Message From the Chair

Writing this message for Forward Motion affords me the pleasure of reflecting on our educational program, research endeavors, civic engagement and people. The most rewarding part of this new tradition is that I have the opportunity to highlight achievements that we have made as a department.

Each faculty member, staff member and student has contributed tremendously to help make the Department of Physical Therapy progress toward our goals. Our tri-fold mission of excellence in teaching and learning, discovering and applying knowledge in research and creative activity, and demonstrating compassionate service in civic engagement is being realized by these individual and collaborative efforts. Many of these endeavors are highlighted in the pages of Forward Motion, including student engagements with Habitat for Humanity and the Marquette Challenge.

Our doctorate in physical therapy educational program has been a tremendous success. The CAPTE review of our program was outstanding and IU has been granted the maximum 10 years of continued accreditation. Every one of our 87 DPT graduates has passed the licensure exam and is contributing to his or her community as a physical therapist.

Our students have been commended by clinical educators on their professionalism and more of them have become involved in research and national presentations each year. In fact, the APTA Combined Sections Meeting 2008 in Nashville will include a record representation by IU. Eight symposia, platforms and posters will be presented by 5 of our faculty and 12 of our students! I hope our alumni will be at the conference to catch up with the faculty and students and to support their work.

We also are fortunate to have an outstanding faculty that continues to grow and develop expertise. This fall we welcomed Drs. Peter Altenburger, Robyn Fuchs, and Ashraf Gorgey. See their introductory information in the next pages and on our website.

The Forward Motion of the IU Department of Physical Therapy is a function of each of the individuals involved with our department; full time and adjunct faculty, clinical educators, staff, students and graduates. I am honored to be associated with each of them and I am grateful for their contributions and dedication to our department.

Lisa Riolo, PhD, PT, NCS

The Frances C. Ekstam Professorship

Joyce Mac Kinnon, PhD, PT, SHRS Interim Dean

Dean Suhmann presents Dr. Riolo with the Ekstam Award.

The School of Health and Rehabilitation Sciences is proud to recognize Dr. Lisa Riolo on her selection for the first named professorship in the School. Dr. Riolo was named the Francis C. Ekstam Professor in May of 2007. The Ekstam Professorship recognizes the accomplishments of the founder of the Indiana University physical therapy academic program and was established by one of her former students and IU alumna, Patricia Evans.

Professor Ekstam educated, motivated, and inspired two decades of alumni. Her impact on the program was recognized by a Spirit of Philanthropy Award in 2004 and she has been honored by having a laboratory and a fellowship named after her.

The Department of Physical Therapy has grown and evolved enormously since Professor Ekstam was the program director, although the core values that she exemplified are still reflected.

Having a named professorship is an accomplishment to be acknowledged and celebrated and is a clear indication of the department’s evolution from a baccalaureate degree program to an entry level doctorate program with a strong commitment to both education and research. The School congratulates Dr. Riolo on this award in recognition of her commitment to continuing Professor Ekstam’s remarkable legacy.
The 2007 Pitt-Marquette Challenge seminar with Dr. Shirley Sahrmann proved a rousing success. This seminar was our main fundraising effort for the Challenge. The total amount raised by our students was over $15,000, putting IU in 3rd place! The students are incredibly proud of their efforts as this not only put IU in the top three, but surpassed the amount raised from the previous year as well.

The Marquette Challenge is an annual fundraising event for the Foundation for Physical Therapy, with the goal in 2007 to raise over $147,000. This was significantly surpassed as over $240,000 was raised—providing more than $1 million to the Foundation for physical therapy research since the inception of the Challenge. The fundraising goal for the 20th Annual Marquette Challenge in 2008 has been set at $193,500, and our students have been busy devising creative ways to raise money and awareness for the Foundation.

For the 2008 Marquette Challenge seminar, we have invited Dr. Bill Boissonnault from the University of Wisconsin to speak on Diagnostic Imaging for Physical Therapists. The seminar is scheduled for February 23rd on the IUPUI campus. Registration fees are $175 for the morning session, and $250 for morning & afternoon sessions. Forms will be mailed out very soon, so be sure to add the seminar to your calendar!

T-shirt sales and food sales are currently in progress during the Fall, with additional fundraising efforts in the planning stage. More details will follow.

Physical Therapy Month Activities

Amy Bayliss, DPT, PT

October was Physical Therapy Month and we celebrated through a variety of events in 2007. We were excited to kick-off Physical Therapy Month with a “Walk/Run for Fun” on October 2nd. The “Walk/Run for Fun” was intended to promote regular physical activity in a social atmosphere each Tuesday in October. Participants included students and faculty from the physical therapy department, as well as students from the Department of Occupational Therapy and the School of Medicine. The final “Walk/Run for Fun” was October 30th and was followed by a social event at a local restaurant. The other exciting event for Physical Therapy Month was the department’s participation in the IUPUI Health and Benefits Fair on October 26th. We presented a booth featuring screenings and education for correct posture at the computer and recommended physical activity guidelines. The department was also part of the workshop schedule at the Health Fair and several students presented a 50 minute workshop titled, “Exercise for the prevention of Low Back Pain.”

All the students involved and the co-coordinating faculty member, Dr. Amy Bayliss, are hoping to make these Physical Therapy Month activities an annual tradition.

IU DPT Licensure Pass Rate

The Indiana University DPT ultimate pass rate on the licensure exam averaged over the past 3 years is 100%. Our graduates’ first-time pass rate is 95%. These numbers are above the national average for CAPTE accredited programs (84% first-time pass rate and 85% ultimate pass rate). Congratulations to all our graduates for a job well done!

Department CAPTE Accreditation

The Commission on Accreditation in Physical Therapy Education (CAPTE) granted the Indiana University Department of Physical Therapy DPT educational program the maximum 10-year accreditation at their meeting in April 2007. The program feedback to the department was very complimentary.
Student Update

DPT in Action - Habitat for Humanity

On August 10th, 2007, a group of DPT students from the Class of 2009 decided to try their hand at a new community service project by donating their time to Habitat for Humanity in Indianapolis. The group divided into two shifts and worked throughout the day on a home near the Fall Creek Place neighborhood. This area of the city has been the target for redevelopment for several years and has seen a significant surge in homebuilding and business construction. Our students were able to help the process along by donating their time and energy to the cause.

Unlike some of the numerous community projects they have tackled in the past - usually focusing on health or fitness - this project gave the students a true sense of accomplishment and satisfaction as they helped build a home for a local needy family. The work was not difficult with a big group contributing. “We spent our time putting shingles on the shed, and installing baseboards in the upstairs bedroom,” remarked Ed Bloom. When questioned about his experience, Sean Hassett commented that “working with Habitat for Humanity was very gratifying. Being able to get out into the community and help others is always a good thing, no matter how little.” Brad Shupe added that “being able to lend a hand to such a worthy cause was extremely rewarding. What made it even better was that I had a great time.” Angie Sexton, one of the group organizers, remarked that “it was a real honor to work with Habitat for Humanity in Indianapolis. We weren’t just students, we became part of the community.” For the students, it proved to be an enriching experience. “I am humbled by the strength and motivation of the family we helped,” remarked Valerie Johnson. The students are planning another group project with Habitat for Humanity in the Spring.

Student Awards & Accomplishments

2007 Steven Jones Award
- Allison Herriott, SPT Class of 2009

2007 Katherine Belzer Award
- Matthew Freije, SPT Class of 2009
- Hannah Rhoads, SPT Class of 2009
- Meagan Patton, SPT Class of 2009

2007 Constance Brown Award
- Meagan Patton, SPT Class of 2009
- Kristen Kastner, SPT Class of 2009

2007 Frances C. Ekstam Fellowship
- Jamie Grogg, SPT Class of 2008

2007 William Porter Award
- Stacey Meyer, DPT Class of 2007

2008 SHRS Nominee for the National APTA Mary McMillan Award
- Jamie Grogg, SPT Class of 2008

Congratulations to our 2007 Scholarship & Fellowship Award Recipients!
A special thanks goes to our generous donors who help make these awards possible.

2007 IN-APTA PT Scholarship Recipient - Bradley Shupe, SPT

The 2007 IN-APTA PT Scholarship has been awarded to Bradley Shupe. Brad is a second year DPT student at Indiana University. Prior to starting the DPT program, he was awarded his Bachelor’s degree from Ball State University in Exercise Science in 2003.

Brad volunteers weekly in the multiple sclerosis swim program, Motor Activity Clinic for neurologically affected children and the senior wellness program. He is an instrumental component of IU’s Marquette Challenge, chairing this committee. They have raised over $15,000 in 2007 toward the APTA’s Foundation for Research. Last but not least, Brad is a class officer for his DPT class. With a strong academic record and an exemplary capacity to help those less fortunate, Brad is a very worthy recipient of this year’s IN-APTA PT scholarship.
Meet Our Newest Faculty Members

**Peter Altenburger, PhD, PT**
Assistant Clinical Professor
Teaching Responsibilities:
- Neurological Rehabilitation
- Lifespan Development
- Physical Agents

**Education**
Dr. Altenburger received his Master of Science in Physical Therapy at the University of Miami; and completed his PhD in Educational Leadership at the University of Nevada, Las Vegas.

**Teaching Experience**
His teaching experience includes neurological rehabilitation, motor control and motor learning, evidence based practice, physical agents, gross human anatomy, pharmacology, and electrotherapy. Dr. Altenburger is a member of the American Physical Therapy Association and has won several teaching awards for outstanding performance.

**Clinical Interests**
Dr. Altenburger has spent the majority of his clinical work treating patients with neurological deficits. Dr. Altenburger has also spent time assisting disabled adults with aquatic rehabilitation. He has been studying the effects of both Body Weight Support Treadmill Training and Overhead Harness Training on gait and balance in patients with chronic stroke deficits. In addition, he has spent time evaluating the competitive nature of physical therapy education.

**Outside Interests**
Outside of the classroom, Dr. Altenburger spends his time with his family. His interests include coaching soccer, watching football, and playing golf.

**Robyn Fuchs, PhD**
Assistant Professor
Teaching Responsibilities:
- Physiology
- Pathophysiology

**Education**
Originally from Oregon, Dr. Fuchs completed her PhD in Exercise Physiology at Oregon State University. She went on to complete a clinical post-doctorate in nutrition at the University of California at Davis, followed by a basic science post-doctorate in skeletal biology at the IU School of Medicine.

**Teaching Experience**
Dr. Fuchs is the Course Director and Co-instructor for our clinical physiology course and will be involved in co-teaching the pathophysiology course.

**Research Interests**
Over the past 10 years, Dr. Fuchs’ research has focused on the development of strategies aimed at improving bone health in children and adults. She is currently investigating specific genes and molecular pathways involved in regulating bone size at the tissue and cellular level. Dr. Fuchs is studying Periostin, a protein which may be involved in bone size and fracture healing.

**Outside Interests**
Dr. Fuchs enjoys different sporting activities, including golf, mountain biking and skiing. Dr. Fuchs also enjoys oil painting, gardening, and spending time with her husband, son and two dogs.

**Ashraf Gorgey, PhD, PT**
Assistant Professor
Teaching Responsibilities:
- Physiology
- Pathophysiology
- Biomechanics

**Education**
A native of Egypt, Dr. Gorgey completed his Bachelor of Science and Master of Science in Physical Therapy at the University of Cairo in 1994 and 2000 respectively. He then completed his PhD in Exercise Physiology at the University of Georgia in 2005, and his postdoctoral fellowship at the University of Michigan in 2007.

**Teaching Experience**
Dr. Gorgey has taught several courses related to therapeutic modalities, electrotherapy and musculoskeletal physical examination.

**Research Interests**
Dr. Gorgey is researching musculoskeletal adaptations following spinal cord injury. The primary focus of his research is the effect of exercise/diet on the metabolic and body composition profiles following spinal cord injury.

**Outside Interests**
In his spare time, Dr. Gorgey enjoys watching soccer (especially his children’s games), exercising, reading and spending time with his family.
Research Update

Faculty and Student Presentations at CSM 2008

Faculty and students from IU will be in abundance at the upcoming American Physical Therapy Association’s Combined Sections Meeting in Nashville, TN. This is primarily due to its close proximity to Indianapolis, but also because of the large number of presentations being given by both IU faculty and students. The dates and times of these presentations are listed below with faculty and students shown in bold and italic text, respectively.

Sponsored sessions
Thursday, February 7th
1:00-3:00 pm Stuart Warden (chair), Irene Davis & Joan Lappe: Evidenced-based prevention and treatment of lower extremity stress fractures.

Saturday, February 9th
8:00-11:00 am Daniel Vreeman (chair), Matt Hall, Gary Brooks & Janet Herbold: Information technology in physical therapy: a journey, not a destination

Platform presentations
Friday, February 8th
2:25-2:40 pm Monica Bruder, Bobby Lassiter II & Johanna Sneed: An evidence-based approach to the treatment of pyoderma gangrenosum: the great debridement debate

2:30-2:50 pm Peter Altenburger & Mimi Wolverton: Determining the competitive nature of physical therapy education: a multi-case study

2:50-3:10 pm Amy Bayliss & Stuart Warden: The effect of computer assisted education on physical therapy student performance in cardiopulmonary practice patterns

Poster presentations
Peter Altenburger, Michael Gill, Clayton Hunter, Marko Kustudiu, Beth Altenburger & Sue Schuerman: Body weight support treadmill training compared with overhead harness training in chronic stroke patients: a multi case study investigation

Monica Beaman, Heidi Streeter, Erin Hilles, Jenny Lyons, Lorrie Ippensen-Vreeman & Amy Bayliss: Impact of service learning on student experience within a doctor of physical therapy program

Lauren Peoples, Katrina Malhotra, Jessica Lassiter, Lynn Taylor & Amy Bayliss: The impact of international service learning in developing countries on student physical therapists

Recent Departmental Publications


Please contact Ms. Brenda Lawless (bsmither@iupui.edu) for reprints of departmental publications.
As we have written in the past, 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 impacted. We chose to highlight a clinical site each semester to recognize our strongest partners in the community. The clinical site spotlight for this issue of Forward Motion is Westside Village Health Center.

Located at 8616 West 10th Street in Indianapolis, this facility has recently undergone significant expansion and renovation that also enhances the experience they can offer to IU students. The expansion has recently increased the number of inpatient rehabilitation beds to 69, with phase 2 to make way for 132 beds. Students may gain experience in providing not only inpatient rehabilitative services, but also outpatient services provided to residents of the on-site independent living and assisted living facilities. The site is also actively expanding the number of outpatient services they provide to the community surrounding Westside Village Health Center.

Services are provided in a new state-of-the-art rehabilitation space where therapists and students provide physical, occupational and speech therapies in an interdisciplinary team setting. Features of the space include an Aquaciser and an outdoor terrain path. Westside also features transitional rehabilitation rooms to allow for patients to test independent or assisted living environments prior to discharge from inpatient services.

Westside Village Health Center is also quick to recognize Vicki Smock, PT—the staff physical therapist credited with maintaining the strong clinical education partnership with the IU PT program. Vicki herself graduated from the IU PT program in 2002 and has been favorably reviewed by each student that has been fortunate to study under her at Westside Village Health Center.

Anita Munoz-Boyle is the 2007 Clinical Educator of the Year award winner is Anita Munoz-Boyle, PT. Anita is a Clinical Instructor at the VA Hospital of Indianapolis. She was chosen by Professor Valerie Strunk, DCE, who wished to recognize Anita for her teaching skills and creative problem solving when faced with student issues. Anita also stepped up to fill the shoes of Julianne Dunn, CCCE at the VA, when she was out on maternity leave. By stepping into the role of interim CCCE, she allowed for a seamless transition of students into the VA system for their clinical education.

Anita Munoz-Boyle is a 2002 graduate of the Indiana University BSPT Program. She has completed the APTA Clinical Instructor credentialing course and has worked at the VA since graduating. Anita’s clinical passion is acute rehabilitation, particularly the traumatic brain injury population. She is the lead PT on the Rehab Intervention Therapy Service/Polytrauma unit at the VA, and also fills in at Hook Rehab when needed. She is considering pursuing a neurological clinical specialist certification in the future. Anita spends her free time in many creative pursuits, and admits to spoiling her 6 year-old Boxer, Titus, whenever she gets the chance. Congratulations, Anita, and thank you for all you do to support the Indiana University DPT program and our profession in general.
Meet the Alumna...Patricia R. Evans, PhD, PT

Imagine it is your first day as a physical therapist—a recent grad from one of the top PT schools in the nation—and you are informed that in two weeks you will be the head of the department. This was reality for Dr. Patricia Evans, and although her father jokes that she “turned green” at the news, she has continued to be a stalwart leader to the profession after 45 years. Dr. Evans is a graduate of the 1962 IU Physical Therapy class and had great instruction as there were only 6 other classmates. She considers her education the best in the country in the 1960s, and studied under Francis Ekstam, a well-known name in the physical therapy profession and within IU. Patricia describes Mrs. Ekstam as being supportive and remarked that “she had high standards, but inspired us to reach for the sky.”

Dr. Evans has had a rich career including clinical work with patients, educational roles at universities, and leadership positions within the APTA.

After serving as a therapist for the U.S. Navy, Dr. Evans decided to go into education. She quickly found herself moving into leadership roles and eventually became the Director of Educational Affairs for the APTA. While there, a colleague at USC asked her “to help build the curriculum.” Along with USC, Dr. Evans has been a part of the educational process at Mount St. Mary’s and Samuel Merritt College. She explains “that is the beauty of PT—the ability to move around” and recommends that students “always keep the door open.”

Dr. Evans was the CEO of the California Physical Therapy Association until 2006, giving her a first hand look at the legislative process. This invaluable experience led to the company she currently runs, Wave Consulting Services. This business provides a link between legislators and associations looking to improve government relations and creates an agenda to help work through the political process.

Like many great educators and leaders before her, Dr. Evans grew “intellectually hungry” during her trip through the profession. To fulfill her need of contributing to the field of PT she completed a Master of Arts degree in 2000; following that with a Doctor of Philosophy degree in 2005. Dr. Evans has many plans for the future, including writing a book on her dissertation of physical therapy as a profession and supplementing the chapters with the history of physical therapy. She also hopes that her consulting business will be a success, and more importantly she plans on just enjoying life. Dr. Evans remarks that “each day is a gift” and tries to make the most of her time, which may include her favorite pastime of camping. This warmth is shown through her service to the profession. The ideal of service was instilled by her parents and she sees the necessity of “doing good for the larger community.”

In 2003, as a gift to IU and a tribute to her mentor, Dr. Evans named a professorship after Francis Ekstam.

When asked to comment on the future of physical therapy, Dr. Evans replied that the profession has an “incredibly bright future, despite a hard path.” She feels that educational institutions are producing doctoral degrees on par with other health care professions. She comments that “the profession is a gift” and there is no doubt that physical therapy would be drastically different without Dr. Evans and her lifetime of hard work. The IU Department of Physical Therapy is honored to have such a respected and genuinely good person as this alumna.

<table>
<thead>
<tr>
<th>Category</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Representative states</td>
<td>2</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>(5% out of state)</td>
<td>(10% out of state)</td>
<td>(8% out of state)</td>
<td></td>
</tr>
<tr>
<td>Female/Male</td>
<td>63% / 37%</td>
<td>76% / 24%</td>
<td>74% / 26%</td>
</tr>
<tr>
<td>Ave. Cumulative GPA</td>
<td>3.4 (3.2-3.9)</td>
<td>3.6 (3.2-3.9)</td>
<td>3.6 (3.2-3.9)</td>
</tr>
<tr>
<td>Ave. Prerequisite GPA</td>
<td>3.3 (3.2-4.0)</td>
<td>3.5 (3.2-4.0)</td>
<td>3.5 (3.2-3.9)</td>
</tr>
<tr>
<td>Average Age</td>
<td>23 (21-28)</td>
<td>23 (21-37)</td>
<td>23 (22-32)</td>
</tr>
<tr>
<td>African American</td>
<td>0%</td>
<td>0%</td>
<td>3%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>0%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Asian</td>
<td>56%</td>
<td>92%</td>
<td>82%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>8%</td>
<td>0%</td>
<td>5%</td>
</tr>
<tr>
<td>Not available</td>
<td>36%</td>
<td>5%</td>
<td>7%</td>
</tr>
</tbody>
</table>
All alumni are invited to the 50 Year Celebration of the Physical Therapy and Occupational Therapy programs at Indiana University. The celebration will be held during the School of Health & Rehabilitation Sciences Alumni Weekend, May 16-18, 2008. Please keep an eye out for event details in the mail. For more information, please contact Sarah Morley at semorley@iupui.edu.