From the Chair

Welcome to the inaugural issue of Forward Motion. We are excited to have this new opportunity to communicate our news and developments with our extended community.

An alumnus recently asked me what has been happening with the Department of Physical Therapy since his completing the educational program 7 years ago. I found it difficult to begin to explain all the accomplishments and activities related to our trifold mission of excellence in teaching and learning, discovering and applying knowledge in research and creative activity, and demonstrating compassionate service in civic engagement. This newsletter is our effort to communicate the thrilling journey and outcomes of the efforts.

Our doctorate in physical therapy educational program has been a tremendous success thanks to the efforts and expertise of our faculty and the diligence and professionalism of our students. We are proud of every one of the graduates and we are delighted by the reports we are receiving from their employers and colleagues. Already IU DPTs are making laudable contributions to the profession.

Still, some of our students, faculty, and activities deserve special mention. This semiannual newsletter is our way to share the excitement. For more regular IU Department of Physical Therapy news, please check our website: www.dpt.indiana.edu. We hope that the newsletter will help develop our physical therapy community that includes all constituents.

Lisa Riolo
PhD, PT, NCS

CAPTE is coming Fall 2006

Indiana University has supported an accredited physical therapy educational program on the academic health center campus since 1959. Accreditation is the process by which an organization evaluates and recognizes a program of study as meeting certain predetermined qualifications or standards. The Commission on Accreditation in Physical Therapy Education (CAPTE) is the accrediting body for physical therapy education and reviews programs on 10-year cycles.

The Department of Physical Therapy has been preparing for the renewal of our accreditation this entire year. The accreditation process requires the department to submit a self-study report that provides CAPTE with all the applicable information to demonstrate that the educational program fulfills all requirements. We submitted this report in September.

An onsite review team will visit November 12th-15th to meet with faculty, staff, clinical educators, students, alumni, and administrators to see the environment and observe how the program works. The review team will submit a report to the CAPTE board for review at an April 2007 meeting and the CAPTE board will provide feedback to the department in May, 2007.
Pitt-Marquette Challenge 2007

Students within the IU DPT program will be participating in this year’s Pitt-Marquette Challenge, with the aim of surpassing the $13,626 raised in last year’s challenge (see article on adjacent page). For the challenge this year, students have organized for Shirley Sahrmann, PT, PhD, FAPTA, to give a two-day workshop (March 2nd and 3rd, 2007) on the diagnosis and treatment of movement system impairment syndromes of the low back.

Dr Sahrmann is Professor within the Departments of Physical Therapy, Neurology, and Cell Biology and Physiology at Washington University School of Medicine (St. Louis, MO). She is a Catherine Worthingham Fellow of the American Physical Therapy Association, and recipient of the APTA’s Marion Williams Research, Lucy Blair Service, Kendall Practice, John H.P. Maley Lecture and Mary McMillan Lecture Awards. Dr. Sahrmann’s research interests are in the development and validation of classification schemes for movement impairment syndromes as well as in exercise based interventions for these syndromes.

Those interested in attending the workshop can contact student representatives Lauren Alborn (lalborn@iupui.edu) or Bekah Shoop (rshoop@iupui.edu) for registration details. Those unable to attend, yet interested in making a financial contribution to the students’ challenge effort can send checks made out to the ‘Class of 2007’ with Pitt-Marquette Challenge in the memo line. These can be sent to the Department of Physical Therapy, 1140 W. Michigan St., CF-326, Indianapolis, IN 46202.

IU DPT Class of ’08 are collaborating with the Timmy Foundation of Indianapolis (www.timmyfoundation.org) to establish a sustainable international community partnership with the people of Quito, Ecuador. Building on a service trip undertaken by members of the IU DPT Class of ’07, this project will work with the Tierra Nueva Foundation (www.ecuapymes.com/tierranueva/en/educacion/cdi.html) to provide volunteer services, therapeutic toys, orthopedic supplies and mobility devices for children served by the Child Development Center “El Nino”.

The Child Development Center was created in response to the needs of hundreds of families in south Quito who did not have the financial resources to provide adequate care for their children with disabilities. The CDI (Centro de Desarrollo Integral) currently cares for 70 children with disabilities including autism, cerebral palsy, cognitive impairments, and Downs Syndrome, and provides medical, psychological, physical therapy, language therapy, hippotherapy and music therapy services. This meaningful opportunity will allow IU to strengthen its commitment to community service, enhance our awareness of global outreach, as well as allow us to share our energy and compassion with those in need.

Donations including supplies are welcome and appreciated. If you would like to make a financial contribution to support the mission of the Timmy Foundation and the Child Development Center in Quito, Ecuador please send your check (made payable to the ‘Timmy Foundation’) to:

Timmy Foundation
Attn: Adam Clevenger/Scott Keller
6101 N. Keystone Ave.
Indianapolis, IN 46220

OR
Indiana University—Department of Physical Therapy
Attn: Dr Lorrie Ippensen Vreeman
1140 W. Michigan St., CF-326
Indianapolis, IN 46202

Please note on the memo line of the check ‘IU – CDI’ to designate your gift to the partnership between Indiana University and the Child Development Center.
IU DPT Student Awarded National Scholarship

Keith Avin, a DPT student at IU, was recently awarded a prestigious Mary McMillan Scholarship from the American Physical Therapy Association (APTA).

The Mary McMillan Scholarship Award, named after the founding president of the APTA, is given to top physical therapy students nationally who demonstrate superior scholastic performance, past productivity, evidence of potential contribution to physical therapy, and service to the APTA. Selections are made from the 220 physical therapy programs in the nation.

Keith was one of nine students recognized this year, and was honored at the Honors and Awards Recognition Ceremony at the PT 2006: Annual Conference and Exposition of the APTA in Orlando, FL.

Keith is the first IU PT student to receive this award. He graduated with his doctorate degree in May, and can currently be found practicing his skills at Riverview Health & Fitness in Carmel, IN.

IU Students Raise Over $13,000 for the Foundation for Physical Therapy

IU students organized a continuing education course for clinicians and students to raise in excess of $13,000 for the Foundation for Physical Therapy. The course was presented by IU alumnus Gary Gray (IU PT ’76), who graciously donated his time.

The money raised enabled IU to secure second place nationally in the 19th Annual Pittsburgh-Marquette Challenge—an annual national competition organized by PT students at Marquette University who challenge students in each PT or PTA program in the United States to raise money for PT research. This year’s challenge raised a total of $132,772 which was donated to the Foundation for Physical Therapy.

The program that sees its student body raise the most money has the honor of co-hosting the next year’s challenge with Marquette—the initiator of the challenge in 1989. Next year’s challenge will again be called the Pittsburgh-Marquette Challenge; however, based on this year’s efforts it should not be long before IU wins naming rights.

Student Awards

Deserving students within the department are recognized each year. Listed below are awardees from the ’06 graduating class who achieved academic excellence in a particular area. Listed to the right are recipients of departmental fellowships.

Cardiopulmonary Award—Jaime Naftzger
Integumentary Award—Molly Hagemeier
Musculoskeletal Award—Keith Avin
Neurorehabilitation Award—Keith Avin
Foundational Sciences Award—Mark Watson

Patricia Rae Evans Fellowship—Stephanie Gerig
Incoming student demonstrating academic excellence

Stephen O. Jones Fellowship—Jamie Grogg
Outstanding second year student who has declared an interest in geriatrics or acute care

Katherine Belzer Fellowship—Jamie Grogg & Lynn Taylor
Second year students demonstrating perseverance in spite of hardships

Constance Brown Fellowship—Monica Beaman & Bobby Lassiter II
Second year students demonstrating financial need

Francis Ekstrom Fellowship—Jessica Guinan
Outstanding final year student demonstrating scholastic excellence and professional contribution

William Porter Award—Erin Beck
Graduating student demonstrating academic and clinical excellence in neurological rehabilitation
Dr. Warden was recently a finalist in the Indy’s Best and Brightest Awards. These awards honor 100 of central Indiana’s outstanding young professionals, ages 40 and under who are making their mark in and around Indianapolis. Dr. Warden was one of the 10 finalists in the Health and Life Sciences category.

Dr Warden was presented with his award at a luncheon attended by 800 people and during which Mark Cuban, owner of the Dallas Mavericks and IU alumnus, gave the keynote address. Drs. Mark Sothmann (Dean of the School of Health and Rehabilitation Sciences) and Lisa Riolo (Chair of Department of Physical Therapy) supported Dr. Warden at the luncheon.

Indy’s Best & Brightest

Meet the faculty

Faculty Update

Lisa Riolo, PhD, PT, NCS
Associate Professor & Department Chair
Appointed: 2004
Teaching responsibilities: Clinical Decision Making; Selected Topics

Dr. Warden with Class of ’09 students Sandra Horton (left) and Johanna Rydberg

Lorrie Ippensen-Vreeman, DPT
Assistant Professor
Appointed: 2004
Teaching responsibilities: Therapeutic Interventions; Neuromuscular Practice Patterns; Health Promotions & Community Outreach

Amy Bayliss, DPT
Assistant Clinical Professor
Appointed: 2006
Teaching responsibilities: Psychosocial Dimensions of Physical Therapy Practice; Cardiopulmonary Practice Patterns; Health Promotions & Community Outreach

Terry Loghmani, MS, PT, MTC
Associate Clinical Professor
Appointed: 1998
Teaching responsibilities: Physical Therapy Examination & Interventions; Prosthetic & Orthotic Interventions

Cheryl Bainbridge, MS, PT
Associate Clinical Professor and Director of Clinical Education
Appointed: 1992
Teaching responsibilities: Clinical Education; Management for Physical Therapists; Ethics & Legal Issues

Daniel Vreeman, DPT
Assistant Research Professor
Appointed: 2005
Teaching responsibilities: Functional Anatomy & Biomechanics

Stuart Warden, PhD, PT
Assistant Professor and Director of Research
Appointed: 2004
Teaching responsibilities: Musculoskeletal Practice Patterns

Tracy Dierks, PhD
Assistant Professor
Appointed: 2005
Teaching responsibilities: Functional Anatomy & Biomechanics; Therapeutic Interventions

Adjunct faculty
Patti Beaty, PT
Joani Essenmacher, DPT, PT, OCS, SCS, ATC
Connie Fiems, PT
Sharon Lucich, PT
Joyce Mac Kinnon, EdD, PT
Trinda Metzger, MS, PT

Rebecca Porter, PhD, PT
April Priest, PT
Van Rockefeller, PT
Ellen Schellhase, PharmD
Michael Welsh, MD

Lorrie Ippensen-Vreeman, DPT
Assistant Professor
Appointed: 2004
Teaching responsibilities: Therapeutic Interventions; Neuromuscular Practice Patterns; Health Promotions & Community Outreach
A busy Summer of construction has resulted in the completion of the Motion Analysis Research Laboratory (MARL).

The MARL is a multi-faceted biomechanics research center dedicated to investigating, understanding, and treating both normal and abnormal human movement.

The MARL is affiliated with both the Departments of Physical Therapy and Orthopaedic Surgery at IU, and is under the direction of Dr. Dierks.

The laboratory includes high-tech equipment for the collection of motion analysis, force, and muscle activity data whilst subjects perform a variety of activities. Initial areas of inquiry will be focused on the biomechanics and motor control of running and walking.

For more information of the laboratory and its capabilities, contact Dr. Dierks (tdierks@iupui.edu)

**Recent departmental publications**


- **Warden SJ.** Breaking the rules for bone adaptation to mechanical loading. *Journal of Applied Physiology* 2006;100:1441-2


- **Warden SJ, Saxon LK, Castillo AB, Turner CH.** Knee ligament properties are not influenced by estrogen or its receptors. *American Journal of Physiology: Endocrinology and Metabolism* 2006;290:E1034-40


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**Massage Therapy Foundation Research Grant**

Dr. Warden and Prof. Loghman have been awarded one of only two grants given this year by the Massage Therapy Foundation. The investigators will use the award of $19,253 to investigate the tissue-level effects of cross-fiber massage on ligament injuries. This study will further the investigators’ preliminary data which found that a specific form of cross-fiber massage (instrument-assisted cross fiber massage) accelerates the healing of injured rodent knee ligaments.

*Indiana University DPT student*
Meet the alumnus...Gary Gray

By Erin Beck (IU DPT ’06)

Gary Gray (IU PT ’76) began his physical therapy career at IU in 1974. Though he claims he was far from the smartest student in class, he remembers compassionate professors and fantastic classmates to help him through. “All of our professors did an amazing job caring for us and preparing us to go out and create the best environments for healing that we possibly could.” He often reflects back on his days at IU with a big smile on his face and a heart of gratitude.

Gary’s first job following graduation resulted in a record pace transition from staff therapist to manager. He tells the story of a recruiter coming to speak to the graduating class and offering a chance to run a therapy department within a year. Jumping at the opportunity, Gary accepted the job and drove to Michigan to start his first day of work. As he was introduced to a staff of occupational therapists and rehab aides, Gary inquired as to the other PTs and quickly realized he was it! He also quickly realized he was hired to manage the department. It was at that point that Gary realized how much more there was to know in terms of PT practice. With that in mind, he began attending a plethora of continuing education courses to fill gaps in his knowledge and absorb as much information as possible. Based on this experience, Gary recommends that students should be cautious when accepting jobs without a solid continuing education budget, emphasizing the importance of education to the growth of a therapist.

With a lot of hard work, Gary’s career soared. His persistence, likable personality, and practical insight have aided in his success. Currently, Gary is part owner of 5 clinics entitled Gary Gray and Associates Physical Therapy. In addition, he is involved with the Functional Video Digest Series, Fast Function Series, Chain Reaction Transformation Seminars, as well as the Gray Institute for Functional Transformation. His courses and programs are very popular with therapists and athletic trainers across the country.

He and his wife of 30 years, Cindi, who is also his junior high school sweetheart, live in Adrian, Michigan with their dog, Lucy. He has two sons and is expecting his first grandchild.

Who we are...an admissions update

The Department is pleased to recognize incoming students in the DPT program. As future graduates of the IU DPT program, they will have the privilege of joining the ranks of our distinguished alumni.

The admissions profiles for the classes that will graduate in 2008 and 2009 (shown to the right) demonstrate the quality and diversity of the applicant pool for our program. Our DPT students come to us from such universities as Notre Dame, Indiana University, Purdue University, Indiana University—Indianapolis, and other programs.
The 2006 Clinical Educator of the Year award winner is Laura Wortman, PT, Center Coordinator of Clinical Education and Clinical Instructor for St. Francis Sports Medicine, Southport Clinic, Indianapolis, Indiana. Laura was nominated by several of her students who commended her for her teaching skills, not only with students, but also for her thoroughness in patient education. Laura is a 1983 graduate of the Indiana University BSPT Program, has completed the APTA Clinical Instructor Credentialing Course, and has been a clinical instructor at St. Francis Sports Medicine Clinics for 15 years. Some of her most rewarding professional experiences have been sharing her expertise in patellar-femoral dysfunction with students, educating patients in anatomy and their impairments, and being requested specifically by physicians to evaluate and treat their patients. Laura spends her free time supporting her 15 year-old-son, Tyler, and his friends in their favorite past time, playing football. Congratulations, Laura, and thank you for all you do to support the Indiana University DPT Program, and our profession.

Clinical site spotlight
Riverview Health & Fitness

The success of the IU DPT program is dependent upon strong mutual relationships with clinical partners. Without these relationships, our program would cease to exist and the profession would be negatively influenced. The clinical site spotlight for this issue of Forward Motion is Riverview Health & Fitness (RHF).

RHF is part of Riverview Hospital, and has impressive facilities in both Carmel (20,000 sq. ft.) and Noblesville (36,000 sq. ft.) in Indiana. Both sites expose our students to combined fitness and outpatient rehabilitation services. Being part of a larger hospital system, our students are taught to work closely with inpatient staff for a seamless transition of therapy once a client leaves the hospital. In addition, they are taught to work with physicians to maximize functional outcomes for each individual therapy client.

To facilitate lifelong education, clinical director at both, Joani Essenmacher, DPT, PT, OCS, SCS, ATC, runs a 12-week mentoring program for new RHF staff and students on clinicals. Called the Advanced Clinical Education (ACE), it consists of didactic lectures, manual therapy labs, clinical reasoning exercises and evidenced-based practice.

As a reflection of the strong relationship between the IU program and RHF, no less than 14 IU PT alumni currently work at RHF, including two recent graduates from the DPT program (Keith Avin, IU DPT ’06, and Terea Williamson, IU DPT ’06).
Alumni keep in touch

Alumni of the Physical Therapy program at IU are encouraged to keep in touch by contributing personal news stories or updates. Contributions, with your name and year of graduation, can be emailed to Melanie Boynton (mboynton@iupui.edu).

With your up-to-date contact information, we will be able to keep you updated on upcoming events, networking opportunities, and other happenings of interest.

Make a difference!

Each year the annual budget of the department from the state seems to be going down, yet educational costs are rising.

Therefore, we especially rely on private contributions to advance our academic and research initiatives. Please consider making a financial contribution to our program so that we can continue building our burgeoning reputation.

Every contribution, large or small, helps.

Contributions should be made out to the 'IU Foundation' with the 'Department of Physical Therapy' in the memo line.

Send contributions to:
Indiana University—Department of Physical Therapy
1140 W. Michigan St., CF-326
Indianapolis, IN 46202