In Memorial: Honoring the Life and Career of Dr. Richard (Rick) Di Fabio, PhD, PT

Dr. Rick Di Fabio was faculty in the University of Minnesota’s Physical Therapy Program for over 20 years and distinguished himself as a respected teacher and researcher. His passing leaves a hole in our PT family as well as his own family. Based on his wishes we will celebrate his life and accomplishments here and mourn the loss of a good friend.

Dr. Di Fabio passed away Friday, Dec 9, 2011 after a prolonged and private battle with a progressive illness. “Dr. D” was on faculty in our PT Program for over 20 years, having previously served as Director of the Physical Therapy Department at the University of Wisconsin Hospital in Madison. He was a graduate of the State University of New York (SUNY) – Syracuse, with a Bachelor’s Degree in Physical Therapy and received his Master’s Degree in Health Education from SUNY – Cortland. He completed his PhD at the University of Iowa in 1982.

“Dr. D” was Editor-in-Chief of the Journal of Orthopaedic and Sports Physical Therapy (JOSPT) from 1999-2001, and past member of the Editorial Board of the Physical Therapy Journal. He was known nationally and internationally for his research and scholarship. He was a recipient of numerous prestigious awards: The American Physical Therapy Association’s (APTA) “Golden Pen Award” for scholarly writing, Excellence in Research Awards from the Geriatric and Orthopaedic Sections of the APTA, Rose Excellence in Research Award from the Orthopaedic Section, Invited Presenter at the Eugene Michaels Researchers Forum from the Research Section, and the “Fesler-Lampert Chair in Aging Studies” at the University of Minnesota from 2002-2003. His research was funded by the Minnesota Medical Foundation, NIDRR, and NIH.

Dr. Di Fabio’s legacy includes over 65 scientific manuscripts, 5 PhD graduates in Rehabilitation Science, numerous Master’s students, and mentorship of 100s of professional physical therapy students. He had recently authored a textbook “Essentials of Rehabilitation Research” which is soon to be released by FA Davis. He was passionate about research and his research students, but even more so about his family, wife Betsy and two daughters, Danielle and Diana. He and his family have generously decided the proceeds from his textbook, and all memorial donations will support a physical therapy student scholarship in his name. His spirit will live on in his scientific contributions, the numerous students he has mentored, and through his family.

Donations to the scholarship can be made in two ways: submitting a check to our PT Program office (made payable to MMF), or online at: https://www.mmf.umn.edu/give/?webfund=239. Please mark all donations for the Rick Di Fabio Scholarship.

Jessica (Kream) Cassidy, Class of 2009, impersonating “Dr. D” at the Holiday Party (hallmark attire of jump drive around neck).
Welcome New Students—
Class of 2014

Benjamin  Adams
Amber   Andersen
Emily   Appel
Lucci  Baregi
Christine  Barthelet
Hannah  Bilodeau
Dane   Bonath
Laura  Brown
Daniel  Dahn
Jackie  Drewitz
Mary   Em
David  Erlandson
Kirsten  Gedickc
Paul   Glatt
Luke   Grosskreutz
Kelsey  Hanten
Jessica  Hoffman
Annie  Holleran
Zachary  Horning
Brett  Kramer
Lauren  Kratzer
Taylor  Larson
Lindsey  Legatt
Jay   Loso
Melissa  Ludescher
Katelin  Mai
Calvin  Miller
Brady  Oligmueller
Jennifer  Palmer
Anthony  Pelto
Katelyn  Piet
Katherine  Radke
Brianna  Ringeisen
Rachel  Rizzo
Danielle  Rust
Colin   Ryer
Christopher  Schelling
Derek  Schreiner
Leigh  Schwarz
Kaitlyn  Smith
Jennifer  Smith
Joshua  Smith
Matthew  Sorensen
Michelle  Teigland
Sarah   Traffas
Brett  Traxler
Michelle  Usset
Amy   Vaith
Teddi  Wood
Rebecca  Worthington

The DPT Program officially welcomed the Class of 2014 this past summer during the Annual Program Picnic. The University of Minnesota DPT Program continues to attract the highest caliber of students. This year there were over 200 applications for the 50 spots. Our new students have an average GPA of 3.68 and an average of 268 PT hours. We are thrilled our new students chose the University of Minnesota’s DPT Program. 80% of our students are from Minnesota, 16% of our new students are alumni of the University of Minnesota. They bring with them a variety of life experiences that helps to enrich the learning experience. One of our new students won Grand Prize in a Congressional District art fair where her self portrait hung in the halls of Congress in DC for a year. During this year’s new student welcome celebration, the 1st and 2nd year students along with Program faculty played a thrilling game of volleyball. The second years remain the undefeated volleyball champs. Faculty and students enjoyed the competitive challenge. Welcome Class of 2014!
The University of Minnesota Program in Physical Therapy congratulates the DPT Class of 2011 who graduated on Saturday, June 18, 2011. The commencement ceremony was held at the Ted Mann Concert Hall. The keynote speaker was internationally recognized guitarist, composer, and best-selling Billboard Top-Ten Chart recording artist Billy McLaughlin. Dr. Kathleen Anderson presented as faculty speaker, and Andy Wick, Class of 2011, presented as student speaker.

2011 marked several significant milestones for our new Geriatric Clinical Residency. First, we successfully passed the credentialing process, making us only the 8th Credentialed Geriatric Clinical Residency in the country! Secondly, our first resident, Emma Phillips, DPT, successfully graduated from the residency at the end of August. A special graduation dinner was held at Jax Café on September 15, celebrating Emma’s significant accomplishment, & welcoming our new resident, David Gillette, DPT. After completing the residency, and her first year of clinical practice, Emma accepted a job with Gentiva Home Care, and is also working for our PT Program as a Preceptor at Jones Harrison in our first year Clerkship class. Emma was honored to be an invited speaker at the MN APTA Fall Conference, speaking on frail elderly, and she also had a platform presentation at CSM on her case report from her residency work.

David Gillette, our second and current resident, received his Doctorate of Physical Therapy Degree from the University of Washington in Seattle in 2009. After graduation, David worked at Ida Culver House, a skilled nursing facility and outpatient clinic in Seattle. We warmly welcome David, his wife Maureen (an acute care PT) and their son Aaron to Minnesota!
Annual Student Holiday Party Held at DiGidio’s in St. Paul

Students, staff, faculty, and associated faculty came together on Thursday December 8 at DeGidio’s Restaurant in St. Paul for the Annual PT Program Holiday Party. The highlights of the evening were the “homegrown” talent shared by numerous PT students, and an inspiring story shared by a past PT patient and her parents. Each year the 2nd year students help program staff organize this event.
Celebrating Jim Carey’s Tenure as Program Director

Good food, good music, and good conversation made for a wonderful evening when students, faculty, staff, Program alumni, and PT community members came from near and far to thank Dr. Jim Carey for his 17+ years as Program Director. The party was held Saturday, December 3, 2011 at the James J. Hill House in St. Paul.
Attending three MN APTA conferences has allowed for meaningful networking experiences and has reaffirmed my commitment to Minnesota’s physical therapy community. Through working the registration desk at my first two MN APTA conferences, I have been fortunate to witness and participate in many conversations with MN APTA leaders. These conversations have shown me the value and excitement of dedicating time to this organization. Witnessing the bond that those leaders have developed with one another reaffirms that physical therapy is a caring community to be a part of. These conferences have also revealed for me the possibility to be involved at a young age in a great organization. For instance, at these conferences it has been encouraging to attend presentations by UofM faculty, by a former UofM student, and by a clinician who I had recently shadowed; those opportunities displayed that it may be possible for me to eventually provide education and leadership to others within the physical therapy field.

Reading about the MN APTA Student Special Interest Group (SSIG) on the MN APTA Spring Conference 2010 registration form is the first time I had heard about the group. Through attending the SSIG reception at that Spring Conference, the possibility was opened for me to be an executive board member for SSIG. As the group’s Physical Therapy Liaison this past year, I have been able to network with numerous other Minnesota PT and PTA students. This has built camaraderie among schools and has given a glimpse of how exciting it will be to collaborate with therapists from other backgrounds. Before I started in the SSIG, most members came from one PT school. Those members had been doing a fabulous job putting on events; however, there was limited interaction among PT schools within the SSIG. After receiving the opportunity to recruit PT students for meetings and events, it has been a joy to see that all four PT schools are represented on next year’s SSIG executive board.

At the most recent MN APTA Spring Conference (2011), my research group was able to present our poster. Presenting a formal project to UofM faculty and local clinicians greatly promoted our professionalism. Even after presenting our research poster at CSM 2011, we all appreciated having this extra opportunity to share our research and enhance our speaking skills. Additionally, through this experience, we met students from other Minnesota PT schools and learned about interesting research that is occurring in their programs.

Thank you to the U of M Program in Physical Therapy for generously allowing me to attend the MN APTA Spring Conference 2011. I am truly grateful for the opportunities that these MN APTA conferences provide for numerous students.

*Danelle Dommer, SPT—Class of 2012*
Class of 2012 DPT Student Research Poster Presentations

Proximity of Rotator Cuff Tendons to Potential Impinging Structures During Clinical Impingement Test—Seely, K.T., Beranek, K.A., Burandt, A.R., Blom, K.M., Sarkar, S., Braman, J.P., Ludewig, P.M. Program in Physical Therapy and Department of Orthopaedic Surgery, University of Minnesota, Minneapolis, MN; This study was supported in part by the National Institutes of Health, NICHD/NCMRR, K01 HD042491

Fast vs. Slow Velocity Training Effects on Cortical Reorganization and Finger Function in Stroke—Steil, C., Dressler, B., Huiqiong Deng, J., Carey, J.

Can People Improve Gait Rhythm From Auditory Pitch Discrimination Training?—Hutson, S., Johnson, K., Klumpp, A., Koelewyn, M., Koenig, R., Kuehl, K., Di Fabio, D.


Motor Performance in Rats Two Weeks Post-Stroke—Henry, L., Messerly, A., Pederson, J., Person, S., Scheppmann, D., Thompson, L., Snow, L.

Plantarflexion Torque is Improved by Wheel Running in Mice with Duchenne Muscular Dystrophy—Dommer, D., LaVigne, W., Ludowese, D., Neesser, P., Schoess, J., Cochrane, G., Call, J., Lowe, D.


Sural Nerve Evoked Reflex Responses in Tibialis Anterior During Sitting—Carlson, A., Darling, A., Dale, E., Calebaugh, H., Braden, C., Kukulka, C.

Pediatric Hemiparesis: Synergistic Treatment Using Repetitive Transcranial Magnetic Stimulation and Constraint Induced Therapy—Ellsworth, S., Elmajri, L., Henneman, E., Gillick, B.

Effect of Aerobic Exercise on Cortical Activation and Working Memory Following Traumatic Brain Injury—Gervais, D., Hennington, G., Park, J., Lojovich, J., Armstrong, M.J., Carey, J. University of Minnesota, Program in Physical Therapy and Minneapolis Veteran’s Administration Medical Center, Minneapolis, MN USA

Neuromuscular and Kinematic Patterns in Healthy Children and Children with Cerebral Palsy—Kosir, A., Kurkoski, A.N., Larson, P.D., Schindler, K.A., Nuckley, D.J.
Going Above and Beyond: 2nd Year Community Health and Wellness Projects for the Class of 2013

One way DPT students learn to work in culturally diverse communities is through participation in the 2nd Year Clerkship Experience. Within this experience, groups of 3-6 students develop health related service learning projects for an existing community in either an urban, rural or international setting. Students learn about their project and culture through meeting with a community liaison and work together to develop a project identified by the community itself. The culmination of the first semester of the class is a poster open house where student groups discuss the goals of their upcoming projects which will be implemented in the spring semester. A few of the projects developed and highlighted from the Class of 2013 are:

**Providing Fistula Awareness to Rural Areas and Medical Students in Niger**

*Community Liaison: Greg Santema*

*Group Members: Krista Henshue, Marissa Larson, Natasha Meister, Bita Teymouri, Lynette VanEmmerik, Melissa Wick*

Niger is one of the largest nations in Africa, covered mostly by the Sahara desert. Due to a variety of factors including scarcity of environmental resources and lack of education, Niger is listed as the third poorest country on Earth. Healthcare availability is limited, and even where it is available it is not readily used. Currently, a great deal of problems exist in regards to fistulas occurring after childbirth, particularly in rural areas. Typically, women have a midwife to assist with their labor and delivery, but often-times after a day or so they realize there are complications and they need to seek medical attention. By then it is too late, and they do not have the resources to get to a clinic in time to have a successful birth. The women with fistulas usually end up divorced from their husbands and shunned from the community, which also leads to other psychological problems.

To address this issue, our project is to provide awareness about fistulas to the rural communities as well as to the 5th year medical students of Niger. We will be making pictorial brochures to give to the community based health care workers, who can distribute them when they go out to the villages. We will also be making pamphlets with more detailed information about fistulas for the medical students, so they can be aware of this problem and better inform their patients. Our main goal is to get information to the women of Niger so they understand that their problem can be fixed, and they know where to go to get help.

**Assessment and Treatment of Low Back Pain/ Healing Hands for Haiti**

*Community Liaison: Mark Kroll*

*Group Members: Shannon Gates, Molly Hertzfeld, Mitch Holland, Karolina Rowinski, Sydney Scott, Dan Swatfager*

Haiti experienced a devastating earthquake in January of 2010 that destroyed many health care clinics and infrastructure. Because of this, there is a need to rebuild and restore access for the many survivors that require continued care. Currently, 80% of Haiti’s population lives below the poverty line. Most rural areas have no access to health care, making it difficult to help residents who require treatment for medical conditions, as well as injuries and musculoskeletal issues. Healing hands for Haiti is in the process of rebuilding a facility to help treat patients and restore access to health care in the community.

Poor road conditions, heavy lifting, and cleaning up after the earthquake are among the factors that contribute to the many cases of back pain that occur among the population. Of the patients seen for orthopedic reasons, over 60% of them are seen for back pain. Our group will be creating a DVD on the assessment and treatment of low back pain using the McKenzie method, as well as an information binder with exercises to distribute to Haitian technicians. These will be done in Creole, the country’s national language, with the help of a French translator. The project’s goal is, through the distribution of these materials, to aid in the quality of care that Haitians receive in the treatment of their back pain.
**Family Education Diabetes Series**

**Community Liaison: Mikayla Schaaf**

**Group Members: Jaime Cupit, HueChee Yang, Dave Weik, Sandy Gress, Kellen Feeney**

Family Diabetes Education Series (FEDS) is a program to provide healthy dinners and diabetes education to Native Americans in the Twin Cities community. The group meets biweekly to share a healthfully prepared dinner and participate in educational sessions related to diabetic health. University of Minnesota Physical Therapy Students have partnered with the program to provide an exercise component to the series in the form of a walking program with pedometers and a home exercise program. Members are given pedometers and encouraged to set a personal goal to walk a certain number of steps each day. Studies show that using pedometers and tracking daily exercise create increased exercise compliance and increased glucose tolerance in diabetic populations, therefore, this program aims to increase exercise in this at risk population. The project uses several Minnesota lakes of different circumferences as target distances for walking, in order to provide a challenge to the range of abilities within the program. The program will continue until June 2012 with members reporting their activity each month.

**Sports Injury Prevention and Treatment Education for Latino Youth and Their Families in Rural Minnesota**

**Community Liaison: Sara Aguilar**

**Group Members: Angela Krych, Annie Meidl, Kathryn Robinson**

The Latino Wellness Club from Minnesota State University, Mankato is a group dedicated to promoting health and fitness among the Latino youth population in Mankato, MN and the surrounding communities. Madelia, a nearby community, has a population of 2,151; thirty-five percent Hispanic. Latino youth from Madelia are active participants in school athletics and are known to be less likely to seek medical treatment following sports related injuries due to cultural beliefs, inadequate language resources at rural clinics, and healthcare costs. This population lacks proper education and training regarding home treatment of acute injuries and knowing when it is necessary to go to the doctor. The purpose of this project is to provide educational materials focused on sports injury prevention, proper home-based treatment, and guidelines for when to see a doctor written in both English and Spanish. The educational materials, along with a quick reference refrigerator magnet and an ACE wrap will be given to families following a presentation by members of the Latino Wellness Club.

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_2nd Year Community Health and Wellness Project presentations are held each year in December_
The Program in Physical Therapy is pleased to announce the recipients of scholarships, fellowships, and awards for the 2010-2011 academic year:

**The Janice Steadland Fellowship Fund:** This award is given to students for exceptional work during their full-time Clinical Internships.
- Lindsay Hayes (2011)
- April Erickson (2011)

**Beatrice E. and Hurd Boody Scholarship:** This award is given to a student who exhibits leadership and communication skills and intends to pursue a career in hospital based Physical Therapy.
- Nicole Brown (2011)
- Maria Spencer (2011)

**2011 University of Minnesota President’s Student Leadership and Service Award:** This is a University wide scholarship given to students demonstrating outstanding service and leadership.
- Byung-chul (John) Park (2012)

**Rudolf Ptak Endowed Fellowship in Physical Therapy:** This was established in honor of Rudy Ptak, who was a 1953 alumnus of the Program and a loyal, talented physical therapist for decades at the University of Minnesota Hospitals. This scholarship is awarded to one 1st year PT student and one or more 2nd year students based on a high degree of merit and the professional contribution.
- Kelsey Blom (2012)
- Alison Pagliaccetti (2012)
- Catherine Braden (2012)
- Jill Swenson (2012)
- Jill Opsahl (2013)

**The Sharp Family Fellowship:** This was established in honor of Janice Sharp, a 1956 alumna of the Program. This scholarship is awarded to one 2nd year student based on merit and the potential for contributions to the profession of physical therapy.
- Rachel Larson (2011)

**Barbara Lee Graham Scholarship:** This award is given to a student who demonstrates outstanding merit and future potential in the field of Physical Therapy.
- Kate Seely (2012)

**Eleanor McManmon Daly Scholarship:** This scholarship is awarded to a student who was accepted to participate in an International Clinical Internship experience.
- Brittany Dressler (2012)
- Danelle Dommer (2012)

**Marguerite P. Gardner Fellowship:** The recipients of this scholarship are nominated by their class members in recognition of service to their class, department, profession and community.
- Dana Seifert (2012)
- Elizabeth Lauer (2013)

**21st Century Scholarship:** This was established through the contributions of alumni following the 60th Anniversary celebration of the Program in Physical Therapy. This scholarship is awarded to one or more 2nd year students based on the potential for excellence within the profession.
- Byung-chul (John) Park (2012)
- Sarah Ellsworth (2012)
- Sally Hutson (2012)
Adriann Louw, PT, M App Sc, GCRM, CSMT presented at the 12th Annual Jack Allison Lecture on November 5, 2011. “Explaining Pain to Patients: Neuroscience Education for Physical Therapists” focused on current research and recommendations for immediate clinical application to aid patients managing chronic pain. The course was full and received top ratings from the participants. Katherine Sullivan, PhD, PT, FAHA will present “Advances in Neurorehabilitation: Walking Recovery after Brain Injury” on November 10, 2012.

2011 U of M Clinical Educator of the Year

The Clinical Educator of the Year Award was initiated in 2005 to honor the unsung heroes within the U of M Clinical Education Program. Without their dedication and willingness, the professional education of our University of Minnesota DPT students would not be complete. The recipients of this award are nominated by students who feel that their clinical educator has gone “above and beyond” to assist them in their educational experience.

We are pleased to announce that the 2011 Clinical Educator of the Year Award was presented to 2006 University of Minnesota DPT alumni, Elizabeth Ironside from Healtheast Bethesda Hospital located in St. Paul.

Elizabeth is a skilled neurorehabilitation clinician who was given the following praise by her nominating student, “She is a phenomenal representation of what it means to be a doctorate of physical therapy. The most important thing she taught me was how to carry myself in a way that gained the trust and respect of doctors, nurses, colleagues, and patients. She challenged me to be my best, and thanks to her, I am becoming the type of Physical Therapist I am striving to be.”

2011 Faculty Service Award

The Program in Physical Therapy is pleased to announce Will Durfee, PhD as the recipient of the 2011 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. Dr. Durfee has assisted our Program in a variety of ways, including serving as a research advisor for PT students, collaborating on research projects with faculty, problem-solving experimental/technical difficulties, and mentoring faculty and PhD students into the resources and culture of the University. The Program in Physical Therapy would like to wholeheartedly congratulate Dr. Durfee on receiving this award.

The Associate Faculty of the Program are clinicians who coordinate and teach courses, provide units or individual lectures, and/or provide assistance in skills labs. They bring expertise, real time clinical examples, and great enthusiasm to the classroom. Pamela Cole, who teaches the Integument course in the summer, will once again be traveling to Niger with four students, Dr. Carey, Jeanne Lojovich and Greg Santema in March, providing wound care expertise for training local health care providers and provision of treatment. Kathleen Picard, who co-teaches the Administration course in the summer, was recently appointed by the Board of Directors of APTA to serve as an alternate advisor representing Physical Therapy on the American Medical Association’s Health Care Provider Advisory Committee. This group supports the AMA’s CPT Editorial Panel in the development and review of CPT codes. Chris Kramer and Bill Koch were recognized in October at the AAOMPT conference in Anaheim, CA, for successful completion of the Regis University Fellowship in Manual Therapy. Both are guest lecturers and lab assistants in the Musculoskeletal Rehabilitation course in the second year of the curriculum.
Program in Rehabilitation Science Updates

The Program in Rehabilitation Science continues to prepare PhD and Masters students for academic and scientific careers in rehabilitation related fields. There are currently 15 students enrolled in this program. Three new students began their studies this fall including Tara Mader, advised by Dr. Dawn Lowe; Divya Bhaskaran, advised by Dr. David Nuckley; and Lynda Anderson, advised by Dr. Peggy Martin. Four Rehabilitation Science students graduated this past year. Bernadette Gillick, PhD, PT completed her PhD in July of 2011 investigating “Pediatric Hemiparesis: Synergistic Treatment Using Repetitive Transcranial Magnetic Stimulation and Constraint-Induced Therapy.” She was advised by Dr. James Carey and is now in a tenure track faculty position here in our Program. Khader Al Mhdawi completed his PhD dissertation “Effects of Occupational Therapy Task-Oriented Approach in Upper Extremity Post-Stroke Rehabilitation,” in August of 2011, advised by Dr. Virgil Mathiowetz. Khader is currently in a tenure track faculty position in Occupational Therapy in his native Jordan. Jarrod Call completed his PhD dissertation “Eccentric Contractions and Dystrophic Muscle: Strength Loss, Recovery, and Adaptation” in September of 2011, advised by Dr. Dawn Lowe. Jarrod is currently a post-doc at the University of Virginia in Charlottesville. Xiaolin (Selena) Zheng completed her masters degree Plan B project in October, advised by Dr. LaDora Thompson. Congratulations to all of these accomplished graduates!

Rehabilitation Science Seminar Series

This past fall, we initiated the Rehabilitation Science Seminar Series with the objective of encouraging and facilitating scientific thought and discourse surrounding rehabilitation topics. The seminar series has been very popular with physical therapy students, therapists looking for continuing education, and academics—altogether creating a great environment for advancing the practice and science within rehabilitation. The spring semester seminar schedule, which will be out shortly, aims to build on the success of these monthly meetings. We look forward to seeing you at a seminar soon. If you would like to be added to the email list for this seminar series, please contact Dr. David Nuckley, at dnuckley@umn.edu.

Department Ranks #4 Nationally

The faculty are proud to identify that the University of Minnesota’s Department of Physical Medicine and Rehabilitation (PM&R) ranked #4 nationally amongst all PM&R departments nationally (http://www.brimr.org/NIH_Awards/2010/PhysicalMedicine_2010.xls). The ranking is done annually by Blue Ridge Institute for Medical Research of all medical school departments. It is based on total research dollars granted by the National Institutes of Health to medical schools. A total of 22 PM&R departments were ranked but this does not include all PM&R departments nationally, as some were not awarded any NIH dollars.

The relevance to our PT Program is that the total amount of dollars ($1,066,238) was generated entirely by three PT faculty – Dr. LaDora Thompson, Dr. Dawn Lowe, and Dr. LeAnn Snow, MD.
Our Class of 2012 DPT students are currently hard at work finishing their full-time Clinical Internships which last from August through June of the following year. I would like to take this opportunity to share a reflection from one of our students first clinical internship:

“I must admit, I wasn’t quite sure what to expect going into my first clinical internship. I would be starting out at Hennepin County Medical Center, the level 1 trauma center in downtown Minneapolis. Up to that point, I had little experience in a hospital setting, let alone a hospital of such magnitude. I told myself I would have to learn quickly if I wanted to have a successful first clinical experience.

From day one, I knew I was going to have a great opportunity to learn from an exceptional physical therapist. My clinical instructor had been working at HCMC for over a decade and was very well respected by the rest of the staff. He and I would work together covering patients in the Knapp Rehabilitation Center, a case load involving a number of strokes, traumatic brain injuries, spinal cord injuries, burns, and multiple-trauma injuries. My clinical instructor also specializes in dizziness, which provided me with a great opportunity to improve my clinical knowledge of the vestibular system and learn some new skills along the way. I gained experience performing vestibular screens, as well as other skills such as Sensory Organization Testing and Joint Position Error testing.

My time at HCMC provided me with multiple opportunities to improve my communication skills, both with patients and different members of the care team. During care conferences, I was given the opportunity to speak with patients and their families, reporting how the patients were progressing and what they needed to improve upon before they were to safely return home. During rounds, I was given the opportunity to voice my opinions regarding particular patients with all disciplines, including doctors, nursing, occupational therapy, speech therapy, and recreational therapy. I was also allowed the opportunity to present our research at a brown bag lunch for the entire Knapp Rehabilitation Center care team. I greatly appreciated each opportunity my CI provided me to practice and improve upon my communication skills within a hospital setting.

Throughout my nine weeks at HCMC, I had the great opportunity of getting to work with a very diverse patient population. A number of the patients I worked with required interpreters, which was new to me and took some getting used to. I very much enjoyed learning more about a number of different cultures and was fortunate enough to hear some great stories along the way. Working with such a diverse patient population was both challenging and rewarding, and is something I will look for in any future job opportunity I consider.

It became apparent to me that the University of Minnesota Program in Physical Therapy does an exceptional job of preparing its students for clinical internships. While overwhelmed at times, I never felt as if I was underprepared when working with patients, a tribute to the excellence of our program. The staff at HCMC had nothing but good things to say about all of the students they have had from the University of Minnesota over the years, and have gone on to hire a number of graduates from our program. In fact, one of the physical therapists working at HCMC at the time was a student from the class of 2011, who had completed his first clinical internship at HCMC a year earlier.

Overall, my first clinical internship was a great experience, sparking my interest in an area of physical therapy I did not know I would enjoy so much. I will forever be grateful to my clinical instructor, Casey Byron, who taught me so much and demonstrated what a first-class physical therapist is all about. I realized how great of an impact a good physical therapist can have on the life of a patient. Among many other things, this experience taught me to do my best, each and every day, and to strive to be more like the Casey Byron’s of this world.”

Grant Hennington, SPT—Class of 2012
Student/Faculty Presentations at CSM 2012

Student Poster Presentations

“Sural Nerve Evoked Responses in Tibialis Anterior During Sitting” Dale E, Carlson A, Calebaugh H, Darling A, Braden C, Kukulka C

“Pediatric Hemiparesis: Synergistic Treatment using rTMS and CIT” Gillick B, Ellsworth S, Elmajari L, Henneman E, Carey J

“Proximinty of Rotator Cuff Tendons to Potential Impinging Structures During Clinical Impengement Tests” Seely K, Beranek K, Blom K, Burandt A, Sarkar S, Braman J, Ludewig P

Platform Presentation
“Can Balance Training in a Patient with Fall History Recovering from Acute Encephalopathy Result in Meaningful Improvements in Function?” – Emma Phillips, PT, DPT

Faculty Poster Presentations
"Women’s Health Professional Program Content Guidelines" – Kathy Anderson, PhD, MBA, PT, OCS, FAAOMPT

Educational Session
"Old Doesn't Have to Be Old! Physical Therapy for Older Adults!” - Becky Olson-Kellogg, PT, DPT, GCS

Current Student and Alumni News:

Andy Wicks (Class of 2011) Check out this link to a video from a local news channel in Grand Rapids, MI (where Andy is now working) which features one of his clients (and Andy very briefly). “I should have worn some U of M attire to represent my school!” http://www.wzzm13.com/video/default.aspx?bctid=1171412861001. Andy is very much enjoying working with the TBI population.

Kris Gurda (Class of 2011) got married a few months ago. Congratulations Kris!

Alice (Wessling) Vawter (Class of 2011) got married in October 2011. She and her husband Lem are expecting a baby in May. Congratulations Alice and Lem!

Niki Hybben (Class of 2012) and husband Brent are home and doing well after the birth of their daughter Annabel Therese born February 21, 2012.

The UofM PT Class of 1972 (Fall entry) will hold a reunion on Saturday June 23, 2012 on campus. For all those in the Fall Entry in 1972 (recall there were two classes for several years with either a Spring or Fall entry), please mark your calendars. Letters have been sent out recently but it is possible your letter went to a different address than this newsletter. Please contact one of the alumni below to confirm your address and get further information. Steve Avery stebar@cloudnet.com, Tanya Baxter baxte001@umn.edu, Jim Carey carey007@umn.edu, Deb Sheehan dsheehan@css.edu, Linda Weber lrweb-ber14@yahoo.com.

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 good news events. Please include your graduation year. You may submit information about what is happening in your life to ptquest@umn.edu.
Faculty Updates…

Dr. LaDora Thompson, Interim Program Director

LaDora Thompson is a Professor in the Program of Physical Therapy. She earned her PhD in cellular physiology with an emphasis in skeletal muscle and came to the University of Minnesota in 1993 and established a NIA-funded research program focused on ‘sarcopenia’. LaDora is involved in advising graduate Rehabilitation Science students, educating doctoral-prepared clinical physical therapists, and undergraduate students. She is the Co-Director of the NIA-funded Functional Proteomics of Aging Training Grant. Nationally, she participates in peer-review processes for NIH/NIA and AFAR, is the Deputy Editor of the Journals of Gerontology Biological Sciences, and President-elect of the American Aging Association. Internationally, she was Co-Chair of the 2007 GRC Biology of Aging Conference (Switzerland) and Co-Vice-Chair of the 2006 GRC Biology of Aging Conference (Ventura). We welcome Dr. Thompson to her new leadership role as Interim Program Director.

Dr. Jim Carey Steps Down

Jim Carey stepped down as the Director of the PT Program in August of 2011, however, he is not retiring. He did this to become the Interim Associate Dean for Faculty Affairs in the Medical School. This new position for him is 50% effort and centers on development, promotion and tenure of faculty in the Medical School. For his remaining 50% effort, he will retain his appointment in Physical Therapy and do teaching and research. He served as Director for 17 years. Dr. LaDora Thompson will serve as Interim Director until the new permanent Director is hired.

PT Program Congratulates Dr. Ward Glasoe

Ward Glasoe recently completed his PhD training. Dr. Glasoe’s research measured the change in tarsal kinematics associated with foot bunion. Using MR imaging methods, the investigation showed that alignment of the great toe and first ray arch segment may be altered as consequence of hindfoot position. The premise advanced makes a paradigm shift for how bunion is currently treated in clinical practice. A two part write-up of the research is being prepared for journal publication. Dr. Paula Ludewig served as the advisor on the project. Dr. Glasoe will continue to pursue this line of research, and plans to use bi-planar fluoroscopy to characterize the kinematics foot bunion. The Program congratulates Ward for successfully completing his PhD, and on his recent promotion in rank to Assistant Professor.

New Pediatrics Faculty Hired

Bernadette Gillick, PhD, MS, PT is our newest faculty member within the Program of Physical Therapy. Dr. Gillick joined us in October 2011 as a full time Tenure-track Assistant Professor. Dr. Gillick combines nearly 20 years of clinical, managerial and academic experience with her recent completion of her PhD in Rehabilitation Science at the University of Minnesota. Her research emphasis is on pediatric neuroplasticity and neurorehabilitation and the use of non-invasive brain stimulation combined with behavioral training in children with hemiparesis. She will be teaching courses within the DPT Program and the Rehabilitation Science PhD Program in Pediatrics, Human Growth and Development, and Research. We congratulate Dr. Gillick on her recent marriage to Dr. Gregg Meekins, in July 2011.
Dr. Paula Ludewig

Publications:


Grants:
Minnesota Medical Foundation: Investigation of Axillary Web Syndrome Co-Investigator with Linda Koehler (PhD Candidate) and Dr. Tufia Haddad. Minnesota Medical Foundation: “Soft Tissue Compression Risk in Rotator Cuff Disease.” Principal Investigator. Paralyzed Veterans of America: Exercise Program for Shoulder Pain in SCI Consultant with Kristin Zhao (PhD Candidate) as Principal Investigator

Platform Presentations:
April 2011: "Rotator Cuff Disease: Biomechanical Investigation of Contributing Factors." Musculoskeletal Research Group, University of Minnesota, Minneapolis, MN.


Poster Presentations (student):
April 2011: Seely KT, Beranek KA, Burandt AR, Blom KM, Sarkar S, Braham JP, Ludewig PM, “Proximity of rotator cuff tendons to potential impinging structures during clinical impingement tests.” Spring conference of the Minnesota Chapter of the APTA, Brooklyn Park, MN.


Dr. David Nuckley

Awards:
Simulia Computational Biomechanics Award (American Society for Biomechanics), 2011

Grants:
NIH R21 Title: Development of a Bi-Planar Fluoroscopy System for Musculoskeletal Biomechanics Research
Chest Wall and Spine Deformity Research Foundation Title: Investigating the Relationship Between Scoliosis and Pectus Malformations.

Medtronic Sofamor Danek USA Title: Evaluation of the Biomechanics of Facet Impingement by Pedicle Screws.

Publications:


Dr. Bernadette Gillick

Publications:

Presentations:

Dr. Teresa Jacobson-Kimberley

Publications:
Borich MR, Kimberley TJ. “Using actigraphy and transcranial magnetic stimulation to assess the relationship between sleep and visuomotor skill learning.” Restorative Neurology and Neuroscience, in press.

Olman CA, Pickett KA, Schallmo MP, Kimberley TJ. “Selective BOLD responses to individual finger movements measured with fMRI at 3T.” Human Brain Mapping, in press.

Borich MR, Kimberley TJ. “Sleep does not confer additional benefit to offline consolidation of continuous, goal-directed, visuomotor skill learning.” Experimental Brain Research, 214(4):619-30, 2011


Grants:
Principal investigator for a career development award from the Dystonia Coalition and the Office of Rare Diseases Clinical Research Network, National Institute of Neurological Disorders & Stroke (NINDS) of the National Institutes of Health (NIH)

“Determining the Efficacy of Synergistic Intervention with rTMS and Rehabilitation in Focal Hand Dystonia”
Co-investigator for Infrastructure investment Initiative (I3) Office Vice President for Research, University of MN

“New infrastructure for campus-wide access to 3T MRI” Principal investigator with Dr. Joan Deng on grant from the Minnesota Medical Foundation “Optimizing neuromodulation to increase inhibition”

She has also been a part of a development team creating a regional course that will be offered by the Neurology Section of the APTA called, ‘Neuroplasticity and its Rehabilitation Implications”. This will be presented for the first time at CSM 2012 in Chicago with region presentations in the coming year.

Dr. Dawn Lowe

Presentations:
"Interactive Effects of Estrogen, Aging, and Physical Activity on Skeletal Muscle Contractility", Exercise Science Seminar Series, University of South Carolina, Columbia, South Carolina; October 2011


Publications:


**Dr. James Carey**

**Presentations**

6-hz Synergistic Treatment using repetitive Transcranial Magnetic Stimulation (rTMS) and Modified Constraint-Induced Therapy (CIT) in a Child with Hemiparesis. Gillick BT, Krach LE, Möberg K, Rich T, Carey JR. Combined Sections Meeting of APTA, New Orleans, 2011


**Papers**


**Dr. LaDora Thompson**

**Publications**


**Presentations**

“Muscle Aging: The Role of Dysfunctional Proteins”
Department of Physiology & Biophysics Seminar Series
University of Vermont- Medical School
Burlington, VT; March 2011

“Aging and Inactivity: Strategies for Reversal (Therapeutic Exercise)"
Prevention and Intervention: from Molecular Biology to Clinical Perspectives Conference
Martin-Luther-University
Halle-Wittenberg, Germany; September 2011

**Awards/Honors**

Fellow of the Gerontological Society of America
Treasurer/Secretary of the Biological Sciences Section of the Gerontological Society of America
President Elect of the American Aging Association

Five PT faculty members were mentioned in the January 2012 issue of Med School Matters.
Below is a reprint of an editorial that Dr. Rick Di Fabio wrote back in 2000 when he was Editor-in-Chief for the Journal of Orthopaedic & Sports Physical Therapy (JOSPT). We share this in memory & honor of both "Dr. D" and Jack Allison, one of our former Program Directors. (Journal of Orthopaedic & Sports Physical Therapy 2000;30(3):114-115. Reprinted with JOSPT's permission.)

Tip One for the Piper

The colors of late autumn that surrounded the campus were surreal and the holidays created a ghost town out of a place that is usually vibrant with people, discussion, and the excitement of campus life. The Thanksgiving holiday gave students and faculty a week-long opportunity to leave campus and this yearly ritual had carried almost everyone away to some other place, but I was here. I felt as if I was standing alone in the middle of a beautiful painting, comforted by the time to reflect on my recent move to the Twin Cities.

As I walked through the courtyard on my first exploration of the campus, the buildings parted like a clearing in a dense forest and gave way to a large open field. That is when I heard the lonesome, eerie sound of the Piper. He was off in the distance and he was playing the bagpipes as if he were the only person left on earth. I am almost sure that he didn’t care if he was. I did not violate his meditation by approaching him, but I watched and listened from a distance, stealing the sound for myself and hiding it in my thoughts. That melody would stay hidden for nearly 10 years before I would find it again and understand what it meant.

It is hard for me to say goodbye. I have trouble leaving my house in the morning as I bounce back and forth between my children, kissing them many times as if I were to never see them again. Of course I come back every night and repeat the embraces to the point of being annoying because it warms my heart and nurtures these little miracles as they grow into adulthood. I am getting into the habit of doing this with everyone who is important in my life (so be warned), because there will come a time when I will never see them again and I want to keep the memory of their touch and their smile immune to the passage of time.

One of my treasures is my memory of Jack Allison. You probably did not know Jack because he believed that all politics are local. His priority was his family, his faculty, and his community. Jack was the Director of the Program in Physical Therapy at the University of Minnesota for 16 years. He was an accomplished scholar, but at the same time he was the antithesis to the model of faculty promoted in modern universities that makes us lose focus on students as we pursue international recognition for our work. Jack was always accessible to anyone who needed his help. He had a unique talent of making you feel special because he really believed that you were special.

In a world that confuses morality with a lack of tolerance and in a culture that is obsessed with separating church and state, Jack stood out as a person who used his faith in subtle ways to make you a better person. I am a better person for knowing Jack Allison and everyone who worked with Jack feels the same way. He was a quiet but firm leader whose high expectations paved the way for remarkable achievements in the personal and professional lives of the faculty that he assembled in his life-long journey as a physical therapist.

When Jack retired from University life in 1993, a Piper arrived at the gathering to celebrate Jack’s Scottish heritage and his distinguished service as a member of the University’s faculty. With a tear in his eye, Jack lifted his glass and offered a toast to the Piper. At that moment I realized that what I had seen on campus years before on a surreal November day was the pride and soul of a Scot. Jack had become the University of Minnesota’s best kept secret and there will be a special place in my memory, forever, for the smile and the touch of this man.

Jack Allison died on November 29, 1998, but even now it is hard for me to say good-bye. The world is a better place because Jack was here.
PT Capitol Hill Day 2011

Written by: Sally A. Hutson, SPT–Class of 2012

As the recipient of the Federal Advocacy Forum Student Scholarship 2011, I received the opportunity to travel to Washington D.C. in early June of last year. My purpose was to educate our government about who physical therapist and physical therapist assistants are and why our profession is so important. Students and practicing therapists alike can get involved with the MN APTA and support PT Federal Affairs. The only requirement is that you have a heart and passion for the patients that you have committed your careers to serve and care for.