back to Chicago for Alumni weekend, increase our partnerships with the medical alumni, and utilize new technologies to provide continuing education and networking forums. I hope to engage alumni for ideas of how we can best meet your needs and how we can better involve a greater number of PT's from our great program. I look forward to a great year!

Classes of **1966**, **1971** and Class of **1976** will be celebrating their 50th, 45th, and 40th class reunions this year – Congratulations! Contact department liaison Margaret Danilovich if you would like to find out what your class is doing.

1979

John Wagner (Carroll, OH) has worked 31 of his 35 years since graduation in pediatric physical therapy, 17 of which were at Forest Rose School working with children with special needs. This center-based program is part of the Fairfield County Board of Developmental Disabilities in Lancaster, OH. In March 2014, John received their highest honor, the Distinguished Service Award, for developing a training program with power wheelchairs for children.

1987

Lois Hedman (Evanston, IL) was awarded the 2015 Best Teachers of Feinberg Award during the 5th Annual Medical Education Day held on September 25, 2015. Medical Education Day is an annual celebration of outstanding teaching and scholarship by faculty, house staff and students. The event features workshops, innovative didactic presentations, and awards for teaching and educational research.



1996

Rachel Tappan (Chicago, IL) will receive the 2016 Award for Clinical Excellence in Neurology at this year's APTA Combined Sections Meeting in Anaheim, CA. Rachel was also the 2015 recipient of the Rehabilitation Institute of Chicago's Magnuson Award. Congratulations Rachel!

2007

Margaret Danilovich (Evanston, IL) successfully defended her dissertation and received her PhD in 2015 from the University of Illinois at Chicago School of Public Health Community Health Science with a concentration in Gerontology. Margaret's dissertation was recognized for its outstanding contributions to the health care of frail elders by several organizations and her work received the American Public Health Association Doctoral Student Award, Gerontological Society of America (GSA) Douglas Holmes Emerging Scholar Award, and GSA Social Research, Policy, and Practice Section Carroll L. Estes Award. Wow!

2010

Classmates Aaron Buchler and Kristine Uragami celebrated their wedding day on September 12, 2015 with several classmates from their 2010 NUPT class. Classmates Ryan Pelo and Christina Vaca followed them down the aisle and were married on November 7, 2015. Such a class!



2015

Classmates Kat Block and Kyle Denlinger celebrated their wedding in Two Harbors, MN, on September 6, 2015 with several NUPT classmates in attendance. Go 'Cats!

APTA Combined Sections Meeting Indianapolis 2015

april 17-18, 2015 offered varied continuing education and social activities



The following NUPT alumni were recognized as APTA Board-Certified Clinical Specialists during the CSM opening ceremony, February 4, 2015. Congratulations!

- Emily Joy Carter, PT, DPT, GCS (Geriatric) (2009)
- Justin Wayne Hiday, PT, DPT, GCS (2007)
- Meghan Miyamoto, PT, DPT, GCS (2006)
- Hannah A. Tulchinsky, PT, DPT, GCS (2005)
- Kerry Anne John, PT, DPT, NCS (Neurologic) (2008)
- Heather Marie MacVane, PT, DPT, NCS (2009)
- Ryan Michael Pelo, PT, DPT, NCS (2010)
- Andrea Remick, PT, DPT, NCS (2008)
- Heather Anne Scholten, PT, DPT, NCS
- Vanessa Rose Warner, PT, DPT, NCS
- Emily Rust Caldwell, PT, DPT, OCS (Orthopedic) (2010)
- Jay Daniel Gilson, PT, DPT, OCS (2008)
- Amber Marie Hagarbome, PT, DPT, OCS (2010)
- Melissa Leigh Hawkins, PT, DPT, ATC, OCS (2006)
- Kathleen Holden, PT, DPT, OCS (2007)
- Kathryn Meibers, PT, DPT, OCS (2010)
- Ashley Ann Novak, PT, DPT, OCS (2010)
- Indu Anand Padmanabhan, PT, DPT, OCS (2010)
- Josiah Daniel Sault, PT, DPT, OCS, FAAOMPT (2009)
- Suzanne Semanson, PT, DPT, OCS (2006)
- Lauren Beth Sofen, PT, DPT, PCS (2009)
- Kelly Schneider, PT, DPT, SCS (2009)



Each year, the NUPTAA recognizes NUPT alumni for their contributions to the department, profession, and wider community. This year's awardees were



2015 Young Alumnus, Lindsey Plass ('12)



2015 Research Achievement Award, Lois Hedman (MS, '87)

2105 Donna Frownfelter Community Service Achievement Award, Toni Sander (MS, '87)

2015 Alumnus of the Year, Bill Healey (MS, '93)



Distinguished Alumna, Sally Edelsberg (MS, '72)

Please VOTE for (6) Directors. Directors will serve 3-year terms. Voting Deadline is Sunday, February 7, 2016.

The purpose of the Board is to:

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

Director

Aben Cooper PT, MPT (1995)

It doesn't seem like 20 years can go by so quickly, but yet they do. Since graduating from NUPT in 1995, I have utilized the flexibility that is offered to us as physical therapists and worked in a variety of settings. I am currently a part owner at Ayuda Rehab and Wellness, a home health contract company in Chicago. Prior to this current role, I managed various outpatient clinics and hospital departments. Throughout my career, in treating patients, I have come to understand that patient care commonly provides benefits to the patient, as well as to the treating therapist. The same can be said about NUPT grads and their continued involvement with the PT program. Benefits are realized by both the students and the alumni. I believe a strong, active alumni association can further improve the current NUPT program. I would be honored to serve on the BOD, assisting the NUPTAA in solidifying the relationships between the alumni, school and current students.

Joel Dykstra PT, MPT (1994)

I would be honored to be elected to serve on the board of directors for the Alumni Association for a second term. It has been very satisfying to come back to school and serve. I have reconnected with faculty and have made some new connections with current faculty. The school has grown immensely and it is a privilege to be associated with it. I currently work in a hospital outpatient setting in the northern suburbs of Chicago where my areas of interest are back pain, Chronic pain, and outcomes measures. I have long been a member of the APTA, a member of the McKenzie institute international, and a two year member of the North American Spine Society.

Becca Farrell, PT, MPT, DPT (2000, 2002)

I am a graduate of NUPTHMS with a Masters of Physical Therapy in 2000 and then completed my transitional Doctorate in 2002. Since graduation I worked for 13.5 years at Loyola Medical Center in acute care, with a focus on rehabilitation in burn injuries. I was the primary investigator for four research studies looking at functional outcomes in patients with burn injuries; these studies were published in the Journal of Burn Care and Rehabilitation. Last year I transitioned to outpatient therapy for Northwestern/Cadence in a clinic closer to home. There I treat a broad spectrum of diagnoses but I enjoy aquatic therapy and patients with chronic pain. I also contribute as a part-time instructor for NUPTHMS for 3 different courses—I love working with the current students.

I have 8 year old triplets at home, so I am excellent representative of the NUPTHMS alumni women who are juggling many different things---work and home responsibilities while trying to take advantage of the resources to expand professionally and personally. I also love to participate in numerous marathons and triathlons (they keep me sane!).

I have completed one term on the NUPTHMS alumni board of directors and am hopeful to be re-elected for another term. I have assisted with Thursday night Continuing Education Courses, the Graduation Reception and Awards/Elections. We have broadened our horizons and expanded geographically; some of the Thursday night courses were successfully held in the locations in the suburbs. I am hoping to continue with these courses at locations to reach those alumni that may not be able to venture into the city on a Thursday night. I hope to continue to create alumni events that encourage participation of alumni of all ages and locations.

Teri Jo (Thompson) Lientz, PT, MPT (1995), ATC, DPT

I graduated from NUPT in 1995 with a Masters in Physical Therapy. Since this time, I spent the first part of my career as an outpatient physical therapist in a small clinic in Gig Harbor, Washington and as an athletic trainer at a large high school. Upon becoming a mother of two boys, I shifted to a small privately owned work related clinic in the Tacoma area that allows me flexibility of schedule along with a strong therapy group to practice with. We provide work related rehabilitation and other services such as physical capacity evaluations for a variety of

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

sources. I have been expanding my practice to include experience in the legal arena as well, including depositions and expert testimony, and most recently I am performing IMEs within my scope of practice. I am also enjoying being an athletic trainer and physical therapist for a high school football team again. I finished my doctorate in physical therapy in August of this year. I am excited to see where the doctorate takes our profession. I have also used physical therapy to assist me in my role as a coach for Team in Training for the past 12 years. In this program, I have trained people to walk and run half and full marathons while raising money for the Leukemia and Lymphoma Society. In the time I have coached, I have watched cure rates for childhood leukemia drop substantially, largely due to the millions of dollars this organization has raised nationally. I am proud to be a graduate of Northwestern, and consistently am grateful to have experienced such an excellent education. There has been many changes in our profession both at a state and national level. I want to be an advocate for our profession as transformations occur within the health care system. I would be honored to be a part of the alumni board and for the opportunity to support current students, alumni relationships, community involvement, and to provide a strong voice for physical therapy in this changing age of health care. Lastly, can you believe this football team this year? Go Wildcats!!!!

Margot McCloy, PT, DPT, NCS (2006)

Margot McCloy is a physical therapist at Marianjoy, Oakbrook Terrace in an outpatient clinic that serves a variety of orthopedic, neurological and chronic pain population. Finding this 'best of both worlds' setting where her interest of anatomy and active lifestyle with orthopedics was integrated with her professional interest of working with neurological population which was likely inspired from some of her favorite faculty at NUPT. After working with a diverse neurological population and through introspective analysis, Margot found an intuitive draw towards the neurological population and wanted to dedicate herself to learning and testing her knowledge, she earned her Neurological Clinical Specialist certification in 2012. Margot has been an APTA member since 2004 and is part of the Neurology Section. She is also a CarFit technician through AARP which assesses the fit and settings of a car to ensure optimal posture and safety.

Margot has a good handle of PT practice settings around Chicagoland as she started her PT career in acute inpatient rehab at Rush University Medical Center for six years then went on to explore various settings sizes and populations as a contract physical therapist around Chicago from subacute and nursing homes to major medical centers to private PT owned outpatient settings. On her professional course thus far, she has found the NUPT alumni community engaging with immediate professional liaisons who are proud to have attended NUPT and have shared some of the same professors and clinical internships. Teaching has been an area that Margot enjoys through growing professionally and inspiring upcoming health care providers; in human anatomy she taught as a lab assistance for 5 years at RUMC medical school, teaching PTs for 1 month in Danang, Vietnam in 2011 at a hospital that was starting joint replacement surgeries with rehabilitation, has enjoyed teaching at UIC in Integration and Assessment.

Margot enjoys swimming, biking and running= triathlons! She completed the Everest Marathon down from Base Camp I in Nepal for her honeymoon in November 2013. Her personal life is on a new journey as she and her husband, Michal, welcomed a daughter in October 2014.

Elise Mooney, PT, DPT (2014)

In 2011, Elise received her Bachelors of Science in Education from the University of Kansas. In 2014, she graduated from Northwestern University with her Doctorate in Physical Therapy. Elise began her career working in acute care and outpatient therapy at Advocate Christ Medical Center and Advocate South Suburban Hospital. In August 2015, Elise moved to the Kansas City area and began working in acute care and inpatient rehabilitation at Saint Luke's Hospital. She is a member of the American Physical Therapy Association, and she recently became a credentialed clinical instructor.

David R. Newbolds, PT, MPT (1992)

Thank you to the Nominating Committee Members for the opportunity to serve the Northwestern University Physical Therapy Alumni Association. It is truly an honor.

After graduating in 1992 I began my career as an outpatient Physical Therapist at The Hammond Clinic in Northwest Indiana. My career progressed and I moved to Louisville, Kentucky working at The Audubon Regional Medical Center. Along with a fellow NUPT classmate and friend I helped develop an outpatient facility and a sports medicine outreach program. At this time I also had the unique opportunity to work with Churchill Downs and a few elite Horse Breeders to assist in Equine and Jockey rehabilitation. Once this challenge was successful completed, I began a project in Columbus, Indiana developing a Home Health Program for rural south central Indiana. A few years later, I found myself back in Northwest Indiana, splitting my time between outpatient clinics and home health. I began serving our profession at the State level as the Recording Secretary for the Indiana Chapter of the APTA, eventually acting as the State Liaison to Washington, DC on the Federal Governmental Affairs Committee. In the meantime I began operating as an independent contractor, and designed and developed a specialty facility for workman's compensation rehabilitation. Currently I have incorporated my business for the past six years working for several Home Health Agencies. Other opportunities include volunteering at the Atlanta Olympic/Paralympic games, assisting veterinarians in developing rehabilitation facilities, and covering Golden Glove Boxing Bouts.

I now reside in Munster, Indiana with my lovely wife Maria, my happy dog Brady and my charismatic cat Seamus, where I enjoy racing bicycles for a local team, amateur photography and playing the ukulele.

It is very apparent to me that the high quality education I was fortunate to receive from NUPT enriched my life and afforded me the exciting opportunities outlined above. I would like to give back to the Program for which I have grown more fond of over the years. Thank you for your thoughtful consideration.

Alice Perry, PT, MS, NCS (1978, 1988)

It has been a pleasure to serve on the Alumni Board of Directors for the past 3 years, and I am grateful for the opportunity to run for a second term. I graduated from NUPT with a certificate degree in 1978, and in 1988, I earned an MS degree in PT from Northwestern University. I have been an active clinician in a variety of settings since 1978 including 8 years at Northwestern Memorial Hospital 15 years at RIC and 12 years at Swedish Covenant Hospital. As part of the requirement for my MS degree, I completed a research study; "Inspiratory Muscle Training in Quadriplegics." During my years of practice at RIC, I developed a deep interest in treating persons with neurologic deficits. I became APTA board certified in Neurology in 2010. I have been a clinical instructor for almost as many years as I have been a clinician, and I am certified as a clinical instructor by the APTA. I am a member of the APTA and the Neurology and Health Policy Sections. I am very excited about our profession as it continues to move forward, and I strongly believe that PT's are unique leaders in the medical community. We are the experts in mobility, and we have the primary role to play in prevention and treatment of all conditions that impair movement and function. The body of knowledge about movement disorders has grown exponentially since I first began practicing, and I have had the privilege and opportunity to put that knowledge to good use in the clinic. I continue to be excited by all the new developments in our profession as we make important contributions to our country's way of health and as we contribute and share in global health issues. I am currently practicing full time at Swedish Covenant Hospital in the inpatient Rehabilitation unit, and I continue to mentor students there. Although retirement is on the horizon for me, I would like to continue to share my experience and enthusiasm for Physical Therapy and NUPTMS by working with our Alumni Board. If I am reelected to the board, I pledge to attend all meetings and contribute my ideas. I pledge to continue my committee work, and assist at all Chicago Alumni functions. I am a person who works well with others, and because I am an experienced and active clinician who keeps up with current trends and knowledge in our field, I believe I would add and worthwhile perspective to our alumni BOD.



**Please VOTE for (6) Directors. Directors will serve 3-year terms.
Return the ballot (by mail, fax, or e-mail) to:**

NUPTAA Nominating Committee, c/o Bessie Ward, 645 N. Michigan Avenue
Suite 1100, Chicago, IL 60611.
FAX: 312-503-4398; EMAIL: b-ward@northwestern.edu

Director (choose 6):

- | | |
|--|--|
| <input type="checkbox"/> Aben Cooper | <input type="checkbox"/> Joel Dykstra |
| <input type="checkbox"/> Becca Farrell | <input type="checkbox"/> Teri Jo Thompson Lientz |
| <input type="checkbox"/> Margot McCloy | <input type="checkbox"/> Elisa Mooney |
| <input type="checkbox"/> Newbolds | <input type="checkbox"/> Alice Perry |

DEADLINE: Sunday, February 7, 2016

NUPTHMS's musculoskeletal (MSK) program has had a long history of strong research and teaching. In the last year, there have been a number of faculty additions to the MSK team (see faculty profiles on opposite page) in addition to the core MSK faculty of Jim Elliott, Dan Pinto, Alison Chang, Kirsten Moisio, and Peter McMenamin. The MSK team looks forward to build on the existing program strengths in the areas of teaching, research, and practice.

MSK Curriculum update:

- Regional orthopedic content has been moved to MSK 1 and core orthopedic principles have been integrated into the 3 course series
- Additional manual evaluation and treatment skills have been added to lab activities
- Live patient cases in small faculty-facilitated student groups have been added to reinforce manual evaluation and treatment skills to further increase students' orthopedic clinical reasoning and manual skills
- Including contract educator faculty (clinicians that teach and bring clinical expertise to labs) throughout the 3 MSK courses; many clinicians come from our residency partner – Rehabilitation Institute of Chicago Sport and Spine – and are certified orthopedic specialists, orthopedic PT residency trained, and/or are fellows in the American Academy of Orthopaedic Physical Therapy.

MSK Research update:

MSK core faculty have co-authored several APTA orthopedic section clinical practice guidelines, serve in leadership positions on journal editorial boards, APTA orthopedic section research committees, and orthopedic imaging special interest groups, and are lead or co-investigators on funded orthopedic research projects. This past year, the 7 MSK core faculty published 22 peer-reviewed journal articles, gave 31 national and international presentations, and published 3 book chapters.

MKS Residency and Clinical Practice update:

Jack Avila, PT, DPT (NUPT '14) (see profile page 6) completed the NU-RIC Orthopaedic Physical Therapy Residency. This was the inaugural year of the residency created under the leadership of Peter McMenamin. Jack was mentored at RIC's Spine and Sport Rehabilitation Center by orthopedic PT specialists Melissa Kolski, Maya Yuen, and Kristina Birch (NUPT '04). Jack served as a lab instructor in the MSK course series and completed the didactic residency portion with core MSK faculty at NUPTHMS.

Several MSK core faculty now have clinical appointments at RIC Sport and Spine Center to contribute to the clinical training of PT students and residents. These are exciting opportunities for the MSK team and orthopedics at Northwestern. We look forward to working with Alumni and welcome your thoughts and input on our initiatives and MSK program.

AMEE SEITZ

Where are you originally from?

I grew up in Columbus, Ohio and lived in Boston, Massachusetts for the last 19 years.

What is your educational background?

- Bachelor of Science (BS) in Physical Therapy from Ohio University
- MS (Masters of Science) in Orthopaedic Manual Therapy from MGH Institute of Health Professions
- Orthopedic Specialist Certification (OCS)
- Doctorate in Physical Therapy (DPT) from MGH Institute of Health Professions
- Doctorate (PhD) in Rehabilitation Science from Virginia Commonwealth University
- Post-doctoral fellowships at University of Kentucky & MGH Shoulder Biomechanics Lab

Please tell us about your professional background. (ie. other places you have worked prior to Northwestern, clinical positions).

I have 19 years of clinical experience working full-time in outpatient orthopedics. For nearly 10 years, I practiced in the Outpatient PT Department at Massachusetts General Hospital and with the surgeons on the Harvard Shoulder Service. During this time I also worked as an adjunct faculty in two PT programs before deciding to pursue a PhD. For the last 3 years and prior to moving to Chicago, I was an assistant professor in the Physical Therapy Department at Northeastern University in Boston. Yes, east to west was the running joke.

Why did you choose to work at Northwestern?

NU was a great match for me for three primary reasons. I was excited to join a top ranked PT program and, furthermore, a strong existing musculoskeletal core faculty that include:

- Jim Elliott, PT PhD
- Dan Pinto PT PhD OCS FAAOMPT
- Alison Chang PT DPT MS
- Kirsten Moisio PT PhD

I was also impressed by the research environment and clinical practice opportunities that exist at NUPTHMS and collaborative partners at RIC Spine and Sport and Northwestern Memorial Hospital. Lastly, the new orthopedic PT residency was another strength of the program that appealed to me and demonstrates a commitment to the exciting growth of the orthopedics at NUPTHMS.

What are your teaching responsibilities at Northwestern?

I am the musculoskeletal team leader with coordination and teaching responsibilities in the MSK course series (MSK I-III) and I also teach in Kinesiology.

What are your areas of research interest?

The goal of my research is to optimize physical therapy treatment efficacy and effectiveness for patients with upper extremity musculoskeletal disorders. I am the principal investigator of the Musculoskeletal Biomotion Research Laboratory and was recently awarded a Foundation for

Physical Therapy grant (NIFTI) to examine the interaction between neuromuscular and biomechanical mechanisms and underlying disease and structure in patients with rotator cuff tears.

What do you like to do in your spare time?

I love to ski, run, bike, golf, and explore the never-ending list of Chicagoland restaurants and pubs.

Anything else we should know about you?

After college, my husband and I traveled the US for 6 months to decide where we wanted to live. 31 states later, we landed in Massachusetts. I am excited to be back to my roots in the Midwest and look forward to meeting the Northwestern Alumni.

JEFF HARTMAN

Where are you originally from?

Beloit, Wisconsin

What is your educational background?

I have a Masters of PT from the University of Evansville in Evansville, IN and a Doctorate of Physical Therapy from the University of St. Augustine in St. Augustine, FL. My doctorate focused on manual therapy.

I participated in the University of Wisconsin Physical Therapy Orthopedic Clinical Residency program in Madison, WI and graduated in the second class.

I also received a Masters of Public Health from the University of Wisconsin School of Medicine and Public Health and a certificate in Global Health from the Global Health Institute in Madison, WI.

Please tell us about your professional background. (ie. other places you have worked prior to Northwestern, clinical positions).

After graduation from PT school, I worked for 2 years at a sub-acute rehab hospital in Florence, SC. I gained an appreciation for neurological rehabilitation that has remained with me today.

I worked in outpatient orthopedics for the next 12 years and my experience was primarily in general orthopedics and sports medicine.

The last five years before coming to Northwestern I worked in a Level I Emergency Medicine and Trauma Center in Indianapolis, IN where I participated in full-time patient care, program development, and research in the ED.

I am current an adjunct faculty member at the University of Wisconsin PT program and a residency instructor at the U of Wisconsin Orthopedic residency program.

Why did you choose to work at Northwestern?

I feel like teaching is a natural progression for me as a physical therapist in that I saw how it was done as a student, did it for 19 years, and now have the opportunity to teach it full-time. It's an opportunity to bring my diverse professional experience to academia and hopefully impact the future generations of our profession. It is a privilege to work at a world-class institution like Northwestern alongside highly accomplished academicians and high-quality students.

What are your teaching responsibilities at Northwestern?

I am teaching and coordinating in the MSK series
Teaching in the Exam and Evaluation series
Teaching in Foundations

What are your areas of research interest?

My research prior to Northwestern involved clinical studies related to depression detection in physical therapy and descriptive studies of PT in the ED. I have also participated in community-based research in Belize. I am currently combining my global health and emergency medicine interests in the area of disaster response and will continue to expand my efforts in the ED and global health arenas.

What do you like to do in your spare time?

I enjoy travel, sports, and photography.

Anything else we should know about you?

I have volunteered as a physical therapist in 10 different countries around the world and remain active in Global Health through the APTA. My biggest accomplishment was starting a community-based rehabilitation program in Belize, Central America.

I also come from a family full of teachers ranging from 1st grade to high-school and I am the first to teach at a the University level.

CRAIG HENSLEY

Where are you originally from?

I grew up on the southwest side of Chicago, lived 1 year in Los Angeles California, and now live in a southwest suburb of Chicago

What is your educational background?

Bachelor of Arts (BA) in psychology with a minor in Biology from Benedictine University 2004

Doctor of Physical Therapy University of Illinois at Chicago (UIC) 2007

Completed Orthopaedic physical therapy residency at the University of Southern California (USC) 2009

Board certified in orthopaedic physical therapy 2010 (OCS)

Completed Fellowship in Orthopaedic Manual Physical Therapy at UIC 2011, becoming Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT)

Please tell us about your professional background. (ie. other places you have worked prior to Northwestern, clinical positions).

After completing my orthopaedic residency and manual therapy fellowship training, I worked for four years as clinical faculty in physical therapy at the University of Chicago. In this position, I was treating patients on a regular basis, publishing, and mentoring and teaching in residency programs across primary care, orthopaedic and sports medicine, and orthopaedic physical therapy. During this time, I was also teaching as a guest lecturer in the Orthopaedic Manual Therapy Fellowship and Doctor of Physical Therapy program at UIC.

Why did you choose to work at Northwestern?

I chose Northwestern for many reasons. Most importantly was the opportunity to teach, treat patients, and perform research with some of the most knowledgeable physical therapy faculty in the world. I was also enthused about the new orthopaedic physical therapy residency. I am looking forward to contributing to the professional development of our physical therapy resident and making them outstanding clinical scientists that progression our profession forward.

I am also very excited about opportunities to work in the clinical setting that Northwestern's physical therapy department has worked hard at establishing. The opportunity to treat patients in an academic setting allows for collaboration with top-notch researchers and clinicians for outcomes that will exceed the norm.

What are your teaching responsibilities at Northwestern?

I am involved in coordinating and teaching in the musculoskeletal dysfunction series (MSK I-III). I will also be teaching in Examination & Evaluation I-II, Foundations II, Electrotherapeutic Agents, and Complex Patients.

What are your areas of research interest?

My areas of interest include clinical reasoning, pain, arthritis, tendinopathy, and the effects of manual therapy. Previously, I assisted students and residents in developing important clinical questions that lead to publishable manuscripts. I plan on continuing to do so in our DPT curriculum and residency.

What do you like to do in your spare time? I enjoy running, lifting, and playing hockey in various leagues throughout the Chicagoland area. I enjoy learning about cosmology, philosophy, physics, and how it all works!

Anything else we should know about you?

I have treated patients in Ghana and taught in advanced physiotherapy curricula in Kenya for 2-week stints the last two years. I also volunteer my time to help individuals with limitations learn how to ice skate. I continue to teach in the Orthopaedic Manual Physical Therapy Fellowship at UIC.

MEET THE ORTHOPEDIC RESIDENTS

JACK AVILA, PT, DPT

Educational Background:

Doctor of Physical Therapy from Northwestern University

Bachelor of Science in Biology with a Minor in Chemistry from Lewis University

Why did you choose the NUPTHMS Orthopaedic Residency Program?

I choose the NUPTHMS Orthopaedic Residency Program because this residency encompasses the diverse experiences and structured course content that I seek in an orthopaedic residency-- particularly the comprehensive didactic curriculum, engagement in orthopaedically focused research, and incorporation of resident teaching opportunities.

What was a typical week like for you as a resident?

A typical week consisted of 32 clinical hours, where I received excellent one-on-one mentorship for 3-5 hours at the number 1# Rehabilitation hospital in the country. I also completed 6-8 hours of didactic seminars, 1 hour of PM&R journal club, 1 hour of Orthopaedic Surgery Grand Rounds, and 6 hours participating in the NUPTHMS course Clinical Management of Patients with Musculoskeletal Dysfunction.

What were the best features of the NUPTHMS Orthopaedic Residency Program?

The best features were the excellent clinical and professional mentorship I received from leaders in the profession, as well as the opportunity to work with further Doctors of Physical Therapy as a laboratory assistant in the NUPTHMS course Clinical Management of Patients with Musculoskeletal Dysfunction.

MEET THE ORTHOPEDIC RESIDENTS

CHRIS HAGAN

Educational Background:

Michigan State University graduate in 2011 with a Bachelors of Science in Kinesiology and a Specialization in Health Promotion. Northwestern University graduate in April 2015 with a Doctorate of Physical Therapy in April 2015.

Why did you choose the NUPTHMS Orthopedic Residency Program?

I chose this residency program for several reasons. To improve my clinical reasoning and orthopedic skillset through mentorship and didactic coursework; ultimately preparing me for the Orthopedic Clinical Specialist exam. To be exposed to the role of an educator as a teaching assistant within Musculoskeletal courses as well as the anatomy cadaver lab. To seize the opportunities to be further involved in and advocate for the physical therapy profession.

What do you like to do in your free time?

In my free time some of the things I enjoy are watching sports, playing soccer, taking naps, traveling, Netflix, running, and playing guitar.

MEERA PAREKH

Educational Background:

B. S. Spanish and International Health from Clemson University in 2010, DPT from Duke University in 2014

Why did you choose the NUPTHMS Orthopedic Residency Program?

I chose this program because I was looking for several components in a residency program - opportunities to engage with a DPT program, research opportunities, emphasis on leadership and outstanding mentorship. I felt Northwestern has a great combination of all of these!

What do you like to do in your free time?

I love to do anything outside in my free time—run, hike, ski, fish, play Ultimate Frisbee, camp, kayak and explore!

This past year, the Alumni Association Board of Directors voted to offer a scholarship to an incoming student who will serve as the Alumni Scholar, assisting with alumni affairs. Katie Brito, NUPT Class of 2018, is the inaugural Alumni Scholar

Dear Alumni,

Thank you for your generous decision to award me an Alumni-sponsored scholarship. It means a lot to mean and has had a positive effect on my education. The cost of graduate school can be daunting. Your generous donation has not only reduced that cost for me, but given me piece of mind. Every dollar matters and generous assistance is much appreciated. In my first month of school, I have learned a great deal from the amazing NUPT professors at this school, but I have also learned much from the Alumni who have graciously welcomed be into the Northwestern community.

Katie Brito

Alumni Scholar, NUPT Class of 2018

posterday&kaleckaslecture



Twenty-two Class of 2015 Synthesis Research Projects were presented as posters preceding the Eighth Annual Ann Putnam Kaleckas Lecture on March 30, 2015. Richard Shields, PT, PhD, the 2014 Kaleckas Visiting Lecturer, presented, *Capitalizing on Tissue Plasticity to Improve Health after Spinal Cord Injury*.

classof2015graduation

Seventy-five graduates received their DPT degrees on Saturday, April 18, 2015 at Thorne Auditorium. Anthony Delitto, PhD, PT, FAPTA, professor in the Department of Physical Therapy and associate dean of research for the School of Health and Rehabilitation Sciences at the University of Pittsburgh, gave the commencement speech, "Advice from an Old Railroader" to the 87th convocation. Several individuals collected additional honors: Dorine Aziz received the Clinical Education Award and Benjamin Beutler accepted the Leadership Award. Three DPT graduates—Benjamin Binder-Markey, Lindsay Garmirian, and Rosalind Heckman—were recognized as the Dean's Feinberg DPT/PhD Scholars. Dr. Cathy Curran was the Class Speaker.



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Upcoming 2016 Alumni Association CE Course opportunities

FREE CEU courses for Alumni!

Thursday, February 25th, 2016

6:00pm – 6:30pm dinner

6:30pm – 8:00pm course (1.5 CEUs)

Salary Negotiations Workshop

presented by Alecia Wartowski, JD, EdM

Thursday April 28th, 2016,

at NUPTHMS

6:00pm – 6:30 dinner\

6:30pm – 8:00pm course (1.5 CEUs)

Clinical Education Update

presented by Krista Van Der Laan, PT,
DPT, OCS

NUPT Alumni Weekend is Friday & Saturday, April 29-30th, 2016!

Friday activities include

- CE courses Electrotherapy: Update for Clinical Practice, presented by Jane Sullivan, PT, DHS and Margaret Danilovich PT, DPT, PhD, GCS. This will be a full day lecture and lab course.
- Join us for the Alumni Happy Hour at Timothy O’Toole’s Friday evening!

Saturday activities include

- CE course Motivational Interviewing: Stop Wrestling with Your Patients! presented by Giancarlo Scalise, PT, DPT.

Register online at the PTHMS Alumni Homepage or look for the brochure in the mail this winter.