August 29, 2013, a special day for the University of Minnesota Program in Physical Therapy, when we recognized and commemorated Dr. Carl Kukulka, a faculty member, teacher, scientist, mentor, colleague, collaborator, counselor, and friend. Indeed, it’s impossible to imagine what it would have been like if Carl never walked through our doors of the Children’s Rehabilitation Center. And now, it’s impossible to imagine the U of M Program in Physical Therapy and the Rehabilitation Science Graduate Program without his commitment, thoughtfulness, reflectiveness, and passion. Carl joined the U of M faculty in 2003, and served as Professor, Director of Graduate Studies, Chair of the Promotion & Tenure Committee, and Acting Director. The physical therapy profession and community benefitted greatly from Carl’s science, commitment to training and mentorship, professional vision, and love of life. His passion for science was contagious, with a scientific work ethic that was strong and steady. His commitment to the enduring process of PhD and post-doc training drove many therapists into the field of research and scientists already in scientific motion to greater heights, to achieve aspirations that, without his passion for scientific knowledge, commitment to training, and guiding touch, might never have been reached. Professionally, Carl was visionary, playing a significant role in establishing research in the field of physical therapy. In these roles, he allowed the next generation of leaders to take the lead, while he guided with quiet support. Lastly, Carl’s passion for life was energizing and his chuckles were enlivening. Collectively, Carl’s passion for scientific knowledge and commitment to training enabled others to ‘rest on his shoulders’ and benefit from his steady, ever-enduring guiding force. At right, we highlight ‘Carl by Numbers’, wonderful achievements. We wish Carl health, love, and happiness.

We congratulate Carl for reaching this milestone in life. Retirement should be a very exciting period.
The DPT Program officially welcomed the Class of 2016 this past summer during the annual Program picnic. The University of Minnesota’s DPT Program continues to attract the highest caliber of students. This year there were over 200 applications for the Program’s 50 spots. Our new students have an average GPA of 3.73 and an average of 340 PT volunteer hours. Eighty percent of our students are from Minnesota, nineteen of those students are alumni of the University of Minnesota. We are delighted our new students chose the University of Minnesota’s DPT Program. They bring with them a variety of life experiences that help to enrich the learning experience. Our students love the outdoors, music, some are world travelers, and many of them are high school and/or college athletes. The Program picnic is a great opportunity for the first year students to get to know the Program's 2nd and 3rd year students. It is also a chance to get to know the faculty and staff. The 2nd year students always plan the get-to-know-you activities. In keeping with tradition, Program faculty and students engaged in an awesome game of volleyball. However, many of our students finished early due to the hot sand on the volleyball court. Many of our students had the hot foot!

Welcome New Students — Class of 2016

Oladayo Akinsooto
Erin Babineau
Grant Blasczyk
Kaitlin Brendel
Brittany Burton
Danielle Busch
Victor Chow
Kayla Conway
Kelly Davis
Mark Deschepper
Brittany Dohmen
Elias Fark
Meagan Fishbeck
Stephanie Greer
Shannon Groth
Thomas Groth
Rebecca Gusmer
Jennifer Heit
Erica Hett
Jill Hoernke
Charlotte Hoium
Heather Johnson
Lauren Johnson
Andrew Kremer
Katelyn Kubat

Courtney Marek
Josa Martin
Timothy Miller
Stephanie Morse
Karen Myhrman
Aaron O’Donnell
Josie Oakland
Nathaniel Peterson
Angela Pitan
Meagan Reed
Samantha Roedel
Dustin Schlangen
Katelyn Schneider
Jon Schoenecker
Andrea Senger
William Starr
Matthew Stoltman
Jessica Swanson
Taylor Thompson
Andrea Tobias
Stephanie Vander Ploeg
Lydia Veeder
Joseph Wentzel
Luke Wernberg
The University of Minnesota Program in Physical Therapy congratulates the DPT Class of 2013 who graduated on Saturday, June 22, 2013. The commencement ceremony was held at Ted Mann Concert Hall. The keynote speakers were Jerry Juhl, PT, and Bernadette Gillick, PhD, MSPT, PT. Kathleen M. Anderson, PhD, MBA, PT, OCS, was the faculty speaker and Kellen Feeney, SPT, was the student speaker. Diplomas were presented by Program Director LaDora Thompson, University of Minnesota Regent David Larson, Medical School Representative Dr. Mark Rosenberg, Academic Health Center Representative Terry Bock, and Class Advisor Becky Olson-Kellogg.

Message from Dr. LaDora Thompson, Director

Dear Alums and Friends,

There is an escalating energy and enthusiasm that permeates all conversations within the halls, classrooms, labs, offices, and research laboratories at the University of Minnesota Program in Physical Therapy about the present activities, our history and our future.

In June 2013, the Program in Physical Therapy graduated 49 students, for a total of over 2000 graduates from the U of M. The Class of 2013, who came to us three years earlier, was a group of students brimming with potential and curiosity, drawn to this beautiful campus along the Mississippi, where they are mentored and guided by our faculty who are dedicated to helping students experience the joy of learning the practice of physical therapy, even as they come to understand the responsibility that accompanies a physical therapy education of this quality. Students grow here, developing their intellect, their creativity, their sensibilities, as they begin to imagine their roles in the profession of physical therapy. They learn not only from the faculty and clinicians, but also from one another. Through hard work, perseverance, and even courage they are transformed into entry-level therapists. Their universe expands as they engage in service learning projects, research, legislation, conferences, etc., and as they experience other ways of thinking. And when they graduate with a Doctorate in Physical Therapy, for the rest of their lives, this place, in all its dimensions, remains forever a part of who they are.

The University of Minnesota’s Program in Physical Therapy has always been known for its distinctive sense of purpose. Now, at the cusp of bringing in new faculty, establishing state-of-the-art facilities, and enrolling outstanding students, we are building on the leadership and foresight of previous program directors (James Carey, Glenn Scudder, Jack Allison, Wilbur Moen, Ruby Green Overmann) and the wisdom and dedication of many former and current faculty, administrative staff, and alumni/ae, the U of M Program in Physical Therapy is advancing perceptibly. Many of our achievements are highlighted in this newsletter. We aspire to do more, and with your help we will. Together we have a rare opportunity to seize this moment and ensure the U of M Program in Physical Therapy will continue to equip promising physical therapists and rehabilitation scientists to become the kind of citizens our healthcare, profession and world needs, for generations to come.

One of our most pressing concerns is to reduce the tuition burden on our students by seeking funds for scholarships and other forms of direct support. While I am pleased by our progress to date, I also ask for your continued support. I strongly believe that donors are motivated by what an institution promises to bring to the world. What distinguishes the U of M Program in Physical Therapy is reflected in how we help our students to view the profession, the world, and how our graduates apply that world view as responsible citizens.

On behalf of my colleagues, and current and future generations who will learn the art and science of the profession of physical therapy while they are in residence at the University of Minnesota, thank you. I encourage you to take a look at the enclosed articles and to rediscover today’s U of M Program in Physical Therapy.

LaDora Thompson

Congratulations Class of 2013!

LaDora Thompson
September 2012 marked the third year of our Geriatric Clinical Residency, and also the expansion to two residents, Emily Pierce and Megan Connelly. Our residency was just featured in the fall issue of GeriNotes, the Geriatric Section magazine. Below is an abbreviated version of both Emily’s and Megan’s reflections on their residency year that was included in that article. Following that are reflections by both of the Clinical Mentors in the residency program, Iva Carey and Debbie Hanka.

Reflections of Geriatric Clinical Residents

I’ve always been a “school” person, and pursuing a Geriatric Clinical Residency helped me to combine my passion for learning along with my passion for starting my career in geriatric physical therapy. The University of Minnesota became my new school and the faculty there, along with dozens of specialists and experts in geriatrics across the Twin Cities became my mentors, teachers, and colleagues. In addition to the standard didactic and clinical work in the residency, there is a community service and volunteer emphasis. Every month the resident provides pro-bono services at a community Diabetic Foot Clinic, which is also an excellent opportunity to play the role as mentor to current physical therapy students honing their skills in evaluation, examination, and client interaction. On a more individual level, there is a service learning component at each resident’s facility where he or she is expected to volunteer and is matched up with certain older adults in order to build long-term relationships over the year and give back. This is actually the gem of the program, the part that pulls everything together -- being involved in the lives of seniors and seeing their role in and how they are affected by politics, healthcare, social customs, spirituality, and community. Recently, I was honored to be a part of one of my senior friend’s 100th birthday, an age that seems unreachable yet a milestone I hope to one day hit with as much pride and health as she exudes.

Over the course of this Geriatric Clinical Residency I have received an in-depth education regarding the aging adult and a physical therapist’s role in this population. I have seen through a research project from beginning to end, lectured to undergraduate students and fellow medical professionals, traveled to a national conference, and spoken with state and local politicians about issues facing physical therapists. My skills as a clinician have grown with confidence, repetition, and exposure to various diagnoses and presentations. The relationships I’ve formed with my mentor, program director, fellow resident, coworkers, senior friends, and teachers are irreplaceable. Not so long ago, if someone had told me I would have accomplished this much personally and professionally in just one year, I would have thought it impossible. It is with pleasure that I relinquish my role as “student”, but never that of a learner, as I begin a path as a geriatric specialist in what I hope to be a long and fruitful career in such a rapidly growing field of physical therapy.

Emily Pierce, PT, DPT (St. Therese, New Hope)

After graduation from PT school I was eager to get into the clinic to begin to start helping older adults, the group with whom I always knew I wanted to work, but I was scared of soon being the individual to make all of the decisions without a clinical instructor looking over my shoulder. How would I know what to do with my patients as a new graduate? After much investigation and reflection, I decided that pursuing a Geriatric Clinical Residency would allow me the best of both worlds – continued guided learning to maximize my knowledge base, as well as beginning my clinical career.

Having a mentor this first year after graduation has been invaluable. My mentor was present during many “firsts” in my clinical practice – things I would have been terrified to try on my own, or to direct other staff members to assist me with. There are so many aspects of patient management Debbie has helped me learn to consider that I didn’t previously know I should even be thinking about. She has helped me to navigate my role of supervising PTAs, and provided guidance for interactions with patient families and physicians. Debbie has also provided the necessary support for me to feel confident making suggestions for improvements at the organizational level to help my colleagues and me better serve the needs of our patients.

Our classes have consisted of meeting with numerous geriatric clinical specialists and other experts in the field of geriatric healthcare. With only two of us in the program, these classes are all informal with the opportunity to ask as many questions as we have, to try new techniques and get individualized feedback, and to pick the brains of these gurus by saying, "So, I have this patient...what would you recommend?"

Perhaps the most important resource, however, has been all of the older adults with whom I have interacted over the last year, through work, classes, and volunteering. I have also had the unique opportunity to reside in one of the independent living apartments on a campus devoted to providing the continuum of care to older adults. I have seen firsthand how truly di-
verse this population is and learned to appreciate this heterogeneity. I have been forced to question every stereotype I previously held regarding older adults and to question the limits that clinicians place on their elder clients.

In the past year, I have learned more, experienced more, and met more people who will influence the rest of my career than I ever possibly could have in one year, or even several years, without the residency program. My clinical and decision making skills, and my confidence have grown exponentially. Although I view the end of the program with some degree of sadness, I do not have the same trepidation I had at the end of PT school. Not because I think I have learned all I need to know; I am perhaps even more acutely aware now of how much I have yet to learn. But because I now know how to handle unfamiliar situations and have so many resources to draw on to help me do so. I cannot think of a better way to have jump-started my career as a physical therapist than through this residency program.

Megan Connelly, PT, DPT (Augustana Care Center, Minneapolis)

Reflections of Geriatric Residency Mentors

This past year I had the privilege of mentoring one of the University of Minnesota’s Geriatric Residents. It was rewarding to use my clinical experiences to enrich and challenge a younger clinician in her professional growth. Emily brought a fresh perspective to patient care, demonstrating genuine strengths in evidence-based practice and a real excitement for her caseload. It truly was a collaborative experience in which I gained as much from my resident’s insights and abilities as she did from mine.

Iva Carey, PT (St. Therese, New Hope)

It has been my pleasure to provide clinical mentorship for the University of Minnesota Geriatric Clinical Residency Program for the past two years. I have enjoyed being a witness and participant in the process and must say it is the highlight of my week! It has been so fun to share my PT experience with a newer clinician. It has also been humbling and challenging. Being a mentor has caused me to ask questions of my own practice. Why do I do what I do? Did I learn this technique in PT school, at a CE course, or on the job? Did I learn from a mentor/colleague or a client? Is there any evidence behind my approach, or am I doing what I have always done because it is familiar? I have been so impressed by Megan's quick response to feedback and seeing this implemented into treatment for the patient we saw that day and subsequent patients. I have witnessed her growth and application of new learning acquired from her didactic curriculum. And I have benefited from being the mentor. Megan is a creative practioner and finds individualized solutions to achieve client goals; whether that is a structural barrier to enter the home, a home exercise program or a client with a challenging personality. Megan is a great role model for all clinicians and demonstrates the value of life-long learning. Congratulations to Megan on her great achievement in completing the residency program. I and her rehab team miss her greatly and wish her all good things in the future.

Debbie Hanka PT, DPT, GCS, CEEAA (Augustana Care Center, Minneapolis)

Geriatric Residency Graduation Dinner
September 2013

Left bottom: Megan Connelly, and behind is her Clinical Mentor Debbie Hanka, (Clinical Site: Augustana Care Center, Minneapolis).

Right bottom: Emily Pierce, and behind is her Clinical Mentor Iva Carey, (Clinical Site: St. Therese, New Hope).

We also welcomed Miranda Beck, from the University of Wisconsin – Madison, as a new resident in our Program (not pictured).
The physical therapy profession has recognized the need for scientific research to refine and develop the most effective diagnosis and treatment practices in rehabilitation and health promotion and wellness. Students work directly with faculty performing state of the art research that is routinely published in national and international scientific journals. The Research Poster Presentation is a result of that work.

Patient-Reported Outcomes of Physical Therapy Interventions for Chronic Ankle Instability Sorensen, M., Teigland, M., Traffas, S., Traxler, B. Advisor: Dr. Kathy Anderson

A Core Exercise Program with an Asymmetric Component for the Treatment of Chronic Low Back Pain Mai, C., Miller, B., Oligmueller, J., Palmer, A., Pelto, K. Advisor: Dr. Kathy Anderson


Differences in Cortical Activation Patterns in Working Memory Following Traumatic Brain Injury Radtke, B., Ringeisen, R., Rizzo, D., Rust, C., Armstrong, M. University of Minnesota, Program in Physical Therapy and Minneapolis Veteran’s Administration Medical Center, Minneapolis, MN Advisors: Jeanne Lojovich and Dr. James Carey


Investigating the Effect of Ovarian Hormones on Muscle Remodeling in Female Dystrophic Mice Gedicke, K., Glatt, P., Grosskreutz, L., Hanke, K., Kramer, B. Advisor: Dr. Dawn Lowe

Effects of Scapular Position Changes on Rotator Cuff Tendon Impingement Risk Bilodeau, H., Brown, L., Dahn, D., Bonath, D., Em, M., Sarkar, S. Advisor: Dr. Paula Ludewig

Skeletal Muscle Plasticity at 8 and 12 Weeks After Hemorrhagic Stroke in a Rat Model Schelling, D., Schreiner, L., Schwarz, K., Smith, J., Smith, J. Advisor: Dr. LeAnn Snow

Defining a Frailty Index in the C57BL/6 Kratzer, L., Larson, T., Legatt, L., Ludescher, M., Loso, J, Ludwig, K., Graber, T., Lui, H. Advisor: Dr. LaDora Thompson

Rachel Ringeisen, Brianna Radtke, Colin Rust, Danielle Rizzo

Hannah Bilodeau, Daniel Dahn, Dr. Paula Ludewig, Laura Brown, Dane Bonath, Sanjay Sarkar, Mary Ann Em

Sarah Traffas, Michelle Teigland, Dr. Kathy Anderson, Matthew Sorensen, and Brett Traxler
DPT Student Scholarship Recipients 2013

The Program in Physical Therapy is pleased to be able to offer the following scholarships and fellowships through the generous donations of many outstanding Physical Therapists, alumni, and friends of the Program. The following outstanding students were honored at a banquet with donors and faculty on June 18, 2013.

The Janice Steadland Fellowship Fund (Class of 1956)
This award is given to a 3rd year student for exceptional work during their full-time Clinical Internships.

\[ \text{Katherine Zupan (Class of 2013)} \]

Beatrice E. and Hurd Boody Scholarship (Class of 1945)
This award is given to a 3rd year student who exhibits leadership and communication skills and intends to pursue a career in hospital based Physical Therapy.

\[ \text{Shannon Gates (Class of 2013)} \]

The Sharp Family Fellowship (Class of 1956)
This award is given to a 2nd year student who demonstrates the potential for high professional contributions.

\[ \text{Dave Erlandson (Class of 2014)} \]

Rudolf Ptak Endowed Fellowship in Physical Therapy (Class of 1953)
These scholarships are awarded to 1st and 2nd year students based on a high degree of merit and potential for professional contributions.

\[ \begin{align*} & \text{Sarah Traffas (Class of 2014)} \\ & \text{Katelyn Peito (Class of 2014)} \\ & \text{Brianna Radtke (Class of 2014)} \\ & \text{Colin Rust (Class of 2014)} \\ & \text{Rachel Ahn (Class of 2015)} \end{align*} \]

Eleanor McManmon Daly Scholarship (Class of 1948)
This scholarship is awarded to a 2nd year student who plans to participate in an International Clinical Internship in the upcoming year.

\[ \begin{align*} & \text{Hannah Bilodeau (Class of 2014)} \\ & \text{*Hannah plans to go to Niger, Africa} \end{align*} \]

21st Century Scholarship
This award was established through contributions of alumni following the 60th anniversary of the Program in Physical Therapy. This scholarship is awarded to 2nd year students based on the potential for excellence within the profession.

\[ \begin{align*} & \text{Chris Ryer (Class of 2014)} \\ & \text{Melissa Ludescher (Class of 2014)} \\ & \text{Lindsey Legatt (Class of 2014)} \end{align*} \]

Barbara Lee Graham Scholarship (Class of 1956)
This award is given to a 2nd year student who demonstrates outstanding merit and future potential in the field of Physical Therapy.

\[ \text{Michelle Usset (Class of 2014)} \]

Marguerite P. Gardner Fellowship (Class of 1969)
This award is in memory of former faculty member “Margie” Gardner. The 1st and 2nd year recipients of this scholarship are nominated by their peers in recognition of service to their class, department, profession, and community.

\[ \begin{align*} & \text{JonPaul Dragseth (Class of 2015)} \\ & \text{Paulie Glatt (Class of 2014)} \end{align*} \]

2013 MN APTA Outstanding Student Award
This honor is awarded to a 3rd year student APTA member who is nominated by the faculty based on academic merit and MN APTA Chapter participation.

\[ \text{Elizabeth Lauer (Class of 2013)} \]

Walter H. Judd International Graduate and Professional Fellowship
This prestigious award supports the continued internationalization of the University of Minnesota by increasing opportunities for students to study, undertake internships, and conduct research projects abroad. Funding is provided by the Walter H. Judd Fund of The Minneapolis Foundation, and Global Programs and Strategy Alliance, with support from individual donors.

\[ \text{Kaitlyn Schwarz (Class of 2013)} \]

\[ \text{*Kaitlyn plans to go to Tanzania, Africa} \]

Colin Rust, Sarah Traffas, Chris Ryer, Lindsey Legatt, Brianna Radtke, Michelle Usset, Melissa Ludescher, Hannah Bilodeau, Dave Erlandson, Katelyn Peito, Rachel Ahn, JonPaul Dragseth, Paulie Glatt, Katherine Zupan
My Rural Health Experience

The beginning of full-time clinical internships is an exciting and nerve-wracking time for third year DPT students. My nerves were calmed somewhat when my CI sent me an email reminding me to bring my golf clubs so we could hit the local country club after work. I was less enthused to be living 3.5 hours away from home and in the city of Slayton, Minnesota with a population (~2,500) roughly the size of my high school. Ever since I investigated going to PT school, I envisioned a career path into orthopedics/sports medicine and now I wondered what a small town PT clinic could offer me.

The nine week experience was overwhelmingly positive. I learned a lot about rural medicine and even more about myself and what I will be looking for in a clinic when I graduate. Physical therapy is a career grounded in human interactions. As a health care professional in a small community, I quickly felt connected, welcomed, and trusted to help improve people’s health. I really respected the expertise of my clinical instructor in manual therapy and the open lines of communication between health care professionals that I observed in the Murray County Medical Center. My favorite part of my rural PT rotation was the opportunity to see a variety of patients (post surgical, neurological, vestibular, geriatric, pediatric, wound care, athletes) in a variety of settings (acute, home health, outpatient) treated by the same group of physical therapists. As I think about my future, I am keeping my eyes open for opportunities outside of the urban/suburban area that will allow me to impact a wide variety of patients and promote community-wide healthy lifestyles.

Colin Rust, Class of 2014
Interested in serving the community?

WE NEED YOU!

Phillips Neighborhood Clinic (PNC) is seeking Physical Therapy Preceptors to mentor DPT students

Serve the under-insured and unstably housed residents in and around the Phillips Neighborhood of Minneapolis at a nationally known, interdisciplinary student run clinic. The PNC experience is offered for 1st year students to participate in patient scheduling, and clinic organization as “Patient Advocates.” During the second year, DPT students serve as PT Clinicians, performing physical therapy examinations and providing treatment for a variety of conditions under the direct supervision of a licensed physical therapist. Preceptors work hand in hand with DPT students.

Small time commitment
(one Monday or Wednesday evening every other month)

If you would like more information please contact:
Danni Kline at klin0285@umn.edu

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Clerkship Snapshot

The clinical education component of the DPT Program offers students an exciting opportunity to engage in collaborative, experiential learning in a variety of physical therapy settings. Below, a group of students traveled to Madelia, Minnesota to hand out pamphlets on diabetes.

Emily Appel, Laura Brown, Ben Adams, Daniel Dahn, and Jessica Hoffman (with wait staff)

Summer Bike Challenge

Congratulations to Team Rehabilitation for coming in 3rd this past summer in the University of Minnesota Summer Bike Challenge 2013! The team is honored to have received the Bronze Bike Rack Award.

With perfect "attendance" of 44/44 rides each, the top 3 riders were: Paulie Glatt, Lindsey Legatt, and Kirsten Gedick (all DPT students). Special Mention goes to Becky Lawrence who rode 60/60 days as a PhD student in the Rehabilitation Sciences Program.

In honor of their efforts these four riders were rewarded with their choice of Dr. Carey’s Apple Pie, Dr. Kimberley’s Homemade Jam, or Dr. Gillick’s Homemade Banana Bread.

The U of M has a very active biking program with benefits. Through the U of M Bike Center and the on-campus bike shop The Hub Co-Op, bikers can obtain a free monitor. These monitors log the number of rides, and students receive monthly incentives such as bike accessories, food co-op vouchers, or even restaurant vouchers. Faculty and staff receive incentives for discounts on insurance premiums. It’s a fun way to keep active, achieve goals, and support each other in an alternative commuting style.
Reflections of a 1st Year Student (and New Citizen!)

There aren’t enough words to express the joy I feel in finally becoming an American citizen. The one thing I’ll never forget from the Naturalization ceremony was when the officiating judge said “no matter which part of the world you came from, you are now an American wherever you go.” Being a citizen now is such a huge achievement because looking back at my background, things were not as good as they are here in the United States. I was born and raised in Lagos state Nigeria, which is the biggest city and most culturally diverse state in Nigeria. Although we all have our different native languages, English is our first language for the majority of us, while some speak “Pidgin English.”

When I was about 6 years old and my younger sister was 2 years old, my dad lost his job at the bank due to false fraudulent claims. After being unsuccessful at getting another job, he used his savings and bought equipment to make ice cream in small pouches, which would give people to go sell for him. I remember my sister and I would always sit with our dad helping him make batches and batches of the ice cream, putting them in the freezer, waiting until they froze, and then packing them for the people my dad hired to sell them.

Things became steady for a while until my dad was sponsored to travel to the U.S. in 1996 while my mom was a few months pregnant with my third sister. We didn’t have a home or mobile phone and so whenever my dad called we had to travel a few miles to go receive his call, which continued until my mom was able to afford a phone. In 2001, my mom came to the U.S. and I became a parent to my siblings. Although we had family members that moved in to stay with us, we were not close to them and after a long while of trying to tolerate each other, we began to clash.

I was able to graduate secondary school in 2003 but my parents kept telling us that they were working on our travelling documents, so I was advised not to enroll into college but to wait until my sisters and I came to join them in the U.S. because I would have to start college again when I came here. As a result, I stayed at home for almost 5 years taking care of my siblings while they were still in school. Within those years, I went to Computer school, Beauty school, and would go for tutoring to prepare for college entrance exams. Finally, early in 2008, my sisters and I were invited for an interview at the Nigerian Embassy and after the interview, we were told to come back for our immigrant visas, and as a result, my siblings and I came to the U.S. I remember seeing my parents and little brother, who was born here, at the airport and we all rushed to hug each other with tears of joy. My dad in particular was so emotional because he missed the birth of his third daughter.

I immediately enrolled in a Community College for the fall semester and remember taking a developmental course, which had a career planning section that guided my decision in wanting to become a physical therapist. After much research about a career in PT, the amount of schooling, and interviewing a PT, I knew I would love the profession. In 2010, I transferred to Texas Woman’s University in Denton and decided to major in Kinesiology because the course requirements seemed similar to PT. I took all the necessary steps in 2011 to apply to the T.W.U. PT School in Dallas quite positive that I would be admitted into the program but I was placed on the alternate list. After I graduated from T.W.U. in 2012 I applied to different schools such as the University of Minnesota, University of Iowa, Northwestern University and a few other schools all having the top PT programs in the country.

When I received my online admission offer from the U of M I was so happy that I kept reading the email over and over again. I started my naturalization application process because of being in the U.S. for over 5 years and I was presented my citizenship certificate in October, 2013. Things have definitely been going so well that sometimes I tend to pinch myself to make sure I’m not in a dream. It wasn’t as if my family suffered in Nigeria because I watched how hard my parents worked to provide for us, but we did lack constant electricity, water, security, and even good education. We would go for weeks without having electricity and depended on lanterns at night; we would walk for long to go fetch water making repeated trips and sometimes prayed for rainwater. Therefore, my parents decided to come to the States to give our family a much better life and future. Presently, my dad is almost done completing his Bachelor’s Degree in Criminal Justice, my immediate sister graduated from her Nursing program in December, and my younger sister is excelling in her 11th grade class while on the track and volleyball teams.

On an ending note, I am loving the Minnesota hospitality (not so much the weather), and I am looking forward to becoming a physical therapist, making a difference in the future of patient care and representing the PT profession.

Enny Akinsooto, Class of 2016
A Day in the Life of 2nd Year Students

The morning wake-up call tends to sneak up on you when you stay up late reading tomorrow’s article for class. Before we know it, a bowl of cereal, one, two, maybe three cups of coffee are consumed, lunchbox and water bottle are in tow, and it is off to the bus stop to catch the express bus to the University of Minnesota—where we hope that nobody asks us too specific of a question before that coffee kicks in.

The bus pulls up to the Coffman Union stop, where we disembark to the sounds of Justin Timberlake’s newest album playing through our headphones. This song choice is a crucial first step to determining the day’s outlook, as it fires us up for three hours of lecture and lab in a room without windows.

Arriving at Children’s Rehabilitation Center at 7:40 am allows time to get settled, find a good seat, top off our water bottles and get the necessary snacks in order to sustain ourselves through three hours of Musculoskeletal Rehabilitation with Dr. Kathy Anderson. The combination of lab work, good guidance from our TAs, and Kathy laughing about something that was overheard from the back makes the day go pretty quickly. Soon enough, we are done with that class and off to lunch and the next crucial step in our day—a stop by Liz and Ling’s candy jar.

Stopping by the office allows us a chance to find a tasty little addition to our lunches, and to say “Hi” to Liz, Ling and Maureen, who are always so friendly and happy to chat. After making the tough decision at the candy dish, we return to the student lounge on second floor for lunch, and wait for a microwave to open up. As people dive into their lunches, the smell of fabulous leftover hotdishes, fresh salads, pizza from somewhere on campus, and hot dogs from that guy who brings hot dogs 340 days a year fill the lounge air—quite the olfactory experience as we enjoy our lunches before dashing off to an afternoon Stats lecture.

Some students try to stave off the inevitable post-lunch food coma by scribbling down as many notes as possible, others top off their tank with $0.50 coffee from Einstein Brothers, or perhaps a second trip to the candy jar during a break. Once class is over, we make our way to the commuter buses, and head home. Dinner, perhaps some television, guitar playing, or depending upon the student—a part time job, are all that separate us from reading that late-night article for tomorrow’s class that restarts the cycle that we like to call Year Two of PT School at the U of M.

Josh Meuwissen and Robin Viele, Class of 2015
Program in Physical Therapy
Continuing Education 2014

$10 Tuesdays
6:30-8:30 PM

Includes 2 contact hours of
Category 1 Continuing Education
plus snack and beverage for $10!

Tuesday, February 11, 2014
Jeanne Lojovich, PT
“Updates in the Clinical Care of CVA”

Tuesday, March 11, 2014
Community Program Representatives
“Pro Bono Opportunities in PT”

Tuesday, April 8, 2014
Miranda Beck, PT, DPT
Geriatric Clinical Resident
Geriatric Topic TBD

Contact Rich Adamczak
612-625-3966
adamc022@umn.edu

Help Us Tell Our Story!

The PT Program will be celebrating its 75th anniversary in 2016. Faculty are considering the idea of creating a museum exhibit for that event. We believe that such an exhibit could tell a poignant story of our past and future. This would be quite educational to the general public as well as honorable to our ancestors. Please consider artifacts or memorabilia in your possession that could serve this purpose. Later, an application/submission process will be distributed. But for now, start thinking of interesting ideas.

For questions, please contact Jim Carey
carey007@umn.edu or 612/626-2746

14th Annual
Jack Allison Lecture Recap

“Dizziness and Balance Issues in Persons Post Concussion and with Traumatic Brain Injury”
Susan Whitney, PhD, PT, NCS, ATC, FAPTA

Seventy-five eager participants attended the 14th Annual Jack Allison Lecture on Saturday, November 2, 2013, at the McNamara Alumni Center. This event was created to honor the memory of Jack Allison, Program faculty member from 1957-1994, serving as Program Director from 1978-1993. Many of the participants were fortunate enough to have been taught by Jack.

This year’s speaker was Susan Whitney, PT, PhD, NCS, ATC, FAPTA, presenting on the topic of “Dizziness and Balance Issues in Persons Post Concussion and with Traumatic Brain Injury.” Dr. Whitney is a Professor in Physical Therapy in the School of Health and Rehabilitation Sciences and Program Director of the Centers for Rehab Services Vestibular Rehabilitation Center at the University of Pittsburgh Medical Center. The day-long lecture covered the mechanism, incidence, evaluation and treatment of these common conditions.

Attendees included alumni and other physical therapy community members, many of whom are currently involved in or developing programs to address these dysfunctions and promote maximal patient recovery.

Attendees also had opportunities to celebrate our Clinical Educators of the Year, consider serving as Preceptors for our students at the Phillips Neighborhood Clinic, and support the Program Class of 2015 by buying clothing, cookbooks, and clipboards.

Next year’s presenter is Chad Cook, PT, PhD, MBA, FAAOMPT speaking on the use of evidence in clinical decision-making.

LaDora Thompson, Susan Whitney (Jack Allison Lecturer) and Kathy Anderson
This fall, I was one of seven University of Minnesota DPT student representatives who traveled to Louisville, Kentucky for the annual NSC conference. This year’s focus was on both student and post graduate topics, inspiring involvement and leadership, and facilitating networking amongst SPTs and PTs with similar passions. As a non-traditional student beginning my second career, this was a particularly helpful introduction, and the overwhelming consensus following the energizing two day event was that it renewed enthusiasm and pride in our profession through exposure to a wide array of scientific advancements and career possibilities.

The thought-provoking break-out sessions included information to help DPT students successfully navigate their school career, become more educated in clinical specialties, and new to this year, help students plan for life after graduation. Some poignant examples geared towards personal development included sharing tools to help deal with the stressors of the inherently rigorous DPT program, a financial management course to plan for debt repayment and income accumulation, and preparing for the national licensure exam. The more clinically relevant programming included research on manual thrust manipulation techniques, the physical therapist’s role in improving the quality of life for breast cancer survivors, and cutting edge rehabilitation science and technology. Learning about an inkjet printer that can create an entire human organ from stem cells in 40 minutes, discussing the ethical implications of pharmacogenomics, and watching a paraplegic move a robotic arm using only his brainpower, brought the reality of physical therapy involvement into what most would dismiss as a science fiction story line. Finally, individual career goal trajectories were addressed in sessions designed to help students understand whether or not owning a private practice would be a good fit and how to prioritize lifelong learning after graduation to ensure that patients are receiving the highest quality of care according to the constant evolution of available research.

After returning from the conference we presented our reflections to both peers and faculty. The presentation and discussion afterward helped create a contagious energy that has already spread to fellow classmates who are also eager to help mold the future of the profession by pursuing APTA Student Assembly involvement and attending seminars. It’s wonderful to have been a part of the NSC and to have such readily available opportunities to get involved outside of class. These events create more engaged students, enhance the program’s visibility on a national level, and most importantly, help us all stay current in an ever-changing profession.

Kelly Davis, Class of 2016

Jeanne Lojovich, Greg Santema, and Jim Carey visited Niger once again in 2013 to teach, consult on patients, and consult on the possible development of a PT school in that country (none currently exist). Jeanne is shown at right teaching medical students at the Universite Abdou Moumouni on rehabilitation of amputees. Two or three DPT students also normally make the annual trip but not this past year because of security issues.
Rehab Science Celebrates Graduates

The Program in Rehabilitation Science was proud to watch as three recent graduates—Linda Koehler, Sharyl Samargia, and Kristin Zhao—participated in commencement ceremonies at Mariucci Arena in May of 2013. A fourth graduate, Megan Dowdal-Osborn also earned her PhD in the past year. In August, Megan defended her dissertation titled “Visual and Cutaneous Cueing of Step Initiation in Stroke Survivors.” Dr. Dowdal-Osborn was advised by Dr. Carl Kukulka. Congratulations to Megan and all of our recent grads!

Rehabilitation Science Establishes Interdisciplinary Graduate Group

The Rehabilitation Science Program is proud to announce the formation of the Rehabilitation Science Interdisciplinary Graduate Group. An initiative of the University’s Graduate School, the purpose of interdisciplinary graduate groups is to seed and support the development of research, and educational/training activities that expand and enhance interdisciplinary graduate and professional education at the University of Minnesota. The Rehabilitation Science Graduate Group includes faculty, graduate students, and scientists at the University of Minnesota and other institutions interested in advancing the discovery, dissemination, and clinical translation of scientific findings in rehabilitation. The primary initial activity of the group will be development of a seminar series. The seminar will increase the awareness of the breadth of rehabilitation research occurring in our state; expose students to national leaders in interdisciplinary rehabilitation sciences; provide a forum for networking and collaboration—with an emphasis on translational research; and promote the interdisciplinary integration and training of graduate students. Formation of the group will also facilitate exploration of research and clinical partnerships between institutions, and development of appropriate shared curricular offerings. The initial membership roster spans twelve University departments, seven colleges, and three clinical research institutional partners (Gillette Children’s Hospital, Mayo Medical Center, and the VA Medical Center). If you want more information regarding the monthly seminars, or are interested in joining this group, please email Rich Adamczak (adamc002@umn.edu).

Rehabilitation Science Seminar Series

The Rehabilitation Science Seminar Series, in its third year, continues to promote scholarly discourse between primary researchers and clinicians. The seminar series has been very popular with physical therapy students, therapists, and academics—creating a great environment for advancing the practice and science within rehabilitation. Please feel free to contact Rich Adamczak at adamlc002@umn.edu or visit our website www.med.umn.edu/rehabsci for more detailed information. We look forward to seeing you there!
Students in the Rehabilitation Science (RSC) Program celebrated several milestones and accomplishments this past year. In addition to our four graduates, the program welcomed to its ranks Justin Staker, Tonya Rich, Kate Frost, and Jean Stout. Justin is advised by Dr. Paula Ludewig and matriculated Spring semester 2013. Tonya officially began Summer of 2013 with Dr. Bernadette Gillick as advisor. Kate began her studies Fall semester 2013 under the guidance of Dr. Jim Carey and Jean will begin with Rehabilitation Science in January 2014. Jean will be advised by Dr. Paula Ludewig.

Please read further for a sample of student highlights from the past year:

Jessica Cassidy was selected by a panel of undergraduate students as finalist for the 2013 Council of Graduate Students - Minnesota Student Association Award for Graduate Student Teaching. Jessica was honored at the Council of Graduate Students’ Awards Ceremony on May 2nd. Congratulations, Jessica!

Brittany Collins was welcomed as Trainee on the Minnesota Muscle Training Grant. Brittany is a second year graduate student in Rehabilitation Science. Brittany’s advisor, Dr. Dawn Lowe, serves as grant preceptor. Congratulations extended to Brittany.

Ted Graber continues as Principal Investigator on his NIH Predoctoral Fellowship (F31). The award allows Ted to concentrate his efforts on completion of his research work under the advisement of Dr. LaDora Thompson. The fellowship runs from 2013-2015. The Program is proud to acknowledge Ted on receipt of this award.

The Program in Rehabilitation Science was excited to receive word of Becky Lawrence being awarded the Florence P. Kendall Doctoral Scholarship from the Foundation for Physical Therapy for 2013. The Kendall Post-Professional Doctoral Scholarship is a part of the Foundation’s Doctoral Opportunities for Clinicians and Scholars (DOCS) program. The goal is to assist physical therapists and physical therapist assistants with outstanding potential within their first year of post-professional doctoral degree studies. Becky is advised by Dr. Paula Ludewig.

Congratulations to Tara Mader for her selection as a recipient of the Walter R. Nicolai Award for 2013. The award is presented by the American Aging Association for meritorious research by a graduate or medical student in the area of biomedical gerontology. Tara is advised by Dr. Dawn Lowe.

Corey McGee was recipient of two travel grants in 2013. Corey received grants from the Global Programs and Strategy (GPS) Alliance and the Graduate and Professional Student and Assembly (GAPSA). GPS assists faculty, staff, and students with international travel. GAPSA is comprised of a coalition of graduate and professional students at the University of Minnesota. Corey is advised by Dr. Virgil Mathiowetz. Dr. Mathiowetz is faculty in both Rehabilitation Science and Occupational Therapy. Good job, Corey!

Congratulations to Tonya Rich! A recent admit to the Rehabilitation Science Program, Tonya was awarded a competitive 2013-2014 pre-doc LEND fellowship to support her in her upcoming academic pursuits (http://lend.umn.edu/). Tonya is advised by Dr. Bernadette Gillick.
In October, Rebekah Schmidt took part in the Dystonia Coalition Annual Conference in Atlanta, Georgia. Rebekah was a deserved recipient of a travel award to attend this event. The Dystonia Coalition is a collaboration of medical researchers and patient advocacy groups that is working to advance the pace of clinical and translational research in the dystonias to find better treatments and a cure. Rebekah is advised by Dr. Teresa Kimberley. Good job, Rebekah!

Congratulations extended to Joyce Trost, recipient of the CTSI Advanced Research Scholar Outstanding Project travel award. Joyce worked with Dr. Teresa Kimberley and Dr. Dawn Lowe on a summer fellowship sponsored through the Clinical Translational Science Institute. Joyce is a PhD student in Rehab Science and a therapist at Gillette Children’s Specialty Healthcare in St. Paul. Dr. Lowe is Joyce’s advisor.

Justin Staker, PT, OCS, SCS was recently awarded the Florence P. Kendall Doctoral Scholarship from the Foundation for Physical Therapy. This Post-Professional Doctoral Scholarship is for physical therapists pursuing a research doctoral degree in their first year of studies. Awards are directed to students viewed to have outstanding potential to contribute to research and academics within physical therapy. Justin is advised by Dr. Paula Ludewig and has interest in development of diagnostic classifications for the shoulder. He completed his PT degree at Mayo, and a Sports Residency at Gunderson Lutheran Sports Medicine. Justin also contributes as a Teaching Assistant in the DPT Program.

The Foundation of Consortium of Multiple Sclerosis Centers (FCMSC) awarded Jeffrey Chih-Huang Yu a scholarship to attend the 2013 MS Rehabilitation Student Annual Meeting. The meeting took place in Orlando, Florida, in May. Jeffrey is a student in the Rehabilitation Science Program pursuing his PhD under the guidance of Dr. Virgil Mathiowetz.Congrats, Jeffrey!

This fall Rebekah Schmidt, a current PhD student in the Rehabilitation Science Program, will be the inaugural Doctor of Physical Therapy/PhD Joint Degree student. This program was developed for students who are interested in clinically relevant research or teaching as it allows students to combine their efforts in the Rehabilitation Science PhD program with the Doctorate of Physical Therapy (DPT) curriculum. Rebekah is in her second year of PhD coursework and will begin her DPT training this upcoming summer with the Class of 2017. Rebekah’s interests in neurorehabilitation and neuromotor control have been fostered by her advisor, Dr. Teresa Jacobson Kimberley. Over the past 3 years, Rebekah has been assisting and training in the Brain Plasticity Laboratory. Interacting with patients in the lab and conducting research in non-invasive neuromodulation has fostered her growth as an investigator and spurred further interest in clinical practice as a physical therapist. Rebekah’s career goals are oriented towards translational research within movement disorders such as dystonia, specifically utilizing neuromodulation to promote recovery. Non-invasive brain stimulation by transcranial magnetic stimulation (TMS) is an experimental therapy that Rebekah has become familiar with in her lab work with persons affected by dystonia. Rebekah is passionate about specializing in neuromodulation as an adjunct to traditional physical therapy techniques to ultimately develop new and innovative therapies.
2013 U of M PT Program Clinical Educators of the Year

The Clinical Educator of the Year Award was initiated in 2005 to honor the unsung heroes within the University of Minnesota Clinical Education Program. Without the dedication and willingness of the Clinical Instructor, the professional education of our U of M DPT students would not be complete.

We are pleased to announce the 2013 University of Minnesota Clinical Educator of the Year Awards were presented to Laura Gude from the Minneapolis VAMC, Paul Schaefer from the Indian Health Services Hospital on the Leech Lake Reservation in Cass Lake, Minnesota, and Shari Walters from Orthopedic Sports, Inc. in Somerset, Wisconsin. The awards were presented during the Jack Allison Lectureship on November 2, 2013.

The University of Minnesota Program in Physical Therapy shares our sincere thanks to these outstanding Clinical Instructors and again congratulate them for this well-deserved honor.

2013 Faculty Service Award

The Program in Physical Therapy is pleased to announce Stephanie Lunning as the recipient of the 2013 University of Minnesota Program in Physical Therapy Faculty Service Award. This award is presented every year to a person recognized for their outstanding contributions to physical therapy education at the University of Minnesota. Stephanie has been the Executive Director of the Minnesota State Board of Physical Therapy since 2000. Over the course of many years, Stephanie has graciously contributed to our Program and the professional development of our students by giving lectures about licensing, and the rules and regulations that guide all Minnesota Physical Therapists, as well as assisting students in getting their initial Minnesota licensure in a timely way. The faculty and students at the University of Minnesota Program in Physical Therapy wholeheartedly congratulate Stephanie Lunning on receiving this award.

PT Program Holiday Party 2013
Dr. Ward Glasoe joined our faculty in 2005. He grew up in Minot, North Dakota. Prior to coming to work at the University of Minnesota, he earned a Bachelor of Science degree at the University of North Dakota, and a Master of Arts degree at the University of Iowa, training in Physical Therapy. Upon receiving his entry level degree, Ward practiced in the orthopaedic outpatient clinical setting for 15 years. His wife Jan is a medical coding specialist. Ward and Jan have been married for 35 wonderful years, and have two children. Both children live in Grand Forks, ND and are employed as school teachers. Ward and Jan live in Minneapolis.

Ward was hired with the appointment of Instructor. His job duties then and now are centered on teaching in the DPT curriculum. He teaches a wide variety of content that includes Anatomy with Dr. Jim Carey, Biomechanics with Dr. Paula Ludewig, and Therapeutic Exercise with Dr. Becky Olson-Kellogg. In addition, Ward is the course coordinator and primary instructor for Clinical Assessment, where he shares the teaching load with Professor Jeanne Lojovich. Ward carries the dual credentials of PT, and ATC (Athletic Trainer Certified). Related to this clinical certification, he also teaches the Sports Medicine content in Orthopaedics with Dr. Kathy Anderson. If the metric for determining teaching success is defined by exceptional DPT student performance and by the quality of colleagues one surrounds themselves with, Ward’s performance as a teacher must be judged as a success.

Ward Glasoe received his PhD from the University of Minnesota in 2011, but prior he had already established himself as a researcher in the area of foot disorders. Here at the University, he studied biomechanics of the foot as it pertains to the development of the bunion deformity in women with and without rheumatoid arthritis (RA) joint disease. Under the advisement of Dr. Paula Ludewig, Ward used magnetic resonance imaging (MRI) techniques to investigate theory that implicates the genesis of bunion deformity as occurring as weightbearing compensations in mid- or hindfoot alignment. Once identified as risk factors, alteration in tarsal kinematics may be correctable with treatment such as foot orthoses or strengthening exercise. His research has been funded by grants from the American Physical Therapy Association Foundation, the Arthritis Foundation North Central Chapter, and by internal grant dollars provided by the Minnesota Medical Foundation. Dr. Glasoe was promoted to the rank of Assistant Professor in 2011.

Over his career, Dr. Ward Glasoe has made substantial research contributions which have advanced physical therapy practice. Ward’s contributions include 25 peer-reviewed journal publications, of which several articles have been published in the physical therapy journals representing the nations of the Australia, Canada, England and foremost, the United States. Ward has supervised seven DPT student projects and throughout his research career, he has collaborated with as many as 20 different clinicians to collect data, analyze the results, and to write the manuscript for journal publication. He takes this public opportunity to thank all of the individuals who shared in the journey, to include the numerous patients who gave of their time to participate. Ward also expresses his gratitude to all of the alumni and friends of the Program who have given in support of the University of Minnesota research and teaching missions.
Linda Koehler, PhD, PT, CLT-LANA

Dr. Linda Koehler is the newest faculty member in the Physical Therapy Program at the University of Minnesota. Linda has over 17 years of clinical experience having worked at hospital based clinics throughout the metro area. As a clinician, she recognized a great need for further research in the field of lymphology. She was most curious about the etiology and short and long term effects of axillary web syndrome (AWS), a condition that occurs after breast cancer surgery. Linda’s curiosity, clinical experience, and perseverance drew her back to the University to pursue a Ph.D. She received her Ph.D. in the Rehabilitation Science Program at the U of M in 2013 under the advisement of Dr. Paula Ludewig.

As a clinician, Linda specializes in lymphedema treatment, cancer rehabilitation, and wound care. One of her primary interests is the treatment of patients with AWS. AWS is a tight cord of tissue that develops in the axilla following breast cancer surgery. The tissue becomes taut with shoulder abduction limiting movement and causing pain. The location of the AWS is always present in the axilla but can also radiate down the medial side of the arm to the base of the thumb or along the chest wall. It frequently develops within weeks after breast surgery and has been thought to resolve on its own by three months following surgery. It has been suggested the cords may not completely resolve leading to long term restriction of the shoulder and upper extremity. The possible long term effects of these restrictions may lead to secondary problems such as altered movement patterns, poor posture, malalignment, muscle imbalance, impingement, frozen shoulder, soft tissue tightness, chronic pain, and possible psychological stress.

Linda studied the clinical and ultrasonographic characteristics unique to AWS following breast cancer surgery. She formed a multi-disciplinary team including oncology, radiology, rehabilitation science, and vascular medicine to help better understand this condition. Her study determined AWS limits shoulder abduction and flexion in the early stages of recovery and does not resolve in all patients by 3 months as previously believed. Younger age, low body mass index (BMI), and higher number of lymph nodes removed were identified as significant risk factors for AWS with the strongest predictor identified as BMI. The ultrasonographic characteristics supported the theory that tight cords of tissue are probable lymphatics. Her study supports the need for rehabilitation in the postsurgical breast cancer population regardless of AWS. Linda’s study was funded by the Doctoral Dissertation Fellowship and the Minnesota Medical Foundation. She received the Roza Steer Breast Cancer Award for her AWS research.

Linda’s current research involves an extension of her AWS study to include an additional visit beyond one year after breast surgery. Her goal is to better understand the long term affects of AWS. Her PT student research group is working on an interrater reliability study measuring local tissue water in the superficial tissue and comparing the differences between healthy males and females. She is also collecting pilot data comparing lymphedema outcome measures using ultrasound and local tissue water measurements. Linda would like to continue survivorship research in patients with breast cancer and other cancers, in addition to developing better outcome measures related to lymphedema. She would like to understand the role the lymphatic system plays in other areas such as wound care, venous insufficiency, thromboembolism, obesity, orthopedic problems, and cancer research.

As Assistant Professor, Linda’s teaching responsibilities include Human Growth and Development, Orientation to Physical Therapy, Integument with Pamela Cole, and Clinical Assessment with Dr. Ward Glasoe and Professor Jeanne Lojovich. She teaches the lymphedema and lymphatic system content in Acute Care with Dr. Becky Olson-Kellogg and oversees two PT student research groups. She has been married to her husband, Tim, for 18 years, and they have two energetic boys, Grant and Andrew. She enjoys spending time with family and friends, kayaking, camping, fishing, and biking.

Her future goal is to incorporate a clinical appointment with her current faculty position of academia and research.

Bernadette Gillick, PhD, MSPT, PT

Gillick Pediatric Neuromodulation Research Laboratory
Since joining the faculty in the Fall of 2011, Dr. Bernadette Gillick has been expanding her research in pediatric neuromodulation with the Brain Plasticity Laboratory with co-directors Dr. James Carey and Dr. Teresa Kimberley. Specific to research in pediatrics, the Gillick Pediatric Neuromodulation Laboratory investigates recovery from neurologic disorders which affect children. Using either magnetic energy or electrical energy, a non-invasive brain stimulator can be applied to the scalp of the head. The sensation is reported as painless, and does not require sedation or surgery, hence the “non-invasive” nature of the use of such a device. Research has been performed investigating the use of this form of stimulation for many applications. The Gillick Lab investigates the effect this stimulation has on improving functional movement in a child with hemiparesis through influencing the activity of specific brain cells. The long-term objective of this research is to discover optimal interventions with resultant improvements in motor function in children with weakness due to stroke. The translational potential of this intervention may directly impact pediatric clinical applications.

Current Grants
- National Institutes of Health Clinical and Translational Science Awards/UMN Clinical and Translational Science Institute KL2, Pre-K, Biostatistical Design and Analysis Center
- Minnesota Medical Foundation Research Grant
- Cerebral Palsy International Research Foundation

Recent Publications
- Cassidy J, Gillick B, Carey J. Priming the brain to capitalize on metaplasticity in stroke rehabilitation. Phys Ther. 2013

Latest Presentations and Interviews
- CBS/WCCO Radio Interview (visit our website to listen) med.umn.edu/physther/research/gillicklab
- Medical Bulletin article “Retraining the Brain” at mmf.umn.edu/bulletin/2013/Spring/index.cfm
- Developmental Medicine Child Neurology Author Podcast at onlinelibrary.wiley.com/journal/10.1111/(ISSN)1469-8749

Testimonials
“"This was a life changing experience for me. I got to be part of something very few kids get to try."” - Subject

“The work Dr. Gillick and her team are doing is so special and has the potential to alter so many lives. It is simply amazing! My daughter loved being part of this study. It was great to watch her ‘come out of her shell’ as she spoke to other potential participants about her experience.” - Parent of a child with hemiparesis

Mission Statement
We believe that all children with cerebral palsy have the potential to influence their level of function throughout their lifetime, applying the latest advances in neuroscience with rehabilitation.

Discover other exciting research being conducted within the Program for Physical Therapy at the following lab sites:
- Brain Plasticity Lab at www.med.umn.edu/bpl/home.html
- Minnesota Rehabilitation Biomechanics Lab at www.med.umn.edu/physther/research/mrbl/

If you would like to be added to the Gillick Lab Newsletter mailing list please contact us:
brown029@umn.edu
612.626.6415
z.umn.edu/gillicklab
Congratulations! The Center on Aging named Associate Professor Dawn Lowe, PhD the 2013 – 2014 Fesler-Lampert Chair in Aging Studies. The Fesler-Lampert Chair in Aging Studies was created in 1999 by the Center on Aging, through the generosity of David and Elizabeth Fesler. This endowed Chair is available to University of Minnesota faculty, on a competitive basis, and provides funding to pursue an aging related project and activities. Dr. Lowe’s project will advance awareness and research on the importance of and relationships between age-induced changes in estrogens and muscle-bone health.

Welcome to Assistant Professor Linda Koehler, PhD, PT, CLT-LANA who joined our faculty in August. Dr. Koehler has over 17 years of clinical experience at hospital based clinics throughout the metro area. As a clinician, she recognized a great need for further research in the field of lymphology. She was most curious about the etiology and short and long term effects of axillary web syndrome (AWS), a condition that occurs after breast cancer surgery. Linda’s curiosity, clinical experience, and perseverance drew her back to the University of Minnesota to pursue a Ph.D, which she received in the Rehabilitation Science Program under the advisement Dr. Paula Ludewig. Learn more about Dr. Koehler’s research on Page 19.

Associate Professor Teresa Jacobson Kimberley, PhD, PT received an award for Outstanding Leadership and Service from the APTA, for her role as the inaugural Director of Research for the Neurology Section from 2010-2013. Deb Larson, President of the Neurology Section of APTA, presents the award.

Dr. Kimberley was also selected to represent the University of Minnesota and our Program in Physical Therapy at the the Mid-career Women Faculty Professional Development Seminar, December 2013 in Austin, Texas. This seminar is designed for female scientists and physicians holding Medical School appointments and leadership positions within their discipline, department or institution. Seminar faculty members are chosen from various schools in the United States and Canada for their demonstrated leadership abilities and offer knowledge, inspiration and valuable career advice to participants.

Congratulations to Professor Jim Carey, PhD, PT who received the Catherine Worthington Fellow designation (FAPTA) - the highest honor among the American Physical Therapy Association. This prestigious honor is given to physical therapists who attain the highest level of professional excellence and make an impact in terms of education, research, advocacy, and service. Dr. Carey was honored on June 27, 2013 at the American Physical Therapy Association Annual Conference in Salt Lake City, Utah.

This past spring we welcomed Maureen Boxrud to our Administrative Assistance team to support the needs of our growing DPT Program. Maureen had already been working with Drs. Gillick and Carey as a Study Coordinator on several grants since fall 2009. Maureen now continues part-time in both roles.

If you would like further information on research, publications, or presentations by other faculty members, please visit our PT Program website at: www.med.umn.edu/physther/home
And our Rehabilitation Sciences website at: http://www.med.umn.edu/rehabsci/
Current Student and Alumni News

Congratulations to Laura Sletten, Class of 2013, who was married on August 3, 2013.

Thank you to those who contributed news. Please send announcements and pictures of marriages, arrival of children, new jobs, specialty certification, advanced certification, and any other news that you’d like to share with classmates, including upcoming or former PT reunions, and pictures of classmate gatherings. All are possible news events. Please include your graduation year. You may submit information about what is happening in your life to ptquest@umn.edu.
I am humbled when I think about all of the great minds who have graduated from our Physical Therapy Program over the years. Each and every person has changed lives—some in a quiet/private manner, while others have contributed in a more public manner. So many talented and tenacious therapists have shaped our profession, but our space is limited here, so we will start with one of those people, Eleanor H. McManmon Daly.

Eleanor graduated in 1947 from our Certificate Program, and in 1948 in the first Bachelor’s Degree class. She spent her career working in Illinois, New York City, St. Joseph’s Hospital in St. Paul, and Highland Chateau Health Care Center in St. Paul. Throughout her career she was active in the APTA, holding many offices.

For those of you who know Eleanor, you can imagine her joy in sharing stories of her beloved physical therapy career. She joyfully recounted her experience when a Pediatrician at St. Joe’s asked her to try out a new technique with an infant with Cystic Fibrosis. This technique (now known as chest physical therapy) enabled the infant to go home and stay, with the mother taking over the treatment.

Eleanor lived in a world without Sulfa or Cortisone. She saw the first ORIFs for long bone fractures, and she saw the end of bed rest orders for persons with back pain. She lived in a society fearful of swimming pools, the State Fair, and other public places due to the threat of contracting polio. Yet she also saw the eradication of polio in the United States during her career, though not in Africa, as she would later discover.

She met Sister Kenny here at the University, already aware of her work after reading her book “And They Shall Walk.” Having seen some “historic” Kenny Hot Packs during my PT training here, I was amused by Eleanor’s story detailing when Sr. Kenny sent her and others down to the Army Surplus Store to buy a specific type, size, and color of Army wool blankets, which were then cut to specifications for use as hot packs.

Many more stories abound from Eleanor’s working physical therapy career, but it is also what she has done after her retirement in 1993 that has shaped who she is. Eleanor volunteered as a Physical Therapist Instructor through United States Aid for International Development in Uganda, and with Health Volunteers Overseas in Belarus and on Raratonga in the South Pacific. While in Uganda, an earthquake occurred which concerned her family at home. But, due to lack of newscasts, Eleanor did not know about it as it occurred far away. She remembers waking up that night feeling her bed shake; this startled her and she wondered if she was having a stroke. After the shaking stopped, she checked her limbs and they were fine, so she thought she must have been dreaming!

Eleanor shared numerous stories of need in the areas she served abroad: mind-boggling situations of great need, limited resources, unclean conditions, yet dedicated healthcare workers who remained committed to their mission to improve the lives of those whom they served. It was these life changing experiences that lead Eleanor to establish a scholarship in our PT Program for students to gain access to internships in other countries.

I always relish the wisdom that my elders can bestow upon me (if I am willing to listen). One of Eleanor’s writings included a bit of that wisdom: “Age gives me the ability to ignore the little wrinkles in life that used to seem so important. The little wrinkles, like the cracks in the sidewalk, can trip you, but when you ignore them and look at the whole picture, the view is much more pleasant.” Well spoken, Eleanor!

Becky Olson-Kellogg
(Faculty and Class of 1992)
Donna Pauley, age 88, passed away on May 27, 2013. Born in Austin, Minnesota, she earned her Masters Degree in physical therapy at the University of Minnesota. Donna was supervisor of the PT Program at the University of Minnesota Hospital until she retired. She was a tireless volunteer for the Minnesota History Museum, the Minnesota Textile Center, and Goldstein Museum. She is remembered for her philanthropic work and love of family and friends. Donna was a longtime champion and major benefactor to the Program in Physical Therapy. She was a great contributor to the U of M alumni program, as a clinical educator and the PT community as a whole. Her commitment to our educational program and profession was inspiring.

Donna directed part of her estate to our PT Program. Her generous gift will be used as a scholarship in her name for DPT students—thus her legacy will live on in the lives of many future students.