



OUR CENTENNIAL
LOGO! →



M Northwestern Medicine
Feinberg School of Medicine

Summer stuck around for as long as it could this year, but we have officially said goodbye and welcomed fall. This fall, we're excited to share updates from our alumni community, highlight past & upcoming events, share student experiences and celebrate the incredible work being done across the field by our Faculty and Staff. No matter how you're enjoying this season, sporting events, new classes, adventures or a new job, we hope this newsletter brings a sense of pride and inspiration from your PTHMS family.

Thank you for being part of the legacy and future of our community.

Highlights of this issue:



Student Activities, CE Experiences, Department News, Continuing Education, Faculty & Staff Highlights, Alumni Weekend

MRS Research Day 2025

This past August, the department hosted our annual Movement & Rehabilitation Science (MRS) Research Day! MRS Research Day brings together students, postdoctoral fellows, faculty and investigators from across departments to celebrate and showcase advancements in Movement and Rehabilitation Sciences. This year we welcomed Brooke Slavens, PhD, as our keynote speaker.



Residency & Fellowship Program

At the end of August, we celebrated our 2024-2025 Residents completing their residencies and welcomed our 2025-2026 Residents (it was a busy day)! This fall, we also welcomed our 2025-2026 Fellows to the department. **[You can learn more about the residency & fellowship program here.](#)** The application for most of these programs are now open!



2024-2025 Residents



2025-2026 Residents



PhD Thesis Defense: Trudy Adjei

Congratulations to Trudy Adjei, who had her thesis defense this October, titled, “Task-Dependent Recruitment of Reticulospinal Pathways to Balance Power and Precision”.

Trudy’s advisors are Jules Dewald, PT, PhD & Jun Yao, PhD



Fabian David, PhD

Fabian and his team, recently had their research, **“Towards scalable screening for the early detection of Parkinson’s disease: validation of an iPad-based eye movement assessment system against a clinical-grade eye tracker”** published in NPJ- Parkinson’s Disease. The team has developed and validated an iPad-based eye-tracking system powered by deep learning with the intent to screen/detect and monitor Parkinson’s disease (PD) — anywhere, without the need for bulky, expensive lab equipment.



Justin Drogos, PT, DPT & Jonathan Webb, MBA

In September, Justin and Jonathan shared their expertise in medical improv at the International Advanced Medical Improv Training-the-Trainer workshop!

Thank you for continuing to share your knowledge and passion with those in and outside of the NUPTHMS community.



Craig Hensley, PT, DPT & Alison Chang, PT, DPT, PhD

Craig and Alison recently had their article titled, **“Preoperative Factors Associated With Falls Following Total Hip Arthroplasty in Older Adults in ACR Open Rheumatology”** published in the newest issue of ACR. NUPTHMS alum Drew Kritselis (CO ‘17) was instrumental in this project as well.



PhD Thesis Defense: Erin King

Congratulations to Erin, who had her thesis defense this past July, titled, “The Behavioral and Neurophysiological Effects of Bilateral Motor Priming and Task-Specific Training in Chronic Stroke”.

Erin’s advisor is Daniel Corcos, PhD



PhD Thesis Defense: Thomas Plaisier

Congratulations to Thomas, who had his thesis defense this September, titled, “Moving Forward: Investigating Stretch Reflex Hyper-excitability During Multi-joint Arm Movements in Chronic Hemiparetic Stroke Using a Novel Haptic Device”.

Thomas’s advisors are Jules Dewald, PT, PhD & Ana Maria Acosta, PhD

PhD Thesis Defense: María José (Joe) Quezada

Congratulations to Joe, who had her thesis defense this October, titled, “Engineering Human Spinal Cord Organoids for in vitro Studies of Motor Neuron Biology and Neurotrauma”.

Joe’s advisors are Colin Franz, MD, PhD and John Rogers, PhD



Heidi Roth, PT, DHS

Heidi has been named as a Co-Investigator on an NIDCD R21 grant, “A Multi-Site Feasibility Trial to Support Implementation of Vestibular Rehabilitation Therapy for Dizziness and Vertigo in the Emergency Department”. She will continue her impactful vestibular research with Dr. Howard Kim, (PI at Northwestern), and collaborate with the University of Utah.



Matt Smith, PT, DPT, DSc, Carol Courtney, PT, PhD, and Bill Healey PT, MSPT, EdD

Congratulations to Matt, Carol, and Bill on receiving a foundation grant from the American Academy of Orthopedic Manual Physical Therapists! Their grant is titled, "Mapping the Continuum: Enhancing Orthopedic Manual Physical Therapy Education Through Instruction and Training". Matt is the principal investigator with Carol and Bill being co-investigators.



Elanna Arhos, PT, DPT, PhD

Congratulations to Elanna, as she has been invited to be on the American College of Rheumatology Early Career Investigator Subcommittee. This will be most helpful as a young investigator in the area of Knee Osteoarthritis.



Shamali Dusane, PT, PhD

Congratulations to Shamali who received the 2025 American Congress on Rehabilitation Medicine (ACRM) - Stroke ISIG Outstanding Scientific Poster Award for her presentation titled, "Locomotor Responses to Variable Movement Amplification Gains in People with Chronic Stroke". The research was supported by Shamali's American Heart Association fellowship. Co-authors on the presentation included Anna Shafer, Jane Gyarmaty, Kathy Martinez and Keith Gordon.



Davalyn Partain, PT, DPT, Cert. MDT, OCS

Please join us in congratulating Davalyn, as she was named the 2025 Clinical Educator of the Year at the IPTA Awards & IPTF Scholarships ceremony this year!



NUPTHMS at AACPDM!

In October, the American Academy for Cerebral Palsy and Developmental Medicine (AACPDM) hosted its 79th Annual Meeting in New Orleans! This meeting also kicked-off Theresa Sukal Moulton's presidential year.

Photo left: Theresa Sukal Moulton, PT, DPT, PhD, Nayo Hill, PT, DPT, PhD, Colleen Peyton, DPT, MSCI (also AACPDM Board of Directors), Divya Joshi, PhD, and Alex Hruby, PT, DPT, PhD candidate. All in the photo also presented during the Annual Meeting!

2025 FAME Day

This past September, Feinberg School of Medicine hosted their annual Feinberg Academy of Medical Education (FAME) Day. Throughout the day, professionals within FSM participated in panels, lectures, poster presentations and the concluding inductee & award ceremony. With no surprise, NUPTHMS represented throughout the day!

Photo description: 1. Group photo post awards, 2. Vicki Tysseling (FAME inductee), Megan Freeland (FAME inductee), and Cori Arquines (John X. Thomas Jr. Best Teachers of Feinberg award), 3. Justin Drogos & Jonathan Webb: More Engaged, More Fun, Better Vibes: Integrating Improv into Doctor of Physical Therapy Curriculum, and 4. Emily Becker & Sally Taylor: Exploring the Value of Formalized Business Training for Physical Therapy: A Qualitative Approach to Understand Benefits of Master of Business Administration Completion Post Doctor of Physical Therapy Training.



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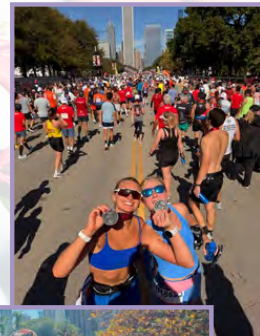
GoBabyGo!

This summer, our students completed their most recent round of GoBabyGo! Through the students' hard work, they built and provided mobility and sociability for children with special needs. Have questions about GoBabyGo!, please reach out to gobabygo@northwestern.edu.

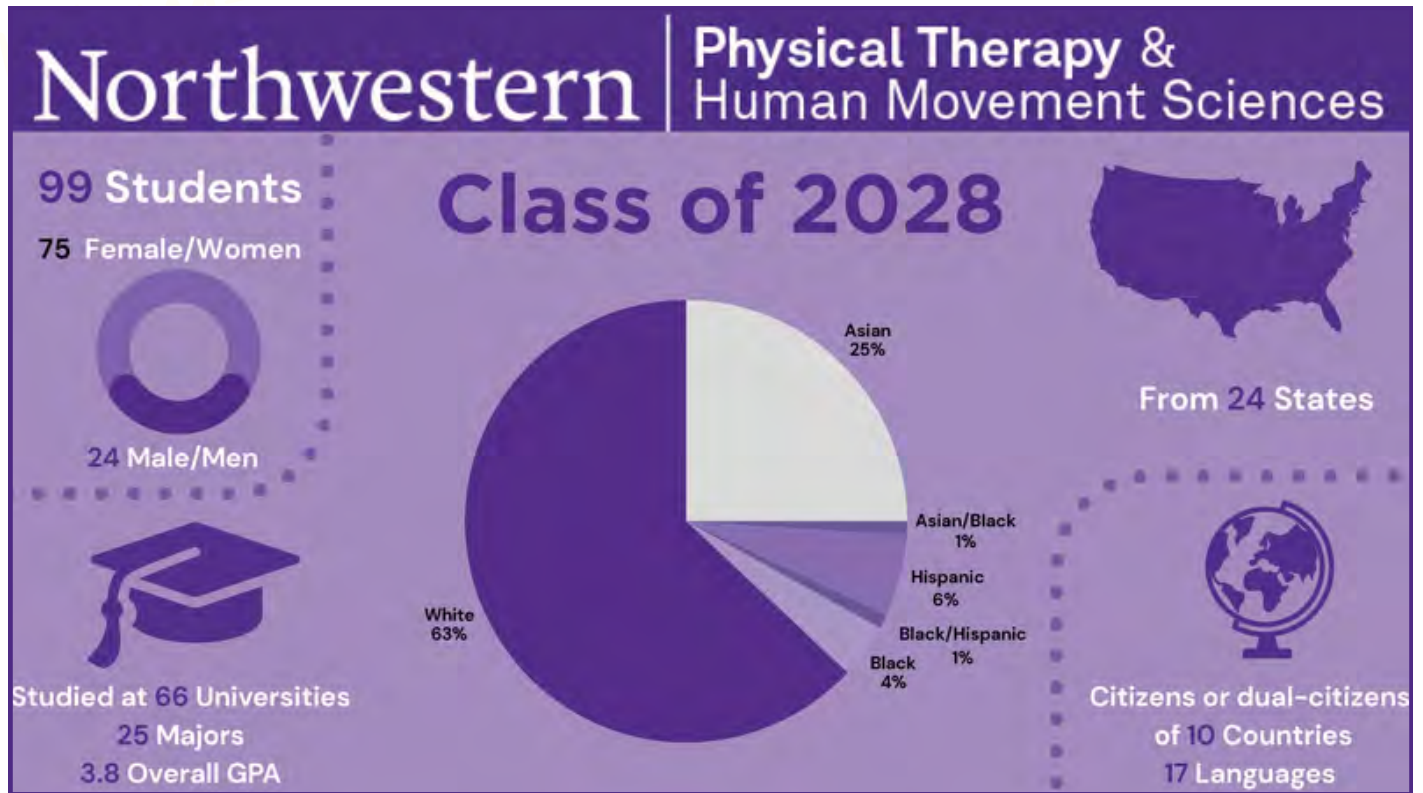


Chicago Marathon 2025

Once October came around, that also meant it was time for the annual Chicago Marathon! Between runners, volunteers, and supporters, you were bound to find NUPTHMS somewhere along the 26.2 miles.



Say Hello to the Class of 2028, Our Centennial Class!



Student Affinity Groups & Special Interest Groups

As we kicked off the 2025-2026 school year, and welcomed our centennial class (there's 99!), our students are putting time and effort into creating spaces for our all students. Through Student Affinity Groups & Student Special Interest Groups, we have something for everyone & more groups than we've had before. To learn more about all the different groups, visit our **[student life page on our website!](#)** All our groups are created and maintained by students, with faculty and staff support.

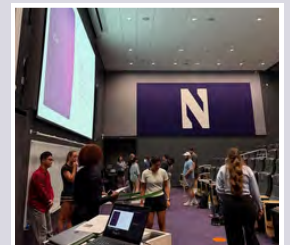


Affinity Groups:

- Asian Pacific-Islander Student Association
- Black Student Association
- International Students
- Jewish Student Affinity Group
- LatinX Student Association
- LGBTQIA+ Student Association
- Middle Eastern North African (MENA)
- South Asian Student Association

Special Interest Groups:

- Acute Care
- Disability Justice & Anti-ableism
- Geriatrics
- Leadership
- Manual Therapy
- Neuro
- Pediatrics
- Pelvic Health
- Pro-Bono
- Sports



STUDENT NEWS- CE 1 EXPERIENCES



Name: Grace Murnane

Location: Pittsburgh, PA

Setting: Hospital Based Outpatient Orthopedics

My first clinical experience confirmed my love for geriatric physical therapy, gave me access to unique learning opportunities, and offered me the experience of delivering patient-centered care. I came into physical therapy school with a passion for working with

geriatrics. Through my placement, where most patients I saw were of the ages 65 plus, my passion for working with this population grew even stronger. Through the guidance of my clinical instructor, I learned how to address the multiple complexities and co-morbidities that come with this population. Since the clinic I was at was affiliated with a hospital, I received access to a large database of research which helped me throughout my clinical to research diagnoses I was not yet familiar with and write my inservice with the focus of how to reduce the number of falls within the geriatric population. I also had the honor to spend an entire day in the orthopedic operating room as the attending surgeons walked me through each step of the process and answered questions about the patients' post op recoveries. I was very blessed to work under such a talented and compassionate clinical instructor who approached each patient case uniquely. They followed no format for evaluations or treatment sessions; rather each session would vary on the patients needs whether it was dry needling, DME issued, therapeutic exercise, or extensive patient education needed that day. I was able to put into practice everything we learned from our first year and adapt to each and every patient we saw and treated. It was truly an invaluable experience.



Name: Paige Boyes

Location: London, UK

Setting: OP Ortho

Going into this experience, I was nervous as a lot of what we had covered in our curriculum thus far was geared toward inpatient experiences and treatment, as well as US based practices. However, I figured that clinical experiences are as good of a time as any to try

out new settings and locations that I never would have otherwise considered. I was thrilled for the opportunity to learn from global patient and physical therapy perspectives. My CI had been working at this location for 2 years and did a great job teaching me how to manage multiple patients at once and structure individualized intervention plans. I was able to see a diverse patient population with a wide variety of injuries ranging from Achilles ruptures to ACL repairs to rotator cuff injuries. This clinic had multiple treatment settings I was able to observe and participate in including a pool for hydrotherapy, a large gym, and a room with a force plate and motion capture cameras that assisted in progressing patients returning to sport in a safe and effective way. I also had the opportunity to shadow an osteopath they had on site, and see some familiar patients in multiple environments. Additionally, this clinic hosted monthly sports medicine nights with leading physicians in the field, which was another incredible way to see how recent research was being utilized in clinical practice. Overall, I received such a well-rounded learning experience that allowed me to get out of my comfort zone, learn from global perspectives, and truly understand how to promote person centered care.

STUDENT NEWS- CE 1 EXPERIENCES



Name: Ellise Grizio

Location: Chicago, IL

Setting: OP Ortho

This experience was equally exciting and nerve racking as it would be an opportunity to showcase all the knowledge and skills we had accumulated through the first year of PT school. My clinic was relatively small, and my clinical instructor (CI) was one of the only PTs that worked at that clinic. We saw 15-20 patients a day and worked primarily with corporate workers in the city. Therefore, the diagnoses that we worked with included low back pain, cervical radiculopathy, frozen shoulder, knee osteoarthritis, and post-total knee arthroplasty. While some other diagnoses included exertional compartment syndrome, ACL-Reconstruction and Temporomandibular joint disorder, although more sparing. However, this experience provided an opportunity to solidify my anatomy and kinesiology knowledge and more importantly my ability to connect to patients. It was a learning opportunity I am thankful for and hope to take the skills I developed with me as I continue in my PT career!



Name: Lindsey Smith

Location: Chicago, IL

Setting: IP Neuro

I really enjoyed my first clinical in the inpatient neuro setting! I had some exposure to this setting during undergrad as a patient care tech, yet I had so much to learn from the physical therapy perspective. My CI was a float therapist and had worked in a variety of settings prior to our time together so she was able to give me knowledge from a multitude of medical conditions and patient experiences. For the 6 weeks we were together we worked on the stroke floor. Seeing how each patient's impairments were so variable to the next gave me an appreciation for treating the patient as a whole and the importance of building patient rapport. I am incredibly grateful for my CI's guidance throughout the experience as I was able to address complex issues while also helping improve patients' mindset in therapy. From this, I was able to appreciate how much of a powerful impact physical therapists have on a patient's life.



Name: Victor Liu

Location: Chicago, IL

Setting: IP Acute Care

My first clinical experience at an inpatient long term acute care hospital (LTACH) was both rewarding and affirming of my career goals. With a background in emergency medical services, I've always aspired to work in a hospital setting, and this CE gave me the opportunity to do just that. I enjoyed treating patients with a wide range of complex diagnoses and applying the knowledge and skills I've gained in school to real life patients. It was incredibly fulfilling to witness patients progress and transition to the next level of care. The manageable caseload also allowed me to form meaningful connections with each patient and provide truly individualized, patient centered care.

STUDENT NEWS



STUDENTS AND FACULTY DRESSED UP FOR A SPOOKY
CELEBRATION! PROCEEDS FROM THE EVENT WENT TO
THE MARQUETTE CHALLENGE!

Grand Rounds Seminars

Since mid-July, the department has hosted three Grand Rounds seminars. In July, we welcomed Lee Ryder, PT, DPT, MPH as our 2nd Annual PACE Day speaker and Charlotte DeVol, PhD. Lee's presentation, "Cultivating community: Reflections on Connection & Collaboration", explored community engagement through a variety of personal and professional viewpoints. Next, we heard from Charlotte DeVol about "Neuromechanics of Gait Across the Lifespan: Spinal Stimulation in Cerebral Palsy and the Neural Dynamics of Aging". The long term goal is to combine transcutaneous spinal stimulation and high-density electroencephalography to better design electrical stimulation therapies for individuals with neurological injuries. In October, we welcomed Josh Baxter, PhD, who presented, "Rethinking how to use mechanical loading as medicine to treat Achilles tendon injuries". This talk introduced concepts around using wearable sensors, motion capture, and computational simulations to link physical therapy exercises with tissue-level loading.



Lee Ryder, PT, DPT, MPH



Charlotte DeVol, PhD



Josh Baxter, PhD

Pilates for PTs!

We want to extend a big thank you to Meg Moore, PT, DPT, PCES ('19), who opened up her business, the reform method, to our alumni, students & community this fall. Meg and her team lead us through a CEU about how to incorporate reformer pilates into physical therapy. Our participants left with knowledge of the reformer and how different exercises & stretches can be beneficial.



November Grand Rounds

November 12, 2025
12:00 PM CST (Hybrid)



Chris Sebelski, PT, DPT, PhD
Leadership is not the top,
it is the base.

To learn more about Grand Rounds,
[visit us on the web!](#)

SAVE THE DATE

Dear Alumni,

I am honored to introduce myself as the new President of our NUPT Alumni Board. As a proud member of this vibrant community, I'm excited to help strengthen the bonds that unite us—rooted in the meaningful time we spent at NUPT and our shared passion for a profession that enables us to make a significant impact in the lives of others. I would also like to warmly welcome Suzanne Semanson, our Vice President. We are both excited to work alongside each other as we continue building a stronger, more connected alumni community.

One of our key goals is to strengthen connections within our alumni network, because we know that a vibrant community enriches all of us. Whether through mentorship, volunteering, or attending events, your involvement is vital to keeping our legacy alive and thriving. We are especially focused on increasing participation in our Alumni Weekend and expanding enrollment in our continuing education (CE) courses - both of which offer meaningful ways to reconnect, learn, and grow together. There is something truly special about learning from fellow alumni who are accomplished experts in their fields through CE courses – it is a reminder of the talent we have within our community.

Looking ahead, we are thrilled about our upcoming centennial celebration in 2027! This milestone is not only a time to honor our history, but also a chance to shape our future. We invite you to reconnect – whether by checking in on fellow alumni you haven't heard from in a while, attending one of the alumni events or volunteering to help us plan the festivities. We hope you join us in sharing stories and helping celebrate the impact our community has made over the past 100 years.

We appreciate you as a member of the NUPT family and look forward to working together to build an even stronger alumni community.

Let us know if you would like to get involved!

Warm regards,

Beth Amoroso '05, President (left)

Suzanne Semanson, '06, Vice President (right)



Reserve Your Alumni Weekend Hotel Today

Don't miss out on reserving your Alumni Weekend hotel at a discounted rate! Various deals at surrounding hotels are available for you to take advantage of, so visit our Alumni Weekend '[**Travel & Accommodation**](#)' page to score a deal. Be sure to also nominate your fellow classmates for an [**alumni award**](#), due by December 1st!



**Lindsay Ardiff
PT, DPT ('20)**

Lindsay has been named the 2025 Yosko Disability Advocacy Award winner!

“Since joining NM in 2020, physical therapist Lindsay’s passion for disability advocacy has helped her provide compassionate care to her patients while inspiring her colleagues. She works with patients who have chronic conditions and multiple comorbidities. She makes sure patients have access to in-person interpreters, accessibility tools (such as hearing amplifiers and communication boards) and medical equipment they need.”
Congratulations Lindsay!



**Chance Arnold
PT, DPT, ATC,
OCS (Ortho
Resident '23-24)**

Chance, one of our Ortho Residents, recently accepted and started as the new Assistant Athletic Trainer/Performance Physical Therapist with the Memphis Hustle. The Hustle is part of the Memphis Grizzlies organization.



**Michael Cropes
PT, DPT, OCS
(‘18)**

Michael has had a wonderful introduction to academia over the

past three years as a core faculty member in the University of Wisconsin-Madison DPT Program! This summer, he started a new and exciting co-appointment as an assistant professor in the Department of Family Medicine and Community Health at UW. Through his scholarly work, Michael aims to advance health outcomes for people living with pain through evidence-informed innovation in interprofessional practice and education.



**Kyle Denlinger
PT, DPT, OCS,
SCS, FAAOMPT
(‘15/’21)**

Kyle, a NUPTHMS & Fellowship grad, has been named director of the new orthopaedic PT residency at the CU sports medicine and performance center in Boulder, CO - the only one in Boulder and only the fifth in the state.

Austin Hemenway
PT, DPT, NCS
('23)

This past July, Austin sat for and passed the NCS exam! Austin is also looking to get more involved in the University of Wisconsin-Madison, Neuro PT residency program. Prior to taking the NCS exam, he also completed a Neurological PT Residency at UTMC in 2023-2024.



Wendy Wagner
PT, MPT, DPT
('98)

Congratulations to Wendy, who not only just completed her DPT from the University of Montana, she has also recently been published! Be sure to take a look:

- **“Presentation and physical therapy management of upper cervical instability in patients with symptomatic generalized joint hypermobility: International expert consensus recommendations.”**
- **“Intersection between hypermobile Ehlers-Danlos syndrome and adipose disorders: investigating fascial remodeling with ultrasound imaging.”**



Turns out there are quite a few of you who have made Utah home, including four members of the class of 2014! Julie Zamora, Danica Dummer, Caitlyn Anderson, and Rachael (Neumann) Ricketts are still getting together and we hear it's always a party!



Meredith (Turner)
Cabe
PT, DPT, OCS,
FAAOMPT ('14)

Meredith has spent the last year going out on her own to provide high quality, individualized care in the mobile market of Kansas City. **Full Range Mobile** is the name of her company and it's going incredibly well!

Meredith also completed a Residency in Orthopedics, immediately followed by a Fellowship in Orthopedic Manual Physical Therapy.



Is there a CEU you think would be interesting to learn about, do you have a topic you can teach on, or do you live outside of the Chicago-land area and have an idea for an in-person CEU?

[Let us know!](#)

NUPTHMS

ARTIFICIAL INTELLIGENCE IS CHANGING CLINICAL EDUCATION

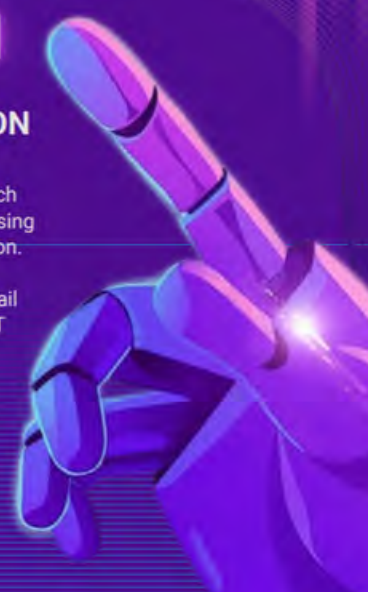
JOIN THE CONVERSATION

We invite you to participate in a research study on how Clinical Instructors are using or could use AI in DPT Clinical Education.

Research Team: Dawn Brown, PT, Abigail Roman, SPT, and Danielle Laycock, SPT

Click below to participate:

<https://forms.gle/KbJ3et4hE8kG77FBA>



UPDATE YOUR INFO & 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, or would like to update your contact information, please [submit information here](#) to be considered for our quarterly newsletter. You can also contact nupthmsalumni@northwestern.edu.

