



Welcome to the New Year!



M Northwestern Medicine
Feinberg School of Medicine

As we step into 2025, we're embracing the spirit of change and growth. A new year brings fresh opportunities, renewed energy, and the chance to reflect on where we've been while looking ahead to where we want to go. Whether it's setting new goals, adapting to challenges, or celebrating milestones, this is a time to envision the possibilities that lie ahead. Together, let's make this year one of progress, positivity, and purpose.

Here's to turning dreams into plans and plans into reality—cheers to the journey ahead! NUPTHMS is excited to step into 2025 with you.



Highlights of this issue:

CSM, Save the Dates, Welcoming New Faculty, NUPTHMS Merch Sale!

REGISTER
NOW!



Shirley Ryan
AbilityLab



CELEBRATE at CSM!

Alumni, Students, Friends, Colleagues and Faculty, join NUPTHMS and Shirley Ryan AbilityLab for a night out in Houston.

FRIDAY, FEBRUARY 14 | 6:30 P.M.
TOM'S WATCH BAR
1201 CAROLINE STREET, HOUSTON, TX 77002

RSVP TODAY

WHO'S PRESENTING AT CSM?

[Visit our CSM 2025 page](#) to see a list* of CSM 2025 presenters, representing NUPTHMS, Shirley Ryan AbilityLab, and Northwestern Medicine.

*This list is continuously being updated.

Be sure to stop by our booth to say hi and grab yourself some NUPTHMS swag! Also be sure to follow us on social media to stay connected near and far.

REGISTER
NOW!

Class of 1929

Lela Bonner, Angelina Forrester, John Leasing

Agnes Noland, Freda Mills, Ethel Price, Robert Tolt

Class of 1957

Northwestern University
School of Physical Therapy
Class of 1966-1987

**NUPTHMS ALUMNI
WEEKEND**

MAY 2-3, 2025 | CHICAGO, IL

Come Back, Reconnect, and Relive the Memories! Reunite with old friends, connect with our wonderful faculty, and explore all NUPTHMS has to offer. From learning opportunities to celebratory gatherings, this is your chance to celebrate our shared legacy and create new memories. We have great CEU opportunities led by our Department Chair, Faculty, and your fellow Alumni, and you can't miss the great social events from the Women in Medicine Tea, tour different areas of the medical campus, Shirley Ryan AbilityLab, and NUPTHMS! We can't forget our Happy Hour and Alumni Awards reception either! We're excited to welcome you back, so be sure to register today! **To register and for more information about the weekend schedule and course offerings, visit our Alumni Weekend page by clicking on the 'NUPTHMS Alumni Weekend' banner above.**



Alison Chang's Most Recent Publications

Alison Chang, PT, DPT, PhD recently had an article published and her work featured in Healio Rheumatology:

- 1) [Do Existing MRI Definitions of Knee Osteoarthritis Identify Knees That Will Develop Clinically Significant Disease Over Up to 11 Years of Follow-Up?](#)
- 2) [MRI definitions insufficient to identify risk for radiographic knee osteoarthritis](#)



IFOMPT Announces New Members of Standards Committee

Congratulations to Dr. Carol Courtney, PT, PhD as one of the newest appointees to the International Federation of Manual and Musculoskeletal Physical Therapists (IFOMPT) Standards Committee!

These accomplished professionals bring diverse expertise, global experience, and a shared commitment to maintaining and advancing the high standards of education and clinical practice within the field of orthopedic manual physical therapy.



2024 BIBA[®] Health & Fitness Winner

Please join us in congratulating Dr. Daniel Corcos, on the success of his book "Parkinson's: How to Reduce Symptoms Through Exercise," which recently won the BIBA Award! This award is a well-deserved recognition for his groundbreaking work in Parkinson's care through movement and exercise.

The annual Best Indie Book Award (BIBA) is an international literary award contest recognizing outstanding achievement by independent authors. Entries are limited to independently (indie) published books, including those from small presses, e-book publishers, and self-published authors.

Congratulations Jessica Trenkle & Alison Liddle

Two of our associated faculty members, Dr. Jessica Trenkle and Dr. Alison Liddle, and their colleagues recently published a pilot study exploring the feasibility of starting home physical therapy promptly after neonatal or cardiac intensive care discharge for patients with public insurance. The study compares outcomes of early vs. delayed service initiation.

[Project Initiate: A Clinical Feasibility Trial of Equitable Access to Early Neurodevelopmental Therapy](#)

Thank you for advancing care for some of our most vulnerable patients!



New Appointment for Emily Becker

Congratulations to Dr. Emily Becker, PT, MS,

EdD, on being selected to be the incoming president of the APTA Academy of Leadership and Innovation (ALI). She will start this in February 2025 and continue for the following three years. We look forward to the start of this exciting accomplishment for her!



New Appointment for Theresa Moulton

We are proud to see Dr. Theresa Moulton, PT, DPT, PhD take the helm as

President of the American Academy for Cerebral Palsy and Developmental Medicine (AACPDM) in 2025. She's currently serving as VP and planning the Annual Meeting, which will take place in October in New Orleans and will mark the start of her term as President. Theresa was elected in 2023 to begin a 5-year term where she started as 2nd VP, she is serving this year as 1st VP, next year Pres., and will continue on the Executive Committee for 2 years after that.

Congratulations to Our Colleagues Who Were Awarded the 2025 Illinois PT Foundation (IPTF) Research Grants

1. **Krista Van Der Laan (PI), Emily Becker, Bill Healey, Laura Hirshfield (from UIC's Department of Medical Education), Rachel Tappan, & Tobey Yeates** were awarded in the new category for education research for their study, Views of Faculty for Creation of a Contemporary and Inclusive Conceptual Framework for Assessing Professionalism and Professional Identity Formation (PIF) in DPT Students. In this qualitative research study, they are taking a critical constructivist approach to exploring the concept of professionalism with physical therapists who work in an academic setting. This study lays the groundwork for future studies that will engage clinical physical therapists and other members of society, including patients, with the eventual goal to develop a more inclusive framework for professionalism that would allow greater inclusivity and fairness in the methods for developing and assessing professionalism and PIF in student physical therapists.
1. **Dawn Brown & Kristina Latva (from Bradley University)** were also awarded a grant for their study, Examining Motivations of New Doctor of Physical Therapy Faculty to Participate in Faculty Development. The purpose of this descriptive quantitative research study is to examine the motivations of new core faculty in Doctor of Physical Therapy (DPT) programs to participate in professional faculty development opportunities. This study will also explore potential demographic factors that correlate with motivation to participate in professional faculty development. This study will provide an understanding of the factors that influence their motivation. Research in this area may also inform standards, guidelines, best practices, and policies related to the implementation of new faculty development opportunities within DPT programs and professional organizations and associations.

Join Us in Welcoming Our Newest Faculty!



Elanna Arhos, PT, DPT, PhD

Elanna is an Assistant Professor and will be involved in the kinesiology course series. Elanna is also building a research lab focused on improving long-term joint health after knee injury and surgery.



Victoria Kowalewski, PT, DPT, PhD

Victoria is an Assistant Professor who specializes in teaching the neurological and geriatric curriculum. Victoria also has a research focus on studying how hearing loss impacts balance control in older adult populations.

7 Years in the Making!



Congratulations to Sally Taylor, PT, DPT, MBA and her colleagues at Shirley Ryan AbilityLab on the publication of their work in Taylor & Francis Online!

“Program Evaluation and Healthcare Process Improvement Focused on Complex Wheelchair Procurement”

This publication is a culmination of 7 years of commitment and determination!

CONGRATULATIONS! 2024 Student Award Winners



Kate Torbenson, SPT '26
PTHMS Community
Award



Ben Price, SPT '26
PTHMS Leadership
Award



Jack McHale, SPT '26
Community Engagement
Award

Congratulations to our 2024 Student Award Recipients! These awards are comprised of DPT, PA, PO and MD students.



NUPTHMS Open House!

Earlier in January, our Admissions Team comprised of Faculty, Staff, and Student Admissions Ambassadors hosted the department open house! We welcomed over 100 prospective students & their families to learn more about our fantastic DPT program.



2024 Dean's Reception

First-year and second-year students, along with faculty, enjoyed a wonderful evening at the Dean's Reception for Feinberg students this winter! Congratulations to all the award recipients on their well-deserved recognition, especially our 3 DPT students mentioned above.



Pelvic Floor Physical Therapy: Who Needs It?

A big thank you to Emily Leverett, PT, DPT ('14) and Board Certified Women's Health Clinical Specialist, for teaching our winter Alumni Association sponsored CEU about pelvic health!

From Emily's presentation, attendees were able to:

- Describe the primary functions of the pelvic floor and associated musculature
- Identify signs and symptoms of pelvic floor dysfunction that would benefit from physical therapy intervention
- Create screening questions that can help determine if a patient would benefit from pelvic floor physical therapy



January Grand Rounds Seminar ft. Dr. Jean Fitzpatrick, PT, PHD, MHS, OCS

Thank you to Jean Fitzpatrick for joining the department for our January 2025 Grand Rounds Seminar! Jean spoke to us about how Competency-Based Education (CBE) is transforming health professions education by shifting the focus from time-based training to learner proficiency of essential competencies. This talk explored the evolving national landscape of Competency-Based Education in Physical Therapy (CBEPT), highlighting its potential to shape the future of PT education. Key considerations for programs aiming to adopt CBEPT, emphasizing that it involves more than just Entrustable Professional Activities (EPAs) were discussed.



The Private Practice Blueprint: Building Your Brand

Danielle Morency, PT, DPT, CSCS

Lois Kettering, PT, DPT, CSCS

March 6th, 2025 | 7:00pm CST

Online via Zoom

Danielle & Lois are both NUPTHMS graduates from the class of 2019



In Memoriam Mark Pfeil ('72)

We are saddened to announce the passing of Mark Pfeil ('72), who passed away in October 2024. Mark had a long

career in Physical Therapy, which eventually led him to be Head Athletic Trainer for the Chicago Bulls and the Milwaukee Bucks.

Our condolences go out to Mark's loved ones. You can [read his obituary here](#).



My Pet's PT Tami Kress ('03)

Tami completed her certification to work with animals in 2019 and is very excited and proud to share she started her own in-home rehab business in January



2024 called [My Pet's PT](#). Tami serves the Chicago area and treat both dogs and cats (though mostly dogs) for similar reasons people go to PT themselves. "Though I had initially thought I would continue to treat people part time, Covid hit and I decided to halt my job search for contract/part time work and stay working with animals full time. I adore my job and though running my own business presents new challenges I hadn't faced working for hospitals, I wouldn't change a thing."

Allyson Wessells PT, DPT ('99)

With growing interest throughout the pediatric physical therapy community in how PTs can help infants with movement related breastfeeding challenges,

Allyson (also an International Board Certified Lactation Consultant (IBCLC) since 2014), provided a co-presentation, "The Physical Therapist's Role in Supporting Breastfeeding as a First Movement Milestone," at the Academy of Pediatric Physical Therapy Annual Conference in November. She'll also be co-presenting, "Dynamic Latch: Understanding Movement Impairments in Breastfeeding," at CSM in Houston. She and 3 other APTA colleagues have been instrumental in launching an Infant Feeding and Development Community of Practice within the [APTA Academy of Pediatric Physical Therapy](#).



A New York Times Feature

Charlie Homoky ('17) was featured in the New York Times article, ["You Don't Have to be Injured to Benefit from Physical Therapy"](#).

After receiving his DPT, Charlie completed his sports physical therapy residency at the University of Southern California in 2018. He is a board-certified clinical specialist in orthopedic and sports physical therapy and certified in blood flow restriction training. His clinical interests include baseball, softball, basketball, football, hockey, running, soccer, tennis, track and field, and weightlifting, as well as chronic pain, manual therapy, the back, foot and ankle, hip, knee, neck, shoulder, and spine.



**Sincere gratitude to our donors
for the 2023-2024 fiscal year.
Your generous contributions have made
countless aspects of NUPTHMS possible.**

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NUPTHMS MERCH IS HERE & WE'RE KICKING OFF OUR CENTENNIAL CELEBRATIONS EARLY!



Show off your NUPTHMS spirit with our exclusive line of merchandise! From cozy hoodies, classic t-shirts to fleece, caps, and more, we've got everything you need to represent NUPTHMS in style. We're also rolling out our centennial logo to kick off our centennial celebrations early! Whether you're a current student, proud alum, faculty & staff, or supportive member of our community, our collection has something for everyone. Shop now and wear your NUPTHMS pride loud and proud!

**CENTENNIAL
MERCH SALE**
CELEBRATING 100 YEARS!

ALL PROCEEDS BENEFIT THE **MARQUETTE CHALLENGE!**

**ORDERS MUST
BE PLACED BY
FEB. 15
2025**

ALUMNI-
ORDERS CAN BE PLACED TO
NORTHWESTERN UNIVERSITY
AND WILL BE AVAILABLE FOR
PICK UP AT ALUMNI WEEKEND!

- Proceeds from this sale will go toward NUPTHMS' participation in the VCU-Marquette Challenge.
- Alumni, if you are attending Alumni Weekend (which we hope you are), you can have your items shipped to the department and they will be ready for pick-up during Alumni Weekend.

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.

