In keeping with the theme of change which seems to be dominating the national landscape, I want to highlight a few changes our Department has undergone, the most obvious being the departmental leadership transition. Dr. Riolo accepted a fellowship appointment with Academic Affairs on the IUPUI campus requiring her to relinquish her leadership role, although she remains an integral part of the Department as a professor. Dr. Riolo did a tremendous job guiding this program and we know she will have success in her new venture. I have stepped into the chair position on an interim basis and will continue to foster an environment that exemplifies IU’s high standards. The second faculty change occurred last semester as Dr. Ashraf Gorgey accepted a research position in Virginia. Obviously, we have important roles to fill on the faculty and we are in the process of interviewing several dynamic candidates. We look forward to completing this work in the coming months.

The Department is also extremely excited about the change in leadership for the School. Our new dean, Dr. Austin Agho, has begun to shape the School’s future by creating an aggressive strategic plan. He has shared some of his initial thoughts in this newsletter and plans to address more specific objectives in a school newsletter coming this spring. The faculty have embodied the ideal of change by continuing to advance the curriculum enabling the program to produce excellent therapists who are leaders in the field. The faculty’s efforts, along with our students’ dedication, have yielded extremely competent physical therapists, as noted by this spring’s graduates who have accrued a 100% first time pass rate on the national board exam. The faculty is extremely proud of their performance.

Our current students all continue to impress the faculty with their effort and commitment to the profession. This can be seen in their continued work on the Marquette Challenge and interest in attending the APTA’s Combined Sections Meeting. We are also in the midst of selecting the next class of students. This year, the program has adopted a competitive admissions model with the goal of creating a more equitable process. We are excited about the number of qualified candidates and their impressive academic records.

I hope this newsletter will provide you with an appreciation for the drive and passion of the faculty and students. In addition, we want to reiterate how important each of you are to the ongoing success of this program. I hope you will stop by and remain connected with IU Physical Therapy. The program is extremely excited about the future and wants to make you a part of it!

With best regards,
Peter A. Altenburger, PhD, PT, Interim Chair

www.shrs.iupui.edu/pt

The Department Welcomes
SHRS Dean Austin Agho!

A sincere thanks to all who have visited, called and/or sent emails to welcome me and my family to Indianapolis. Your support and kind words have made my transition a pleasant experience. It is very reassuring to know that I have such a loyal group of alumni and friends to work with as I work to advance the mission of the Department of Physical Therapy and the School of Health and Rehabilitation Sciences (SHRS). The past few months have been a very exciting and productive time. Upon my arrival, I embarked upon the task of working with faculty, staff and students to develop a five-year strategic plan for the School. Physical Therapy faculty, staff and students have played an active role in shaping the strategic directions of the School. I anticipate that the strategic planning process will conclude in November. The outcomes of the strategic planning process will be shared with you in our next issue of the school newsletter. I look forward to working with you and the faculty and staff of the Department of Physical Therapy to enhance the excellent reputation and visibility of the Department. My door is open, and I welcome suggestions and feedback on how we are doing. I hope to have the opportunity to get to know you better in the near future.

I welcome your involvement with the School. Please feel free to forward updates on your personal and professional accomplishments by email to Brenda Lawless, bsmither@iupui.edu. Again, thank you for your continued contributions and loyalty to the Department.

Warmest Regards,
Austin Agho, Ph.D., Dean
School of Health and Rehabilitation Sciences
The IU Doctor of Physical Therapy Family Tree: An Integrated Case Series
is a case family tree created by faculty and students for use as a teaching and learning resource across the curriculum. The faculty and students involved in its development will formally introduce the case family tree during a session for the APTA Education Section - An Integrated Case Family Series as a Curriculum Strategy to Enhance Cognitive, Cultural and Ethical Competence in the Classroom and Clinic - on Thursday, February 12, 2009 from 3:30pm-5:00pm at the 2009 Combined Sections Meeting in Las Vegas, NV.

The IU DPT case family tree is comprised of 37 inter-related cases that span four generations. It represents a collective and ongoing effort aimed at facilitating the development of students’ problem-solving and clinical decision making skills, as well as cultural and ethical competency in preparation for entry-level clinical practice. The CSM session will include a panel presentation and discussion on the development, implementation and initial outcomes of the case family series; in addition, future educational applications for the resource will be considered. Participants will have access to a copy of the document. All IU graduates and clinical educators that work with IU students are invited to join in at this session.

Drs. Robyn Fuchs and Stuart Warden will also be co-presenting a 3-hour session at CSM 2009 titled Skeletal Effects of Exercise/Mechanical Loading Across the Lifespan: Evidence from Basic Science and Clinical Studies. The workshop is designed to provide physical therapists with up-to-date evidence for the use of exercise to optimize bone health throughout the lifespan. The session is being co-sponsored by the APTA Section on Geriatrics and the Federal Physical Therapy Section, and will be presented on Wednesday, February 11, 2009 from 8am-11am.

21st Annual Georgia State-Marquette Challenge

The 2008 Marquette Challenge seminar with Dr. Bill Boissonnault was a success; but did not achieve previous years’ attendance levels. Despite this, attendees and students were treated to a stimulating workshop and lab experience on diagnostic imaging. In addition, Dr. Boissonnault indulged the students with a one-on-one session after the workshop. The students raised slightly over $1,500 from the seminar and clothing sales. As usual, they are incredibly proud of their efforts and have kicked off planning efforts for the 2009 workshop.

The Marquette Challenge is an annual fundraising event for the Foundation for Physical Therapy. Nearly $172,000 was collected in 2008 - bringing the total to more than $1 million for physical therapy research since the Challenge’s inception. The 2009 fundraising goal has been set at $175,000, and our students are busy devising ways to raise money and awareness for the Foundation.

For the 2009 Georgia State-Marquette Challenge seminar, the students have invited Mrs. Barbara Feltman, MHS, PT - a clinician with over 30 years of clinical experience specializing in women’s health issues. Mrs. Feltman has not only practiced all over the world, but has become an expert in this field consulting with physical therapists all over the country. She will lecture on special issues of women’s health relating to oncological treatment and lymphedema.

The two-day seminar is scheduled for Friday, March 6th & Saturday, March 7th on the IUPUI campus. Registration fees are $300 for the general public, $250 for alumni and $50 for students. Forms will be mailed and emailed out very soon, so be sure to add the seminar to your calendar!

Faculty & Students Co-Author Research Presented at National Conference

Drs. Robyn Fuchs and Stuart Warden recently traveled to the 30th Annual Meeting of the American Society of Bone and Mineral Research in Montreal, Canada to present research co-authored by seven physical therapy students. Dr. Fuchs gave a podium presentation of her paper - The Extracellular Matrix Protein Periostin Regulates Periosteal Apposition, which was co-authored by Frank Klene, SPT Class of 2010. Dr. Warden gave a poster presentation of his study titled Psychotropic Drugs Have Contrasting Skeletal Effects That are Independent of Their Negative Effects on Activity Levels, which was co-authored by Jamie Grogg, DPT Class of 2008; Erin Hilles, DPT Class of 2008; Sean Hassett, SPT Class of 2009; Julie Bond, SPT Class of 2009; Johanna Rydberg, SPT Class of 2009; and Elizabeth Bogenschutz, SPT Class of 2010.
Student Participation at INAPTA 2008 & CSM 2009

Congratulations to Bethany Holder, SPT Class of 2009! Bethany has submitted a poster titled *Outlooks and Opinions of Practicing Physical Therapists on Direct Access in Indiana: a Pilot Study*, which was accepted at two separate APTA conferences. The process for selection was competitive and peer reviewed for both conferences, proving to be a fantastic learning experience for her. Bethany remarked that “it has been fun learning about the research process and networking with my future peers. I didn’t realize the amount of work I would create by thinking up a simple question; however, getting the answer was extremely rewarding.”

The first conference was with the Indiana Chapter of the American Physical Therapy Association (INAPTA) held in Carmel, Indiana. Bethany presented her work on October 11th with her faculty sponsor, Dr. Amy Bayliss, DPT, PT. She exhibited her great enthusiasm and knowledge on the topic, and answered the many questions and comments quite eloquently and professionally.

Bethany and Dr. Bayliss will disseminate the same research findings at the APTA’s Combined Section Meeting in Las Vegas in February 2009. This is a national conference with an average attendance of over 5,000 physical therapy professionals from all over the country and specializations, creating a wonderful opportunity for Bethany to share her hard work.

DPT in Action - Multiple Sclerosis Swim Program

The Multiple Sclerosis Swim Program is an aquatics therapy program managed and organized by dedicated student volunteers to assist multiple sclerosis patients throughout the Indianapolis community. Developed as an extracurricular activity by IU PT students in the 1980s, it has continued throughout the last few decades with the help of numerous students and devoted participants.

On average, as many as 15 students may volunteer each year with typically 4-6 clients per semester. To ensure program leadership and continuity, one student from each class volunteers to be the class liaison and contact. The Class of 2009 liaison, Ms. Valerie Johnson, has overseen the program since 2007 and soon will hand the reins over to Ms. Erica White, Class of 2010, upon her graduation next May.

While exercise and stretching are the primary focus of the weekly hour in the pool, participants and volunteers also develop a social bond. “I personally enjoy the conversations and laughs we share, both in the pool and out,” remarks Ms. Johnson. “We have also begun working more closely with IU occupational therapy students, which is very exciting. I see the program continuing to offer a fun opportunity for students and participants to work and learn together.”

The sessions take place once a week during the semester at the IUPUI Natatorium. For more information about the MS Swim Program, please contact Ms. Valerie Johnson valjohns@iupui.edu, or Ms. Erica White ebwhite@iupui.edu.

Student Awards & Accomplishments

2008 Steven Jones Scholarship Award
- Nathaniel Meece, SPT Class of 2010

2008 Katherine Belzer Scholarship Award
- Erin Bower, SPT Class of 2009
- Kory Risner, SPT Class of 2009
- Catherine Ranger, SPT Class of 2009

2008 Constance Brown Scholarship Award
- Elizabeth Bogenschutz, SPT Class of 2010

2008 Frances C. Ekstam Fellowship Award
- Kristen Kastner, SPT Class of 2009

2008 Patricia Evans Fellowship Award
- Nicole Krueger, SPT Class of 2011

2008 William Porter Scholarship Award
- Jacqueline Duprat, DPT Class of 2008

2009 SHRS Nominee for the National APTA
Mary McMillan Award
- Bethany Holder, SPT Class of 2009

Congratulations to our 2008 Scholarship & Fellowship Award Recipients!
A special thanks goes to our generous donors who help make these awards possible.
Over the summer months, Dr. Uday Sukhatme, Executive Vice Chancellor, offered Dr. Lisa Riolo a role in Academic Affairs where she now has the opportunity to make an impact at the university level, as well as develop her higher education administration experience. The new position requires half of her time, so effective August 1st she stepped down as Chair of the Department of Physical Therapy to assume a half-time faculty role. Dr. Riolo continues to teach in the DPT curriculum but is no longer the department administrator.

She recently commented that she was “grateful for the opportunity to have led the department and to help influence the curriculum and procedures as we have tried our best to improve and achieve our mission. During my four years as chair we have developed a strategic plan for the department and met the strategic goals identified by faculty. We have successfully achieved CAPTE accreditation for the maximum 10-year timeframe, reached 100% pass rate on the national board exam, created policies and procedures to make explicit expectations and supports for students, funded new equipment for teaching and research labs, hired the majority of our current faculty, and significantly increased our research endeavors. I appreciate the faculty, adjunct faculty, clinical instructors, staff, graduates, and students for their unwavering support and loyalty to the department.”

The Department thanks Dr. Riolo for her years of leadership and commitment to the physical therapy profession.

Chances are you or someone you know runs for exercise. Running is one of the best forms of exercise, providing many health and fitness benefits, and is relatively cheap and easy to do. However, it is very common for runners to develop chronic, overuse type of injuries. By far, the most common of these is knee pain, which is twice as likely to occur in women. Even more troubling is that if the pain is left unaddressed, it could lead to a more severe problem like knee osteoarthritis.

In the Motion Analysis Research Lab, Dr. Tracy Dierks and Dr. Peter Altenburger are attempting to tackle the knee pain problem in female runners, with the help of DPT student Matt Holder and Biomedical Engineering student Ilyas Berhane. Previous work by Dr. Dierks has shown that runners with knee pain have weak hip muscles, which effects the coordination between the thigh, lower leg, and foot - leading to pain in the knee joint. Building on this previous work, Dr. Dierks has received a $30,000 grant to collect pilot data to investigate how strengthening hip muscles affects knee pain when running. In this study, runners with knee pain will undergo either a 6-week or 12-week home-based exercise program designed to strengthen hip muscles while continuing their normal running program. It is hoped that stronger hip muscles will lead to improved leg coordination and reduce or eliminate knee pain, and hopefully increase the time and length of a run. Another part of the study involves scanning each runner’s knee with a CT machine to further look at the relationship between knee pain when running and the future development of knee osteoarthritis.

The study is currently underway and is looking for runners to participate in the study. To be in the study, you must be a female between 18 and 45 years of age, run on average about 10 miles per week or more, and have knee pain when you run that has lasted for at least 2 months. If you participate in the study, you will receive $100 and free exercise equipment! For more information or to be in the study, please contact Dr. Dierks at (317)274-3147 or via email at tdierks@iupui.edu.

**PT Faculty Finalists for Indy’s Best & Brightest Honors**

The Department is proud to announce that two faculty members recently received spotlight attention this year at the 2008 Indy’s Best & Brightest Awards, sponsored by Junior Achievement of Central Indiana. This award recognizes top professionals under 40 throughout the Indianapolis area in fields that range from business, education, government, law and health & life sciences. Among other successful experts throughout Indianapolis, Dr. Robyn Fuchs, PhD and Dr. Stuart Warden, PhD, PT, FACSM were both named as finalists in the Health and Life Sciences Division.

While neither won the coveted award, both were recognized for their promising research initiatives, as well as their significant contributions to their profession and research community.

Both scientists are currently focused on areas of bone research with supporting grants from agencies such as the National Aeronautical & Space Administration (NASA), National Osteoporosis Foundation (NOF) and Eli Lilly.

**Dr. Lisa Riolo Tackles New University Role**

Over the summer months, Dr. Uday Sukhatme, Executive Vice Chancellor, offered Dr. Lisa Riolo a role in Academic Affairs where she now has the opportunity to make an impact at the university level, as well as develop her higher education administration experience. The new position requires half of her time, so effective August 1st she stepped down as Chair of the Department of Physical Therapy to assume a half-time faculty role. Dr. Riolo continues to teach in the DPT curriculum but is no longer the department administrator.

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**Strengthening the Hips May Reduce Pain When Running**

By Tracy Dierks, PhD

Chances are you or someone you know runs for exercise. Running is one of the best forms of exercise, providing many health and fitness benefits, and is relatively cheap and easy to do. However, it is very common for runners to develop chronic, overuse type of injuries. By far, the most common of these is knee pain, which is twice as likely to occur in women. Even more troubling is that if the pain is left unaddressed, it could lead to a more severe problem like knee osteoarthritis.

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Faculty within the Department had an exceptional summer with the award of six grants and contracts totaling over $1,000,000. Dr. Robyn Fuchs led the charge with her award of a prestigious Mentored Research Scientist Development Award (K01) from the National Institutes of Health (NIH). K01 awards are the most competitive training awards offered by the NIH with only 10 awarded in the past year by Dr. Fuchs’ institute—National Institute of Arthritis and Musculoskeletal and Skin Diseases. Dr Fuchs’ will use the over $600,000 earned via her award to support her salary for the next five years as well as to complete a series of research studies investigating the role of the protein periostin in bone health. Periostin is preferentially located on the outer surface of bones which makes it an ideal target for altering bone size and strength for the treatment of osteoporosis. To facilitate Dr. Fuchs’ studies into periostin, this summer she was also awarded an additional $57,000 grant from the National Osteoporosis Foundation.

The success of Dr. Fuchs this summer was complemented by Dr. Warden who was awarded $338,000 from the National Space Biomedical Research Institute to collaborate with investigators from the Cleveland Clinic (OH) on their project titled Extent, Causes, and Countermeasures of Impaired Fracture Healing in Hypogravity. Dr. Warden’s role on the project will be to head a team from IU to investigate a potential novel treatment for bone fractures in astronauts. The IU team will use an Earth-based space analogue to study the benefit of low-intensity pulsed ultrasound therapy in the treatment of fractures occurring in a hypogravity environment. Such fractures exhibit an impaired healing response which could threaten the success of future long-duration lunar missions, and may result in life-threatening complications for the afflicted astronaut.

Other grants and contracts awarded to faculty over the summer were: an internal grant awarded to Dr. Tracy Dierks to investigate the influence of strengthening the hip musculature in individuals with patellofemoral pain syndrome, and two contracts awarded to Dr. Warden from a pharmaceutical company to participate in phase-I clinical trials investigating the effects of two new drug treatments for musculoskeletal diseases.
2008 Clinician of the Year - Ann Notter, PT

By Valerie Strunk, MSPT

Throughout the year, IU DPT students have the opportunity to apply their learned knowledge and skills on real patients in various clinical settings across the nation. Without dedicated clinical instructors to guide them in this process, our students would not be able to evolve into skilled and compassionate Doctors of Physical Therapy. Each year, the IU Department of Physical Therapy recognizes one outstanding clinician who goes above and beyond to assist in the clinical education of our students.

This year, we would like to recognize Ann Notter, PT, as the IU Clinical Educator of the Year. Ann is the Lead Therapist for the acute care and the sub-acute rehabilitation unit at Parkview Hospital in Fort Wayne, Indiana. Ann has been a therapist for 17 years, and graduated from The Chicago Medical School of Rosalind Franklin University. Ann was chosen for this award because of her tireless dedication and efforts to meet students’ educational needs and to bring about successful learning outcomes. When asked why she engages in the challenging process of PT clinical education, Ann replied, “It is important to me to give back to the profession and to help train the future.”

In her free time, Ann works just as hard trying to keep up with her two children in their Ft. Wayne community. She also admits trying to sneak in a little tennis whenever she can.

Clinical Site Spotlight
St. Vincent Pediatric Department
By Valerie Strunk, MSPT

St. Vincent Health System has been a valued clinical education partner of the IU Department of Physical Therapy for many years. Recently, St. Vincent has been focused on expanding its vision of providing the highest quality medical care to its pediatric patient populations. Following the opening of the Peyton Manning Children’s Hospital in 2007, St. Vincent Health is better positioned to provide services ranging from pediatric ICU to general acute care to inpatient pediatric rehabilitation. Less obvious has been the expansion of outpatient services that St. Vincent Health now offers in its five pediatric clinics, located across the North and West sides of Indianapolis.

Sharon Worden, PT, is the Pediatric Services Therapy Supervisor for St. Vincent Health. Recently, she took me on a tour of St. Vincent’s new pediatric and adult physical therapy clinic in Fishers, which is housed at the St. Vincent Northeast Medical Center. As she proudly showed off the cutting edge facility, she extolled the virtues of her pediatric clinical staff. She shared how committed the 40 St. Vincent PT, OT, Speech therapists are to excellence in clinical care across the continuum of pediatric therapy services. This continuum gives IU PT students on pediatric clinical rotations the opportunity to work in specialty areas such as a genetics clinic, a Down’s Syndrome clinic, a developmental clinic, and a NICU, just to name a few. There are also opportunities for exposure to pediatric oncology, pediatric gastroenterology, pediatric ENT, and pediatric surgical specialties.

Sharon also mentions that St. Vincent Health Pediatric Therapists continually strive for clinical excellence, and are actively applying outcomes measurements and evidence based practice in their clinical settings. She looks forward to continuing to partner with the IU DPT program to provide rich clinical education experiences to future clinicians leaning toward a pediatric physical therapy practice.
At the beginning of her career, Sharon Ratajczak Lucich would have never imagined that her clinical focus would be in wound management. After graduating from Indiana University in 1986 with a Bachelor’s Degree in Physical Therapy, Sharon began working at a small general acute hospital in northwest Indiana with little known interest or knowledge in wound care. While working for a contract company at an acute care hospital for a year after graduation, she met and worked with a plastic surgeon who sparked her interest in wound care. The surgeon took the time to mentor and teach Sharon a few concepts about wound management, which began her quest to further her knowledge. She became a Certified Wound Specialist in October 2006.

After working in northwest Indiana for a year and getting married, Sharon began searching for jobs in Indianapolis. She became interested in Methodist Hospital after meeting with two of her classmates who worked there after graduation, and learning that the hospital allowed new graduates to rotate through different areas of physical therapy practice. Sharon applied to Methodist in hopes of landing the job, and fortunately was offered a position. She has been practicing there for over 20 years. Following four years of physical therapy experience in several different areas, she decided to focus on wound management where she has specialized ever since. According to Sharon, “working with wounds is more complicated than most people realize, and it can be very rewarding to see a patient improve after only a short period of time. The work is always exciting because it can go from being very relaxed to very serious in a split second; and you have to be ready to respond.”

Within the ever-changing field of wound management, Sharon is continuously striving to remain current with her knowledge. She regularly attends conferences held by the APTA such as the annual Combined Sections Meetings, collaborating on several poster presentations all over the country. She has also partnered with a co-worker and fellow IU PT alumna - Jaimee Holbrook Haan, DPT - to create WoundEd Consultants, LLC. Recently, Sharon was elected to the APTA’s nominating committee for the Section on Clinical Electrophysiology and Wound Management as well as continuing as an advisor on the APTA’s membership committee.

As an alumna, Sharon has always wanted to give back to the IU Physical Therapy program and began thinking that she could share her expertise in wound care with current DPT students. She remembered when she attended school, the class only received six lecture hours focused on wounds. When she was asked to become an adjunct professor for the Doctorate of Physical Therapy Program in 2004, she gladly accepted the position with the intent to “fill a hole of knowledge in the program as well as to try to encourage future physical therapists to embrace wound management and really make it a part of PT practice.” Sharon, now known to the IU DPT students as “Professor Lucich,” teaches the Integumentary Practice Patterns course each spring. One of her teaching goals is to demonstrate to students how to combine their knowledge of anatomy, the musculoskeletal system, and function and recovery, with wound management.

Sharon frequently conveys great advice to her students that “wounds are everywhere and are a part of daily life. Even though wound management may not be your area of practice, you will come across them in your daily work and throughout your life and will need to know how to handle the situation at home and at work.” On behalf of the IU Department of Physical Therapy, we thank Professor Sharon Lucich, PT, CWS for her continued service and dedication to the department as well as her commitment to the advancement of wound management knowledge for the physical therapy profession.

The Department is delighted to welcome the Class of 2011. This is the seventh DPT class admitted to our successful doctorate program, which has a 100% pass rate for the PT Board Exams among our graduates. The admissions profiles of our three current classes are listed in the chart to the left. As shown, the Class of 2011 is as academically strong as other classes and also demonstrates an increase in gender diversity among our student population. Our DPT students arrive from neighboring states; however, our graduates are successfully employed throughout the nation.
Make a difference!

Each year as educational costs continue to skyrocket at astounding rates, the annual budget for the department continues to shrink. Therefore, we especially rely on private contributions to advance our academic and research initiatives to train the next generation of physical therapists. Please consider making a financial contribution to our mission as we continue to expand our program. Every gift, large or small, makes a difference and is truly appreciated. Look for the Give Now button on our website. Thank you!

Contributions can be made to the ‘IU Foundation’ with ‘Department of Physical Therapy’ in the memo line. Please mail contributions to:

Indiana University
Department of Physical Therapy
1140 West Michigan Street, CF 326
Indianapolis, IN 46202

Students and faculty enjoying a Halloween Run/Walk event for PT Month.

Find Your Fitness!

October is Physical Therapy Month