



M Northwestern Medicine
Feinberg School of Medicine

As we fully step into fall and mostly say goodbye to warm weather, we welcome this new season filled with change and growth. Fall is a time to reflect on where we've been and to celebrate the journey ahead. Whether you're reminiscing about your time at NUPTHMS or pursuing new paths, we're grateful to have you as part of our community.

In this edition, we'll be sharing exciting updates from campus, spotlighting alumni achievements, and offering ways to stay connected as the 2024-2025 school year progresses. It's the perfect time to revisit those cherished memories, all while looking ahead. 🍁

A lot has been happening around here!



Highlights of this issue:

Alumni news, student updates & experiences, continuing education and more!

Medical Education Day & FAME Awards Ceremony

On October 15, Faculty, Staff, and Students took part in the Feinberg School of Medicine's annual Medical Education Day. A team of our Faculty and Staff lead a workshop on restorative justice learning communities, Faculty and Students were selected for the poster session and we ended the day celebrating many of our Faculty being inducted into the Feinberg Academy of Medical Education (FAME)!



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Photo Descriptions

1: Krista Van Der Laan, PT, DPT, during group presentation '[Restorative Practices in Health Professions Education: Use of Circles to Build Community and Address Challenges](#)' with Tobey DeMott Yeates, PT, DPT, Krista Van Der Laan, PT, DPT, Bill Healey, PT, EdD, Molly Kanaley, M.Ed, LPC, and Theresa Sukal Moulton, PT, DPT, PhD

2: '[Bed Mobility Checklist Efficiency Study](#)' poster presentation- Allison East, SPT, Victoria Sioli, SPT, Alissa Korslin, SPT, Madison Ronzone, SPT, Heidi Roth, PT, DHS, and Rachel Tappan, PT, DPT (Heidi & Rachel pictured)

3: '[Medical Improv 101: "Yes, and..." Other Strategies to DPT Improve Student Communication, Confidence, and Wellness](#)' poster presentation- Justin Drogos, PT, DPT; William Healey, PT, EdD; Jonathan Webb, MBA; Eleanor Hoag, PT, DPT; Paolo Jimenez, SPT, DPT; Delany Liter, PT, DPT; Hannah Meyer, PT, DPT; Mark J. Strudas, PT, DPT; Sandra Seitz, MSE, PT, DPT (Justin & Jonathan pictured)

*This poster also was awarded 'Best Poster: Curriculum Division'

4: '[The Current State of Business Training for Entry Level Physical Therapists](#)' poster presentation- Sally Taylor, PT, DPT, MBA, Emily S. Becker, PT, MS, EdD, Audrey Berner, SPT, Alexandra Kelly, SPT and Nada Alaraj, SPT (all pictured)

5: '[Keynote Panel: Mentoring Through the Generations](#)'- Dr. Lois Hedman, PT, DScPT, MS, second from the right

6: [FAME Inductees & Award Winners](#) (left to right): Melissa Kolski, DPT (FAME Inductee), Justin Drogos, PT, DPT (FAME Inductee), Carolina Carmona, PT, DPT (FAME Inductee & John X. Thomas Award), Krista Van Der Laan, PT, DPT, (FAME Inductee), Lois Hedman, PT, DScPT, MS (Lifetime Achievement Award). Not pictured FAME Inductees: Christa Nelson, DPT, PhD & Matt Smith, PT, DPT, DSc

NUPTHMS at the Education Leadership Conference (ELC)

In mid-October, many of Faculty, Staff, and students made their way to Oakland, CA for the Education Leadership Conference (ELC). ELC is an engaging conference of networking and innovative education sessions.



NU-CHAPTER Lab Marks Two-Year Milestone!

NUPTHMS's innovative education research lab – the NU-CHAPTER Lab (Northwestern University - Collaborative Hubs Advancing Physical Therapy Education Lab) – celebrated two years since its formation in August 2022!

The NU-CHAPTER Lab is composed of 11 faculty clinician-educators whose research agendas focus on physical therapy education. The research lab is centered around a community of education scholars in the areas of: 1) Assessment, 2) Clinical Education, 3) Learning Environment, and 4) Leadership. Since 2022, lab members have collaborated, supported each other, and built their skills and capacity for education scholarship that advances education and learning for our students and our profession. Since 2022, lab members have produced 12 publications and 17 regional and national presentations related to education – with more publications and presentations to come, including at the upcoming Physical Therapy Education Leadership Conference in Oakland, CA in October.

Check out the [**NU-CHAPTER Lab website**](#) for more information.



Craig Hensley's Most Recent Publications

Craig Hensley, PT, DPT, MSCI, has recently had two articles published:

- 1) ["Physical Therapy Management for a Patient with Hallux Rigidus in a Baseball Player."](#)
- 2) ["Description of Medical and Surgical Conditions Requiring Referral by Physical Therapy Providers in Primary Contact Musculoskeletal Practice"](#)

Congratulations, Craig!



An Award Well Deserved for Dawn Brown

Dawn Brown, PT, DPT, EdD has recently been awarded one of the Physical Therapy Learning Institute's 2024 Education Influencers! She was awarded this honor at the 2024 Disruptive Innovation in Physical Therapist Education Virtual Summit: "Challenging Our Assumptions About Teaching and Learning: Creating Cultures of Excellence in Education and Practice"

An **educational influencer** is an individual who inspires, stimulates, prompts, persuades and guides improvement and positive change in learning efficiency and effectiveness.

We're so proud to have Dawn as part of our faculty and community!



Daniel Corcos Speaks to a Packed House

In August, Daniel Corcos, PhD, spoke to a packed house at the 2024 Sunflower Parkinson's Disease Symposium on the importance of exercise in Parkinson's Disease. This event is for patients, families, and caregivers.

You can read more about Daniel's work [here](#).

Thank you for continuing to share your important work!



Jules Dewald Presents in Houston

In October, our Department Chair, Jules Dewald, PT, PhD, provided a keynote address entitled, titled, **"Monoamines May Amplify Spasticity and Muscle Synergies Following Hemiparetic Stroke"**. The Spasticity Conference is a global, multidisciplinary, two-day meeting to propel swift advancements in the science and treatment of spasticity and set the course for the future. From clinicians, researchers, and educators to policy-makers, industry executives, and patients- the leading minds and up-and-coming

stars in spasticity are on a mission to X-out spasticity to improve the lives of millions of people. Over 300 Spasticity experts and rising stars gathered in Houston, TX from 35 countries worldwide.



New Appointment for Mike Ellis

Dr. Mike Ellis, PT, DPT has been appointed as the first Director of Translational Rehabilitation Research for

Northwestern Medicine (NM) and as the Associate Chair of Translational Research for PTHMS! This appointment signals the beginning of a new partnership between PTHMS and Northwestern Medicine. With this new position, PTHMS is poised for a future of increased activity in rehabilitation-relevant research, which has the potential to revolutionize the rehabilitation of NM patients. Congratulations, Mike!



Justin Drogos Continues to Make Everyone Laugh

In September, Justin Drogos, PT, DPT was invited to speak at the Academy of Neurologic Physical Therapy (ANPT) annual conference in Columbus, Ohio! His talk, titled "Laugh it Off: Applications of Medical Improv for Patient Care and DPT Education," highlighted innovative ways to enhance communication and creativity in clinical practice.

Congratulations, Justin!



Alison Chang Successfully Defends her PhD

Dr. Alison Chang, PT, DPT, MS, PhD successfully defended her PhD!

Title: Physical Activity and Pain: Sweet Spots for Adults with Knee Osteoarthritis

Abstract: Knee osteoarthritis (OA) is a chronic condition that causes pain, stiffness, and disability. Current management emphasizes physical activity (PA) for symptom relief and functional improvement, but concerns about movement-evoked pain often hinder engagement. The optimal "dose" and "delivery" of joint-friendly PA remain unclear.

We conducted three studies to examine the relationship between PA and pain in knee OA. Study 1, using Osteoarthritis Initiative data, identified four distinct pain experience trajectory patterns but found no significant link between baseline PA metrics and longitudinal pain outcomes. Factors like widespread pain, joint stiffness, obesity, and depressive symptoms were associated with worse pain outcomes. Study 2, a cross-over RCT, showed that participants experienced less movement-evoked pain intensity and sensitivity during three blocks of 10-min bouts, moderate-intensity intermittent walking, when compared to 30-min continuous walking. Study 3, using high-frequency ecological momentary assessment, found that moderate-to-vigorous PA was linked to an immediate increase of knee pain, while light-intensity PA had no such effect.

The findings highlight the potential benefits of shorter, more frequent moderate-intensity walking or light PA for managing movement-evoked pain. Personalized PA strategies, aided by digital health tools for monitoring and intervention delivery, could promote sustained PA engagement and better long-term outcomes.

Celebrating Lois Hedman

After an incredible career, Lois Hedman, PT, DScPT, MS is retiring after 37 years working with NUPT! From starting at NUPT as an adjunct instructor while working RIC (now Shirley Ryan Ability Lab) in 1987, to becoming a full professor in 2019, her leadership and contributions shaped the future of PT education. Lois' work on motor control and balance dysfunction has impacted clinicians and students across the nation, and her mentorship has left a lasting legacy within the department. Photos below are from Lois' retirement party earlier this fall.



Project Funding for Keith Gordon & Matty Major (NUPOC)

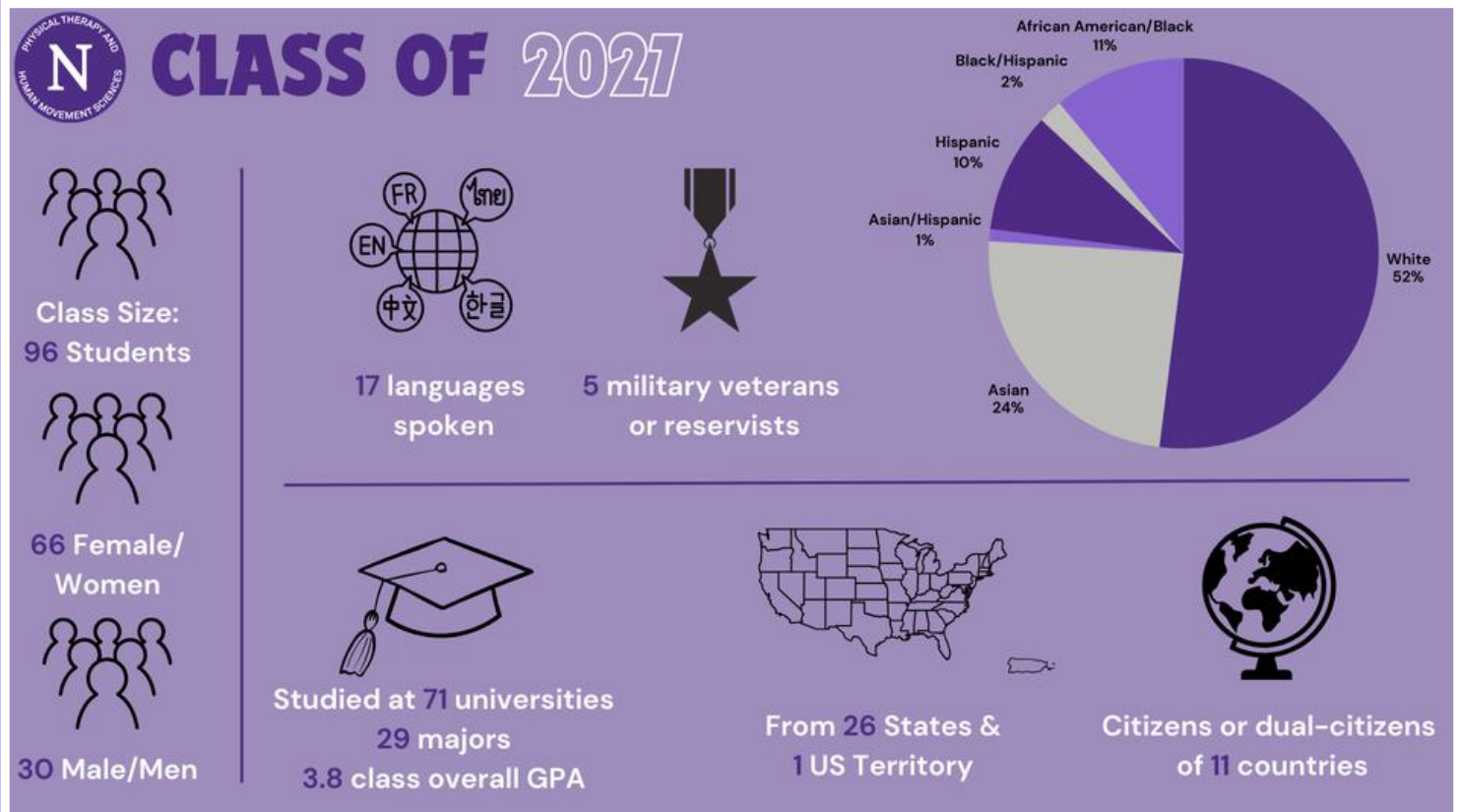
The VA has awarded Keith Gordon, PhD, ATC, CSCS (PTHMS), and Matty Major, PhD (NUPOC), and their team a Merit review grant entitled "Enhancing Veterans Long-COVID Care: A Cognitive-Sensorimotor Framework to Understand Gait and Balance Dysfunction".

This four-year proposal has a strong multidisciplinary team including:

- Co-I: Jacqueline Neal, MD PM&R (Jesse Brown)
- Co-I: Israel Rubinstein, MD Pulmonary and Critical Care (Jesse Brown)
- Co-I: Igor Koralink, MD Neurology (NMH)
- Co-I: Elliot Roth, MD PM&R (NU and SRAlab)
- Co-I: Shamali Dusane, PhD, PT PTHMS (NU)
- Co-I: Anna Shafer, MS (Hines and PTHMS)
- Co-I: Yinglin Xia, PhD Statistician (Jesse Brown)

The project will evaluate the effect of Long-COVID on isolated cognitive-sensorimotor function, and cognitive-sensorimotor contributions to gait and balance dysfunction in COVID-19 survivors. Outcomes from this study will generate new knowledge on Long-COVID induced gait and balance dysfunction as related to cognitive-sensorimotor impairment. This information will be critical for informing VHA Long-COVID standard-of-care that are currently being developed to ensure inclusion of appropriate gait and balance assessments and integrative whole-health treatments that consider the diverse mechanisms of PASC.

Congratulations!!



NUPTHMS Volunteers!

A little rain couldn't stop some of our students from helping out at the RUSH stretch tent for the CARA Ready to Run 20 mile race in September!

Welcome the Class of 2027!

This August, we welcomed the Class of 2027 to the NUPTHMS family. This class represents a dynamic and diverse group of students, poised to bring fresh perspectives and energy to their academic and extracurricular pursuits. As they've stepped into their DPT journey, we are excited to watch them grow and help shape the future of physical therapy.

Their orientation was filled with learning opportunities, department and university speakers, as well as a competitive game of trivia!

NUPTHMS Students Continue to Excel

In September, many of our students attended an event hosted by the Illinois Physical Therapy Foundation (IPTF). Also at the event, two of our students accepted scholarships supported by IPTF and PT Solutions.

Photo description:

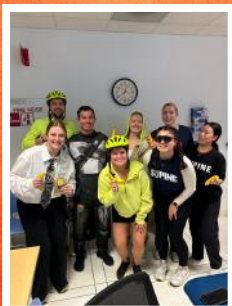
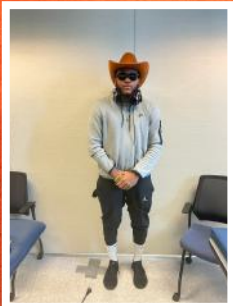
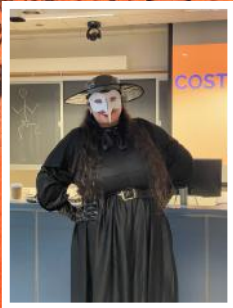
Left: Kelly Xie accepting the scholarship on behalf of winner, Eleni Papastratakos

Bottom: Jen Ryan and students enjoying the event

Top: Zachary Griffith accepting his scholarship



Things Got a Bit Spooky At NUPTHMS



Give Us a Follow

Exciting news! We're thrilled to announce the launch of our new DPT Student Life page—your go-to hub for all things student-related! Stay connected, informed, and engaged with events, resources, and community highlights. Find our new Instagram account

[@northwesterndpt_studentlife](#)

Don't forget to follow all of our department social media pages. You can find the links on pg. 16.



2nd Year Students Share Their Experience from CE1



Name: Kendall Cox (Class of '26)

Hometown: Rochester, NY

Clinical Setting: Outpatient Orthopedic

CE1 Region: Mountain West

Throughout my time at my clinic this summer, I was able to have the opportunity to learn from physical therapists from different specialties, different programs across the country, along with looking at all the sights Colorado has to offer. Being my first clinical experience, going out of the state to a town I have never been to make me step out of my comfort zone more than I could have imagined.

Being in Colorado Springs, I was opened up to a diverse patient population. The area was a big military town with the Air Force academy down the road, along with nearby colleges so I had the chance to work with athletes, veterans, as well as people from all different backgrounds and of all different ages.

One of the best parts of my first clinical was to build relationships with clinicians at my settings. My CI and all the other PTs were so welcoming and created a great environment to grow my autonomy as a clinician, as well as showing me the best way to utilize my time out of the clinic in such a special place! CE I was truly my favorite learning experience up to date, and it makes me so excited for future settings and meeting more therapists around the country.



(Kendall enjoying time out West)



Name: Hana Fakhoury (Class of '26)

Hometown: born in California, now Chicago, IL

Clinical Setting: Neuro Day Rehabilitation Clinic

CE1 Region: Midwest

My first clinical experience as a DPT student at Northwestern was an amazing formative experience. Unlike most clinics I have seen in the past, the setting I was in specialized in neurological rehabilitation. As a day rehab setting, it included services in physical

therapy, speech and language pathology therapy, and occupational therapy. In order to qualify for service in the day rehab setting, patients would be receiving at least two out of those three (continued) services, if not all of them. We worked with a variety of patient cases ranging from patients who had experienced strokes, to pediatric patients with cerebral palsy or brain tumors, to patients who had multiple gunshot wounds and paralysis, and more. For that reason, not only was my brain stimulated by the complex array of patient conditions on a biomechanical and neurological level, but my heart was stirred as well by their experiences, their dedication to healing, and the trust they put in me everyday. My typical day as a student PT would start with me arriving an hour before patients did to review charts for the day, prepare interventions, and begin assessing patient history for any new evaluations. What I found amazing was the collaboration taking place at this point, where clinicians in all three disciplines would huddle together at different points in the room and combine their brainpower for the benefit of the patient. From there, we would all walk out into the clinic and begin corresponding with patients who had checked into the waiting rooms for the different gyms or speech therapy rooms. Depending on each patient's case, interventions included floor recovery, manual progression of the LE's on woodway treadmills, using parallel bars for dynamic/static balance exercises, maneuvering around the nature trail outside, using a stander/tilt table, or even guiding patients to toss a ball back and forth while maintaining gait/ using harnesses. One of the most valuable lessons I learned in this clinical experience was to see the patient for the person they are as a whole, and that struck me profoundly when requesting to observe a speech and pathology therapy session for a patient I had initially evaluated and started to work with. During the evaluation, I was made aware of a stroke that had caused damage to Wernicke's area, affecting speech comprehension. However, I did not realize exactly what that entailed for a patient who was relying on me (and my CI) to provide instruction in a way they could understand. Prior to that session, I had been giving the patient verbal instruction with occasional demos, and didn't catch on to the patient using jokes and laughter to breeze past misunderstandings. After the speech therapy session, I learned how to use more visual and tactile cues, how to integrate the patient's speech book into physical therapy sessions, and how to ensure optimal care for my patient based off their multifactorial needs. I don't think I could have had a similar experience in any setting type but that one, since the depth of the speech therapist's knowledge and expertise uncovered layers of the brain and correlated it with physical presentation. After changing the way I interacted with this specific patient following that day, I saw them start to ask more clarifying questions, to engage more with others in group therapy sessions, and to become more comfortable and excited to stop me in the hallway to say hi and catch up. The small shifts meant a world of difference to me, because it showed me that committing to learning at every opportunity pays off for my patients. My goal is to earn the trust that my patients put in me by spending my time and effort learning how to rehabilitate them in the way that they need, and to address multiple aspects of care to the best of my ability. I hope that by continuing to learn for them, I will make my patients proud!



Data-Driven Injury Prevention for Everyone

In August, Yūki Sugimoto, PhD, ATC, a distinguished postdoctoral research fellow at PTHMS, shared findings from her groundbreaking research on chronic ankle instability with the NU Alumni Association. Her talk spoke about how her clinical experiences inspired her investigation of altered sensory-motor systems in athletes following multiple ankle sprains, which is the focus of her Northwestern postdoctoral research

fellowship. She also talked about her efforts to develop a data-driven injury prevention program for Northwestern Athletics, recreational players, and individuals of every fitness level.

To listen to Yuki's talk, please [click here](#).

Our 2024-2025 Fellowship & Resident Cohorts



Northwestern University Fellowship in Advanced Orthopedic Physical Therapy Practice, Research and Education (listed alphabetically)

- Lauren Bradley PT, DPT, OCS
- Lydia Christianson PT, DPT, OCS
- Madalyn Cregg PT, DPT
- Calvin Cook PT, DPT, OCS
- D.J. Ciancio PT, DPT, OCS
- Christopher Dela Rosa PT, DPT, OCS
- Ashley Duer PT, DPT
- Renee Kawicki PT, DPT, OCS
- Tom Myers PT, DPT, OCS
- Winston von Carlowitz PT, DPT



Northwestern University Physical Therapy Residents

- Acute Care Residents
 - Abigail McGowan PT, DPT
 - Megan O'Neal PT, DPT
- Neurologic Residents
 - Luis Dominguez PT, DPT
 - Mason Myers PT, DPT
- Orthopaedic Residents
 - Rachel Bergen PT, DPT
 - Amanda Campos PT, DPT
 - Patrick Dionisio PT, DPT
 - Michael Grant PT, DPT
- Division 1 Sports Fellow
 - Sean Giroir PT, DPT (not pictured)

Learn more about our residency & fellowship programs on our [website](#)

From the Alumni Board

We hope this newsletter finds you well. As your Alumni Board, we're excited to share updates on our recent activities and upcoming plans to continue strengthening our connection to the Northwestern Department of Physical Therapy & Human Movement Sciences (NUPTHMS).

100% Alumni Giving: A Testament to Our Commitment

We're thrilled to announce that our alumni board has achieved a remarkable 100% participation rate in giving back to the school. This accomplishment demonstrates the dedication and generosity of our alumni community, and we're grateful for your continued support. Your contributions help to ensure that future generations of physical therapists have the resources they need to succeed. A huge thanks to those of you who have donated to this effort. For those inspired to give, please visit our [online giving page](#).

Quarterly Continuing Education: Stay Sharp and Connected

To foster professional growth and maintain strong connections within our community, we've planned a series of quarterly continuing education events. These educational sessions will include both in-person and online formats to accommodate your schedules. Stay tuned for more details on specific topics and dates. Please save the date of December 12, 2024 for our Alumni Association sponsored CEU about pelvic health. **For more information & to register, [click here](#) or scroll to pg. 17 and click on the ad.**

Celebrating 100 Years of Excellence in 2028

As we look ahead, we're excited to announce that all of us at NUPTHMS are looking forward to celebrating the 100th anniversary of our program in the 2027-2028 school year. This milestone is a testament to the school's enduring commitment to excellence in physical therapy education. We're planning a year-long celebration filled with events, reunions, and opportunities to connect with fellow alumni. You will receive additional information as plans develop.

Save the Date: Alumni Weekend- May 2025

Mark your calendars for our upcoming Alumni Weekend, scheduled for May 2-3, 2025. This multifaceted weekend will provide opportunities to reconnect with classmates, faculty, and staff, as well as participate in various educational activities and social gatherings. More details will be shared closer to the event date.

We encourage you to stay connected to our alumni community by visiting our website, following us on social media, and attending our events. Your involvement is essential to our continued success.

Thank you for your continued support of NUPTHMS!

Sincerely,
NUPTHMS Alumni Association Board



Board Members, Faculty, & Staff at the Fall Meeting



Team USA Strikes Gold With an Assist from a NUPTHMS Grad!

This past summer while at the U.S. Women's National Soccer Team (USWNT) was winning gold at the 2024 Paris Olympics, a medical team with multiple NU alumni, supported them off the field. Clay Schewe ('14 and alumni board member) was able to connect with Katie Jeanfreau, PT, DPT, OCS, CSCS about being the USWNT Physical Therapist.

What year did you graduate from NUPT?

KJ: 2018

How long have you been a physical therapist for the USWNT and what do you do when you are not with the USWNT?

KJ: I have been with the USWNT for a year. This position is full-time. If we are not directly treating athletes in camp, we are actively monitoring the health of players, investigating research questions, and creating resources for our youth programs and soccer at large in the US.

Tell a little bit about your experience at the Olympics and being a part of this team. Favorite moments, things that you didn't expect?

KJ: The Olympics were a once-in-a-lifetime experience. We were on the road for 6 weeks (including send-off camp) and the athletes played in six different cities. That meant six weeks of being away from your families and enduring the stress of a major tournament. In short, these six weeks helped to develop a closeness across the staff and players. My favorite part of the tournament, besides the women of the national team securing gold medals, was working with the other members of the medical staff. This combination of women and men (4 of which were NU alumni) was the best that I have had the opportunity to work with. I have learned so much from them, I have been so supported by them, and no one can make me laugh harder. Together, we were able to deliver 100% player availability for the semi-final and final matches.

What things do you feel like NUPT helped you with in breaking into this level of sports physical therapy?

KJ: NUPT pushed me to towards continued learning in the way of residency and fellowship. It gave me access to faculty members who I aspired to be like. It offered clinical sites that grew me as a clinician and exposed me to my interests. Even more, it highlighted the importance of multi-disciplinary care.

What advice would you give to PT students or other PTs that have interest in pursuing this level of sports physical therapy?

KJ: My first piece of advice to students / other PTs is to always keep learning. Pursue a residency. Do a fellowship. Find individuals in the field who can mentor you in orthopedic and sport specific situations. Often times, you will be the only PT on staff, so having had previous experience in an athletic training room matters. My second piece of advice is to be comfortable with orthopedic conditions, particularly of the neck back. My third piece of advice is to understand the demands of the sport you are treating. So much of a PT's role in a sport specific environment is making return to sport decisions that go beyond whether an athlete has regained motion, restored strength, and can run without discomfort. It is important to understand the demands of an athlete's sport so that you can gradually expose the injured tissues to sport specific tasks safely.

(Katie (left) with other NU alumni part of the medical team) --->



NUPTHMS Alumni Innovates Physical Therapy with New Spine Mobilization Tool

We are thrilled to spotlight Jaime Loomis (2012) who has recently achieved a significant milestone in her professional journey. This year, Jaime received a patent for her innovative physical therapy tool designed to enhance patient care in spinal health. The patented device focuses on mobilizing the lumbar and thoracic spine, two crucial regions often implicated in chronic pain and mobility issues. The tool is specifically engineered to improve spinal mobility, alleviate pain, and reduce muscle spasms, addressing common challenges faced by physical therapists and their patients.

“As a physical therapist, I saw firsthand the limitations of existing tools in effectively addressing spinal mobility issues,” says Jaime. “This inspired me to create a device that could not only improve patient outcomes and autonomy but also make the treatment process more efficient for therapists.”

This innovation is already making waves in the physical therapy community, providing a new avenue for therapists to deliver targeted care with greater precision and effectiveness. Jaime’s dedication to advancing the field exemplifies the pioneering spirit of Northwestern University’s alumni.



About Jaime: “I graduated from NUPT in 2012, and my first job was at RIC, now SRAL. After 3 years at RIC I decided to become a traveling physical therapist. When I was done traveling I reached out to my first mentor from RIC. I was going to switch focus from Neuro to Orthopedics, and she recommended I take McKenzie Part A. I took the course, and for me, it was career changing. I was very excited to start treating patients with low back and neck pain after my first course. My first patients with low back pain responded very well to the MDT treatments, but after a few sessions they all required over pressure/PA mobs to fully reduce their symptoms. All three of these patients were single and did not have someone in the home we could teach to apply the over pressure. I felt this was a problem that needed to be fixed. The McKenzie method is all about patient autonomy and teaching people how to treat themselves, so I wanted to come up with a way that a patient could create that same force on their back without the need for a 2nd person. I bought some supplies off Amazon and I met with a seamstress. We spent a few days coming up with a design and then creating the belt. After 5 years, several more prototypes and meetings with lawyers, I now have a patent for the BAlign Belt that was designed to mimic clinician-applied over pressure in the lumbar and thoracic spine.

Several McKenzie therapists and faculty now have the belts and use them in the clinic. We have also found the belt to be very useful in our golfing population, cross-fit athletes, olympic lifters and almost anyone with low back pain and spinal stiffness. The BAlign Belt allows them to create a PA force at the spine to improve mobility, decrease pain and decrease muscle spasm. The insert (pictured above) was also designed to sit on either side of the spinous process and can be used separately from the belt to create passive PA pressure along the spine from upper thoracic all the way down to the sacrum for pain relief and alignment. The product is currently under review at OPTP. I attended the international McKenzie conference in Ottawa this month and MDT clinicians from around the world, including McKenzie's CEO, Helen Clare, from Australia are starting to use it.”

For more information, please reach out to Jaime at jaime@theratrains.org

Good News for Runners!

The Journal of Sport Rehabilitation published, [“Lumbar Spine and Neural Tissue Mobilizations Improve Outcomes in Runners Presenting With Foot/Ankle Pathology: A Case Series”](#), by Christopher R. Hagan, PT, DPT, OCS, FAAOMPT (2015), Alexandra R. Anderson, PT, DPT (Fellow 2018), & Craig Hensley, PT, DPT, MSCI (Faculty). **Conclusions:** This case series demonstrates the importance of including a thorough lumbar spine exam & neurodynamic testing to identify appropriate interventions while managing patients w/ foot/ankle pain, even when patients have signs indicative of local ankle/foot pathology. These exam procedures should be performed particularly when a patient is not responding to management targeting local foot/ankle structures.

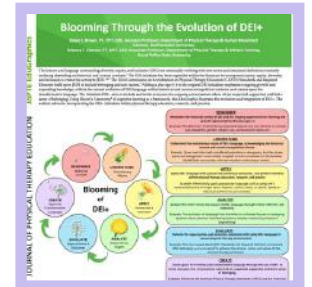
Blooming Through the Evolution of DEI+

In September, Dawn Brown, PT, DPT, EdD (1999 & Faculty) and Brianna “Bree” Chesser, PT, MPT, EdD (2000) had their article,

[“Blooming Through the Evolution of DEI+”](#)

published ahead of print in JoPTE

for their December 2024 release date. Dawn and Bree also presented this content at the 2024 ACAPT ELC in October.



NUPTHMS Alumni at CSM 2025

CSM 2025 in Houston, Texas is just around the corner and we know many of you will be in attendance and/or presenting! Among the presenters is Susan Davis, PT, DPT (1977), who will be presenting [“Animal Physical Therapy: Examination and Testing for Differential Diagnosis of Canine Stifle and Shoulder”](#) on Saturday, September 15 at 8:00am. We’re so excited for you, Susan!

Congratulations to Our 2023-2024 Fellowship Cohort!

This past weekend at the American Academy of Orthopaedic Manual Physical Therapists Conference (AAOMPT), the ‘23-24 NUPTHMS Fellows in Advanced Orthopedic Physical Therapy Practice, Research and Education celebrated their graduation and completion of their program.



Kathryn Brito is Leading the Way

Recently, Kathryn Brito, PT, DPT, CCS, (‘2018 and Alumni Board member) was awarded the APTA’s Emerging Leader Award! That’s not it, Kathryn was elected Chief Delegate to APTA’s House of Delegates for APTA Acute Care starting in 2025. She will be sworn in at CSM this coming February.

Congratulations, Kathryn. We are proud to have you part of the NUPTHMS community and can’t wait to see how you continue to grow.

See You at CSM

FEB. 13-15, 2025

George R. Brown Convention Center
Houston, TX



SAVE THE DATE



PELVIC FLOOR PHYSICAL THERAPY: WHO NEEDS IT?



THURSDAY,
DECEMBER 12
6:00PM CT
LOCATION: ONLINE

SPEAKER

EMILY LEVERETT, PT, DPT
BOARD-CERTIFIED WOMEN'S
HEALTH CLINICAL SPECIALIST

VISIT THE 'EVENTS' TAB AT THE
LINK IN OUR BIO TO REGISTER

SWIPE FOR MORE
INFORMATION



SAVE THE DATE!

NUPTHMS ALUMNI WEEKEND

MAY 2-3, 2025 | CHICAGO, IL

Be on the lookout for event Updates & Registration

SHARE YOUR NEWS!

At NUPTHMS, we want to highlight the incredible work of our alumni as you move forward in your careers and personal lives. If you have any news to share, please [submit information here](#) to be considered for our monthly newsletter. You can also contact nupthmsalumni@northwestern.edu.

