FORWARD MOTION

Newsletter of The Department of Physical Therapy
School of Health and Rehabilitation Sciences, Indiana University

Fall 2012

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School of Health & Rehabilitation Sciences Experiences Record Growth

By Joyce Mac Kinnon, EdD, PT

Our School has the distinction of having the #1 percentage increase in both credit hours AND headcount at IUPUI. Much of this increase can be attributed to our BS in Health Sciences degree program, with a current enrollment of 250 students. In addition, all of our capped programs (Nutrition and Dietetic internship, MS in OT and DPT) are fully enrolled and we now have 23 students in our PhD in Health and Rehabilitation Sciences degree program. The PhD program had its first graduate this summer - Deborah Abel, PhD, MS, RD. To honor her accomplishments, Deb was awarded the TK Carl Professional Promise Award at the School’s Post Commencement ceremony this past May. We are looking forward to our first class of Master of Physician Assistant Studies students in May 2013; we recently received provisional accreditation to begin the program.

The School had its annual retreat in the newly renovated physician assistant building that houses the program. The building is located off campus, close to Methodist Hospital. At the retreat, we laid the groundwork for a new five year School strategic plan set to begin in 2014.

We have had multiple people join our team over the past year. Ms. Elyse Watkins, MS, PA joins our School in the physician assistant program as our only new faculty hire in 2011-12. Ms. Christine Baldwin has increased her time commitment from 50 to 75%; SHRS hired the following staff: a new Director of Student Enrollment Services - Mr. Joshua Morrison; a new fiscal officer - Ms. Miriam Barr; an admissions coordinator - Ms. Kim Crockett; and an administrative secretary - Ms. Jackie Glimp. As you can tell from our student numbers, our new hires, and our planning process, the School is growing and moving forward!

We welcome alumni visits at any time, and look forward to seeing you at the Annual Interdisciplinary Research Conference on November 17, 2012.

Ultrasound Machine Increases Department’s Therapy Research Potential

By Amy Bayliss, DPT, PT

We are excited to welcome a new research and teaching tool to the Physical Therapy Department. During the spring of 2012, we purchased a diagnostic ultrasound, the Easote MyLab™ 25 Gold. The MyLab™ 25 Gold comes equipped with 3 different transducers that allow us to image superficial to deep musculoskeletal structures. Specifically, we can use the ultrasound in class as a biofeedback tool during core strengthening activities to help individuals identify and isolate their deep abdominals and low back muscles. In the area of research, our current agenda is to image soft tissue structures, in particular the Achilles tendon and plantar fascia pre and post instrument assisted soft tissue mobilization (IASTM), so it’s all about the foot and ankle!

IASTM is a form of deep massage utilizing specifically designed stainless instruments that can stimulate healing and reorganization of the affected tissue. Research in animal models has shown favorable effects with regards to collagen formation and organization. In order to determine if this treatment can improve the quality and strength of the soft tissue in human subjects, researchers plan to measure both material and mechanical properties of tissue using the new diagnostic ultrasound.

I have proposed a study that will measure the material and mechanical properties of the Achilles tendon prior to and following treatment using IASTM in: (1) subjects with reduced Achilles tendon length and (2) subjects with Achilles tendinopathy.

Dr. Terry Loghmani’s proposed study is to measure the material properties of the plantar fascia prior to and following treatment using IASTM in: (1) normal subjects and (2) subjects with plantar fasciitis.

We are excited that our department was able to purchase a diagnostic US so faculty can continue to be leaders in the development of effective and cutting edge technology. The potential research and teaching uses for the MyLab™25 Gold will continue to expand and we welcome collaborators.
Welcome to another addition of Forward Motion, the Indiana University Department of Physical Therapy’s Annual Newsletter. Enclosed, you will find articles detailing student and faculty activities that have occurred over the past academic year. May of 2012 marked the eighth year of granting the DPT degree; thirty five graduates were honored continuing the proud tradition of IU therapy program excellence. Their departure afforded thirty eight new students the opportunity in August to begin their journey.

The 2011-12 academic year was characterized by hard work and dedication from both students and faculty resulting in both personal and professional accomplishment. Kevin Sanborn was named the first recipient of the Zachary R. Gregory Emerging Leadership Award; more details about the scholarship and funding are described in this newsletter. Lauren Doolittle, DPT was named the 2011 Indiana American Physical Therapy Association Student Scholarship winner, marking the third consecutive year that an IU student has won the award. Dr. Amy Bayliss was awarded promotion and long term contract for her teaching and service to the department. The entire faculty disseminated scholarly works at either physical therapy or other prestigious conferences throughout the year. The students accepted their biggest service challenge to date; opening a student led physical therapy clinic within the IU Medical School Student Outreach Clinic. This enormous endeavor was supervised by Dr. Terry Loghmani and we are proud to say officially opened for patient treatments on October 13, 2012. It is a tribute to the students’ hard work and dedication. This clinic also marks the first joint activity between IU PT Program and the University of Indianapolis PT Program. We are excited about the prospects of collaborating for the community benefits. These major accomplishments represent just a portion of the Department’s achievements this past year and are indicative of the dedication displayed by the faculty, staff, and students.

I am extremely grateful for all of the dedication our faculty, staff, students and alumni exhibit on a regular basis. As always, the Department would love to hear from you and hope that you would make it a point to visit on an annual basis. Remember, stay informed about upcoming events by following us on Facebook - look for the Indiana University Doctorate of Physical Therapy Program page and like us! The faculty and staff are extremely excited about our future growth and hope you will remain connected to us.

Peter A. Altenburger, PhD, PT
Department Co-Chair

We Celebrate Donor and Alumnus
STEPHEN O. JONES, ’63 PT, ’71 MS
By Christine Baldwin, SHRS Gift Development Officer

In 2002, our alumnus and friend, Steve Jones established the Stephen O. Jones Physical Therapy Fellowship, committing an annual $2,000 gift to an outstanding Indiana University Physical Therapy student each fall. To date ten recipients have benefitted from his generous support and encouragement.

This summer, Steve made a second commitment to the Department of Physical Therapy when he permanently endowed his Fellowship through a bequest commitment. This ensures that the School of Health and Rehabilitation Sciences will have funding available to make this annual award to a deserving student forever!

Steve also gives his time and service to the School as a member of the Dean’s Advisory Board and the SHRS Alumni Board. We celebrate Steve and his steadfast dedication and generosity to Physical Therapy education at his alma mater, Indiana University! Join us in thanking Steve for his legacy of hope for our students and our School.
PT Services Now Available at the IU Student Outreach Clinic
By Maggie Cappel, SPT 2014

October 13th marked the opening of student-led physical therapy services at the Indiana University Student Outreach Clinic (IU-SOC) at the Neighborhood Fellowship Church (3201 E. 10th St. Indianapolis, 46201), sponsored by Indiana University Doctorate of Physical Therapy (IU DPT) students. IU-SOC was founded in 2009 to provide free health care and other services to the underserved communities of the Indianapolis near east side. The clinic is a collaborative effort involving IU DPT and the University of Indianapolis (Ulndy) PT students. Physical therapy services will initially be offered once a month, with alternating months coordinated by IU and Ulndy. Every Saturday from 10 am to 2 pm, the clinic transforms the church, under the stewardship of Pastor Jim Streitelmeier, into a space to help the community. The clinic utilizes student volunteers who are supervised by trained and qualified faculty volunteers. An average of 30 to 40 patients are seen each week, while throughout the first half of 2012, IU-SOC served 676 individual patients. Over the last few years, multiple disciplines have been added; starting with medicine, then social work, pharmacy, dentistry, law, and most recently, physical therapy. In March 2012, Dr. Javier Sevilla, founding Physician Director of the clinic, contacted the School of Health and Rehabilitation Sciences (SHRS) to initiate rehab services within the clinic. Dr. Terry Loghman, IU PT faculty advisor on the project, stated “The PT program will be the first in the school to join the clinic; however, Dean Agho is supporting and encouraging all programs within SHRS to become involved.” Several students have been working feverishly in preparation for PT services to get underway. Third year student co-chairs, Lydia George and Chelsea Bird, have worked to transition IU PT into IU-SOC from the start and it is their passion and excitement that has driven the successful development of this project. Lydia states, “I am thrilled that we are partnering with the IU-SOC. Together, IU and Ulndy will be able to help our patients return to their daily activities with improved functional mobility, decreased pain, and enhanced quality of life. The new opportunity that the clinic provides for students to expand their clinical and inter-professional skills is really exciting.” Chelsea adds, “With the mentoring model that the clinic has in place, it is also a really great learning and teaching experience for everyone involved. Having the opportunity to listen, observe, and then internalize other health care professionals’ role with patient care, while also educating those same professionals on what physical therapy has to offer is not only invaluable inter-professionally, but essential in putting our patients’ health first.”

IU-SOC was founded in 2009 to provide free health care and other services to the underserved communities of Indianapolis’ near east side.

The goal is to become more involved with IU-SOC over time, PT services will include examination and assessment, implementation of therapeutic interventions, and promotion of health and wellness. Volunteers will address the patients’ physical, emotional, and social needs through inter-professional collaboration. DPT students will provide services, under direct supervision of licensed practitioners, with the intended outcomes to improve movement dysfunction, identify health risk factors, alleviate pain and enhance functional mobility for a variety of neuromusculoskeletal and cardiopulmonary conditions. Approximately 50% of student PTs time will be spent screening and educating patients, while the other 50% will be spent performing individual examination and intervention. Eventually, classes will be scheduled to provide patient education and exercises for various conditions such as back pain, balance, breathing exercises, edema management and cardiovascular health.

The IU-SOC PT Clinic is a great opportunity for our students to gain hands-on experience in patient care and education, inter-professional care and education. Pictures from our training, Open House and first day of service are listed on the subsequent page. For more information on our Student Outreach Clinic please visit our Facebook site or the web-link at www.iu-soc.org. Please stay tuned for ways you can help!

SPECIAL NOTE: We want to extend a special thank you to Jeff Kaplan, Sammons Preston; JoAnne Jonathon, ATI; Michael Arnolt, Graston Technique®, TherapyCare Resources, Inc.; and other anonymous supporters for donating supplies and equipment.
The Student Physical Therapy Organization (SPTO) is the official student organization of the IU DPT program. The SPTO is proud to support the work of other student run groups within the PT department, which are operated by student volunteers. Here is what the SPTO and our dedicated PT student volunteers have been up to!

The SPTO consists of all currently enrolled DPT students. The SPTO executive committee, the student-elected governing body of the SPTO, acts as a liaison between students and faculty, as well as promotes networking between the three classes of students. The group organizes several events each semester, including an annual pitch-in meant to welcome first year students to the program, provide snacks for busy PT students during finals week and sponsor the Indiana Chapter of the American Physical Therapy Association (INAPTA) district meeting. It also oversees several student-run volunteer efforts described below.

The Multiple Sclerosis Swim (MS Swim) program is a volunteer program which gives PT students the opportunity to interact with participants who have multiple sclerosis. Each week, student volunteers meet at the natatorium swimming pool and are paired up with participants, and lead them through pool exercises. For some of the participants, being in the pool allows them greater mobility than at any other time, so they truly appreciate their time spent in the water. It is a great way for students to get hands-on interaction, and they can participate as volunteers no matter what level they are at in the program. This program has a strong tradition in the PT department; several of the participants have been coming for years, and interest continues to grow with new participants every year. MS Swim will continue to grow with the support of dedicated students and strong positive feedback from participants.

Goodwin is a residential complex for older adults. Once a week, student volunteers meet with residents for 30 minutes of group exercise that includes aerobic conditioning, strength training, balance activities and social interaction. For some of the participants, this program represents the primary form of physical activity they engage in, so exercise leaders focus on keeping the sessions interesting and fun, incorporating exercise balls and bands. This program gives PT students the opportunity to interact with participants in a community setting and provides great experience in teaching and educating. Goodwin relies completely on student volunteers, and these exercise sessions would not be possible without PT students being committed to enhancing the health of the community.

The Marquette Challenge is a nationwide contest between physical therapy schools across the country. Each school competes to raise the most funds for the Foundation for Physical Therapy, which provides funding for physical therapy research.

Last year, IU Physical Therapy students earned an Honorable Mention for their fundraising efforts. This year, the Marquette Challenge team has offered an apparel order of IU PT items, with the proceeds going towards the Foundation for Physical Therapy. There is also a ‘Marquette Store’ in the physical therapy classroom, where students can purchase snacks for a small donation to the Marquette Challenge. Additional plans for this semester are being made for “dine and donate” events at local restaurants, which are always popular with students.

The SPTO will continue its leadership with student-run activities and programs benefiting the Indianapolis community. Keep an eye on the department’s Facebook page (Indiana University Doctorate of Physical Therapy Program) for updates and reminders of upcoming SPTO events.
Robotics Rehabilitation Center Expands and Moves to New Facility

By Tracy A. Dierks, PhD & Peter A. Altenburger, PT, PhD

We’re on the move again! In less than 2 years time, the Robotic Rehabilitation Center has outgrown its space. The success of the Center has led to the acquisition of new therapeutic robotic equipment, personnel, and funding. Needless to say, it was getting quite cramped in our 2,000 sq. ft. space within the Rotary Building on the campus of Riley Hospital for Children. Given the Robotic Center’s unique collaborative relationship between Riley Hospital for Children, Indiana University (IU) Health Rehabilitation Services (formally Clarian), and the IU Department of Physical Therapy, we were able to move the Center to the brand new IU Health Neuroscience Center building.

The IU Health Neuroscience Center is a 270,000 sq. ft. ambulatory care and imaging center built along 16th Street on the campus of IU Health Methodist Hospital. The Neuroscience Center houses 9 different outpatient clinics that serve patients with all kinds of nervous system disorders, ranging from Alzheimer’s disease to stroke. Due in part to the expansion of clinical care into the adult population, the Robotic Rehabilitation Center is now known as the Neurorehabilitation & Robotic Clinic at the IU Health Neuroscience Center. This Clinic is approximately 20,000 sq. ft. occupying the whole west half of the first floor. Each of the robots has its own private room, with 2 large areas designated for the Hocoma Lokomat Gait System. We have a separate motion analysis space, specifically designed for gait analysis with 2 force plates mounted directly into the floor, a separate room for functional testing, and a designated research office.

With our move and expansion, we have developed the new Neurorehabilitation & Biomechanics Research Laboratory (NBRL) to best fit our research mission and vision. The biomechanics portion of the NBRL was originally the Motion Analysis Research Laboratory, under the direction of Tracy A. Dierks, PhD (Associate Professor, IU Department of Physical Therapy). The addition of robotic-based therapies and Neurorehabilitation created a need to incorporate a clinical motor component in conjunction with the biomechanics research. As such, Dr. Dierks collaborated with Peter A. Altenburger (Assistant Professor, Co-Chair IU Department of Physical Therapy) to develop the NBRL with the move to the Neurorehabilitation & Robotic Clinic; with Dr. Dierks leading the biomechanics research while Dr. Altenburger leads the clinical motor research. The result is a multi-faceted research laboratory that is dedicated to investigating, understanding, and treating both normal and abnormal human movement.

The NBRL is positioned within the Neurorehabilitation & Robotic Clinic to form a state-of-the-art collaborative rehabilitation environment. We have integrated research and clinical care to occur concurrently across several populations. Dr. Ryan Cardinal, IU DPT Alum, has been appointed as the Program Manager for the Neurorehabilitation & Robotics Clinic and will coordinate clinical research activities within the center. Current active projects include the study of the effects of different UE dosing on functional outcomes and the impact of the robot assisted locomotor training on gait and endurance in children with cerebral palsy. Our available equipment for such projects includes: a 10-camera 3D motion analysis system, 2 force plates, 12 accelerometers, a portable gait mat system, Biodex isokinetic dynamometer, 2 NeuroCom Balance Masters, Zero-G Overground and Balance Training System, Hocoma Lokomat Pro Gait Robotic System, Hocoma ArmeoSpring Pediatric robot, MIT-MANS shoulder-elbow robot, MIT-MANUS wrist robot, and MIT-MANUS anklebot.

For more information regarding the new NBRL, contact Dr. Ryan Cardinal (Program Manager) at 317-963-7053 or email at recardin@iupui.edu.


Danielle White, SPT 2013 (left) and Chelsea Bird, SPT 2013 (right) present a research poster - using ultrasound technology as a diagnostic tool - at the 2012 IUPUI Research Day.


2012 Steven Jones Scholarship Award
- Meghan Couch, SPT Class of 2014

2012 Katherine Belzer Scholarship Award
- Laura Heckroth, SPT Class of 2014
- Joshua Butcher, SPT Class of 2014
- Ashley Baldwin, SPT Class of 2014
- Maggie Cappel, SPT Class of 2014
- Katelyn Eskew Lynch, SPT Class of 2014
- Danielle Kischuk Farmer, SPT Class of 2015
- Cara Shirley, SPT Class of 2015

2012 Frances C. Ekstam Fellowship Award
- Chelsea Bird, SPT Class of 2013
- Danielle White, SPT Class of 2013

2012 Zachary H. Gregory Emerging Leadership Award
- Kevin Sanborn, DPT Class of 2012

2012 Constance Brown Scholarship Award
- Ellen Stuerzenberger, SPT Class of 2014
- Maggie Cappel, SPT Class of 2014
- Sara Gleason, SPT Class of 2014
- Meghan Benson Sloggett, SPT Class of 2014
- Katie Adams, SPT Class of 2014

2012 Patricia Evans Fellowship Award
- Joshua Weyer, SPT Class of 2015
- Cara Shirley, SPT Class of 2015

2012 William Porter Scholarship Award
- Lisa Daily, DPT Class of 2012

2012 National APTA Mary McMillan Awardee
- Lisa Daily, DPT Class of 2012

2012 IN-APTA Scholarship Award
- Lydia George, SPT Class of 2013

Many special thanks go out to our generous donors and alumni who make these scholarships possible!
**Department of Physical Therapy Faculty Updates**

**Peter Altenburger, PhD, PT** worked on the development of the new Neurorehabilitation and Biomechanics Research Lab. This lab is situated in the new IU Health Neuroscience Center and features robotic technology and advanced gait and balance training equipment. He also continued to work with faculty on improving the quality of the curriculum which emphasized the addition of integrated clinical experiences for first year students. On the home front, Dr. Altenburger took the family this year to New York City to visit his brother and see Manhattan (family shown to the right in Times Square).

**Amy Bayliss, DPT, PT** was lucky enough to spend 5 weeks in New Zealand visiting family and friends this summer (NZ winter shown to the right). It was a beautiful winter with weather pleasant enough to golf and run a half marathon with her brother, yet enough snow to have a ski. The photograph to the right is the typical countryside in the South Island. Amy has become a travel expert, so if you ever need advice just ask away.

**Mary Beth Brown, PT, PhD** (shown to the left with husband, Chad and Audrey & Mack ready for Halloween) has had a good year getting her pulmonary physiology lab up and running. Dr. Brown chaired a symposium on intravital lung imaging and presented research on exercise in pulmonary hypertension at the American Thoracic Society meeting in San Francisco in May. Her year has been especially exciting with twin babies at home, who turned one year old in late October. As a post-baby goal, Dr. Brown recently accomplished a 12-mile open water solo swim around Charleston in late September, with a finish time of 5 hours and 2 minutes!

**Tracy Dierks, PhD** spent a good portion of the summer, along with Dr. Altenburger, moving the Robotics Lab to its new home at the brand new IU Health Neuroscience Center. This state-of-the-art facility has separate treatment rooms for each robot, 2 bays for walking system robots, and a separate motion analysis space, just to name a few of the many new and exciting features. He also stayed busy collaborating on several other projects from stroke, to CP, to foot mechanics in football, and his running research. On the home front, the Dierks family (wife Tricia, and 3 year old son Luke, shown to the right) took their annual summer trip to Holiday World (unlimited Mt. Dew!). They returned back home to Nebraska for a weeklong trip, culminating with 11 straight hours at one of the first rounds of the NCAA basketball tournament. Lastly, they mourned the loss of Peyton Manning.

**Robyn Fuchs, PhD** (shown to the left with daughter, Ellie) had a very busy summer. At work she was busy finishing experiments in the lab, writing manuscripts and grants. She has exciting new data on the effects of exercise on diabetes that her DPT students were actively involved with, and has made some important new discoveries for genes that may be required for how bone responds to mechanical loading. She has also remained actively involved in working on developing strategies to improve muscle and bone health in children with cerebral palsy, and will be attending CSM this year as an invited speaker for a special workshop entitled ‘Dosing in Pediatric Neurorehabilitation – Muscle, Bone, and Brain.’ On the home front she enjoyed spending time with her family, and getting settled in their new house.

**Terry Loghmani, PhD, PT, MTC, CMT** has been busy with the development of the PT clinic at the IU Student Outreach Clinic. This is a pro bono, inter-professional care and educational opportunity serving the needs of the community on the near eastside of the city. She plans to investigate the effects of instrument-assisted soft tissue mobilization on soft tissue quality in individuals with plantar fasciitis using diagnostic ultrasound and continues research on integrated, longitudinal case-based learning. Summer was fun spending time with her family, especially with her granddaughter, Lyla, at a petting zoo in Maryland (shown to the right).

**Valerie Strunk, MS, PT** (shown to the left with her daughter, Kate) spent the summer either coaching Kate’s softball team or at her desk compiling her Promotion and Tenure dossier. She is now busily working with area clinics to get the final Integrated Clinical Education course, ICE III, up and running for second year students by this January. In October she presented her research into the impact of the Integrated Clinical Education courses at the APTA Educational Leadership Conference in Greenwich, CT.

**Stuart Warden, PT, PhD, FACSM** (shown to the left with his family) started off the summer by flying first-class to Paris courtesy of Eli Lilly and Company. He is determined to not fly coach again! He continues to study the effects of mechanical loading/exercise on the skeleton, and recently assessed bone health in the throwing arms of pitchers and catchers from the Indianapolis Indians for this purpose. Dr. Warden was recently appointed to the Exercise and Rehabilitation Advisory Council of the National Osteoporosis Foundation and is currently contributing to a position statement regarding the skeletal effects of exercise across the lifespan. On the home front, Dr. Warden (and Dr. Fuchs) recently listed and sold their house on the Eastside in 13 days, and bought a new house on the Northside. He is looking forward to next summer and swimming in his new pool with his son and daughter.
2012 IU PT Clinical Educator of the Year
Brian Hagist, PT, DPT, OCS

By Valerie Strunk, MS, PT

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 educators to guide them in this process, our students would not be able to evolve into skilled and compassionate Doctors of Physical Therapy. Each year, Indiana University Department of Physical Therapy pauses to recognize one outstanding clinician that goes above and beyond to assist in the clinical education of our students.

This year, we would like to recognize Brian Hagist, PT, DPT, OCS as the IU Clinical Educator of the Year. Hagist is an outpatient PT at Brooks Rehabilitation in Jacksonville, Florida. He was nominated for the award by his third year student, Andy Bullock, who is now a DPT working for Community Rehab and Sports Medicine in Indianapolis. According to Bullock, Hagist is no stranger to physical therapy education.

“We would like to recognize all instructors nominated by our students for 2012’s IU Clinical Educator of the Year:

- Sarah Kramer, PT, Wishard Hospital
- Andy Smith, PT, Columbus Regional Hospital
- Todd Verity, PT, Body One South
- Lina Avendano, PT, Carl D. Erskine Rehabilitation Center
- Sonny Bihasa, PT, Adams Memorial Hospital
- Courtney Hamilton, PT, IU Health Arnett
- Teresa Hastings, PT, ManorCare Citrus Heights
- Julie Zeunik, PT, Community Westview Physical Therapy

Brian was a great example of dedication to the profession and continuing education beyond graduation. Following Brian’s graduation he took part in a 1 year orthopedic clinical residency through the Brooks network. After his residency he went through a 1 year manual therapy fellowship and is a member of the American Academy of Orthopedic Manual Physical Therapists. He is also a certified orthopedic clinical specialist. Brian also teaches the orthopedic practice pattern course at University of Northern Florida’s DPT program and involved me in helping with the course. While Brian is involved himself in the APTA he also encouraged his students to become active members of the APTA, dedicating class time and bringing in active student members to talk about why it is important. He was very encouraging to me of education beyond graduation and an orthopedic residency is now part of my career plan thanks to Brian.”

According to Bullock, Hagist frequently went above and beyond during his clinical teaching. “Brian fostered critical thinking skills with every patient. He always wanted to ensure I was choosing the correct targeted intervention which was dosed correctly to target the specific functional quality of the tissue I was trying to affect. He helped me develop my clinical motor skills by blocking off time each week so that he could teach me a new manual therapy treatment and assessment skills and we discussed times when each of the treatments were indicated. Brian encouraged me to write a case study as part of my 12 week project and guided me through the process of writing case studies. This was a very valuable part of my clinical education.”

The IU DPT program would like sincerely to thank Hagist, and all the Clinical Instructors and Center Coordinators of Clinical Education who dedicate their time to serve the profession through clinical teaching.

Integrated Clinical Education Course Expansion Planned for Spring 2013

By Valerie Strunk, MS, PT

The IU DPT program formally embraced an integrated clinical education model beginning in the fall semester of 2011, as first year DPT students began spending one afternoon each week in the clinic with trained clinical faculty across IU Health hospitals and beltway clinics. The course sequence for first year students, ICE I and ICE II, saw numerous benefits realized by partner sites, clinical faculty, and students. ICE will be expanding into its third course of the sequence, ICE III, beginning in spring of 2013. In the ICE III course, students in the second year DPT class will spend one afternoon each week rotating between 4 different clinical practice areas in order to apply the skills and knowledge they are learning concurrently in the classroom. Clinical Faculty from clinical partner sites across the Central Indiana area have been appointed to assist students enrolled in Neurorehabilitation I, Musculoskeletal I, Cardiopulmonary and Integumentary practice pattern courses to apply what they have learned in their clinical setting. Clinical faculty have an important relationship with the IU DPT program, and have the ability to participate in other teaching opportunities if they have a larger interest in PT education. For more information, or to learn more about participating as an ICE clinical partner in future ICE courses, please contact Director of Clinical Education Valerie Strunk at vstrunk@iupui.edu.

A Special Thanks to our 2013 ICE III Clinical Partners:

- Indiana University Health, Indianapolis
- Accelerated Rehab
- ATI Physical Therapy
- Body One Physical Therapy South
- Community Health Network/Hook Rehabilitation
- Concentra Physical Therapy
- Hancock Regional Hospital
- Hendricks Regional Health
- Indiana University Health, West Hospital
- Indiana University Health, North Hospital
- Indianapolis VA Medical Center
- Rehabilitation Hospital of Indiana
- Riverview Hospital
- Select Physical Therapy
- St. Vincent Hospital
IU Physical Therapy Alumni Notes

- **Ed Bloom, DPT**, 2009 graduate & **Missy Dayment Bloom, DPT**, 2010 graduate - are still living in Colorado and loving it. They hope to close on a new house here in the not to distant future. Ed is working on his Manual Therapy Certification (MTC) through the University of St. Augustine.

- **Julie Bond, DPT**, 2009 graduate - is still working at the same job, but has had an address change since she and her boyfriend just bought a house!

- **Carrie Clements, DPT**, 2010 graduate - was married to Steven Rhodes on September 22, 2012.

- **Anthony Coy, DPT**, 2012 graduate - is currently doing travel therapy with Rush Memorial Hospital.

- **Brett Crowe, DPT**, 2011 graduate & **Kristin Hawley, DPT**, 2011 graduate - are both doing very well. They were married on May 12, 2012 and just closed on their first house in August. See their wedding photo to the right.

- **Marie E. (DeWolf) Hettinger, DPT**, 2006 graduate - married CPT Christopher Hettinger, (Army National Guard) on September 3, 2011. Shown to the right, they are expecting a son on October 23, 2012, still working on a name. Marie resigned from being the Head Athletic Trainer of the Indy Crash - Women's Professional Football - after 9 seasons with the team. She currently works for Jewish Hospital Shelbyville, part of Kentucky One Health as a Physical Therapist and is working on building a sports medicine program. Chris just came out of Company Command and is with a new unit. He is the Environmental Specialist for the State of Kentucky on top of his military duties. They live in Frankfort KY and are looking forward to the new chapter in their lives as parents.

- **Frank Klene, DPT**, 2010 graduate & **Erica White Klene, DPT**, 2010 graduate - welcomed a son on September 3rd - Brooks Zachary Klene.

- **Megan Koerner, DPT**, 2012 graduate - and her fiance have been very busy since graduation! They traveled through Europe, sold their home in Indianapolis, and moved across the country to California. They now live in Folsom, California (yes, just like the Johnny Cash song “Folsom Prison”). Megan took a job with HCR ManorCare (which was one of her final clinical rotations) and is so happy to go to work everyday because of the great patients and fun co-workers. So far they enjoy the many outdoor activities that Nor Cal has to offer, with lots of sunshine and mountains to take in! See their photo to the right in Mykonos.

- **Matt Holder, DPT**, 2009 graduate - and his wife, Katie, celebrated their 5-year anniversary and their daughter, Lucy’s (pictured to the right) 1st birthday this year. Matt left Westview Hospital and is now doing Home Therapy for Amedisys Home Health in Indianapolis. Everything is going well and they feel very blessed.

- **Janelle Kleiner, DPT**, 2011 graduate - and family moved to Germany for the next two years.

- **Sarah Rush, DPT**, 2010 graduate - is currently the primary PT for the entire hospital in Connersville, IN at Fayette Regional Hospital. She works with the ICU medical surgerical acute rehab and outpatient.

- **Britney Combs-Zimmer, DPT**, 2009 graduate - and her husband, Thomas Zimmer have added to their family! Miss Allie Bea Zimmer - photo to the right - was born May 26th at 11:13am. 7lbs 6 oz, 21 inches. Britney continues to work full-time at St. Francis Sports Medicine Out Patient Department. She looks forward to the annual Class of 2009 DPT Cook Out next May.

- **Adam Whitman, DPT**, 2012 graduate - is working at the PRO Sports Club in Seattle, WA and is all settled in. His Graston certification is a big enough hit that he’s getting lots of referrals for it. He is also signed up to start the McKenzie classes in November. Outside of therapy, he’s loving the Seattle area - moving there was the best decision he ever made!

Memorial Generosity Makes a Difference!

In late 2011 the Department of Physical Therapy set out to honor the memory of an exceptional Physical Therapy alumnus, Zachary H. Gregory, DPT 2010. An endowed fund, The Zachary H. Gregory Emerging Leadership Scholarship, was created to recognize a third year physical therapy student who demonstrates exceptional dedication to academic and professional leadership.

The fundraising threshold to establish an endowed account that provides annual income in perpetuity is $10,000. We are thrilled to report that the response has been overwhelming, with forty donors contributing a total of $14,175. We now have a permanent, annual award to permanently endow the scholarship award. Thank you to all the participants in that fun fundraising and friend-raising event!

If you would like to contribute and continue growing the Scholarship Fund, please visit the online giving site at: http://shrs.iupui.edu/support/givingoptions.html or mail a check to the IU Foundation, PO Box 6460, Indianapolis, IN 46206-6460. Please include account # 037 P035 159 on the memo line.
It did not take long after meeting Mary Friedlund (IU PT Class of 1977) - recipient of the 2012 INAPTA Frances Eckstam Award - for me to see the intense passion and energy Mary has for the physical therapy profession and her patients.

She currently practices at the Community North outpatient center in Indianapolis and has a reputation for taking on a more difficult patient population. She has had the opportunity to experience many different practice settings over the years and found her niche after 35 years at Community Hospital treating general orthopedic patients and specifically patients with chronic pain, TMJ problems, Bell’s Palsy and lymphedema. She was drawn to patients with chronic pain after having an interest in spine care and being involved in the inpatient pain center at Community Hospital. Mary says of these patients, “They usually come to me, frustrated after being told by other health care professionals that their pain was all in their head. These patients need someone to be patient and take time to help.”

Mary spends much of her free time accompanying patients to doctors’ appointments, marketing the clinic to physicians, volunteering for APTA, filling administrative duties at her clinic, and attending continuing education sessions to better herself clinically. She spoke several times about the benefits of continuing education and that as PTs we should never stop learning. With all of this on her plate, I asked Mary what she does for fun. When she is not in the clinic, Mary and her husband enjoy their membership in the Indianapolis Sailing Club. This fall she and her husband participated in and raced in the first annual IU/ Purdue Old Oaken Rudder Regatta. In addition to spending time with the sailing club, Mary teaches Sunday school at her church weekly and enjoys working outdoors with her husband in their yard in Irvington.

Mary received her Bachelor’s Degree in Physical Therapy from Indiana University in 1977. She attended Warren Central High School and was a dedicated member of the high school band. Her talents extended to several instruments - clarinet, saxophone, and french horn. After graduating from high school, she attended Purdue University in preparation for physical therapy school. However, three semesters into her college career, she decided to move back home to start a family. After taking a few years off, Mary started back to school with the IU physical therapy program on scholarship. Her class was comprised of mostly older students with children at home, with a different focus than traditional students. Today she and her husband have a son and a daughter who are starting families of their own.

What she experienced as a student was not much different from what we as students experience today. She told stories of wheelchair trips around campus, classes in the basement of the Ball residence hall, having Dr. Porter as a professor, and cadaver lab with the OT and medical students. The focus in 1977 was different - emphasizing neuorehab, amputee training, and modalities, not much orthopedic care and an emphasis on problem solving. Mary gave the speech at their pinning ceremony, where she spoke about dealing with the gray and understanding that not everything is black and white. This is something that continues to be relevant in the profession today. She applauds IU’s DPT program and is especially complimentary of the new Integrated Clinical Education (ICE) program recently implemented. “With experience comes confidence,” she says. “We should always be willing to learn from others.”

Mary’s passion for physical therapy came from her grandmother who worked as a nurse in Minneapolis. One afternoon Mary was rubbing her grandmother’s shoulders and her grandmother said to her, “You have very strong hands. You should look into physical therapy.” Mary soon signed up to observe practicing PTs and soon found herself falling in love with the profession. “I knew I wanted to work with people and work with my hands.” Physical therapy has obviously been a good fit. Today her peers regard her as an expert in clinical practice, taking extra strides to fill the needs of her patients.

The recipient of Community's Employee of the Year & Hot Shot Employee Awards in 2008, Mary has dedicated herself not only to clinical practice, but also to concerns of ethical practice and legislation within Indiana. Motivated by her daughter (also a physical therapist), Mary has served as a Federal Affairs Liaison and continues to serve as the Practice Chair for Indiana’s chapter of APTA. She also serves as a key contact for State Senators Lugar and Carson on physical therapy practice legislation and has updated the practice page on the INAPTA web site. By holding these positions, she remains up to date on current issues in physical therapy so she can efficiently and effectively answer questions posed by practicing PTs and legislators.

Enforcing appropriate and ethical treatment of aides and techs in the physical therapy clinics is another mission of Mary’s. She has contributed to Physical Therapy publications in hopes of making PTs aware of what is appropriate treatment and usage of aides and techs in physical therapy. Her hope is to educate students and new graduates to be aware of current state practice acts and empower practicing PTs to make ethical decisions when assigning tasks to their aids. “Slowly we are making change and PTs are more aware of this issue,” she said.

Looking ahead to graduation, I asked Mary for some words of advice. She said, “Keep learning. So many things change with new technology, keep up to date, stay excited, and be willing to learn from your patients.” Mary Fridlund embodies those words of advice and enjoys passing along her love of this great profession to anyone that will listen. The IU Department of Physical Therapy is very proud to recognize Mary as an alumna who actively affects the profession for the better. It is through therapists like Mary that the physical therapy profession continues to strengthen and grow.
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